

Professor Sirkka-Liisa Kivelä:

The on-time medication administration contributes to, for example, the care for the elderly and prevents side-effects.

Thanks to the Med-O-Wheel Smart:

The medication is administered on time, and thus there has been a decreased need for home-care visits to ensure the administration of medicines in Seinäjoki.

Professor Sirkka-Liisa Kivelä has highlighted the importance of on-time medication administration and the right dosage in, for instance, care for the elderly. The correct dosage of medication promotes the health of the live-at-home elderly or other home care patients and prevents side-effects. In Seinäjoki, several Med-O-Wheel Smart devices have been used in ensuring the on-time administration of medication and the correct dosage. Med-O-Wheel Smart has enabled home care for many older patients, as well as prevented, for example, deliberate excessive use of medication by patients.

The Finnish Med-O-Wheel Smart and its associated medicine logistics service model has been used in Seinäjoki and other places in the Jyväskylä region, as well as in the home nursing services in South Savo. Thanks to Med-O-Wheel it has been possible to cut costs of home nursing by almost a half, as well as to ensure the on-time administration of medication. The device also balanced rush peaks in home nursing and increased safety and on-time medication use.

Studies indicate that Med-O-Wheel Smart increases on-time use of medication to 96 per cent. Ordinarily, only a third of drugs are taken at the right time, while a third is not taken at all.

The system enables home care professionals to devote more time to the patient living at home and other caregiving duties.

The number of home visits, to ensure that the medication is being taken, has also decreased in Seinäjoki.

In Seinäjoki, Med-O-Wheel Smart has been used on a pilot trial, both in home care for the elderly and mental health patients. Based on use experiences the dispenser has ensured a safe medical treatment at home.

- The use experiences have been extremely positive. Thanks to Med-O-Wheel Smart, the number home visits to ensure that the medication is being taken were decreased which has made it possible to devote more time to the patient living at home and to other caregiving duties. The dispenser has also eased the morning and evening rush hours, as visits to home care patients no longer need to be done all at the same time, Seinäjoki's home care technology nurse **Arto Peurala** says.

As an example Peurala mentions an older patient living at home who received four or five visits a day to ensure that the medication was taken on time. With the help of the dispenser, the patient received the medicine on time, and the medication was not forgotten anymore. Now, home care nurses can, instead of ensuring the administration of medication, concentrate on other nursing tasks.

- Obviously, the elderly want to live at home for as long as possible. In our daily work, we have seen that thanks to Med-O-Wheel Smart patients have been able to live at home for longer than expected, Peurala thinks.

The use of the medicine dispenser in the home care of the elderly is also supported by professor Sirkka-Liisa Kivelä. - A programmable medicine dispenser that reminds the patient to take the medication on time is excellent in planning safe medical treatment for the elderly. The dispenser can be re-filled either by the patient, relative, professional carer or by a chemist. This increases the opportunity to organise safe medical treatment for older patients with different levels of functioning. A correct and on-time medication administration prevents side-effects, Professor **Sirkka-Liisa Kivelä** says.

The Med-O-Wheel Smart, together with its medicine logistics service model, has been effective in also ensuring the medical treatment of mental patients. - In this group of patients, the dispenser has prevented also the misuse of medicine here in Seinäjoki. The recovery of mental health patients has visibly progressed, as the drugs are now taken exactly on time and only in right doses, Peurala says.

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Addoz Med-O-Wheel Smart and the Medication Logistics Service Model

The programmable Med-O-Wheel Smart, developed by Addoz Oy, is an intelligent dispenser for medicine in the form of tablets. Its goal is to improve the distribution of drugs and offer cost savings. Programmable in advance, the Med-O-Wheel Smart can be used either as a separate dispenser or it can be associated to a wider service package with an alert system. The implementation of the Med-O-Wheel Smart in home nursing or for persons living at home is easy. A home nurse, chemist or relative will program the medication schedule into the Med-O-Wheel Smart and it will deliver the medicine, for instance, at two-week intervals. Each day, the dispenser will sound an alarm when it's time to take the medication. This prevents, for instance, the patient from exceeding his/her dose or taking the wrong or contraindicated medication.

When the Med-O-Wheel Smart alarm sounds, the patient receives the prescribed dose of medication by pressing the dispensing button. If the patient does not take his/her medication for whatever reason, the device reminds him/her to do so with a flashing light and a warning tone.