

Increasing independence through better medication management

Cyngor Bwrdeistref Sirol



Bridging the gap between health and social care - partners **CHALLENGES**

- Bridgelink Telecare
- Cwm Taf Morgannwg University Health Board
- Bridgend Community Resource Team
- Life Science Hub Wales
- CTM Value Based Healthcare

Increasing medication needs are a significant challenge in social care. Age UK estimates that almost two million people aged over 65 take at least seven different prescribed medications weekly. For anyone looking to maintain independence and live in their own home, managing medication is essential. It is estimated that only 50% of all prescribed medication is taken as intended. The lack of digital monitoring means that there is no way to record data that would help assess issues and trends.

SOLUTION

YOURmeds is a smart medication management system that helps people take the right medication at the right time with support from their network of family and friends. Medication packs are filled and dispensed by the pharmacy team in the Community Resource Team. The real time data captured provides the Community Resource Team with evidence and insight into issues and trends. The YOURmeds supporter app uses the “free” social capital around a user to increase adherence and reduce the carer burden on the primary carer

IMPACT FOR HEALTH AND CARE PROVIDERS

BENEFITS FOR RESIDENTS

- Improved medication adherence
- Allows residents to stay at home instead of residential care
- Peace of mind for supporters
- Proactive support and welfare checks



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1

Reduced number of emergency admissions

Approximately 5-10% of all hospital admissions are medicines-related, with non-adherence accounting for 29% of these admissions

2

Faster hospital discharge

Ability to discharge patients from hospital earlier due to better community support around medication management

3

Reduced in person care visits

Eliminate the need for medication only reminder visits

4

Improved information sharing

Data sharing across health and social care on adherence in real time

5

Reduced medication wastage

Better information on medication taken reduces wastage

MALCOLM

- Lives alone and is vulnerable with signs of forgetfulness
- Multiple medication doses are being missed despite intervention from family
- Family under carers strain having to dispense medication into Dossett boxes and providing verbal prompting several times a day
- Family reporting despite their best efforts, their interventions are not always successful in ensuring medication is taken as directed
- Risk of further health deterioration or hospital admission
- Lack of care support to provide face to face visits to prompt medication

- Reduction in carer fatigue around filling medication devices as the packs come filled by the Community Pharmacy Service
- Peace of mind for family knowing that Michael has taken his medication
- Independently completed a 4x day antibiotics to manage a worsening leg condition
- Family can spend more time focusing on his other needs

88%

adherence

“I didn’t want to take all my tablets because there was too many for me to manage. But now it doesn’t bother me at all taking so many, it’s like playing bingo.”

CAROL

Possible safeguard concerns and vulnerabilities due to not being able to read or write

High number of daily medications making managing medication independently very difficult

Significant difficulty knowing what medication to take due to not being able to read the labels independently

High risk of presenting to A&E in the future and/or long hospital admissions if a solution could not be found

- Reduction in bed days were saved as an earlier discharge could be planned
- Health condition has improved due to better adherence
- Does not need to pay for medication support
- Can take the YOURmeds pack with her when staying at a friend's home

95%

adherence

DORIS

Has a demanding caring role as well as managing her own health needs

Limited support by family

Doris’ medication regime was inconsistent, and this was impacting on her ability to manage her caring role as well as her medical conditions

Risk of falls and significant harm which may result in hospital admission and breakdown of caring role

- A circle of care including family was created that would alert if the wrong medication is taken or a dose missed
- Peace of mind for family
- Reduces the need for daily input from family

89%

adherence