

Self-administration of your medicines (SAM), including insulin, during a hospital stay

Medicines Management

Information for Patients

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What is self-administration?

This is a Leicester's Hospitals initiative which supports patients, parents and carers to administer their own medicines (self-administration of medicines or SAM) including insulin, while they are in hospital.

This allows patients to maintain their independence and to be involved and informed about their medications. This can be helpful if you have a long term condition, such as diabetes or Parkinson's disease.

If you are pregnant and have been diagnosed with diabetes, you will be assessed in the Antenatal Clinic first to make sure you are happy to self-administer your insulin **only**.

You will learn how your medications should be taken, and understand any changes to them. It also helps you to manage more easily with medicines when you leave hospital.

How do I self-administer my medication?

A member of the nursing, midwifery 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 that explains what medicines to take and when you need to take them. This is for you to keep and you should use it when you are administering your medications.

Your nurse/ midwife 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 or midwife know so more can be ordered for you.

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

Visit 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

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

Self-administering insulin for patients with diabetes

You do not need to lock away your insulin but we ask that you keep it out of sight and separate from your needles. Please make sure you have a supply of needles and that you put your used needles into a sharps bin.

If you have your own blood glucose machine and test strips, you can monitor your own blood glucose levels. The hospital is not able to supply the blood glucose machine test strips during your stay. You will need to tell nursing staff/ midwife on the ward what your blood glucose levels are so they can be written down.

If you do not have your blood glucose machine and strips, please let the nursing staff/ midwife know and they will monitor your blood glucose levels for you using hospital machines.

If during your hospital stay you are using the type of glucose monitoring devices where a sensor is attached to your skin (continuous glucose monitor (CGM) or flash monitor), you can continue to monitor your glucose levels, but hospital staff will also need to monitor your level. This is because these devices are not currently recognised for use in the hospital setting. We hope this will change soon. The hospital is not able to supply continuous/ flash monitoring devices during your stay.

Illness can affect blood glucose levels. The normal range for people with diabetes admitted to hospital is between 6 to 12 mmol/L (4 to 7.8 mmol/L in pregnancy). We understand this may not be your usual level of control. If your levels are high or low for you, please let a member of staff know.

We recommend you keep some suitable snacks or 'hypo' treatment with you, in case of low blood glucose. Sugary snacks and drinks are available on the ward if you ask a member of staff.

Please let staff know if you have had to take any treatment for a high or low blood glucose.

What if I make a mistake?

The nursing, midwifery and pharmacy teams are here to support you with self-administering your medicines. If you think you have made a mistake or need some help, or would like to stop self-administering, please talk to us about this. Parents/ carers should follow the same process.

Remember:

Medicines can be dangerous if not used properly. It is your responsibility to keep them safe and locked away (the exception to this is insulin as mentioned earlier in the leaflet).

- If a visitor or patient tries to take your medicines please tell a member of staff **straight away**.
- You can keep your insulin with you, however, we ask that you keep your needles separately.
- Take the medicines as indicated on your medicines chart. If you forget to take a dose, or take a dose at the wrong time, or take the wrong medication, please let a member of staff know.
- We may use your own medicines as well as those supplied by the hospital. Medicines must be in boxes (not dosette boxes) and labelled with the correct instructions on how you should take them. If you do not have these, we will provide you with a supply before you start to self-administer your medication.
- For medicines that you only take 'as required', remember to tell nursing/ midwifery staff what time you took a dose.
- If you have any questions about your medicines please ask a member of staff or a member of the pharmacy team.
- When you are going home, do not remove your medicines from the locker until a member of staff has checked them.
- Before you go home please return your key/ fob for your locker to your nurse/ midwife, or let them know you have finished with your personal code for the digilock.
- Not all of our wards are able to support the self-administration of medicines scheme and you may not be able to continue with self-administering if you move to another ward.

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।
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