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## Strategies to improve adherence: A bio-psychosocial approach

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Poor adherence is a long standing problem in clinical dermatology. Poor adherence to clinical management programs with dermatology topical treatments can have important quality, health and resource implications. This presentation will explore the issues surrounding poor adherence to topical treatments. The implications for management are discussed as are the strategies available in supporting patients (and their carers) utilizing a bio-psychosocial approach. Key barriers to good adherence are identified with communication and patient misunderstanding being arguably the two most significant factors influencing concordance. Five dimensions of adherence are outlined to include disease, patient, treatment, socio-economic and health care system factors. Strategies for improving adherence using assessment tools and a stepped approach within the consultation process are presented as the way forward in improving adherence, patient experiences and health care professional satisfaction.

### Biography

Polly Buchanan has 30 years experience in Dermatology Nursing within NHS, Academia and Pharmaceutical Industry. She is currently pursuing PhD in Health Psychology within St. Andrews University, Medical School. She has over 50 publications in peer reviewed journals and books. Her special areas of interests include dermatology nursing research, professional development, skin cancer and inflammatory skin disease, psychosocial impact of skin disease and psychosocial aspects of care. She is currently employed as a Lead Nurse, Research and Development, NHS Fife, UK.

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