



York Teaching Hospital
NHS Foundation Trust

Self-Administration of medicines in hospital

Information for patients, relatives and carers

① Please speak to your nurse if you need further advice or help with your medicines

What is self-administration?

Self-administration of medicines is a system used in York Teaching Hospital NHS Foundation Trust to help improve your knowledge about your medicines. This can help you cope more easily with your medicines once you are at home. Self-administering medicines will give you the opportunity to take your own medicines either independently or under supervision whilst in hospital. In order to do this your nurse/midwife and the pharmacy team will give you as much information, help and supervision as you need.

What are the benefits of self-administration?

Taking your own medicines whilst you are in hospital helps you;

- Understand the purpose of your medicines.
- Understand how to take your medicines safely.
- Ensures you take your medicine at the right time and that they are stored correctly and safely.

Who can I talk to about self-administration?

Before you can take your medicines in hospital you will have the chance to discuss with your nurse/midwife exactly what self-administration of medicines involves and what the possible benefits will be for you. You can also speak to the ward pharmacy staff about your medicines and the self-administration scheme.

Can I choose not to self-administer?

Self-administration of medicines is not compulsory and you must not feel that you have to take part in this if you do not want to. If you do not feel well enough or ready to take your own medicines then the nursing/midwifery staff will continue to dispense your medicines for you.

What should I expect to happen?

Your own medicines from home will be used where suitable and with your consent. Any other regular medicines you require will be given to you from the hospital pharmacy. Each container will have on it your name, the name of the medicine and instructions on how to take it. If you forget what medicines you have taken, or if you have any questions then please talk to your nurse/midwife.

What are my responsibilities whilst self-administering?

- To keep your medicines locked in your bed-side cabinet and to keep the key safe.
- To allow nursing and pharmacy staff access to your locker when requested.
- To inform your nurse/midwife, pharmacist or doctor if anything is unclear, or if you suspect anything is incorrect.
- To inform your nurse/midwife, pharmacist or doctor if you experience difficulty in taking your medicines.
- To only take the medicines we have prescribed for you.
- To ask your nurse/midwife for any “as required” medicines, injections, or other medicine to which you do not have access including any refrigerated items or controlled medication.
- To ask your nurse/midwife what dose to take of any variable dose medicines such as warfarin.
- To alert your nurse/midwife, pharmacist or pharmacy technician if your supply of medicines becomes low.
- To record all medication taken on the medication record you will be given.
- To inform your nurse or midwife about any medications you are currently taking, including any herbal remedies or over the counter (purchased) medicines.

How will my medicines be kept safe?

Your medicines will be kept secure in a locked cabinet next to your bed space. You will be given access to this locker when you are taking your medication independently (the nurse/midwife, pharmacist and pharmacy technician will be the only other people with access to your medication).

It is your responsibility to keep your medicines locked in your medicine cabinet and to keep the key in a safe place.

If any visitor or patient tries to take your medicines you must call a nurse immediately.

The use and storage of some medicines needs to be more carefully monitored than others, under the Misuse of Drugs Act, 1971. These are called Controlled Drugs and include things such as morphine e.g. patches, Buprenorphine, Fentanyl. When you bring any of these medicines into hospital they will be counted, signed for and placed in a separate locked cupboard by two nurses. They will be given back to you, on request, when a dose is due and then locked away again. They will be counted, returned to you and signed out upon discharge from hospital.

What happens when I go home?

A prescription will be written by the doctors with medicines that you will be taking when you go home. Medicines that are in your locker and needed at home will be given back. Any additional medicines or restricted medicines will be supplied from pharmacy. Any medicines that are no longer needed will be destroyed to avoid confusion when you get home.

You will go home with at least 14 days supply of medicines, unless you have more supplies at home. To obtain further medicines when you go home take your discharge letter to your GP as your repeat medication list may be out of date.

Please remember to give the key to your medicines cabinet to your nurse before going home

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Lead nurse medicines management/NMP Lead
NMP/PGD Governance, Pharmacy Dept, York Teaching
Hospital NHS FT, Wigginton Road, York, YO31 8HE,
telephone 01904 721205 or email NMP@york.nhs.uk.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

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