



Information for
patients and
carers

Self-Administration of Medicine

What is Self-Administration of Medicines?

Self-Administration (also known as SAMs) allows you to be responsible for taking your own medicines while you are in hospital (as you would normally do at home).

Currently at Lancashire Teaching hospitals this is limited to a restricted number of medications where the medication has been risk assessed and appropriate policies are agreed and in place.

Who can Self-administer medicines?

The healthcare professional who you speak to checks that you can take part in the scheme.

They check:

- The reason for your hospital stay
- How you take your medicines at home
- If you have any problems or concerns with taking your medications
- Your understanding of the medications you take

Your current medical condition might mean that you cannot take part in the scheme or that you need more support. If you cannot take part in the scheme your nurse will give you your medications during your hospital stay.

What will happen if I want to self-administer medication?

A nurse or pharmacist will assess if you are suitable for the scheme and complete an electronic assessment form which will require you to agree to self-administer specified medications and that you accept responsibility for taking your medications as prescribed and for ensuring that they are stored appropriately.

What if I cannot self-administer my medication?

You may need to stop self-administering for a short time if you become less well or require an anaesthetic.

If this happens your nurse will administer your medication until you are able to take your medications again.

What are my responsibilities whilst self-administering?

- Storing your medication safely and out of sight – depending on the medication this may be stored out of sight and reach of other patients and visitors or locked in your bedside locker. (Medication that requires controlled medication storage or refrigerated storage will need to be stored by the nursing staff.)
- To only take your own medicines in accordance with the directions you were given by the healthcare professional that prescribed them for you
- To tell your nurse how much medication you have taken so this can be documented on your electronic prescription chart
- Tell your nurse if you have forgotten to take any of your medicines, have accidentally taken too much or have taken something that you should not have
- Alert your nurse/pharmacist/pharmacy technician if your supply of medication becomes low, you think you have the wrong medicine or the dose written on the label does not match what you are currently taking
- Under no circumstances should you share medication with or accept medication from another patient or visitor
- Your medications will be checked by the pharmacy team before you are discharged to ensure that they are appropriately labelled and you have sufficient supplies

Contact details

Should you require further advice or information please contact:

Pharmacy Department: 01772 522484
(09:00 – 17:00 Monday – Friday)

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Department: Pharmacy
Division: Diagnostics and Clinical Support
Production date: March 2023
Review date: March 2026
JR 928 v1