

Patient Self Medication

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Purpose

To direct staff in the criteria and requirements for patients' identified as appropriate to self medicate. .

Self medication provides Inpatients with appropriate supplies of medicines and with relevant information to ensure that these are used as prescribed, during their stay in hospital, and in preparation for discharge. This scheme aims to improve compliance and patient independence with medications on discharge.

Scope

CDHB inpatient and outpatient services

Associated documents

- Yellow Card
- Patient Medication Chart

Patient Education

- A teaching session will be completed by the Pharmacist prior to commencing self medication,
- Please Note: Until the patient has been assessed by the pharmacist all medications must be administered by nursing staff.

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- Ongoing support and education will be required to facilitate the process by all members of the team and family whanau.

Patient Criteria

The patient must:

- Be physically capable.
- Be mentally alert.
- Be responsible and willing.
- Their condition is stabilised on their present medications.
- They will be taking responsibility for their own medications on discharge.
- Being assessed re coping with own medications at home.

Yellow Card

- This must be completed/generated by the Pharmacist or RMO.

Documentation on the Yellow Card must include:

- The patient's full name and hospital number.
- The date the card was completed.
- The generic names of the medications.
- The dose, form and strength of the medications.
- Words or figures to denote volume of doses.
- The time the medications are to be taken.
- Any special instructions eg. Swallow whole, take with food.
- A brief description of the purpose for taking the medication.
- A drug reaction sticker, as appropriate.

Medication storage

Medications dispensed for patients who are self medicating must be in a labelled self-med box. These medications should be stored securely in the patients locker, e.g. in a locked compartment or other suitable container..

Exceptions medications used in emergencies by the patient e.g. GTN spray, inhalers etc which should be held on or in sight of the patient

At times when this is not possible they should be stored out of immediate sight

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Documentation

- The Drug treatment sheet must have ‘Self Med’ clearly documented or the Self Med label applied on the front of each page
- The Nurse will check that the patient has self medicated appropriately and will use the Code “7” on the drug treatment sheet and sign this to confirm self medication
- The nurse/pharmacist will document in the clinical record the patient’s self medication progress. This documentation will include:
 - The date the patient commenced self medicating.
 - The date of the referral to the ward pharmacist.
 - The date the patient was assessed by the pharmacist.
 - The date/s when the patient teaching was given and by whom.
 - The ongoing assessment of the patient’s understanding and ability to self medicate
 - The expected date of discharge.
 - The date the patient received the yellow medication card.

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