

## Self-Med in 215

### Information for patients

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#### **What is Self-Med?**

When you are in hospital Self-Med (also known as Self-Administration of Medicines) allows you to take your medicine by yourself. You will get all the information, help and support you feel you need from the nurses and pharmacists.

#### **Why am I being asked to take part in Self-Med?**

We hope to help you to be confident about taking your transplant medicines at home. You will be given information about your medicines such as what it does and when you take it.

With the support of the nurses you will be able to get used to taking your medicines by yourself. Any difficulties or problems you may have can be identified and sorted, when you are still in hospital. The nurses and pharmacists will work with you to see what is best for you.

#### **What is involved in Self-Med in 215?**

Self-Med is usually a 3-stage programme over a week or two in the Transplant ward (206T). As you may be discharged directly home (or to your referring hospital) from ward 215 the nurses will support you in learning about your medication in the first stage of this programme.

- You will use the drug prescription chart and “Green Book” to decide what medicine to take and when
- Both you and the nurse will sign the prescription chart to show when you have taken the medicine
- You will do this until discharge gradually becoming more independent but always checking with the nurse before you take the medicine.

If you are going to the transplant ward before discharge the nurses there will explain the additional stages if this is appropriate.

## What is the Green Book?

The Green Book is your personal medication reminder booklet.

It is copied from the prescription chart and you take it home to help you remember to take your medicines.

In the hospital you still need to sign the prescription chart.

You must tell the nurses about any changes the doctors may make to your medicines.



### The Green Book

Once you are discharged you take your Green Book to clinic and GP appointments so any medicine changes can be recorded. Also if a doctor or transplant co-ordinator calls you to change your dose of medication you must record it in your Green Book.

## What happens now?

- The nurse and or pharmacist will discuss how Self-Med works with you and give you the leaflets about your transplant medicines
- You will then be asked to sign a consent form. This form indicates you understand what is involved
- The nurse will then complete an assessment form with you. This will help identify any problems you may have with the packaging.

## Please remember

- Self-Med is designed to help you
- It is not a test
- If you are unsure of anything the nurses and pharmacists will answer your questions at any time
- Although Self-Med is voluntary we would strongly recommend that you participate in order that any problems taking your medicines can be identified before you leave the hospital.