

Guidance for the Use of the Recommendation & Review Forms for Monitored Dosage Systems

A monitored dosage system (MDS) is a patient aid which separates solid dosage medicines, such as tablets and capsules, into individual compartments for different times of the day for each day of the week. Generally, each MDS contains a full week's medication labelled up with days and times to help patients remember to take the correct medicines at the correct time. Medicines held in an MDS are removed from the manufacturer's original packaging and so not all medicines are suitable to be put into an MDS. A patient is suitable for an MDS if their medication is stable, please consider alternative adjustments for patients with frequent medication changes and/or hospital admissions.

The 'Recommendation for New MDS Referral Form' should be used in line with the below pathway. This document has been designed to promote the appropriate use of an MDS by ensuring a thorough assessment of need is undertaken before a decision is made to provide an MDS. The 'MDS Review Form' will ensure that processes are in place in primary care to review patients on an MDS as part of their annual review, provide a follow-up if trialling without an MDS and look to stop an MDS where they are no longer appropriate.

Often adjustments can be made to support medication adherence and to overcome the barriers to taking medication as prescribed. Please see Appendix A of both forms for possible adjustments and ensure discussions are had between the patient, family, carers, community pharmacy and GP Practice / Trust to confirm adjustments can be facilitated.

The appropriate duration of a prescription should be decided by the prescriber, in conjunction with the patient and their pharmacist, taking into account the medicines prescribed, monitoring requirements, condition being treated and individual patient needs. 7-day prescriptions should only be issued by a prescriber when a patient has a clinical need for their medication to be supplied on a weekly basis. Please refer to local guidance <https://medicines.necsu.nhs.uk/download/guidance-on-seven-day-prescriptions-and-monitored-dosage-systems-mds/?highlight=seven%20day>

NEW MDS PATHWAY

