

Effective Medication Self-Management: Self-Efficacy Checklist



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Purpose of this Checklist

This medication self-efficacy checklist can help determine an individual’s readiness to self-manage their medication. It assesses how confident they are about:

- Understanding why they are taking each medication
- How to know if their medications are working
- Knowing if their medications are safe
- How to take their medications
- Managing their medications on their own.

Instructions

This medication self-efficacy checklist is intended to be administered by any health team member to help individuals understand why they are taking each medication, how to know if their medications are working, how to be certain that they are safe, how to take medications, and how confident they are in managing their medications. One way to use this checklist is as an initial assessment of how confident a patient is in managing their medications. If a patient responds with less than 5 on a checklist item, it will be helpful for providers to focus their discussion with patients and families on their understanding and confidence in that area. Then, at a three- to six-month follow-up after implementing the 4-step process, use this checklist again to gauge the patient’s progress toward increased confidence in managing their medications.

	Not Confident					Very Confident					
1. I understand why I am taking each of my medications.	0	1	2	3	4	5	6	7	8	9	10
2. I know how each of my medications are supposed to work for me.	0	1	2	3	4	5	6	7	8	9	10
3. I am certain that my medications are safe for me. (I know the possible side effects.)	0	1	2	3	4	5	6	7	8	9	10
4. I have adjusted my routines and established a schedule to take my medications.	0	1	2	3	4	5	6	7	8	9	10
5. I know how to keep the costs of my medications reasonable and affordable.	0	1	2	3	4	5	6	7	8	9	10
6. I know how to work with my healthcare team when I have concerns or questions about my medications.	0	1	2	3	4	5	6	7	8	9	10
7. I am confident that I can manage my medications.	0	1	2	3	4	5	6	7	8	9	10

- 1) Orem D. *Nursing: Concepts of Practice* (6th ed.)., 2001, Mosby: St. Louis, MO
- 2) Bandara A. *Self-Efficacy Beliefs of Adolescents*. 2006, Information Age Publishing: Charlotte, NC, pps. 307-337.
- 3) Moon J, Kolar C, Brummel AR, et al. Development and validation of a patient satisfaction survey for comprehensive medication management. *J Manag Care Spec Pharm*. 2016; 22:81-86.

Assessing self-efficacy is supported by self-care deficit theory of nursing in which self-care is hypothesized to be a function that individuals perform to maintain life, and promote health and well-being.¹ Self-care agency is the ability to engage in self-care practices to meet the requirements of life. Self-efficacy refers to an individual's belief in his or her abilities based on feelings of self-confidence and control. Self-efficacy scales have been psychometrically validated in nursing care as a predictor of motivation and behavior.² The development of this self-efficacy checklist is consistent with a psychometrically validated questionnaire for measuring patient satisfaction with comprehensive medication management services.³