

Self-Administration of medicines (SAM) for patients/parents and carers

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What is self-administration?

Self-administration means you take your own medicines, or help someone you care for take theirs, while in hospital.

It helps you:

- Take medicines the way you are used to
- Learn more about your medicines
- Take them safely and correctly

What will happen?

If you want to take part:

- A member of staff will check if it is safe for you
- Staff will ask you to sign a form to show you agree

You will:

- Have your own supply of medicines, clearly labelled with your name and instructions
- Have a medicine chart to help you
- Get help and support from staff if you need it

If your medicines change:

- Staff will explain what has changed
- You will have a supply of updated medicines

Important:

- Medicines without labels (such as loose tablets) are not allowed
- Shop-bought medicines can be used if a prescriber says it is okay
- These must be in their original packaging with clear instructions

Why should I self-administer?

It can help you:

- Stay in control of your medicines in hospital
- Keep your normal routine
- Know what your medicines are for
- Learn when and how to take them

It also helps you feel more confident when you go home.

Do I have to take part?

No, it is your choice.

If you do not want to take part:

- A nurse or healthcare worker will give you your medicines

You can change your mind at any time. Just tell a member of nursing staff if you want to start or stop.

Will I self-administer all my medicines?

No, not always.

Some medicines must be:

- Stored safely by staff
- Given by a nurse or healthcare worker

So, staff will give you these medicines during your stay.

Where can I get further information about my medicines?

- Speak to a member of the ward team

Where will I store my medicines?

- In a secure locker next to your bed
- You will have a key or a code to open the locker
- Only you should have access

You must:

- Keep your key safe
- Keep your code secret
- Not share them with anyone

Important information

Medicines can be dangerous if used the wrong way.

Tell a member of staff straight away if:

- Someone else knows your code
- Someone tries to get into your locker

If you have a key:

- You must sign for it when you receive it
- You must give it back before you go home

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