

Managing Medication in the Community using "FREE" social capital

Bringing medication management into the 21st Century

PARKINSONS

Bridging the gap between health and social care

First Assistive Technology used by Manchester City Council within a health setting to support increasing independence and reducing primary carer fatigue



46
different medical conditions



4,218
correct medication rounds



55%
over 70 years old



ADHERENCE

CHALLENGES

Manchester Local Care Organisation were looking for ways to support individuals with Parkinson's and their primary carers. Working as a combined authority allowed Manchester City Council to trial YOURmeds to support the multiple medication rounds Parkinson's patients have to adhere to. Traditional blister packs have been used but still resulted in citizens missing their medications

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 local pharmacies. The real time data captured provides Councils with evidence to support commissioning care packages. The YOURmeds supporter app uses the "free" social capital around a user to increase adherence and reduce the carer burden on the primary carer

BENEFITS

1

Improve Adherence

On average users had an average adherence rate of 80%. Management of Parkinson's requires time sensitive medication. It is widely recognised that 80%+ is required for efficacy of medication

2

Increases independence and wellbeing of citizens

Improving adherence supports people with long term conditions to improve their health and wellbeing. Citizens were more independent around medication

3

Reduction in primary carer burden

Using the wider support network around a citizen resulted in less demand on the primary carer.

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YOURmeds

Martin was diagnosed with Parkinson's in November 2018 at which point he was referred to the specialist Parkinson's nurse. The Parkinson's nurse visited weekly around medication concerns raised by the carer as Martin would tip all his tablets out and then try to organise them himself. His medication regime was chaotic, the Parkinson's nurse put him onto a community support pack to support adherence, but it did not improve adherence. He is on 7 rounds a day and takes 12 different medications daily. Managing medication was a daily worry and stress for the citizen and the carer.

Martin has been using YOURmeds since August 2021. The community nursing team have no concerns now around his medication. The carer requires less support and does not phone regularly. He strongly agrees that YOURMEDS helps to manage his medication routine, supporters are also less worried about his medication. Both the supporter and the user like the fact that the supporter is informed about medication adherence. The alarms help to remind him to take his medication and are seen as helpful. He strongly believes that he is better at managing his own medication with YOURmeds



YOURMEDS is simple, safe and secure, it's prompt makes patients more independent, allows them to stay empowered and keep on track with their medication. Patients who are on YOURMEDs have stuck with it and they do like it. With the 4 weekly packs it doesn't restrict them if they want to go away for a week, they can take YOURMEDs with them. The cohort that are on YOURMEDs I've not had any issues and they are definitely happy with it, and I wouldn't like to take it off them. I would love to see this rolled out to a wider community especially people with long term conditions."

Mary Leggett, Specialist Parkinson's Nurse.



- 100% said that they were better at taking their medication with YOURmeds than before
- 4 in 5 of user's supporters checked in with them at least once a day to ask about medication before YOURmeds
- 2 in 3 worried when they would forget to take their medication
- 1 in 5 didn't find managing their medication a daily stress
- 100% said that YOURmeds helped made medication management easier to manage, 4 in 5 strongly agreed that YOURmeds supported improved medication management
- 2 in 5 of citizens live on their own