

## What happens when I go home?

A prescription will be written and the medicines in your locker checked against it by the pharmacy or the nursing team. We aim to ensure you have enough medication to last 14 days from the day you go home.

**Please remember to give the key or card to your medicine cabinet to your Nurse before going home.**

### Help with your medicines after leaving hospital?

#### Pharmacy Helpline

If you require information about your medicines you can call the James Paget University Hospital on 01493 452452 and ask for Pharmacy between 9am-5pm Monday to Friday.

Your questions may include:

- How and when should I take my medicines?
- Can I take other medication with them?

We cannot answer questions about your illness in general or about other people's medicines.

#### Find out how your local pharmacy can help

Your community pharmacy (chemist) will be able to give you advice and support after you leave hospital. Ask your hospital pharmacist, nurse or doctor for a leaflet which tells you about the services you may be able to receive from your community pharmacy.

#### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

#### Trust Values

##### Courtesy and respect

- A welcoming and positive attitude
  - Polite, friendly and interested in people
  - Value and respect people as individuals
- So people feel **welcome**

##### Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care

##### So people feel **cared for**

##### Responsive communication

- Listen to people & answer their questions
  - Keep people clearly informed
  - Involve people
- So people feel **in control**

##### Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet,  
contact PALS 01493 453240**

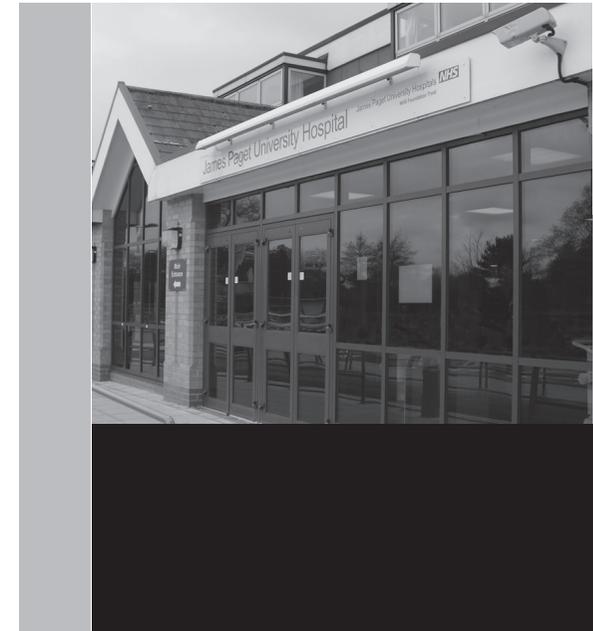
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James Paget University Hospitals NHS Foundation Trust

## Self-Administration of Medicines



### Patient Information

## What is self-administration of medicines?

Self-administration (also known as SAM) allows you to be responsible for taking your own medicines while in hospital. It is designed to improve your knowledge about your medicines so that you are better able to cope with them when you go home.

## What are the benefits of self-administration?

We hope that self-administration will help you to:

- Understand the purpose of your medicines.
- Understand how to take your medicines safely.
- Understand more about your condition and general health.

## Who can I talk to about self-administration?

Before you take part in this programme you will have the chance to discuss with your nurse or pharmacist exactly what self-administration involves and what the possible benefits will be for you.

## Can I choose not to self-administer?

Self-administration is not compulsory and you must not feel that you have to take part even if asked.

## What should I expect to happen?

If you are asked and agree to take part, then before starting a nurse or pharmacist will:

- Check the dosage of each medicine and compare this to the medicine chart – if these do not match this will need be checked with the doctor before you start self-administering your medicines
- Explain self-administration to you more fully.
- Explain which medicines you will be taking.
- Explain the dosage of each medicine and how they should each be taken.
- Explain any possible side effects.
- Offer you a card showing the times and doses of your medicines as a reminder or a tick chart so that you can record the times and doses of medicines that you have taken.

Your own medicines from home will be used where suitable. Any other regular medicines you require will be given to you from the hospital pharmacy.

## What are my responsibilities whilst self-administering?

- Keep your medications locked in your cabinet, and keep the key safe. If you fail to do this you may be excluded from the scheme.
- Tell the nurse which medicines you have taken and when so that a

record can be made.

- Tell your nurse if you have forgotten to take one of your medicines, have accidentally taken too much or something that you should not have taken.
- Ask your nurse for any “as required” medicines, injections, or other medicine to which you do not have access.
- 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.
- Do not vary from the prescribed doses and times

## How will my medicines be kept safe?

Your medicines will be kept secure in the lockable section of your bed side cabinet. You will be given a key, code or card to this locker when you are taking your medication independently (the nurse, pharmacist and pharmacy technician will be the only other people with access to your medication).

If any visitor or patient tries to take your medicines please call a nurse at once.