

C.S. SANTANA; D.O. SILVA. *A study on the relation between the accessories developed for the activity of self-medication and the maintenance of functional capacity of the elderly. Gerontechnology 2010;9(2):9(2):325; doi:10.4017/gt.2010.09.02.184.00* **Purpose** In a clear context of demographic and epidemiological transition, and considering the importance it represents, the correct use of medicines among the elderly and the need to adopt strategies aimed at treatment adherence and correct use of medicines is what this study has proposed. Medication requires a complex cognitive functioning¹. The ability of the elderly to comply with the requirements and take the medicine at the correct dosage and time can be compromised by advanced age or physical and mental deterioration². The purpose of this study is to review the types of devices designed to aid with the task of self-medication available in the Brazilian and international markets, and correlate with functional capacity of the elderly for their use. **Method** This is an exploratory, prospective and descriptive achieved by the pursuit of the pillbox for marketing. It surveyed the keywords Door Tablets, Remedies Organizer, Box Tablets (Searched in Portuguese), Pill Organizer and Pillbox (Searched in English) in a total of 100 pages at Google™. **Results & Discussion** The assistive devices for self-medication found, were as high and low technology pillboxes with different shapes, types and distribution of the pills (daily, weekly and monthly); and cutters tablets (tablet cutter/splitter). The Visual Meds Guide aims to provide general information about medicines, function, kind of administration and visual guidance on the pill to be ingested, the devices of the type of pill crusher, devices for easy gripping of the pill, devices to aid in the use of eye drops/drip (Eye Drop Guide), alarms to aid memory, devices that facilitate the opening of bottles/threaders (Pill Bottle Cap Opener). The loss of functional capacity of the elderly occurs in a sequence that goes from the impaired performance of instrumental activities of daily living (IADL) to the basic activities. As the elderly are the most medicated people in the entire life cycle of human development, the devices developed to aid this activity acts as facilitators for those who have reduced strength, hand grip and manual skills refined, difficulties in memory, difficulties in attention, selective ability and visual discrimination. Such devices are important for the satisfactory performance of self-medication with efficiency and if used properly it will promote the independence of the elderly in this important IADL.

References

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