

# Self-Med in the transplant ward

## 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?

Self-Med is a three-stage programme that you will work through at a pace that suits you, with support from the nurses and pharmacists. You might have started the first stage in ward 215 and depending on your progress you may be discharged from that ward before reaching the third stage.

#### The first stage

- The nurse opens your locker and assists you in learning about your medicines
- You will use the prescription chart 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 for at least **2** days.

## The second stage

- Before this stage begins the nurse will count all the medicines in your locker to provide a baseline for checking the correct dose has been taken
- You ask the nurse to open your locker but then take your medicines by yourself
- You sign the drug prescription chart to show you have taken the medicine
- You then ask the nurse to secure your locker
- If the doctor changes your prescription you will need to tell the nurse what the change is so they can order the new medicine or remove the old one
- Once a day the nurse will count your medicines to check you have taken the correct dose
- The nurse will also check to see how you feel with taking your medicines by yourself
- You will remain on this stage for at least **3** days.

## The third stage

- If you need to stay in hospital longer; you are happy doing your medicines by yourself and any problems have been sorted, you may move to the third stage
- This is the same as the second stage except the nurse will only check your medicines **once a week**
- If the doctor changes your medicine prescription it is important to tell the nurse what the change is so they can adjust your medicines
- At any time just ask the nurses caring for you if you need some help with your medication.

You may move up or down the stages during your admission depending on how you feel.

## **“As required” medicines and injections**

“As required” medicines are the medicines you only take when you need them (like painkillers or anti-sickness tablets). When you want these you will have to ask the nurse to open your locker.

You will also need to remind the nurse if you are due an injection as these will still be administered by a nurse.

## **Opening your locker**

If the nurse is busy with another patient they may not be able to come immediately to open your locker. We ask you to be patient as they will come as soon as they can.

## **What happens now?**

- The nurse and/or pharmacist will discuss the full details of the programme 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 and that from the second stage of the programme you understand you will be responsible for your medicines when the locker is open
- The nurse will then complete an assessment form with you. This will help identify any problems you may have with taking your medicines and let the nurses and pharmacists know how they may need to adapt processes to work for you.

## **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. If the nurses or pharmacist think it will help, you may be given the Green Book to look at when you are learning about your medicines.

You still need to sign the prescription chart and you must tell the nurses about any changes the doctors may make to your medicines.

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



## 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 take part in order that any problems taking your medicines can be identified before you leave the hospital.