

Early in her childhood, Sheila struggled with her asthma, having 3 hospitalizations before she turned 10 years old. Her subsequent diagnosis of schizophrenia in 1994 was temporally related to her taking-up cigarette smoking, a factor in her yearly hospitalization for pneumonia over the past 7 years. Her doctors, however, were most concerned about her inability to adhere to her antibiotics and respiratory medications.

Because Sheila was sensitive to medication side effects, she would often discontinue her treatments without informing her care providers. Further, Sheila was regularly prescribed 8 medications (for diabetes, asthma, birth control, hyperlipidemia, and psychiatric symptoms); her cognitive impairments made her unassisted adherence to this regimen a practical impossibility.

By simplifying her regimen, actively involving her in medication decision-making, and aligning her adherence behavior with emotionally-positive case management visits, Sheila has been able to remain medically and psychiatrically stable for nearly two years.



**Sheila, 33 year old female
Schizophrenia diagnosed: 1994**

Hospitalizations for
• **Mental illness: 14**
• **Medical illness: 7**