

## Contact us

If you have any questions, please speak to the nursing staff or ask to speak to one of the pharmacy team.

For information on Trust services visit [www.awp.nhs.uk](http://www.awp.nhs.uk)

## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01249 468261  
Freephone: 0800 073 1778  
Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Other formats and languages

If you need this information in other formats (such as large print, Braille) or in another language, please call the PALS number.

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Avon and Wiltshire  
Mental Health Partnership NHS Trust



## Self-medication



## Information for service users

**You matter, we care**

Self-medication is the term we use to mean being personally responsible for taking your medication.

A self-medication scheme operates on this ward, which aims to:

- help you understand the purpose of your medicines.
- help you understand how to take your medicines safely.
- build your confidence in taking your medicines ready for when you leave hospital and have to take your medicines on your own.

### **What does it involve?**

Your medicines will be kept either in a locked cupboard, electronic safe in your room or on the drug trolley.

Whether you have access to this will depend on how well you are and how much support you need.

Your own medicines from home may be used if suitable. Any other medicines you need will be obtained for you from the hospital pharmacy.

All your medicines will be clearly marked with your name and the name of the medicine.

We will give you written information about the medications you are taking and instructions on how to take them.

If needed, we may give you a card with plastic sections containing all medication for a day or certain time of day together in one section.

### **What to do if you would like to self-medicate**

If you decide you would like to be responsible for taking some or all of your medication yourself, one of the pharmacy team will talk with you about what this will involve and what support you may need.

We will ask you to sign a form which says you are happy to self-medicate and that you will keep your medication safe.

### **Do I have to self- medicate?**

No - you don't have to administer your own medicines, if you don't feel ready to.

However, if you administer your own medicines at home, we would usually want you to be self-medicating before you leave the hospital.

### **PLEASE REMEMBER**

- If you have medication in your room, you must keep it safely locked away and mustn't let anyone have access to it, apart from the ward staff.
- If anyone tries to take your medicines please contact the nursing staff immediately.
- Remember - medicines can be dangerous if not used properly.
- You must take the medication as written on the medication label. **Do not** exceed the stated dose.
- If you forget the number of tablets or when to take them, please ask one of the nursing staff.