

CODAN PLUS

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WITH SMARTDOSE IN HER POCKET, JEANETTE
IS NO LONGER TETHERED TO A POST

"I FEEL HEALTHY!"

INTERVIEW WITH SENIOR PHYSICIAN, JAN
HALLDÉN, ANAESTHETIC UNIT AT ÖRH,
REGIONAL HOSPITAL AT ÖREBRO

**"We are increasing safety and saving
medicine with the YIVA set."**

PREMIÈRE FOR TRAINING COURSE IN
KUNGSBACKA

**"Knowledge is just as important as protection
when handling toxic medicines."**

"I feel healthy. My illness is more like a backpack."

Jeanette Bergholm turns her car into her courtyard, jumps out and calls out a cheery hello. She has just been at Qigong and is thankful that we were able to move our meeting forward so that she could make time for it. The slow movements and fresh fall air make her feel good. Jeanette has CF, Cystic Fibrosis. We have arranged to meet her to find out what she thinks of SmartDose, a new infusion system "that does not tether her to a post", as she expresses it.

But first we would like to tell you Jeanette's story, not a sob story, but a story told out of immense respect for a fantastic person who has built up a normal life, despite all the complications brought about by her illness.

We traipse into the large white house located outside of Stockholm, where the Bergholm family occupies the first floor, and are immediately "attacked" by a very cuddly dog. Once coffee and cake have been dished up and Bella the dog has settled down somewhat, Jeanette starts telling us about her childhood.

About how severe bouts of pneumonia returned time after time and about nagging coughs and stomach problems. She never dared sleep over at a friend's house.

"I was extremely thin and always hungry. I actually felt liberated when the doctors established that I was suffering from a mild form of Cystic Fibrosis in 1981 when I was 21."

SELF-CARE IS IMPORTANT

She received help with an additional dose of the enzymes she needed for digestion and was able to go up in weight. At the same time, the treatment and self-care that all CF patients need was started. Everyday.

It is a matter of breathing in different ways - huffing, breathing into a PEP mask and an inhaler - and of getting the soft parts treated so that the viscous phlegm can be coughed up instead of it becoming a breeding place for infections.

"I'm not very good at treating myself. This is perhaps because I began so late. Instead, I receive help from a physiotherapist. This is what works best for me," says Jeanette. Jeanette and her physiotherapist can keep going for many hours, often five days a week. Sometimes the phlegm is released immediately and sometimes after several hours, just before the physiotherapist is about to leave. It is deceptive.

I ask Jeanette how she manages to keep going. She replies that naturally her spirits are sometimes low, especially when she is coughing up blood. However, swings in temperament are common in almost all people.

Her greatest support in life is her husband, Jöran. His "backpack" is full of humor and he copes with a good deal of the ground service.

"He means so much to me and the children, not only when it comes to practical things, but also by his way of just being there. "

WORKS EXTRA AT TIMES

Earlier, Jeanette ran a chiropody clinic, but now she simply chooses to do a little occasional extra work. She wants to devote a lot of time to her three children. She also tried to spend a lot of time outdoors, taking long walks to build up her health.

The family gets four hours of municipal cleaning services a week. Jeanette tries to keep with bounds by not doing any cleaning or lifting heavy things, but feels it is difficult not to take care of the children and think of herself instead. It was nice not to be tethered to a post. And practical that SmartDose fits into the pocket of my pants.

WINNING OVER BACTERIA

A few times each year she has a 10-day course of antibiotic treatment. In her case, it is a question of enlarged pseudomonades. She says that she does not really like taking a load of medicines, and consequently she tries to master the bacteria by looking after herself. Nevertheless, sometimes courses of treatment with antibiotics are inevitable. During last spring and summer, Jeanette had two courses of treatment and then tested the new SmallDose infusion system. The medicine, Meronem, cannot be stored ready-mixed in a refrigerator for more than a couple of days. This is where the new system comes in. A small, flat container is pre-filled with a solution of sodium chloride. Jeanette herself adds the medicine dosage from the ampoule to it via an adapter in the SmartDose.

The thing that could have limited her freedom of movement three times a day for ten days became much more flexible.

SMARTDOSE IN HER POCKET

"It was nice not being tethered to a post. SmartDose is really practical in that it fits into the pocket of my pants. The only thing that was a little awkward was the start button, which was stiff. I had to use a fairly hard object to press it with, and then it was okay. Other than that, the system was very easy to learn," Jeanette says.

Naturally, Jeanette hopes that it will be a while before she has to return for a course of treatment. Today she feels unusually spry and knows that the routine examination she is going to have to have at the Stockholm CF Center in Huddinge University Hospital will not produce any adverse results.

DOCTORS AS CONSULTANTS

To eliminate stress, we decide to carry our conversation in the car while driving to Huddinge. We glide over to into a discussion about the relationship between patient and doctor. Jeanette says that it is incredibly easy to be at a disadvantage, to just swallow the things doctors say. Thoughts and questions crop up afterwards on the way home. She thinks that doctors should be more like consultants - really listen to the patients' ideas. At present, Jeanette is reading "The Self-healing Person" by Susanne Edin.

"Her ideas seem right for me."

MANY PATIENTS HAVE TESTED

The CF Center at Huddinge University Hospital is a small oasis in a relatively gray hospital environment. Jeanette seems to be very much at home and finds Vivian Adermark, one of the nurses in the team.

Vivian tells us that many patients have tested SmartDose and have had positive experiences of the system. Above all, they appreciate the freedom of movement and the ease with which the container fits into the pants' pocket. Even the simple fact that the container can be stacked in the refrigerator was much appreciated.

The patients in Huddinge that tested SmartDose are the people that have needed the antibiotic type of Meronem, with limited durability. Now the CF team and its pharmacy are discussing making preparations with other types of antibiotics in SmartDose.

"This would give patients freedom of choice, regardless of the medicine they require. They can choose the system they feel is most practical, a freedom we gladly grant," says Vivian Adermark

DID NOT HAVE TO HAVE A BLOOD TEST

Jeanette disappears to blow into a spirometer and to be weighed. She then sees Mari Just, one of her specialist physicians at the CF Center. We go out into the waiting room. Before long, Jeanette reappears. Mari thinks Jeanette is so spry that she will not even have to have a blood test this time.

In the gray corridor outside the CF Center, we take our leave of each other. Jeanette is on her way to a team meeting of the local CF Association. She is involved in both the Stockholm association and the national association.

As we pass through the hospital corridor, Jeanette's incredible strength and joie de vivre remains in my thoughts. Like this statement:

"I feel healthy. My sickness is more like a backpack. For me it is also important that my friends consider me a healthy person, and I know that they do."

Caption

Jeanette meets Mari Just, one of the specialist physicians at the Stockholm CF Center.

SmartDose

The system is unique - SmartDose is the only portable infusion system that is pre-filled with sodium chloride. Simple for pharmacy personnel to prepare infusions or hand out the container directly to patients who either add the medicine themselves or have a nurse to assist them.

The Product

- A portable infusion system that is not dependent on electricity or gravity. Can be used for different types of infusions.
- The container is pre-filled with 100 mm of sodium chloride. An ampoule with medicine is connected to it. This can easily be emptied, mixed or screwed loose. The infusion is driven by an oxygen capsule.

Benefits with SmartDose

- Safe dosages and administration
- Large amount of freedom of movement for patient
- Small container that fits into pocket
- Simple hand grips
- Does not need to be prepared by pharmacy
- Does not require refrigerator storage

Flow rate

- 50 ml/h, 150 ml/h or 200 ml/h

Length of infusion tube

- 90 or 150 mm

Read more!

You can find more information about SmartDose on our homepage www.codanplus.se/smartdose or at www.fass.se