

Self-administration of medicines (SAM) whilst in hospital

This leaflet has been provided to help answer some of the questions you may have about self-administration of medicines during your stay in hospital.

What is self-administration?

The self-administration scheme enables you to be responsible for taking your own medicines during your stay in hospital. This will improve your understanding about the medicines you have been prescribed. It will allow you to be independent during your stay in hospital and help you manage your medication better after you go home.

Your own medicines may be used during your hospital stay as they are familiar to you. If we cannot use these medicines, we will arrange a suitable supply. There may be certain clinical situations or medications where self-administration is not appropriate. This will be discussed with you.

Please note this scheme is not compulsory and you do not have to take part if you do not wish to do so. You can also change your mind at any point during your hospital stay. If you do not take part, the nurse will administer your medicines in the normal way and will give you information about them when you go home.

What happens next?

If you decide to take part in the scheme, the nurse will:

- Ask you to sign a form saying you understand the scheme and wish to take part in it.
- Check that the medicines you have are still what the doctor wants you to take and that the labels have the correct directions.
- Dispose (with your agreement) of any of your medications that are no longer required or not in good condition.
- Obtain any newly started medication from pharmacy.
- Explain what medicines you will be self-administering and print a chart for you to sign after administration.
- Give you a key to the locker where you must keep your medicines.

Throughout your hospital stay, your nurse, doctor and pharmacist will be able to answer any questions you may have about your medicines.

What will my responsibilities be?

- You will need to make sure that all your medicines are stored safely in the designated locker and that it is kept locked at all times.
- You must inform your nurse if you have brought in any medications that require special storage, for example refrigeration.
- You must keep the key in a secure place.
- You must give the key to your nurse if you need to leave the ward for any reason.
- You must tell the nurse if you are going to run out of any medicines.

What happens when I go home?

The pharmacist and/or nurses will provide additional medication counselling before your discharge and will answer any questions you have about your medications. You will also be given a discharge letter, which will contain a list of your medications.

Please remember to hand back your keys.

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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