

# Self-administration of medicines (SAM)

**Reference Number:** ULHT-LFT-2439 v2

**Issued:** June 2023

**Review Date:** June 2025



## What is self-administration?

Self-administration is a scheme that allows you to take your own medicines (or give medicines to the person you usually care for) whilst in hospital. It is also a chance to find out more about your medicines and how to take them.

## What will happen?

If you agree to take part, a nurse or pharmacist will assess your suitability and ask you to sign an agreement form.

A personal supply of medicines labelled with directions will be given to you. If your medicines from home are suitable they may also be used. This allows you to continue with familiar medicines and containers and avoids waste. Your doctor will tell you and your nurse if they make changes to your medicines. Pharmacy will change the tablets or label to match the new instructions from your doctor.

Please note that unlabelled medicines i.e. loose strips of medicines or unlabelled dosette boxes, cannot be used as part of this scheme.

## Why should I self-administer?

Self-administration allows you to continue taking your medicines as you were used to doing at home, if nothing has been changed. This allows you to maintain your independence while in hospital.

It also helps to improve your knowledge of your medicines and the reasons for taking them, so that you will be able to manage better after you have been discharged from the hospital.

## Do I have to take part?

Self-administration is not compulsory and you do not have to take part if you do not wish to. If you do not take part, the nurse/midwife will administer your medicines.

You can also change your mind about self-administration whilst you are in hospital. If later on you wish to start or stop being involved just tell the nurse/midwife.

## Will I self-administer all of my medicines?

For various reasons there are some medicines that cannot be self-administered whilst in hospital. For example, it is the law that morphine has to be kept in the ward medicine cupboard and checked by qualified nurses. The nurse/midwife will give you

these medicines whilst you are in hospital.

## Where can I get further information about my medicines?

If you want more information, a nurse/midwife or member of the pharmacy team will be happy to explain your medicines to you.

Remember medicines can be dangerous if not used properly. If any visitor or patient tries to take your medicines (or the key to your bedside cabinet) please tell a nurse immediately.

## Where will I store my medicines?

The medicines will usually be kept in the secure medicine locker beside your bed.

If you are administering your own medicines you will be given a key that only opens your locker. You must not take the key off of the ward.

It is your responsibility to keep the key out of sight, so that other patients or visitors cannot access it. Tell the ward staff immediately if anyone tries to take your key or medicines.

Please ensure you return the key before you leave hospital.

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[www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust](http://www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust)

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