

Appendix 1b. Self-administration of medicines - information sheet for parents or carers

What is SAM?

SAM stands for self-administration of medicines and refers to a scheme that supports the parent or carer to manage the patient's medicines while in hospital when it is safe and appropriate to do so.

What will a patient taking their own medicines while they're in hospital mean for me as a parent or carer?

Self-administration of medicines can be where the parent or carer of the patient are responsible for ensuring that the patient has taken their medicines as prescribed whilst they are in hospital.

This could be some or all of their medicines. This allows the patient to continue taking their own medicines which you as a parent or carer are familiar with. It also gives you the opportunity to become familiar with any newly prescribed medicines and identify and resolve any problems. It is also possible for a healthcare professional to assist you as the parent or carer. This means that you will be more confident to help the patient take their medicines again when they are discharged.

Will we be using the patient's own medicines?

The patient's own medicines, if suitable, will be used. As a parent or carer, you will bring the patient's own medicines with you from home so that the patient can continue taking them whilst they are in hospital. If they need any more or have different medicines prescribed, they will be given to you by the hospital pharmacy and will have the patient's name on them, the name of the medicine and instructions on how to give them. If necessary, you may be given support such as a medicines information card that will tell you the name of the medicine(s) and the doses you are going to be giving to the patient.

How will I store the patient's medicines?

The 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 the patient to take their own medicines, they will know the code or have the key, and they will 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 the patient's medicines.

How will I know if I will be self-administering medicines to the patient?

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

What support will I receive as a parent or carer?

The team looking after you will be available to talk about the patient's medicines and to help you with administering the medicines.

There may be times when self-administration of medicines is not possible. If this happens the healthcare professional will give the medicines until the parent or carer can give them again.

What happens when the patient is ready to be discharged from hospital?

Before the patient goes home, their medicines will be checked with you. This is to ensure that they are the right medicines for the patient, with the correct instructions for use. The pharmacy team may also make contact by telephone or visit the patient at home, once they have been discharged if needed. They will make sure that you are managing their medicines well and provide support when needed.

Information to make sure the patient's 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 the patient's medicines, inform a member of the healthcare team immediately.
- Never share medicines with anyone else.
- Read the patient information leaflet, included with the medicine, before giving medicines to the patient.
- If you forget to give the medicine to the patient, tell a member of the healthcare team.

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- If the patient gets any side effects talk to the healthcare team. Including side effects not mentioned in the patient information leaflet.
- Do not exceed the prescribed dose.
- The patient's medicines will need to be checked by the healthcare team before they go home to ensure they are still appropriate for the patient.
- Please return the patient's key to the 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.