

How can I take part?

After you have read this leaflet, and been assessed by a nurse, you can choose to take part in this scheme.

If you need more information, you are free to discuss the scheme further with a nurse or a member of the pharmacy team before making a decision.

The self-administration scheme is optional and you may choose not to be involved, or to withdraw from the scheme at any time. This will not affect your care or treatment in any way.

If you have any further questions, please ask a member of the nursing or pharmacy staff.



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Managing your own medicines

 **Information for patients**
Pharmacy



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Sheffield Teaching Hospitals Trust runs a scheme which allows you, the patient, to continue to take your medicines, as you would at home, during your stay.

This scheme is called 'self-administration'.

What are the benefits of self-administration?

The scheme has four main aims:

1. To allow you to maintain independence and continue your own routine
2. To let you become familiar with taking new medicines
3. To help the ward team identify any problems you may have with your medicines
4. To give you more information about your medicines

What does the scheme involve?

You will be assessed to see if you need any help from your nurse with your medicines. This will be explained in more detail by the nurse.

If appropriate, you will be given a medicines information card. This will tell you the names of your medicines, what each one is for, and when they should be taken.

You will be given the key to the medicine cabinet by your bed. You must keep the cabinet locked and make sure the key is removed and kept safe, preferably on your person when not in use. However, nursing and pharmacy staff will still need access to your medicines at all times. If you need to leave the ward for a test, please leave the key with a nurse. The cabinet is intended for the storage of medicines only, please do not keep other items inside.

You should always take your prescribed medicines at the prescribed times.

At least once a day, a nurse will ask whether you have had any problems with your medication. If you have any concerns at any other times, please do not hesitate to ask a nurse or pharmacist.

Under no circumstances should you give your medicines to other people.

What happens when I am ready to go home?

When you are going home, your nurse, or a member of the pharmacy team, will check that you have only the medicines that you need and that you have enough left. Please remember to leave the key in the door of the cabinet.