



Health and Social Services



Careosuel GSM

Transnational project manager:
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Participating partners:
Bodö Norway and Faroe Islands



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Periphery
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Background

Old people want to feel independent and live in their own homes. New technology can bring benefits for health and for the economy, both for the individual and for the community. Many hospital visits are caused by wrong medication and could be avoided if the medicine was taken in the right dose and at the right time. Elderly people often use medicine on doctor's prescription and it's a great matter to prevent errors of wrong medicine handling. Supporting independence of elderly should go hand-in-hand with a system of safe medication. One of the purposes in this project was to try new technology about medication.

Careosuel GSM

The Careosuel GSM is a computerized medical dispenser. The dispenser contains 28 compartments that the pills are dosed in. The dispenser is programmed on the web at PharmaCells homepage. At the programmed time the cassette rotates and the next compartment becomes exposed through an opening in the lid and the alarm signal sound. The pills in the other compartment are not available. If the medicine is not taken during the programmed alarm time a message is sent to a chosen person's mobile phone. The dispenser is lockable if needed.

More detailed information about the Careosuel GSM is found at www.pharmacell.se

Projectwork

In the OLE 2-project elderly in Luleå Sweden, Bodö Norway and Faroe Islands have tested the new Careosuel GSM dispenser from PharmaCell. We were allowed to borrow dispensers from PharmaCell AB during the project time. The purpose was to find out if the Careosuel GSM dispenser can be an aid for medication among elderly; or others who need to be reminded when it's time for medicine.

Evaluation

In the beginning we had difficulties to find appropriate users for the Careosuel GSM, one cause may have been the new technic; you need a computer to program the dispenser. It was also technical problems to get the message function to work in Bodö and Faroe Island. At last users were found; four in Luleå, one in Bodö and four on Faroe Islands.

The evaluations from the users who tried the dispenser during the project time are mostly positive. They feel more secure and don't have to worry to forget the medicine. They feel safe when they know that a message is sent to a relative if they for some reason haven't been able to take the medicine. One says that it's good for the self-esteem to manage the medication by yourself. Some of them think that the dispenser is a bit big and clumsy; it's not easy to take it with you if you go out because you must carry it the right side up otherwise it will signal. One user think's that the compartments are too small, sometimes the pills stick in the dispenser. The sound can be irritating before you get used to it. A comment from staffs is that the Careosuel can contribute elderly to manage the medication by their own, it's positive. The advantage is that it signal and reminds.



Conclusions

The conclusion is that the Careosuel GSM dispenser can be a tool for safe medication for the right customer. It can be useful for people in early dementia and others who need to be reminded to take their medicine in the right dose and at the right time. Both the users and their relatives feel safer about the medication when they use the Careosuel. The dispenser is rather expensive to buy for private persons; a solution for distribution of the dispenser is needed for the future.



Evaluation of the Careosuel GSM dispenser by interview with the users:

1. How long have you used the Careosuel?
2. Is it easy to use?
3. If no, what is difficult?
4. Has your medication become easier since you started using the Careosuel?
5. How do you experience the light and sound alarm?
6. A message is sent if you don't take your medicine, what are your thoughts about that?
7. Is there something that's not convenient with the Careosuel?
8. Do you feel more independent when you use the Careosuel?
9. What is the best about the Careosuel?
10. Have you tried other aids for medication?
11. If yes, what have you tried?

Questions to staffs that has come in contact with the Careosueel:

1. How do you experience the Careosuel?
2. Advantages?
3. Disadvantages?

Date:.....

Interviewer:.....