

# Remedy for medication issues



Heather Robertson and her daughter Elspeth Welsh.

CATHIE Reid won't forget the day her grandmother had a stroke and lay on the floor of her home for 24 hours before she was discovered.

"My grandma went from being independent to being consigned to a nursing home," Ms Reid said.

As co-owner of the APHS Group, which provides specialised hospital, oncology and aged care pharmacy services, Ms Reid knows of similar stories where seniors suffer alone after a fall.

"I know seniors like to remain independent and don't want their family ringing them every day," she said. "But the ramifications might not have been so serious if someone had discovered my grandmother earlier."

Ms Reid said she was also aware such falls could be the result of medical misadventure, an issue affecting seniors and mental health patients, their relatives and carers, and medical staff. The term refers to patients taking incorrect medications

due to misunderstanding or miscommunication. As a result of this error, a patient's condition can rapidly worsen to the point where they need to be hospitalised.

"The ramifications of medical misadventure can be very serious and it has a big impact on the health system," Ms Reid said.

However, Ms Reid hopes a new device distributed by APHS will reduce the possibility of medical misadventure, while giving seniors and mental health patients the independence they need.

Using smart technology, the Medido Monitored Compliance Device sees pre-packaged sachets of medications loaded into the device and the patient's medication data entered into an internet portal.

An alarm goes off in the device when the patient needs to take the medication, with the sachet released by simply pressing a button.

However, the patient's nominated carer will also

receive an email or text message if the patient fails to take their medication for any reason.

"The Medido deals with some big issues, namely patients' health and their fear that if they suddenly fall ill, no one will know about it," Ms Reid said. "It also maintains patients' independence, gives their carers peace of mind, and helps minimise the effects of medical misadventure on our hospitals."

Elsbeth Welsh is a fan of the Medido device and said it had given herself and her 90-year-old mother, Heather Robertson, confidence and comfort.

"My mother still feels independent and in control, yet it is a supported control," she said.

"The device also enables elderly people to live in their own homes without constant monitoring, and is flexible so alarm times and messages can be changed whenever we like. I can even send my mum a happy birthday message via the device."

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