**Example list of barriers**

1. Symptoms/side effects
	* Experiencing side effects due to changes in medication implemented during hospitalization
2. Practical problems
	* Problems with adjusting the medication regimen to the daily schedule
		1. Trouble with telling medication apart (when using multiple medication)
	* Logistic problems
		1. Regularly running out of medication
		2. Often expired medication
		3. Storage of medication
		4. Doubling-up of medication (generic and brand-name)
	* Difficulty with handling the immediate packaging and pressing the medication out
	* Problems with reading and/or understanding the instructions for use
	* Difficulty with completing preparation of medication before use and administration:
		1. Inhaler technique
		2. Instilling eye or ear drops
		3. Injections
		4. Applying medication patches or ointment
3. Information/knowledge
	* Poor knowledge regarding medication indication or implemented changes
	* Lack or incorrect information transfer regarding:
		1. Indication
		2. Effect
		3. Side effect
		4. Use
		5. Interactions
		6. Contraindications
4. Supervision/support
	* Insufficient or lack of support with medication use (e.g. administration or preparation of medication)
	* Doubts about medication (effect, fear of side effects)
	* Limited health literacy
5. Communication
	* Communication with the patient
		1. Who patients should contact when experiencing medication-related problems.
	* Communication among healthcare providers
		1. Who is responsible for taking care of the patient (e.g. adequate and complete information transfer)

**Example list of facilitators**

1. Symptoms/side effects
	* Information on most common side effects of changed medication (implemented during hospitalization):
		1. Which side effects can patients expect
		2. Are the side effects temporary
		3. How long do the side effects last for
		4. In which case should a healthcare professional be contacted
		5. Which healthcare professional should be contacted
2. Practical problems
	* Daily medication schedule
	* Electronic (repeat) prescription service
	* Dosing aids for administration problems
	* Dose-dispensing systems
3. Information/knowledge
	* Verbal and written communication about medication:
		1. effect
		2. side effects
		3. interactions
		4. contraindications
	* Instructions on how to use medication:
		1. Inhaler instructions
		2. Self-administration of insulin
4. Supervision/support
	* Home healthcare service
	* Informal caregiver/family
	* Post-discharge home visit or telephone call

5. Communication

* Guidelines about who patients or healthcare professionals should contact in case of medication-related problems or questions about medication:
	+ For questions about hospital medication the physician or clinical pharmacy should be contacted
	+ For other medication related questions the general practitioner or community pharmacist should be contacted