

Self / carer administration of medicines

What is self-administration?

Self-administration is a scheme that allows you to take your own medicines (or give medicines to the person you usually care for) whilst in hospital. It is also a chance to find out more about your medicines and how to take them.

Before taking part you can discuss with your nurse, pharmacist or doctor what self-administration involves and what benefits there may be for you (or the person you care for). Self-administration is not compulsory and you do not have to take part if you do not wish to.

What do I need to do?

If you agree to take part, a nurse or pharmacist will assess your suitability, and ask you to sign an agreement form.

A personal supply of medicines labelled with directions will be given to you. Your own medicines will be checked to see if we can use them. We would like you to try and use your own because the containers and medicines will be familiar to you.

Your doctor will tell you and your nurse if they make changes to your medicines. Pharmacy will change the tablets or label to match the new instructions from your doctor.

The medicines will usually be kept in the secure medicine locker beside your bed. If you are looking after the key to your medicine locker, you must keep the key in a safe place. If you have a code, please ensure you keep this private.

All medicines must always be kept out of the reach of children.

Are there any medicines which I cannot self-administer?

There are some medicines that cannot be self-administered whilst in hospital. For example, some stronger pain killers have to be kept in the ward medicine cupboard and checked by qualified nurses/ carers.

What else do I need to know?

If you are unsure about how many tablets to take or when to take them, (or if you have any other questions about the medicines) please ask your doctor, nurse or pharmacist. Medicines should only be taken as prescribed. Do not exceed the prescribed dose. You should tell the person caring for you when you take any medicine including those that are not taken regularly, for example painkillers.

If any visitor or patient tries to take your medicines (or the key to your bedside cabinet) **please tell a member of staff immediately.**

Your discharge medicine must be checked with the person caring for you before you go home. Return the locker key to the person caring for you when you leave.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

Healthcare or Pharmacy team

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4500 Ext: 135860 or by Email: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 - Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Jane Starr Medication Safety Officer (MSO)

The directorate group that have agreed this patient information leaflet:

Medicines Optimisation Group

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Responsible clinician/author: Jane Starr

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