

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 while they are in hospital. This is called self-administration of medicines or SAM for short. This lets patients keep their independence. It lets them be involved and informed about their medications. This can be helpful if you have a long-term condition like epilepsy or asthma. It also helps you to manage your medicines more easily when you leave hospital.

You will learn:

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

How do I self-administer my medication?

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 taking your medications. A member of the nursing or pharmacy team will assess you to make sure you are able to self-administer.

Your nurse will check with you that you have taken your medication. Hospital staff will let you know if your dose or medicines change. They will update your medicines chart.

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

We may give you 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.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

What if I make a mistake?

Do not worry if you make a mistake. Please tell a member of staff as soon as possible if you think you have made a mistake.

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

The nursing, medical and pharmacy team will support you in giving medicine to your child. We will assess each parent/ carer to make sure they are giving the medicines correctly. This is only if you wish to administer your child's medicine.

Please continue to support your child if they are giving their own medications. 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. This only take a few minutes to do.

Visit <https://tinyurl.com/4m74v6ke> or scan the QR code to go to the survey:



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 uhl-tr.equalitymailbox@nhs.net