The benefit of treatment for a patient is largely proportional to the patient’s level of adherence in regards to their treatment. Patient nonadherence is a very common problem for patients with glaucoma. Patient nonadherence is caused by a variety of associated patient barriers and it results in poor intraocular pressure control, larger visual field defects, and glaucomatous progression.

METHODS
Four consecutive patients with longstanding glaucoma were simply asked to demonstrate putting in their eye drops while in the clinic. With their informed consent, their technique was recorded and reviewed.

RESULTS
All patients with longstanding glaucoma (and presumed proficiency in putting in their eye drops) showed difficulty instilling their eye drops while in the clinic.

CONCLUSION
The full benefit of the recommended treatment for a patient depends much on the full adherence from the patient.

As eye care providers, our proactive perspective and our approachable attitude regarding this specific barrier can positively influence patient behavior and help improve patient adherence.

Simple and routine in-office demonstration of proper eye drop instillation techniques (especially within the first year of treatment) will increase adherence, increase independence, reduce medication waste, minimize adverse effects, prevent injury, limit contamination, and maximize the therapeutic effect of the medication.

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