

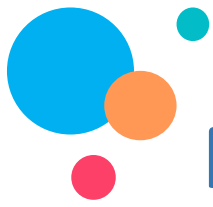
Enhancing Medication Experience in Children under Paediatric Nephrology – The MedsEasy Programme



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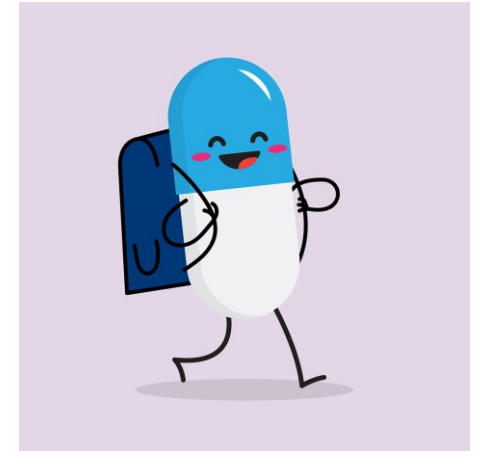
April 2025

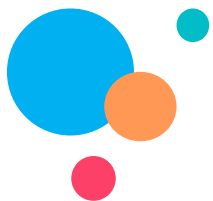


MedsEasy Programme – Pill School



- Why this programme?
 - Liquid medications are inconvenient, contain unwanted excipients
 - Age-appropriate formulations are not available for many drugs leading to the need of crushing tablets
 - Impact on Compliance
- Aim
 - To empower young patients with the skills to swallow tablets
- Review of the pilot service from August 2024 – February 2025
 - Led by clinical pharmacists, renal nurses, clinicians

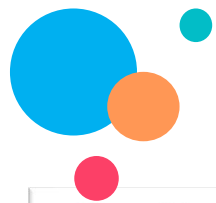




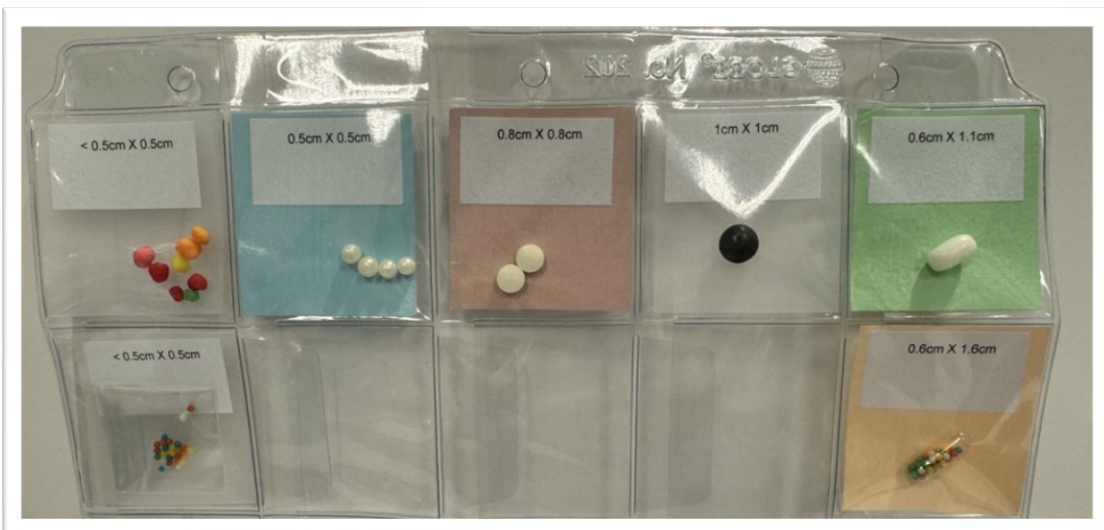
Target Patients



- Patients **aged 5 years and above** who have problem in medication swallowing
 - Currently taking liquid preparation(s), with regime suitable for oral solid dosage form conversion, as assessed by clinical pharmacist;
 - Crushed tablets or opened capsules for administrating their oral medications
- Exclusion criteria:
 - Medical contraindications for medication swallowing
 - Visual/ hearing impairment
 - Severe developmental delay
 - Maintained solely on enteral tube feeding



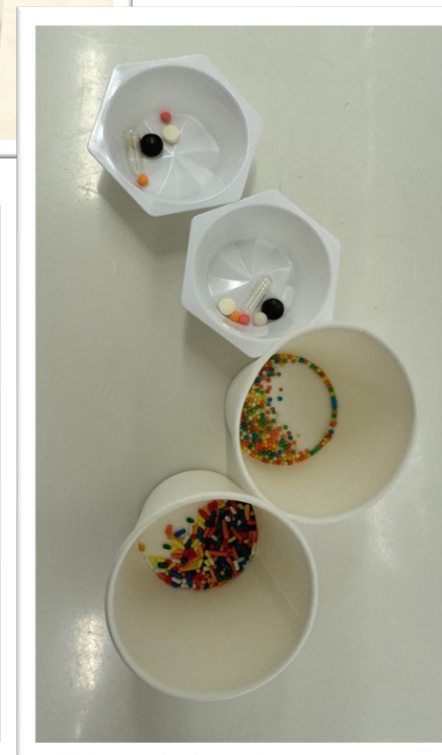
What we need...



Candies



Medicines





Logistics of MedsEasy Programme

Identify suitable patients



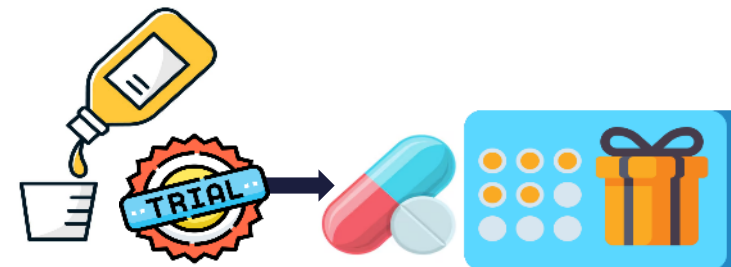
Start candy swallowing 😊
(from small to big)
with encouragement



- Monitor Progress (*Phone/ Clinic/ Inpatient*)
- Follow-up sessions as required
- Post-assessment
- Reward gifts



Perform pre-assessment questionnaire by pharm/ nurse



- Trial switch from liquid to tablet/ capsule
- Reward stickers



Patient Demographics



Parameter	Value
Number of patients (n, %)	29
Gender (n, %)	
Male	14 (48.3%)
Female	15 (51.7%)
Age (years), median (IQR)	8.7 (6.4, 10.3)
5 – 8 years	18 (62.1%)
9 – 16 years	11 (37.9%)
Primary disease diagnosis (n, %)	
CAKUT	1 (3.4%)
Glomerular disease	11 (37.9%)
Hereditary/ familial nephropathy	7 (24.1%)
Miscellaneous	10 (34.5%)

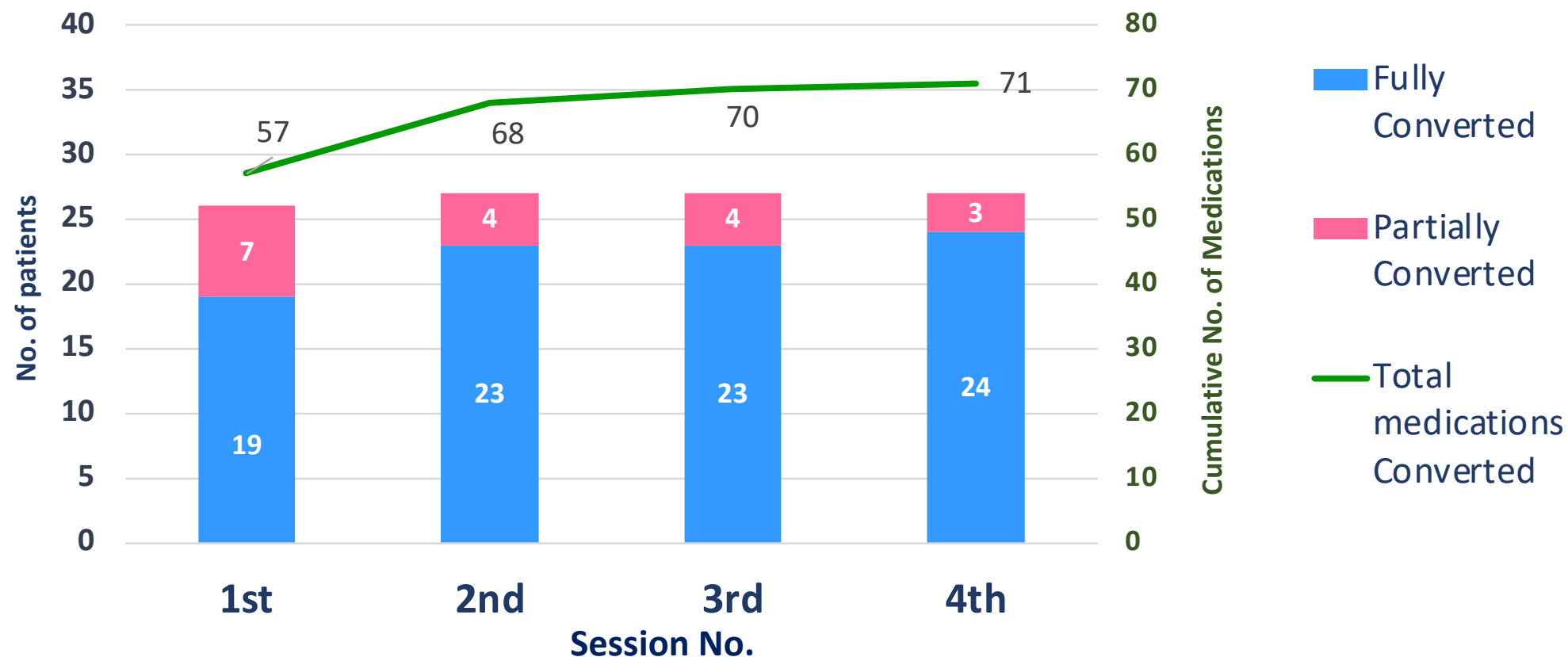
Number of active medications per patient (Median, IQR)	3 (1, 4)
Type of active medications	
Liquid medications	64 (76.2%)
Crushed tablets or Opened capsules	20 (23.8%)
Active medications targeted for conversion (n, %)	84
Antihypertensives	17 (20.2%)
Antimicrobials	3 (3.6%)
Gastrointestinal agents	12 (14.3%)
Immunosuppressants	25 (29.8%)
Others	27 (32.1%)

IQR = interquartile range

Period: August 2024 to February 2025 (N=29)



Patients and Medications Converted after Meds Easy Sessions





Medications switched and the corresponding annual cost-savings

Converted Medication	Frequency (n, % out of 71)	Estimated annual cost-savings (% of total)
Mycophenolate mofetil 250mg capsule (Cellcept, Micocept)	8 (11.3%)	\$215,427 (43.2%)
Valganciclovir 450mg tablet	1 (1.4%)	\$160,888 (32.3%)
Famotidine 20mg tablet	10 (14.1%)	\$55,618 (11.2%)
Tacrolimus 0.5mg, 1mg capsule (Prograf, Sandoz)	5 (7%)	\$15,394 (3.1%)
Amlodipine 5mg tablet	6 (8.5%)	\$13,912 (2.8%)
Prednisolone 1mg, 5mg tablet	7 (9.9%)	\$7,810 (1.6%)
Others	34 (47.9%)	\$29,634 (5.9%)
Total	71	\$498,684

Period: August 2024 to February 2025



29 children recruited

27 children converted (**93%**)

5 years old youngest

38 sessions delivered

71 medicines converted

0.5M projected drug cost savings in one year

90% and above patients and caregivers satisfied with the outcomes



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Thank you from the HKCH MedsEasy Team

