User Guide Medicineuse INT PRO

*I*ntro:

This guide provides an explanation of how the APP 'MEDICINEUSE INT PRO' works.

Though there are more screens you can use, the APP can be used, just by typing on the first screen (screen 1.) you enter, making the APP incredibly easy to use.

WATER is automatically created as the first 'setup line' in the APP and can be used directly (the line WATER can't be deleted).

See also '*History Week*' and '*History Month*' data (the doctor can here see how much MEDICINE you have been taking in given periods and whether there is anything that conflicts mutual or e.g. with any other of your medicine, that is prescribed.

Now, there are also 3 additional points in the first picture, *'Analysis Medicine*', '*Analysis Intake*' and '*Medicine Notes*' where different entries are possible, as indicated below.

Remember that in the 'SETTINGS' in the mobile section 'AVAILABILITY' the APP is made on a 50% font size + that the APP (Medicineuse INT PRO) under section 'Apps' must have access to storage and camera.

On screen 1. you can use 5 input-fields to remember which medicine/how much medicine there are taken:

> Felt 1a and 1b: **About and '?'**
> Felt 2: **Setup/Edit MEDICname**
> Felt 3: **Setup/Edit MEDICnumber/day**
> Felt 4: **SAVE**
> Felt 5: **Enter Number**

By any errors (RESET ALL per line) as shown below:
Press the checkbox, '**Setup/Edit MEDICname**'

DELETE the concerned MEDICINENAME and press SAVE, and all is clear

Then you can start all over by entering the 'MEDICINEname' or a new 'MEDICINEname' again.

For more information about the system, see below:

Info startscreen:

By pressing the check box ''Setup/Edit MEDICname', you can open the boxes and create or edit the medicine names, respectively. When you are ready, press 'SAVE' and the medicine names are created or edited, and the check box closes again.

If you want to specify 'MEDICnumber per/day' (which we absolutely recommend. You can find the information on the medicine box), click on the check box 'Setup/Edit Medicnumber/day' and you can create Medicnumber per/day in the opened boxes and then press 'SAVE' (If you then take too much medicine, it will appear on the screen with a RED color).

You can now start entering 'Number'. Once the number has been entered, press 'SAVE' and the total number of the day can be seen on the right under 'Total number' and the boxes Number is reset and ready for new entry. If you get the warning for too many in 'Total number' you can put a – (minus) in front of the number and press 'SAVE', then the 'Total number' is deducted. If it's right, you just let it stand.

If you delete or change medicine name to another medicine name, the boxes 'Medicine number per/day', 'Total number', all the boxes on the screen 'MEDICINEinfo', as well as 'History Week and History Month' will turn blank, so they are ready for entry under the new name.

NOTE: That 'MEDICINEnames' must be created as first.

Info 'Setup/Edit Personal Data':

Here you can enter personal data (age is calculated automatically if the year of birth is typed as YYYY).

You can voluntarily choose to fill in; nickname/sex/height/weight,.

By scrolling the screen down, you can enter your own 'comments', which you should remember to tell the doctor or information about all the illnesses you may have.

NOTE: Press 'SAVE' which ends the entry.

▌nfo 'Setup/Edit MEDICINEname':

In this picture, you can enter, 'Prescription Yes/No' (if the doctor has prescribed it), 'Strength' (e.g. 500 mg), and 'Type' (whether it's capsules/tablets/ointment/depot, etc.).

The names of medicines are preset (on screen 1) and the boxes, that appear after the name of the medicine, are automatically reset, if you delete or change the medicine name on screen 1.

NOTE: Press 'SAVE' which ends the entry.

▌nfo 'History WEEK / History MONTH':

By clicking 'History Week' and 'History Month', you will be taken to the overview screens where you can see the historical **DATA** per *Week* (day/Week) and Month (Month/Quarterly). Medicine names and numbers are shown.

With these screens you will be able to take a copy of the screen (screenshot) and send it by SMS or by e-mail (**Note**: Use '*ONLY ONE TIME*' button, as shown on the mobile phone) to the Doctor, if you know the doctor's mobile number or e-mail address.

Note: No entries can be made on either of the two screens.

▌nfo 'Analysis Medicine':

By clicking on '*Analysis Medicine*' you are directed to a screen where you can enter 4 different types of medicine (e.g. with the same effect of substance) and then enter all the side effects the different MedicineNames can have and how that affects oneself (may differ from person to person). So, the medicine is described by the doctor, but the pharmacy gives one e.g. the cheapest medicine. In this case there is the risk that you get a medicine that you cannot tolerate, and which results in, e.g. that one cannot walk without crutches, as a case of cholesterol-medication, where the person could not tolerate 'STATIN'. To avoid this, you can use '*Analysis Medicine*' where you can enter the medicine (for example, Pinex, Aspirin, Ibuprofen (but also stronger or other medicines)) you want to test against each other (for the side effects they may give) since medicine consists of two things:

1. the active substance that helps against the illness,

and

2. the additives which the pharmaceutical company add to the medicine, and it is precisely the additives that you may have nuisances from (generally speaking).

The picture is designed with 8 different side effects, which can be entered under each medicine indication (you can type what you think is most appropriate, such as Yes/No, Little/Much or e.g. Mild/Strong, etc.). This allows you to see all the side effects for each medication in a comprehensive overview.

If you take the App to show to the Doctor so that he can see what side effects all the medicines give, he can choose to write a prescription for the least side effects, even if that may be the most expensive medicine. The screen contains both 'Delete all' and 'Delete Side Effects', as well as 'SAVE', which saves everything entered.

REMEMBER to press 'SAVE' to end the entry.

Info 'Analysis Intake':

By clicking on *'Analysis Effects'* you are directed to a screen (ANALYSIS INTAKES) where the intake of medicine can be entered, in order to see when and why you have taken a 'certain quantity' of medicine. This is done in order to be able to show the Doctor how your medicine consumption has been and what the reason for taking the medicine was.

The screen consists of an input screen, as well as a screen that gathers the results of one's medicine consumption. Similarly, a separate file is created that is placed on the mobile phone and is referred to as 'csvmed.csv'. For those who are aware of how the file is accessed, use this file to, e.g. EXCEL (but also for other systems as it is a 'comma separated file').

Regarding making an entry on the screen, you must press the field 'Press Enter (before you press anything else)', which automatically generates the date and time, and then the screen is ready for entering information.

All input fields in the image must be filled before you can save the information (by pressing 'SAVE DATA').

For the fields 'MEDICINE', 'QUANTITY' and 'ACTION (here under):' you can either press 'Backspace' or 'Delete all text' which is next to the fields and the text in the fields are deleted.

The fields have a certain size, but you automatically get a notification if you are typing too many characters.

Once you have saved all the information, you can immediately see the result of the entry or all the entries, by pressing the 'To Summary' button.

This screen ('SHOW ANALYSIS') shows the information you have entered on the previous screen, in pure form (a total of up to 99 times can be entered in this screen).

When the information is no longer needed (and you have spoken to the Doctor about the information), you can delete all the information by pressing the 'DELETE ANALYSIS' button. This way, the picture is ready to receive new medicine information of either the same medicine or another medicine you want to analyze.

There are 2 arrows (←) to exit the picture. The outermost arrow on the left goes to the previous image ('ANALYSIS INTAKE' like 'Backspace' does) and the innermost arrow goes to the first image in the system (MEDICINEUSE INT PRO).

NOTE: No text entries can be made on the screen 'SHOW ANALYSIS'.

REMEMBER that you can only type in the screen 'ANALYSIS INTAKE' if you have pressed 'ENTER (before creating)' first.

Info 'Medicine Notes':

By clicking on *'MEDICINE NOTES"* you are directed to a screen where you have the opportunity to see which notes you have made for old or new medicine. If you move forward from this picture you can make either one medicine note (it can be the medicine you read about in a weekly magazine which has a special effect) or you can take a photo if you like (if you are away and you are not able to write it down).

The note or photo can then be used to help you remember what you saw, or you read about, and especially if you want to consult the Doctor about whether you can use the medicine or not.

About this APP and NEMITA

The App 'MEDICINEUSE INT PRO' is made for those who use medicine that is not necessarily prescribed by the doctor, and without the doctor's knowledge.

Taking the medicine is at your own risk.

The APP is designed for Android 4.3 and higher, with 4.7" screen or larger. The APP may work on other devices and with a smaller screen size, but this is not guaranteed.

Since all 'MEDICINE' can be life threatening it is necessary to keep track on how much medicine you consume daily.

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APP Name: MEDICINEUSE INT PRO

Project no.: 13/INTPRO

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Disclaimer:

This SOFTWARE is provided 'as is'

The developer is not responsible for direct, indirect or incidental use of the APP or consequential damages and other health consequences that may apply.

The 'MEDICINEUSE INT PRO' APP is based solely on the user's own responsibility.