

## **Patient Compliance and Treatment Adherence**

'Patient Compliance' was first introduced as a MeSH term in PubMed in 1975 and defined as 'voluntary cooperation of the patient in following a prescribed regimen'. In 2018, the term 'Treatment Adherence and Compliance' was introduced and refers to 'extent to which the patient follows prescribed treatment such as keeping appointment and schedules and medication adherence for desired therapeutic outcome, and implies active responsibility shared by patient and health care providers'.

These two terms serve as the foundation for rehabilitation practice and research as patients should be actively involved in treatment and therapy to achieve optimal goal of independent living. Therefore, it is important for rehabilitation physicians (physiatrists) and other rehabilitation professionals to ensure patients and their family members understand the process and benefit of rehabilitation, and the importance of their active participation for successful rehabilitation outcomes. Patient education session prior to initiation of treat-

ment/therapy is essential to teach or train patients concerning their own needs and healthcare provider expectations. Once both parties understand each other needs and expectations and reach a mutual agreement on goals of rehabilitation, patients are likely to adhere to the prescribed treatment regimen and therapy.

This issue features research articles on usage of ankle-foot orthoses, exercises using a resistance band, and a home exercise program of muscle strengthening which points out the importance of patient compliance and/or treatment adherence.

For more information of MeSH terms, visit the website: <https://www.ncbi.nlm.nih.gov/mesh/>

Apichana Kovindha, MD, FRCPhysiatrT  
Editor-in-chief