

Dr. P and class,

Mark is a 37-year-old client with a 15-year history of schizophrenia. When he was first diagnosed, he was prescribed a second-generation antipsychotic medication. He complained about drowsiness and difficulty concentrating. He experienced a 40 lb. weight gain over a year. His girlfriend complained about his reduced sex drive and ended their relationship. He tried several different medications alone and in combination but found the side effects intolerable. He stopped taking his medications and started self-medicating with alcohol. Over time, he experienced several relapses and his condition declined markedly. He lost his housing and began living in his car. After being involuntarily committed following a psychotic episode, he was referred to the PMHNP at the outpatient clinic. When he presented for his appointment, he told the PMHNP that he stopped taking his medications due to their side effects.

- A. What is the most appropriate response by the PMHNP? How can the PMHNP support adherence for this client?

The most appropriate response by the PMHNP is to assess the patient's current symptoms as well as the rationale for the patient's non-compliance with treatment regimen. The PMHNP should respond with empathy, utilize active listening, collaborate with the patient on achievable goals, address the barriers for compliance, and be prepared to adjust treatment as needed (Lin, et al., 2022). The PMHNP should inform Mark to discuss with the provider the adverse effects of the medication regimen before discontinuing his medications as treatment can be adjusted accordingly. For further improvement of medication adherence, the PMHNP should build a good rapport and relationship with the patient. Studies have shown positive relation to improved adherence with a good therapeutic alliance or therapeutic interpersonal relationship between mental health professionals (Lin, et al., 2022). The PMHNP should provide psychological education to help increase the patients' understanding of the characteristics and symptoms of his current diagnoses and recognition of medications, cognitive behavior therapy, adopt motivation interviewing to increase motivation to take medications, encourage the patient involvement in shared decision making to express their preference and opinion in treatment selection to aid in increasing the patient's adherence to medications (Lin, et al., 2022).