

# Participant Information



## The ADHERE Trial

Using Automatic  
Medication Dispensers  
(AMDs) to improve  
medication adherence  
for older adults with  
long-term conditions



# Why?

- **Improved Health Outcomes** – AMDs can ensure timely and accurate dispensing of medication, promoting better adherence to treatments and reducing the risk of complications.
- **Increased Independence** – patients can manage their medication without reliance on caregivers or family members, fostering confidence and autonomy, particularly for older adults.
- **Peace of Mind** – AMDs may provide reassurance for both patients and their families, ensuring medications are taken correctly and on time.
- **Enhanced Quality of Life** – by supporting physical well-being and emotional security, AMDs can improve the overall quality of life for patients and their support networks.



# What?

## Who can take part?

We are inviting adults aged 65+ with long-term conditions who take multiple medications daily and live in Bedfordshire, Luton, and Milton Keynes.

## What does taking part involve?

You will be placed into one of two groups by chance, like flipping a coin. This ensures the study is fair and unbiased.

- **Group 1** will use an AMD for 6 months
- **Group 2** will take their medication as usual

Both groups will be asked questions about health and taking medication. Your GP will be informed and your pharmacy will continue to manage your medications.

All participants who complete **all** surveys will receive a **£20 gift voucher**.



In this research study we will use information from you and your pharmacist. We will only use information that we need for the research study.

We will let very few people know your name or contact details, and only if they really need it for this study. Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules.

At the end of the study we will save some of the data in case we need to check it and/or for future research. We will make sure no-one can work out who you are from the reports we write.

For more information please visit:

[www.beds.ac.uk/ihr/adhere](http://www.beds.ac.uk/ihr/adhere)

## What are the benefits?

- You will help us to understand ways in which we can help people manage their medication better
- You may experience better medication adherence, leading to improved health outcomes

## Is there a cost?

- **No cost during the study**  
There is no charge for using the device while you are participating in the trial
- **Group 1**  
If you choose to keep the device after the trial, there may be a cost, which will be clearly explained to you at that time
- **Group 2**  
If the results of the study show benefits, we may be able to offer you a device, please ask us for further details

# Who?

This study is organised by the **BLMK Integrated Research & Innovation Hub**



[www.beds.ac.uk/blmk-ics](http://www.beds.ac.uk/blmk-ics)

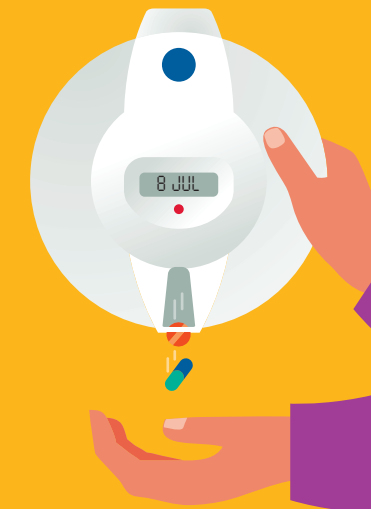
## What if I have questions, concerns or want to leave the study?

- Please contact  
**Dr Erica Cook**  
call **01582 489217**  
email **erica.cook@beds.ac.uk**
- You can also request that your data be removed.
- To make a formal complaint, contact  
**Professor Gurch Randhawa**  
call **01582 743797**  
email **gurch.randhawa@beds.ac.uk**

## What will happen to the results?

The results will be shared with the Bedfordshire, Luton, and Milton Keynes (BLMK) Integrated Care Board, published in a journal, and presented at conferences. All information will remain anonymous.

**Thank you**  
**for considering**  
**taking part in**  
**this research!**



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## Automated Medication Device Instructions for use

### How?

**The device will be programmed and filled at your usual pharmacy.**

**When in operating mode your device shows these messages:**

DATE

CLOCK

**When the device alarm sounds and shows this message:**

TAKE MED

**Tip the device 180° and the medication will fall into your hand for you to take, the device will beep when it has registered the dose has been taken.**

**If you tip the device slightly forward (between 15 and 40 degrees) it will show the following example messages:**

NEXT DOSE –  
18:00 MON

DOSES LEFT – 9

B 75%

DATE – 22 NOV 24

(B = battery level)

**When only 4 doses remain, you will see this message:**

DO5 04

**in the sequence with DATE and CLOCK**

**After this dose has been taken, you will see these messages:**

DO5 03

DO5 02

DO5 01

DO5 00

**in the sequence with DATE and CLOCK**

**The batteries normally last 12 months but when the battery capacity is less than 20% you will see this message:**

LOWBATT

**in the sequence with DATE and CLOCK**

**You can ask your pharmacist to change the batteries.**

**It is unlikely but if you see this message:**

ERROR

**You can ask your pharmacist for assistance.**

**The device will send a text message if:**

Dose is not taken

Dose taken

There is an error with the device

The device is upside down

There are 4 doses remaining

Low battery

**If you need help or have any questions or concerns, please contact your pharmacist.**

**If you have any questions about the trial, please contact:**

• **Dr Jodi Emma Wainwright**  
call **07566 729241**  
email **jodiemma.wainwright@beds.ac.uk**

**If you have an urgent technical issue with the device, please contact:**

• **Pivotell Ltd**  
call **01799 550979**  
email **office@pivotell.co.uk**

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