

# Self-administration of medicines (SAM) during a stay on a children's ward

## Medicine Management

### Information for Patients

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## What is self-administration?

The hospital supports patients, parents and carers to give their own medicines (self-administration of medicines or SAM) while they are in hospital. This allows patients to keep their independence and to be involved and informed about their medications. This can be helpful if you have a long-term condition, such as epilepsy or asthma.

You will learn:

- how the medications should be taken.
- how to draw up and give the medications.
- to understand any changes to them.

It also helps you to manage your medicines more easily when you leave hospital.

## How do I self-administer my medication?

A member of the nursing or pharmacy team will assess you to make sure you are able to self-administer. If you are self-administering medication we will give you a medicines chart. This explains what medicines to take and when you need to take them. You should use it when you are giving your medications.

Your nurse will check with you that you have taken your medication.

Hospital staff will let you know if your dose or medicines change, and your medicines chart will be updated.

If you start to run out of your medication, please let your nurse know before you run out so more can be ordered for you.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

You will also be given either a key, fob or code for the digilock on your medicine's locker. This is so that only you have access to your medicines. You should keep this safe and not share it with anyone else.

## What if I make a mistake?

The nursing, medical and pharmacy teams are here to help you with giving your medicines. If you think you have made a mistake, please tell a member of staff as soon as possible.

If you feel you need some help, or would like to stop self-administering, please talk to us about this so we can support you.

## Parents and carers

During self-administration of medications, you will be supported by the nursing, medical and pharmacy team. Each parent/ carer will need to be independently assessed and signed off if they wish to self-administer medications. Please continue to support your child if they are giving their own medications, and to ask for advice if you have any questions during the process.

## Key points:

- If you make a mistake, please be honest and speak to a member of the team for support.
- Do not be afraid to ask questions about the process or your medications; we are here to help.
- Always check your medicines chart before administering medication, in case of any changes.
- If you do not feel comfortable, or would like to stop self-administering, please let us know.

## Giving us your feedback

We would be grateful for feedback on your experience with SAM. You can do this by completing a short online survey which will only take a few minutes. Please access the survey by using your smart phone to scan this QR code.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)