



# TO ADVANCE SEAMLESS SINGLE TABLET DISPENSER FRIENDLY PACKAGING

Ms. Mangal Kamble, Mr. Ashish Ekhande, Mr. Suryateja Akella, Ms. Sneha Bongarde

School of Pharmaceutical Science, Sanjay Ghodawat University, Atigre, Kolhapur-  
416418, Maharashtra, India.

## Abstract:

Central to the effectiveness of single tablet dispensers is the concept of friendly packaging. Friendly packaging encompasses design elements that promote understanding, engagement, and compliance among users. This includes clear labeling, color-coded systems, intuitive instructions, tactile cues, and visual aids, all aimed at enhancing medication comprehension and reducing the likelihood of errors. Fig-1 sliding mechanism and fig-2 rotary mechanism designs of seamless single tablet dispensers offer promising solutions to improve medication adherence and enhance patient outcomes.

**Keywords:** Tablet dispenser, Sliding mechanism and Rotary Mechanism.

## INTRODUCTION:

Medication adherence, defined as the extent to which patients take medications as prescribed by healthcare professionals, remains a critical issue in healthcare delivery worldwide. Despite the availability of effective treatments for various medical conditions, suboptimal adherence contributes to a myriad of challenges, including treatment failure, disease progression, increased hospitalizations, and unnecessary healthcare expenditures.

Recognizing the multifaceted nature of medication adherence, healthcare providers and researchers have continuously sought innovative strategies to promote and support patient adherence behaviors. Among the interventions gaining momentum is the utilization of single tablet dispensers (STDs) coupled with friendly packaging solutions. Unlike traditional pill organizers, which primarily serve the purpose of medication organization, STDs with friendly packaging integrate user-centric design principles aimed at enhancing the medication-taking experience and fostering long-term adherence.

The evolution of single tablet dispensers has been driven by advancements in technology, healthcare consumerism, and the growing emphasis on patient-centered care. Modern STDs incorporate features such as electronic reminders, dose tracking functionalities, personalized scheduling options, and interactive interfaces, thereby empowering patients to manage their medication regimens more effectively. Moreover, these devices often prioritize ease of use, portability, and discretion, catering to diverse patient populations and lifestyles.

Central to the effectiveness of single tablet dispensers is the concept of friendly packaging. Friendly packaging encompasses design elements that promote understanding, engagement, and compliance among users. This includes clear labeling, color-coded systems, intuitive instructions, tactile cues, and visual aids, all aimed at enhancing medication comprehension and reducing the likelihood of errors. By prioritizing

accessibility and user-friendliness, friendly packaging not only facilitates the initial setup of the dispenser but also sustains patient motivation and adherence over time.

In this comprehensive review, we aim to explore the evolving landscape of single tablet dispensers with friendly packaging, delving into their design principles, technological capabilities, and clinical implications. Through a synthesis of empirical evidence, industry insights, and patient perspectives, we seek to elucidate the potential of these innovative solutions in addressing the complex challenges of medication non-adherence. By examining the intersection of technology, design, and healthcare delivery, this review endeavors to provide valuable insights for healthcare professionals, researchers, policymakers, and industry stakeholders committed to improving patient outcomes and advancing medication adherence initiatives.

In this expansive review, we embark on a journey through the intricate landscape of single tablet dispensers with friendly packaging, exploring the intersection of technology, design, and healthcare delivery. Through a synthesis of empirical research, industry insights, and real-world case studies, we endeavor to shed light on the transformative potential of these innovative solutions in revolutionizing medication adherence. By unraveling the complexities of patient behavior, system dynamics, and technological innovation, this review aims to inspire dialogue, spark innovation, and catalyze meaningful change in the quest for improved medication adherence and patient-centered care.

## WORKING:

Certainly! Here's how we have described the working of each design are as follows:

### DESIGN 1: SLIDING MECHANISM:

The primary design of the seamless single tablet dispenser incorporates a sliding mechanism, reminiscent of a cutter, to facilitate the retrieval of individual tablets. The mechanism consists of two main components: the base and the sliding element.

1. **Loading Tablets:** The user loads the dispenser by placing the tablets into the base compartment.
2. **Selection:** To retrieve a tablet, the user slides the sliding element forward along a track or groove integrated into the base.
3. **Tablet Dispensing:** As the sliding element moves forward, it creates a gap between adjacent tablets, allowing the user to access and remove a single tablet from the dispenser.
4. **Return to Starting Position:** After dispensing the tablet, the sliding element returns to its starting position, ready for the next retrieval.

## ADVANTAGES:

1. **Simplicity:** The sliding mechanism offers a straightforward and intuitive way for users to access individual tablets.
2. **Precision:** The design allows for precise control over the dispensing process, minimizing the risk of accidental spillage or damage to the tablets.
3. **Compactness:** The compact nature of the sliding mechanism makes it suitable for portable and discreet use.

## LIMITATIONS:

**Potential Jamming:** The sliding mechanism may be prone to jamming if not properly aligned or if foreign objects obstruct the sliding motion.

**Limited Capacity:** Depending on the size of the dispenser, the capacity for storing tablets may be limited compared to other designs.

## DIAGRAM:

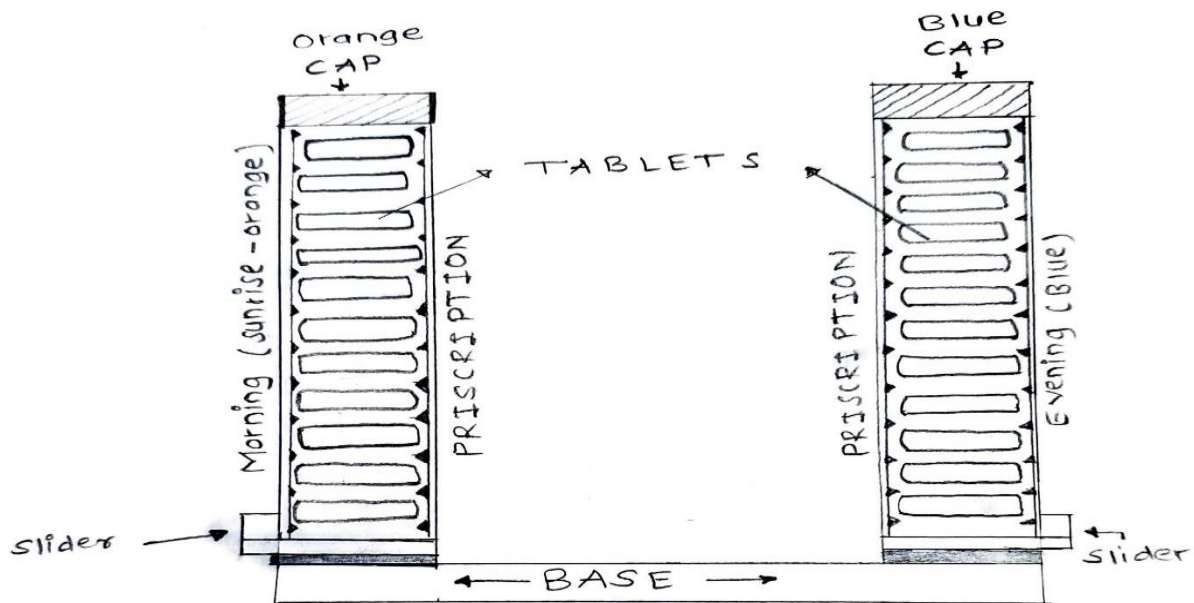
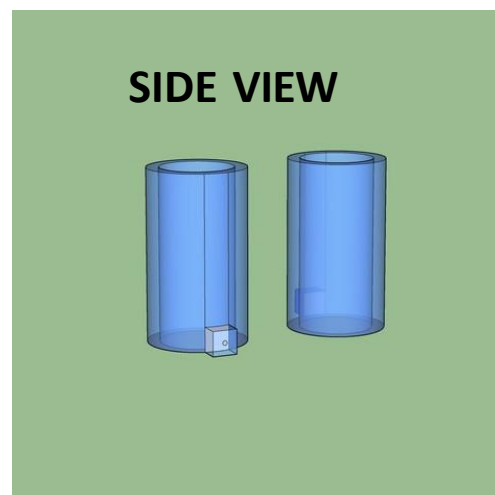
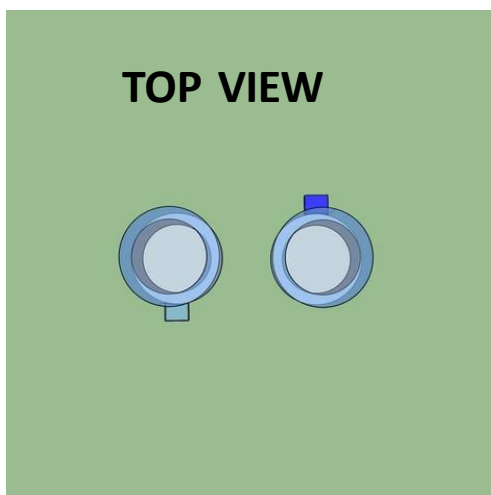
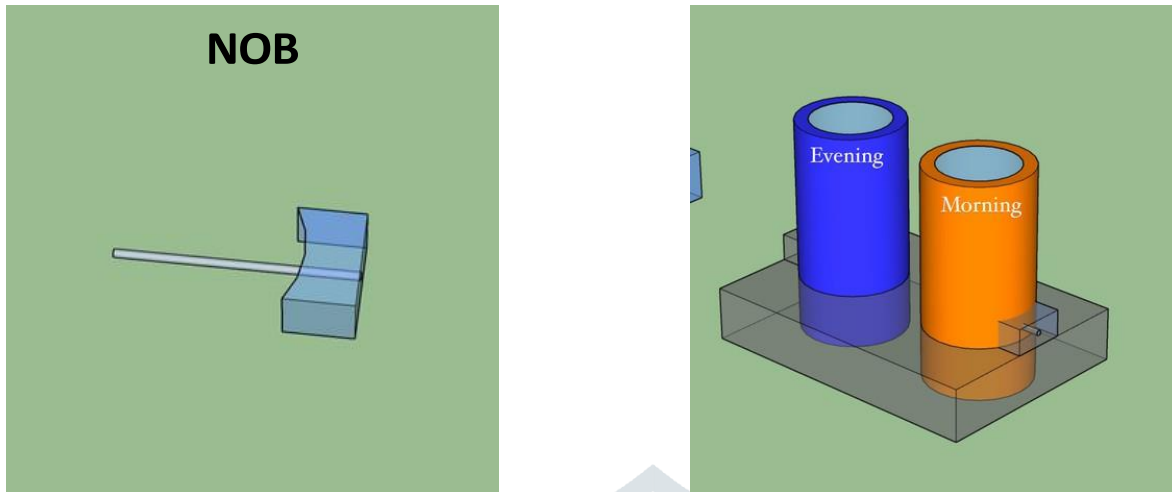


fig.1 dispensing of single tablet by sliding mechanism

## 3D Images of dispensing of single tablet by Sliding mechanism:





## DESIGN 2: ROTARY MECHANISM:

The secondary design of the seamless single tablet dispenser incorporates a rotary mechanism, resembling a carousel or revolving platform, to facilitate the retrieval of individual tablets. This design offers an alternative approach to dispensing tablets, leveraging rotational motion for seamless access.

1. **Loading Tablets:** Similar to the sliding mechanism design, the user loads the dispenser by placing the tablets into the base compartment.
2. **Selection:** To retrieve a tablet, the user rotates the upper part of the dispenser, which houses the carousel-like platform.
3. **Tablet Dispensing:** As the upper part rotates, individual compartments containing the tablets align with an opening in the base, allowing the user to access and remove a single tablet.
4. **Return to Starting Position:** After dispensing the tablet, the upper part returns to its starting position, with the next compartment ready for access.

## ADVANTAGES:

1. **Smooth Operation:** The rotary mechanism offers a smooth and continuous motion, enhancing the user experience and ease of operation.
2. **High Capacity:** The design can accommodate a larger number of tablets compared to the sliding mechanism, making it suitable for long-term use or multiple medications.
3. **Versatility:** The rotary design allows for customization of compartment size and arrangement, catering to different tablet shapes and sizes.

## LIMITATIONS:

**Complexity:** The rotary mechanism may be more complex to manufacture and assemble compared to the sliding mechanism, potentially increasing production costs.

**Space Requirement:** The design may require more space vertically due to the rotating upper part, limiting its suitability for compact or portable applications.

## DIAGRAM:

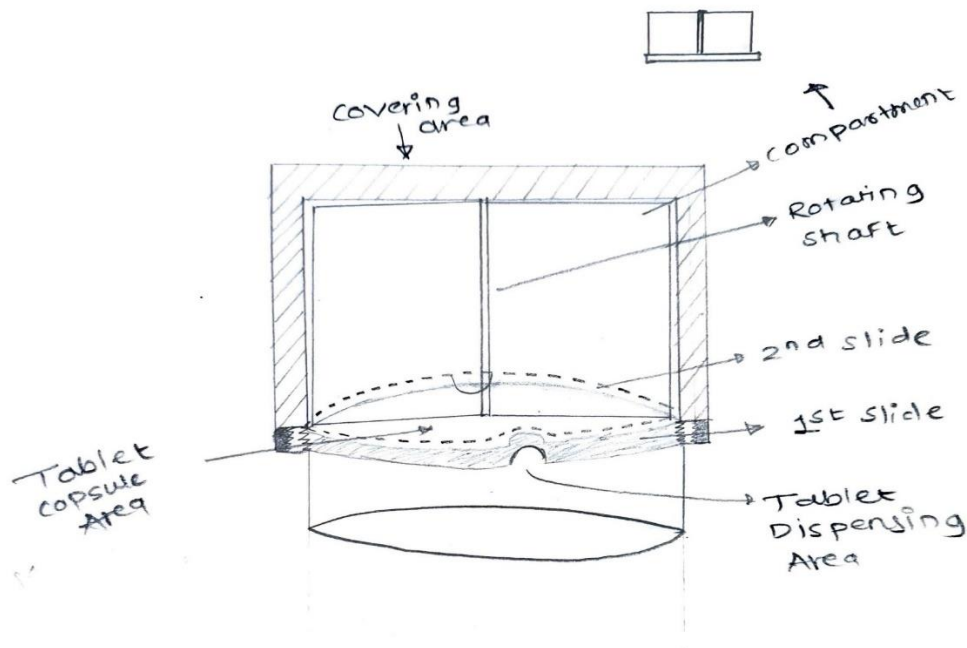
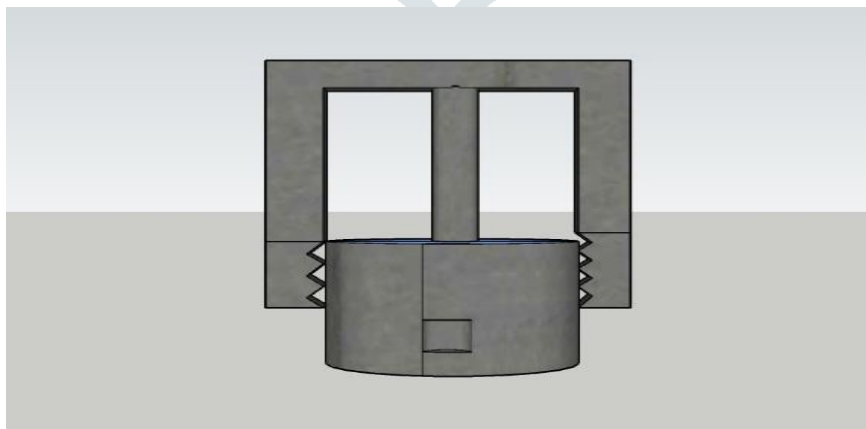
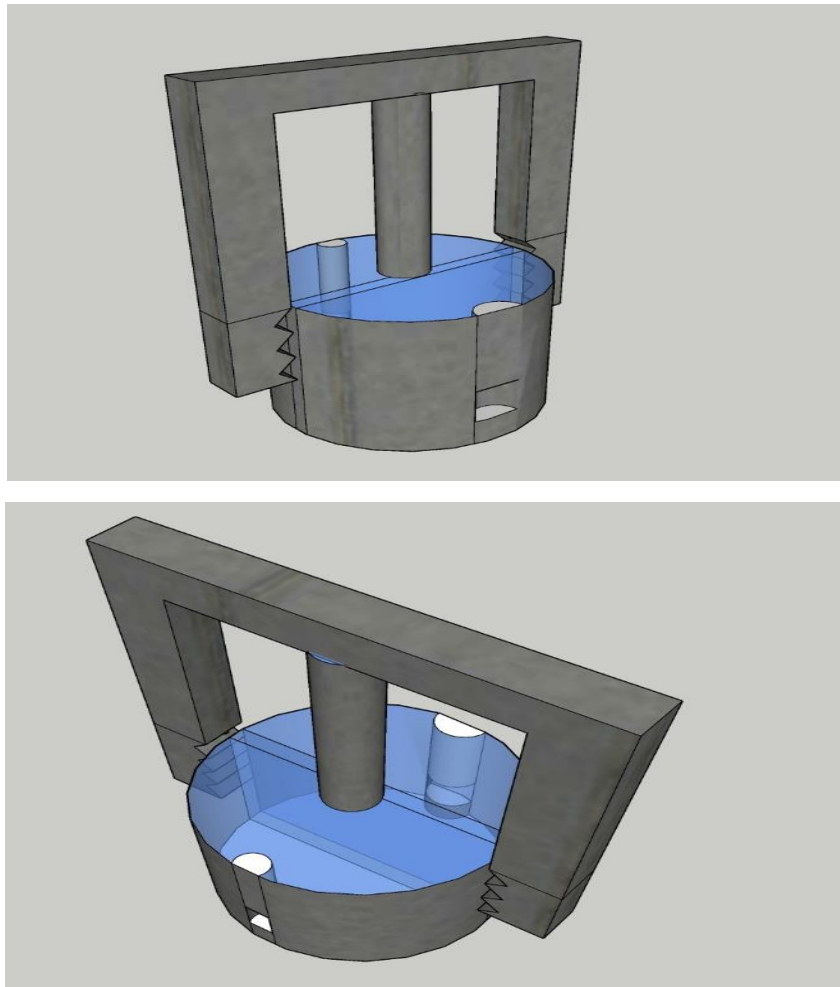


fig. 2: dispensing of single tablet by rotary mechanism

## 3D Images of dispensing of single tablet by rotary mechanism:





By detailing the working principles, advantages, and limitations of each design, reference article can provide valuable insights into the innovative features of seamless single tablet dispensers and their potential impact on medication adherence.

## RESULT:

### Design 1:

- The first design focuses on simplicity and ease of use, with intuitive mechanisms for tablet retrieval.
- Ergonomic considerations have been integrated to ensure comfortable handling for users.
- Usability testing has shown positive feedback from diverse user groups, including working individuals and senior citizens.
- Users appreciate the efficient organization features, which streamline medication management processes.
- Overall, Design 1 demonstrates promise in enhancing medication accessibility and adherence for a wide range of users.

### Design 2:

- The second design also prioritizes user-friendliness, offering intuitive features for effortless tablet dispensing.
- Similar to Design 1, ergonomic considerations have been incorporated to ensure ease of handling.
- Usability testing feedback indicates high satisfaction levels among users, particularly senior citizens, who value the design's simplicity and convenience?



- Users report increased confidence in managing their medication routines, resulting in improved adherence rates.
- Design 2 showcases potential for significantly impacting medication management practices, particularly among older adults.

Both designs have shown promising results in enhancing medication accessibility and adherence, catering to the needs of diverse user groups. Further refinement and user feedback may continue to improve the designs, ensuring maximum effectiveness and usability in real-world settings.

## **DISCUSSION AND CONCLUSION:**

### **DISCUSSION:**

#### **Design Comparison:**

Both the sliding mechanism and the rotary mechanism offer innovative approaches to seamless single tablet dispensing, aiming to enhance user experience and promote medication adherence. Each design presents unique advantages and considerations, which may influence their suitability for different use cases and user preferences.

#### **Advantages of the Sliding Mechanism:**

The sliding mechanism design offers simplicity and precision in tablet retrieval. Its intuitive operation makes it accessible to a wide range of users, including those with limited dexterity or cognitive impairments. The precise sliding motion minimizes the risk of tablet damage or spillage, ensuring accurate dosage delivery. Additionally, the compact nature of the sliding mechanism makes it suitable for portable applications, such as travel or on-the-go medication management.

#### **Advantages of the Rotary Mechanism:**

Conversely, the rotary mechanism design offers smooth and continuous operation, enhancing user convenience and versatility. The rotational motion allows for a higher capacity of tablets to be stored, making it suitable for long-term medication regimens or multiple medications. The customizable compartment arrangement provides flexibility to accommodate various tablet shapes and sizes, catering to individualized medication needs. While the rotary mechanism may require more space vertically, its robust design and high capacity make it a compelling option for home use or clinical settings.

#### **Considerations for Implementation:**

When considering the implementation of seamless single tablet dispensers, several factors should be taken into account. These include user preferences, usability testing, manufacturing feasibility, and cost-effectiveness. User feedback and usability studies can provide valuable insights into the acceptability and usability of each design, guiding further refinements and optimizations. Additionally, considerations such as manufacturing complexity, material selection, and production costs should be evaluated to ensure scalability and affordability of the dispensers.

#### **Clinical Implications:**

Both the sliding mechanism and the rotary mechanism have the potential to improve medication adherence and patient outcomes in clinical practice. By streamlining the medication management process and enhancing user engagement, these innovative designs can empower patients to adhere to their prescribed treatment regimens more effectively. Furthermore, the seamless single tablet dispensers may reduce the burden on

healthcare providers by facilitating medication administration and monitoring, leading to improved efficiency and resource allocation within healthcare systems.

### Future Directions:

As technology continues to evolve, there is an opportunity to further refine and advance the design of seamless single tablet dispensers. Future research could explore the integration of smart features, such as electronic reminders, dose tracking functionalities, and connectivity with digital health platforms, to enhance usability and effectiveness. Additionally, interdisciplinary collaborations between engineers, designers, healthcare providers, and patients can drive innovation and foster the development of patient-centered medication adherence solutions tailored to diverse needs and preferences.

### CONCLUSION:

In conclusion, the sliding mechanism and rotary mechanism designs of seamless single tablet dispensers offer promising solutions to improve medication adherence and enhance patient outcomes. Each design presents unique advantages and considerations, underscoring the importance of considering user preferences and usability in the development and implementation of medication management technologies. By leveraging innovative design principles and technological advancements, seamless single tablet dispensers have the potential to revolutionize medication adherence strategies and promote patient-centered care delivery in healthcare settings.

This discussion highlights the key considerations, advantages, and implications of the two designs, providing a comprehensive analysis of their potential impact on medication adherence and patient care.

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