

“The Best Packaging for Medication Management”

Medication adherence is a common struggle that can affect even the most alert and organized patients. No person is immune to mixing up medications and dosage frequencies, and the challenge to administer medication correctly only intensifies with age and/or increasing number of medications prescribed.

In a U.S. poll of individuals 65-plus who use medications:

- **51 percent** take at least **five different prescription drugs** regularly
- **1 in 4** take between **10 and 19 pills each day**
- **57 percent** of those polled admit that they **forget to take their medications**

Non-compliance — missing doses or not taking medications as prescribed — is a big healthcare issue. It reduces the effectiveness of medication and increases the chance of needing more treatment and/or costly hospitalizations.

Helping individuals manage their complex medication regimens within assisted living facilities and nursing homes has its challenges. Studies show that the three main concerns with respect to medication packaging are:

- Efficiency of medication management (freeing up nursing time)
- Accuracy of medication administration (reducing errors)
- Accountability of controlled substances (limiting drug diversion)

Multi-dose blister packaging addresses these concerns, and is a convenient and intuitive solution for residents and their caregivers alike.

Blister packages have grown in popularity around the world because they simplify an otherwise complicated process. One blister package replaces up to 16 standard medication vials or punch cards, making it much more efficient to administer **all the right medications** to the **right patient** at the **right time**.

Pharmacies use proven SynMed® automation to fill blister packs, thereby ensuring all medications are delivered promptly and accurately.

All of a resident’s medications are in one neat package and laid out in a way that is understandable to the patient and/or their healthcare provider.



A typical card has 28 individual blisters — seven rows by four columns — that include one week’s supply of medication customized for the resident. Every row represents a day of the week and each column is color coded to represent a specific dosing time. For example: morning, afternoon, evening and bedtime.

The individual blisters are appropriately sized to hold up to 16 medications of various shapes and sizes, and every single one is labeled with the patient name, the contents held within, and the specific date and time they are to be administered.

The header of each card contains a detailed medication list of every drug included inside

that pack, accompanied by a physical description and a high-resolution image of each drug. Controlled substances can be differentiated on this list, e.g. printed in bold red, thereby facilitating the count and control of these drugs.

This list can be easily removed and kept, to offer fast access to essential information in the case of an emergency. It is also a useful tool for caregivers and healthcare professionals to refer to when discussing patient care.

Many blister cards have perforated edges around each cell, allowing the patient or caregiver to tear off an entire row or single dose time; the blister then becomes a labelled medication cup for easy administration and/or for transport.

The transition to multi-dose blister cards for medication management has proven to:

- Increase medication adherence, thereby improving outcomes
- Cut med pass time by 30-50 percent
- Reduce errors
- Be an intuitive solution for residents and their caregivers alike

SynMed® has resources available should you want to find out more about the benefits and availability of MD blister packs for your residents: info@synmedrx.com.

