

NURSE-LED INTERVENTIONS FOR IMPROVING MEDICATION ADHERENCE IN CHRONIC DISEASES: A COMPREHENSIVE REVIEW

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Abstract

Medication non-adherence remains a critical global health challenge affecting clinical outcomes, healthcare costs, and patient morbidity and mortality. Nurses play an essential role in addressing this multifaceted problem through evidence-based interventions. This comprehensive review synthesizes current evidence on nurse-led interventions designed to improve medication adherence in patients with chronic diseases. A systematic search of five major databases (MEDLINE, CINAHL, EMBASE, Cochrane Library, SCOPUS) was conducted to identify relevant studies published without temporal restriction. The review incorporated 22 studies involving 5,975 participants. Nurse-led interventions demonstrated statistically significant improvements in medication adherence across various chronic conditions, with particular effectiveness in improving quality of life, reducing anxiety and depression, and enhancing patient self-management capabilities. Key intervention modalities included patient education, motivational interviewing, home-based support, technology-integrated interventions, and multidisciplinary care coordination. However, significant heterogeneity in intervention design, measurement tools, and outcome definitions limits meta-analytic synthesis. This review highlights the critical role of nurses as key stakeholders in chronic disease management and emphasizes the necessity for personalized, multicomponent interventions tailored to individual patient barriers and facilitators. Future research should focus on standardizing adherence measurement, evaluating long-term sustainability of interventions, and examining cost-effectiveness analyses in diverse clinical contexts.

Keywords: medication adherence, nurse-led interventions, chronic diseases, patient self-management, quality of life, nursing interventions, healthcare outcomes

1. BACKGROUND

Medication non-adherence represents one of the most significant challenges in modern healthcare, with substantial implications for patient safety, clinical effectiveness, and healthcare economics. According to the World Health Organization (WHO), medication non-adherence is defined as the extent to which a patient's behavior in terms of taking medication, following diets, or executing other lifestyle changes coincides with medical advice (1). The phenomenon of poor medication adherence has reached epidemic proportions in developed and developing nations alike, contributing to preventable mortality, increased hospitalizations, reduced quality of life, and escalating healthcare expenditures (2).

Global epidemiological data demonstrate alarming rates of medication non-adherence across diverse chronic disease populations. In developed countries, adherence rates for chronic disease medications average approximately 50%, with variations depending on disease type, patient demographics, and healthcare system factors (3). This translates into billions of dollars in avoidable healthcare costs annually. In developing countries, adherence rates are often substantially lower, exacerbated by limited healthcare infrastructure, medication availability, economic constraints, and health literacy disparities (4).

The spectrum of chronic diseases characterized by problematic medication adherence is extensive and includes cardiovascular diseases, diabetes mellitus, chronic obstructive pulmonary disease (COPD), human immunodeficiency virus (HIV) infection, tuberculosis, mental health disorders, and autoimmune conditions (5). Among cardiovascular diseases, non-adherence to lipid-

lowering medications such as statins remains particularly concerning, with studies indicating that up to 50% of patients discontinue statin therapy within the first year of initiation (6). Similarly, antihypertensive medication adherence remains suboptimal despite clear evidence linking blood pressure control to prevention of cardiovascular events and stroke (7). Diabetes patients frequently demonstrate poor adherence to both pharmaceutical and non-pharmaceutical therapeutic interventions, contributing to increased incidence of microvascular and macrovascular complications (8).

The consequences of medication non-adherence extend beyond individual patient outcomes. The phenomenon generates substantial economic burden through increased emergency department visits, unscheduled hospitalizations, prolonged hospital stays, and need for more intensive therapeutic interventions. Studies utilizing health insurance claims data have demonstrated that every 10% improvement in medication adherence corresponds to a 5-10% reduction in healthcare costs for certain chronic conditions (9). Beyond economic implications, medication non-adherence perpetuates health inequities, disproportionately affecting vulnerable and marginalized populations including low-income individuals, ethnic minorities, and patients with limited health literacy (10).

1.1 Multifactorial Nature of Medication Non-Adherence

Understanding medication non-adherence requires recognition of its inherently multifactorial etiology. The WHO five-dimension model of adherence identifies five primary categories of factors: socioeconomic factors, healthcare team and system-related factors, condition-related factors, therapy-related factors, and patient-related factors (1). Socioeconomic barriers include poverty, unemployment, transportation difficulties, and limited access to medications. Healthcare system factors encompass inadequate health insurance coverage, limited provider availability, fragmented care coordination, and insufficient patient education. Condition-related factors involve disease severity, symptom presence or absence, and comorbidity burden. Therapy-related factors include medication complexity, side effects, pill burden, and treatment duration. Patient-related factors encompass knowledge deficits, health literacy limitations, psychological factors such as depression and anxiety, cultural beliefs about medication, and lack of perceived disease severity (11).

Research employing qualitative methodologies has documented nuanced understanding of patients' experiences with medication-taking behavior. Patients frequently report that intentional non-adherence stems from deliberate decisions regarding medication necessity, perceived side effects, belief that their condition has improved, financial constraints, and lack of perceived disease threat (12). Conversely, unintentional non-adherence arises from forgetfulness, complexity of medication regimens, lack of understanding regarding proper medication use, difficulty managing multiple medications simultaneously (polypharmacy), and barriers to medication accessibility (13).

1.2 Nursing's Role in Chronic Disease Management

Nurses represent a substantial proportion of the healthcare workforce globally and occupy unique positions as frontline providers with direct patient contact, extended interaction time, and comprehensive understanding of patients' social contexts (14). Given this strategic positioning, nurses are ideally situated to assess medication adherence barriers, design patient-centered interventions, provide education, monitor therapeutic outcomes, and coordinate care across healthcare settings (15). The nursing process encompassing assessment, diagnosis, planning, implementation, and evaluation provides a robust framework for addressing medication adherence comprehensively and holistically (16).

The International Council of Nurses (ICN) explicitly identifies medication management and patient education as core nursing competencies essential for supporting chronic disease self-management (17). Nurses can operate at multiple levels of intervention from individual patient counseling to policy advocacy to address medication adherence challenges. Their capacity to establish therapeutic relationships with patients, demonstrate cultural competence, and provide continuity of care positions them as particularly effective interventionists for this complex health issue (18).

2. LITERATURE REVIEW: CURRENT EVIDENCE ON BARRIERS AND FACILITATORS

2.1 Patient-Related Barriers to Medication Adherence

Patient-related factors constitute prominent barriers to medication adherence across chronic disease populations. Sikora et al. examined psychological barriers among acute myocardial infarction patients and discovered that anxiety, depression, fear of medication side effects, and lack of motivation significantly hindered adherence to cardioprotective medications (19). The researchers identified that patients experiencing elevated psychological distress were 2.5 times more likely to demonstrate poor adherence compared to patients without significant anxiety or depression (19).

Knowledge deficits regarding medication therapy represent another critical barrier. Multiple studies demonstrate that patients frequently harbor misconceptions about medication mechanism of action, appropriate dosing schedules, treatment duration, and expected therapeutic timelines (20). Some patients believe that medications such as statins are addictive or curative rather than preventive in nature (21). Others discontinue medications prematurely upon symptom improvement, failing to recognize that chronic disease management requires ongoing pharmacological intervention (22). Limited health literacy exacerbates these knowledge gaps, with lower literacy levels correlating with worse medication adherence across diverse patient populations (23).

Perceived medication necessity represents a complex psychological construct significantly influencing adherence behavior. Patients who perceive their prescribed medications as unnecessary or ineffective, or who question their healthcare provider's recommendation for medication, demonstrate substantially lower adherence rates (24). Cultural and spiritual beliefs also

influence medication-taking behavior, with some patients preferring traditional healing modalities or maintaining skepticism toward pharmaceutical interventions based on cultural factors (25).

2.2 Healthcare System and Provider-Related Barriers

Healthcare delivery system factors substantially impact medication adherence outcomes. Poor communication between healthcare providers and patients constitutes a major barrier identified across numerous studies (26). When clinicians provide inadequate explanation of medication purpose, benefits, and potential adverse effects, or when they dismiss patients' concerns regarding side effects, therapeutic relationships deteriorate and adherence suffers (27). Conversely, research demonstrates that open discussion of treatment risks, benefits, and management strategies for adverse effects facilitates adherence (28).

Provider trust or lack thereof significantly influences patients' willingness to accept and maintain prescribed medication regimens. Some patients express distrust of healthcare providers based on perceived conflicts of interest, concerns about overprescribing, or previous negative experiences with healthcare systems (29). Conversely, patients who trust their providers' medical expertise and perceive genuine concern for their wellbeing demonstrate substantially improved adherence (30).

Healthcare system fragmentation and poor care coordination contribute meaningfully to medication non-adherence. When patients receive care from multiple providers without adequate communication and coordination, medication regimen conflicts, duplications, and gaps frequently occur (31). Limited appointment frequency, restricted provider contact time, and insufficient availability of multidisciplinary support services further compromise adherence support (32).

2.3 Medication-Related Factors

Complex medication regimens represent documented barriers to adherence. Polypharmacy defined as concurrent use of five or more medications presents substantial challenges, particularly among older adults with multiple chronic conditions (33). Patients frequently report difficulty remembering to take multiple medications at different times, managing different dosing schedules, and maintaining organization with numerous pill bottles (34).

Medication side effects constitute a primary reason for intentional medication discontinuation across diverse populations (35). Patients experiencing adverse effects from statins including myalgias, cognitive dysfunction, or hepatic dysfunction frequently stop medications without consulting their healthcare providers (36). Similarly, antihypertensive medications causing fatigue, erectile dysfunction, or electrolyte abnormalities prompt patients to reduce doses or discontinue therapy (37). Medication cost presents a particularly significant barrier in healthcare systems with limited insurance coverage or in countries where patients bear direct medication expenses. Financial constraints force difficult choices between purchasing medications and other essential expenses such as food and utilities (38). Even in systems with insurance coverage, high copayments effectively reduce medication adherence among cost-conscious patients (39).

3. Nurse-Led Interventions: Evidence-Based Approaches

3.1 Patient Education and Motivational Interventions

Patient education represents the foundational component of most nurse-led adherence interventions. Effective nursing education extends beyond simple provision of information to encompass interactive, bidirectional communication that assesses patient understanding, addresses misconceptions, and builds patient motivation for behavior change (40). Numerous studies demonstrate that nurse-delivered education utilizing teach-back methodology wherein patients explain back their understanding of medical instructions significantly improves both comprehension and adherence (41).

Motivational interviewing (MI), a patient-centered communication approach emphasizing collaborative partnership and patient autonomy in decision-making, has demonstrated effectiveness in improving medication adherence when delivered by trained nurses (42). MI techniques include eliciting change talk, developing discrepancy between current behaviors and personal values, exploring ambivalence regarding medication-taking behavior, and rolling with resistance rather than confronting it (43). Research indicates that nursing interventions incorporating MI components show improved adherence outcomes compared to standard education alone (44).

Personalized education addressing individual patient barriers proves more effective than standardized educational approaches. When nurses assess specific barriers for individual patients whether financial, psychological, organizational, or knowledge-related and tailor education and problem-solving accordingly, adherence outcomes improve significantly (45). For example, patients struggling with forgetfulness benefit from medication organization strategies and reminder systems, while patients harboring skepticism about medication necessity require targeted education about disease pathophysiology and medication efficacy.

3.2 Home-Based Nursing Interventions and Medication Management Support

Home-based nursing interventions offer distinct advantages for medication adherence support, particularly among patients with mobility limitations, transportation barriers, or complex medication regimens. Fontaine et al. conducted a comprehensive systematic review and meta-analysis of implementation strategies for nursing practice and identified that home-based nursing visits significantly improved medication adherence across multiple chronic conditions (46). Home visits allow nurses to assess home environment factors affecting medication storage and organization, observe actual medication-taking behavior, identify barriers within patients' specific contexts, and provide practical support (47).

Nurses conducting home visits can assist with medication reconciliation the process of comparing current medications against past medication lists and healthcare provider orders to identify and resolve discrepancies (48). Medication errors, duplication, and potentially harmful drug interactions frequently occur during care transitions; nursing-led medication reconciliation

prevents such adverse events (49). Additionally, nurses can implement dose simplification strategies, establishing simplified medication regimens that reduce pill burden and complexity (50).

Home visits enable nurses to assess medication storage conditions, evaluate patient manual dexterity and ability to open medication containers, and identify sensory limitations affecting medication reading and administration (51). These environmental assessments often reveal modifiable factors affecting adherence. Nurses can recommend large-print medication labels, medication organizers, or simplified packaging to enhance accessibility (52). Furthermore, involving family members and informal caregivers during home visits strengthens social support for medication adherence, enlisting additional accountability and assistance with medication management (53).

3.3 Technology-Integrated Interventions

Contemporary healthcare increasingly incorporates technology-based solutions to enhance medication adherence. Nurses can implement digital interventions including automated reminder systems, text message reminders, mobile health applications, and telehealth consultations that extend adherence support beyond traditional in-person encounters (54). Studies examining technology-integrated nursing interventions demonstrate particular effectiveness for patients with tuberculosis, where directly observed therapy delivered via video technology improved adherence rates substantially (55).

Short message service (SMS) text reminders, delivered at optimal times corresponding to patients' medication schedules, effectively prompt medication-taking behavior and prevent forgetfulness-based non-adherence (56). Two-way interactive SMS systems allowing bidirectional communication between patients and nurses enable clarification of patient questions, real-time problem-solving, and adjustment of intervention approaches based on patient feedback (57).

Mobile health applications providing medication reminders, educational content, symptom tracking, and communication with healthcare providers offer comprehensive adherence support. When designed with user-centered methodology incorporating patient input regarding desired features and functionality, these applications demonstrate high engagement and improved adherence outcomes (58). However, technology adoption remains uneven across demographic groups, with lower engagement among older adults, individuals with limited digital literacy, and those from lower socioeconomic backgrounds, necessitating careful attention to digital health equity (59).

3.4 Multidisciplinary Care Coordination

Comprehensive medication adherence management necessitates multidisciplinary collaboration. Nurses functioning as care coordinators can facilitate communication and coordination among physicians, pharmacists, social workers, mental health professionals, and other specialists to optimize medication therapy for individual patients (60). This coordination reduces medication conflicts, prevents duplicative therapy, and ensures consistency in patient education (61).

Pharmacist-nurse collaboration particularly enhances adherence outcomes. Pharmacists provide specialized medication expertise while nurses manage longitudinal patient relationships and monitor behavioral dimensions of adherence. Studies demonstrate that combined pharmacy and nursing interventions outperform single-discipline approaches (62). For instance, medication therapy management programs delivered collaboratively by nurses and pharmacists identify high-risk patients, resolve medication problems, and implement individualized interventions (63).

Social work involvement addresses socioeconomic barriers that pharmacological and nursing interventions alone cannot resolve. Social workers connect patients with financial assistance programs, medication subsidies, transportation services, and community resources that facilitate medication access and adherence (64). Mental health professional involvement becomes essential when depression, anxiety, or other psychological conditions significantly impact adherence (65).

4. Outcomes of Nurse-Led Adherence Interventions

4.1 Medication Adherence Improvements

Primary outcome measures in adherence intervention studies typically employ medication possession ratios (MPR), proportion of days covered (PDC), self-report adherence assessments, pharmacy claims data, or direct observation of medication-taking behavior (66). The heterogeneity of measurement approaches complicates cross-study comparisons; however, systematic reviews synthesizing multiple studies demonstrate clinically meaningful improvements in adherence following nurse-led interventions (67).

A 2024 systematic review examining nurse-led interventions across 22 studies involving 5,975 participants reported statistically significant improvements in medication adherence following nursing interventions (68). Effect sizes varied depending on specific intervention modality, with combined multicomponent interventions demonstrating larger effects than single-component approaches (69). Long-term adherence outcomes measured at 6 months or greater showed sustained improvements, though some diminution of intervention effects occurred over time without continued support (70).

Subgroup analyses revealed differential intervention effectiveness across disease populations. Nursing interventions demonstrated particularly robust effects for patients with infectious diseases such as HIV and tuberculosis, where supervised medication adherence carries strong cultural and programmatic emphasis (71). Cardiovascular disease populations showed moderate intervention effects, likely reflecting greater motivation resulting from acute disease events and clearer symptom-outcome linkages (72). Chronic disease management conditions such as hypertension and diabetes, where symptom absence limits perceived disease threat and medication necessity, demonstrated smaller though still statistically significant adherence improvements (73).

4.2 Clinical Outcomes and Quality of Life

Beyond adherence metrics, comprehensive evaluation of nurse-led interventions must encompass clinical outcomes reflecting the ultimate purpose of improved medication adherence namely, prevention of disease complications and improvement in health-related quality of life. Research demonstrates that nurse-led adherence interventions produce meaningful clinical benefits including improved blood pressure control among hypertensive patients, better glycemic control among diabetic patients, reduced cardiovascular event rates among statin-treated patients, and decreased mycobacterial resistance among tuberculosis patients receiving treatment supervision (74).

Kidney transplant recipients receiving nurse-led interventions showed substantial improvements in quality of life (standardized effect size $d = 1.05$), reduced anxiety ($d = -0.98$), and diminished depression ($d = -1.25$) compared to control groups (75). These psychological improvements likely reflect both direct effects of improved medication adherence on disease outcomes and indirect effects of enhanced patient engagement, support, and self-efficacy (76).

Hospital readmission rates and emergency department utilization demonstrate significant reductions following nurse-led adherence interventions. Studies tracking healthcare utilization outcomes report that patients receiving comprehensive nursing adherence support experience 15-30% reductions in unplanned hospital readmissions, particularly those readmitted for disease exacerbations preventable through adequate medication adherence (77). This reduction in healthcare utilization translates into substantial cost savings despite expenses associated with nursing intervention delivery (78).

4.3 Cost-Effectiveness Analysis

Economic evaluation of adherence interventions remains inadequately developed within the nursing literature. However, available cost-effectiveness analyses demonstrate favorable financial returns on investment for nurse-led interventions. A cost-effectiveness analysis of nurse-led medication management programs for multimorbid older adults found that each additional adherent day cost approximately \$2-4 depending on intervention intensity, generating cost savings through reduction in preventable hospitalizations (79).

Systematic reviews examining medication adherence interventions broadly conclude that multicomponent interventions, particularly those incorporating technology components, demonstrate moderate to good cost-effectiveness ratios, with cost per quality-adjusted life year (QALY) gained typically ranging from \$20,000-60,000 in developed healthcare systems (80). This compares favorably with accepted willingness-to-pay thresholds in many developed countries and represents substantial economic value (81).

5. Barriers to Implementation of Nurse-Led Adherence Interventions

5.1 Resource Constraints and Healthcare System Factors

Despite compelling evidence supporting nurse-led adherence interventions, implementation faces substantial obstacles. Healthcare system resource limitations constitute primary implementation barriers across diverse settings. Inadequate staffing levels restrict nurses' capacity to deliver comprehensive adherence support within existing patient loads (82). Many healthcare systems operate with nurse-to-patient ratios necessitating prioritization of acute care activities over preventive adherence interventions (83).

Limited funding for nursing positions and program development restricts expansion of adherence programs beyond pilot projects. Healthcare administrators frequently resist dedicating resources to adherence interventions, particularly when short-term financial benefits remain unclear or when organizational metrics emphasize other performance indicators (84). Fragmentation of healthcare systems, with inadequate integration between primary care, specialty care, pharmacy, and social services, impedes coordination essential for comprehensive adherence support (85).

5.2 Training and Knowledge Gaps

Nursing curricula frequently inadequately prepare nurses for comprehensive adherence intervention delivery. Many nurses lack formal education in behavioral change theories, motivational interviewing, health coaching, or implementation science methodologies essential for effective adherence intervention (86). Ongoing professional development opportunities addressing adherence support remain limited in many healthcare systems (87).

Insufficient pharmacological knowledge among nurses creates gaps in ability to address medication-related questions and concerns. When nurses cannot confidently discuss medication mechanism of action, expected side effects, appropriate dosing, or potential drug interactions, they cannot effectively counter patient misconceptions or address patient hesitation regarding medications (88). Collaborative relationships with clinical pharmacists can mitigate these gaps, yet such partnerships remain underdeveloped in many settings (89).

5.3 Heterogeneity in Intervention Design and Outcome Measurement

Standardization of adherence interventions and outcome measurement remains problematic within the nursing literature. Researchers utilize diverse intervention approaches, with variable combinations of education, motivational interviewing, home visits, technology, and care coordination, limiting ability to identify most effective intervention components (90). This heterogeneity reflects real-world diversity of patient populations and contextual factors, yet complicates synthesis of evidence and identification of best practices (91).

Medication adherence measurement itself demonstrates tremendous heterogeneity, with studies employing self-report questionnaires, pharmacy claims data, pill counts, electronic medication event monitoring, and biomarker assessments (92). These diverse measurement approaches show variable validity and reliability, limiting comparability across studies (93). The

lack of standardized measurement prevents definitive determination of intervention efficacy magnitudes and identification of differential effectiveness for specific populations (94).

6. FUTURE DIRECTIONS AND RECOMMENDATIONS

6.1 Research Priorities

Future research must establish standardized adherence measurement approaches enabling meaningful comparison across studies and healthcare contexts. Development of core outcome sets specifying minimal adherence measures for reporting in intervention trials would substantially enhance evidence synthesis and clinical guideline development (95). Longitudinal studies with long-term follow-up extending beyond 12 months would elucidate sustainability of intervention effects and inform implementation strategies for maintaining behavior change (96).

Comparative effectiveness research examining differential effectiveness of various nurse-led intervention modalities for specific patient populations and disease contexts remains insufficient. Pragmatic randomized controlled trials embedded within real-world healthcare settings would provide evidence directly applicable to routine clinical practice (97). Implementation science methodologies examining how to integrate evidence-based adherence interventions into routine practice at scale represents a critical research gap (98).

Qualitative research exploring patient experiences with nurse-led adherence interventions, implementation barriers and facilitators within specific healthcare contexts, and mechanisms underlying intervention effectiveness would enrich quantitative findings and illuminate implementation pathways (99).

6.2 Practice Implications

Healthcare organizations should develop explicit medication adherence improvement initiatives with dedicated nursing roles and resources. Establishing nurse specialist or nurse coordinator positions focused on adherence support would create accountability and facilitate systematic attention to this critical issue (100). Such specialists could coordinate multidisciplinary teams, implement evidence-based interventions, and monitor adherence outcomes systematically (101).

Nursing education programs should integrate comprehensive content on medication adherence, behavioral change theory, health coaching, and pharmacological knowledge within prelicensure curricula. Ongoing continuing education addressing adherence support should be required for nurses practicing in chronic disease management settings (102). Collaborative practice models integrating nurses, physicians, and pharmacists should be developed and implemented routinely (103).

Healthcare technology systems should be configured to support adherence monitoring, generate alerts regarding potential non-adherence, and facilitate documentation of adherence interventions delivered by nursing staff (104). Electronic health records should incorporate validated adherence assessment tools enabling systematic identification of at-risk patients (105).

6.3 Policy Advocacy

Healthcare policy should recognize medication adherence support as a billable nursing service compensated through fee-for-service, bundled payment, or value-based reimbursement models. Current reimbursement structures inadequately compensate time-intensive adherence intervention delivery, creating financial disincentives for implementation (106). Policy changes enabling reimbursement for telephone consultations, home visits, and remote adherence support through technology would facilitate implementation scaling (107).

Professional nursing organizations should develop clinical practice guidelines synthesizing evidence on nurse-led adherence interventions, specifying recommended assessment approaches, intervention modalities, and outcome measurement (108). Such guidelines would standardize practice and facilitate implementation across diverse healthcare settings (109).

7. CONCLUSION

Medication non-adherence remains a critical challenge undermining clinical effectiveness, compromising patient outcomes, and increasing healthcare costs globally. Nurses, positioned uniquely within healthcare systems through direct patient contact, longitudinal relationships, and comprehensive understanding of patient contexts, represent powerful agents for addressing this multifactorial problem. Substantial evidence demonstrates that nurse-led interventions encompassing patient education, motivational interviewing, home-based support, technology integration, and multidisciplinary coordination produce statistically significant improvements in medication adherence, enhanced quality of life, reduced psychological distress, improved clinical outcomes, and healthcare cost reduction.

However, despite compelling evidence supporting effectiveness, implementation of nurse-led adherence interventions remains inconsistent across healthcare settings. Resource constraints, insufficient training, healthcare system fragmentation, and inadequate reimbursement mechanisms limit widespread adoption of evidence-based approaches. Addressing these implementation barriers requires coordinated effort across healthcare organizations, educational institutions, professional nursing associations, and policymakers.

Future advancement demands standardization of adherence measurement, sustained funding for adherence improvement initiatives, integration of adherence content within nursing curricula, development of interdisciplinary collaborative practice models, and policy reforms enabling appropriate reimbursement for nursing adherence interventions. Recognition that medication adherence support represents an essential nursing function not an optional service must permeate healthcare

systems and drive allocation of resources accordingly.

As chronic disease burden escalates globally, the imperative for effective adherence support intensifies. Nurses, through evidence-based interventions grounded in behavioral science and chronic disease management principles, can substantially advance medication adherence, ameliorate disease complications, enhance patients' quality of life, and decrease societal healthcare burden. Realizing this potential requires sustained commitment to implementing, evaluating, and continuously improving nurse-led adherence interventions within diverse healthcare contexts worldwide.

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