

Appendix 1a. Self-administration of medicines – information sheet for patients

What is SAM?

SAM stands for self-administration of medicines and refers to a scheme that supports you (or your parent or carer) to manage your own medicines while in hospital when it is safe and appropriate to do so. You will be involved, informed and supported throughout this process.

We appreciate that a hospital stay can be a stressful and worrying time, but we will offer support and advice to you and your family/carers throughout your hospital stay. Supporting people to manage their own medicines aims to reduce deconditioning, which is the decline in body function and independence due to not being physically active.

What will taking my own medicines whilst I'm in hospital mean for me?

Self-administration of medicines is where you, your parent or carer are responsible for ensuring that you have taken your medicines as prescribed whilst you are in hospital.

This could be some or all your medicines. This allows you to continue taking your own medicines which you are familiar with and gives you the opportunity to become familiar with any newly prescribed medicines and identify and resolve any problems. It is also possible to start taking your own medicines with the healthcare professional helping you. This means that you will be more confident to take your own medicines again when you are discharged.

It is acknowledged that when people go into hospital it may be for a wide variety of reasons. The ability of people to manage their own medicines will also vary depending on the individual and their circumstances. These factors, as well as many other factors, will be considered when assessing whether taking your own medicines is right for you.

Will I be using my own medicines?

Your own medicines, if suitable, will be used. You will bring your own medicines with you from home and continue taking them while you are in hospital. If you need any more or have different medicines prescribed, they will be given to you by the hospital pharmacy and will have your name on them, the name of the medicine and instructions on how to take

them. If necessary, you may be given support such as a medicines information card that will tell you the name of your medicine/s and the doses you are to take.

How will I store my medicines?

Your medicines should be stored in the lockable medicines bedside cabinet at all times. You will be issued with a code or key for the lockable medicines bedside cabinet. If the healthcare team are helping you to take your own medicines, they will know the code, or have the key, and unlock your medicines cabinet for you.

Is this scheme compulsory?

This scheme is not compulsory, so you do not have to take part. If you do not wish to take part, the healthcare professional will administer your medicines.

How will I know if I will be self-administering my own medicines?

If you wish to self-administer your medicines, then a healthcare professional will perform a short assessment to ensure that you are suitable for self-administration of some or all of your medicines.

What support will I receive?

The team looking after you will be available to talk about your medicines with you and to help you with your medicines administration. There are ways to help you remember to take your medicines which can be discussed with you and trialled whilst you are in the hospital, this can be discussed with your pharmacy team.

There may be times when you cannot self-administer for a short time. This could be because there is a change in your condition, you need to have an anaesthetic, or your parent or carer is not available to give you medicines. If this happens the healthcare professional will give you medicines until you can take them yourself again.

What happens when I am ready to be discharged from hospital?

Before you go home, your medicines will be checked with you. This is to ensure that they are the right medicines for you, with the correct instructions for use. The pharmacy team may also make contact by telephone or visit you at home, once you have been discharged if needed. They will make sure that you are managing with your medicines and try to help you if not.

Information to make sure your medicines are taken safely

- Medicines can be dangerous if they are not used properly.
- It is your responsibility to keep the medicines and digilock code or key in a safe place. If you lose the key, inform a member of the healthcare team immediately.
- If a visitor or other patient tries to take your medicines, inform a member of the healthcare team immediately.
- Never share your medicines with anyone else.
- Read the patient information leaflet included with the medicine before taking your medicine (ask the team looking after you for this if you don't have it).
- If you forget to take your medicine, tell a member of the healthcare team.
- If you get any side effects talk to the healthcare team. Including side effects not mentioned in the patient information leaflet.
- Do not exceed the prescribed dose.
- Your medicines will need to be checked by the healthcare team before you go home. This is to ensure they are still appropriate for you.
- Please return your key to your healthcare team before you go home.
- Seek medical advice in the event of an adverse reaction.
- Anyone can report an issue with a medicine, vaccine, medical device (including software, apps and artificial intelligence), blood product or e-cigarette to the Yellow Card scheme. You can access the reporting form here: [Yellow Card reporting website](#).

Keep all medicines out of the reach of children.