

Patient information

Self-administration of medicines

What is self-administration?

Self-administration is a programme used on this ward to help you maintain your independence and to improve your knowledge about your medicines so that you are better able to cope when you get home.

If you self-administer while in hospital it gives you the opportunity to take your own medicines under supervision. The nurse and a member of the pharmacy department will give you all the information you need. Every day you will be asked how you are getting on, to make sure that you are able to continue to self administer your medicines.

What are the benefits of self-administration?

It will help you to;

- Maintain your independence through taking your own medication.
- Understand why you are taking your medication.
- Understand how to take your medicines safely.

Who can I talk to about self-administration?

Before you take part in the programme you will have a chance to discuss self-administration and what it involves, you can also speak to a member of the pharmacy department when they visit the ward.

Can I choose not to self-administer?

Self-administration is not compulsory and you need not feel you have to take part in it, even if asked.

What will happen should I take part in self-administration?

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

- What self administration is all about
- What medicines you will be taking and why
- The dosage, and how and when to take your medication
- Any side effects you should know about.

Your own medicines from home will be reused where possible and any other regular or new medicines will be supplied to you from the hospital pharmacy.

Each container will be labelled with your name, the name of the medicine, and instructions on how to take it correctly.

What do I have to do if self-administering?

- You will be given a key to your cabinet beside your bed, you must keep this key safe at all times.
- Keep your medicines locked in the cabinet at all times.
- Tick the self-administration chart so the nurse can see what you have taken.
- Only take the medicines that you have been prescribed.
- Inform your nurse or pharmacist if you are unclear what to take.
- Inform your nurse if you need to take any increasing amounts of 'as required' medicines.
- Inform your nurse pharmacist if your supplies are getting low.
- Inform the nurse immediately if any patient or visitor tries to take your medicines.

- Return the key to your nurse if you leave the ward or before you go home.

What happens when I am discharged from hospital?

The doctor will write your prescription and your medicines will be checked by the pharmacy department before you go home.

Please remember to give the key to your drug cabinet back to the nurse before going home.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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