

The feasibility of determining the effectiveness and cost-effectiveness of medication organisation devices compared with usual care for older people in a community setting: systematic review, stakeholder focus groups and feasibility randomised controlled trial

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Plain English summary

Effectiveness and cost-effectiveness of MODs compared with usual care

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Plain English summary

Medication Organisation Devices (MODs) provide compartments for a patient's medication to be organised into the days of the week and times of the day that they should be taken. They are intended to help people to take their medication as prescribed, but there is little evidence to prove that they work. The project was to find out whether or not it is feasible to accurately test the effects of MODs.

The first part of the project was to design the method most likely to be effective in testing MODs. We used previous reports of methods for testing MODs and group discussions with patients and health-care professionals. The resulting method compared MODs to usual medication packaging and compared supplying a patient's medication either weekly or monthly.

The results of the project were that, on average, more patients who used MODs took all of their medication and became unwell than patients who did not use a MOD. This may be because the patients with MODs were suddenly taking more of their medication than before they had the MOD, which caused side effects. Over one-third of people over the age of 75 years already use a MOD and so could not be invited to participate in the project. Also, nearly one-quarter of patients showed signs of not taking medication as prescribed on purpose, and of the remaining patients, nearly half were not taking their medication as prescribed by mistake. A future trial should include younger people to try to catch them before they start a MOD.

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