

Integrated Care Hub

Self Administration of Medication (SAM)



TTSH Integrated care Hub (TTSH-ICH)

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Benefits of SAM:



Empowerment:
Take control of
your own health



Independence:
Reduces reliance
on others for
medication
management



Adherence:
Promote better
compliance to
prescribed
medicine regimes



Privacy:
Maintains
confidentiality of
medical information



Safety:
Minimizes the risk
of errors associated
with medication
administration

FAQ

1. Why am I being asked to take my own medication in the ward?

- To increase your medication knowledge, so that you are confident to self-medicate when you are discharged.

2. Where will my medication be kept?

- They will be placed in medication trolley.
- Your medications will be labeled with your name and instructions on how to consume them.

3. What if I become unfit to take my own medication?

- Nurses will take over your medication regime temporarily until your condition stabilises.

4. What are the risks of SAM program?

- The effect of treatment will be delayed if you did not take medication according to instructions.

5. What happens when I am discharged?

- You will be prescribed medication and your pharmacist will review your medications to ensure that you will be discharged with enough supplies. Approach your nurse if you have any further doubts.

What is SAM?

The Self Administration of Medication (SAM) programme gives patients and/or caregivers the opportunity to learn how to take their own medication while in the hospital.

SAM aims to:

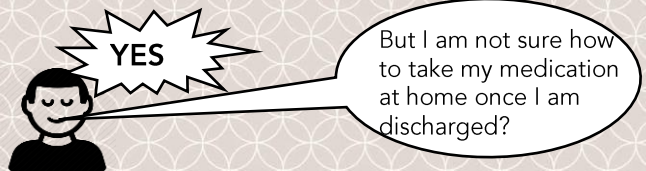
- Enhance your understanding of your medications
- Ensure that you follow your medication regime strictly
- Minimise confusion regarding your own medication
- Promote self-reliance in managing medication independently



Who is Eligible for SAM?

Inclusion	Exclusion
<ul style="list-style-type: none"> • Individuals who need to manage their own medications at home • Individuals who have been taking medications independently at home but require education • Individuals with functional disabilities with no caregivers 	<ul style="list-style-type: none"> • Individuals with memory-related problems which affects their ability to self-administer medication • Individuals being discharged to Nursing Homes • Individuals at risk of self-harm

Do You Know Your Medications?



YES After you able to complete 9 successful practices consecutively,

✓ Upgrade

Before You Start SAM :

1. Consent taking



✓ A nurse will seek your consent once you are deemed suitable for SAM program.

✓ consent

2. Education



The Nurses/Pharmacist will :

- ✓ Explain the purpose of SAM programme to you
- ✓ Educate you on dosage, timing and how to plan your medication supply
- ✓ Demonstrate the medication administration process



- ✓ A nurse will explain the upgrade to unsupervised SAM to you
- ✓ You need to dispense & take medications **without nurse supervision**
- ✓ Follow your medication regime **strictly**
- ✓ Call nurse when it is time for your medication
- ✓ Get your visual aids ready (e.g. spectacles or magnifying glass)
- ✓ **Stay focused by removing distractions**
- ✓ Your nurse will check your remaining medication
- ✓ Your nurse will clarify on the medications you just took. You must inform them if you forgot, refused or dropped any of your medications

Clarify any questions you may have regarding your medication with your nurse.

✓ Let's start !

3. Supervised SAM



- ✓ Call nurse when it is time for your medication
- ✓ Get your visual aids ready (e.g. spectacles or magnifying glass)
- ✓ Stay focused by removing distractions
- ✓ You will need to prepare & take the medication **under nurse supervision**
- ✓ You need to perform correct administration technique
- ✓ The nurse will stay beside you throughout the entire process

5. Discharge



- ✓ SAM will continue until you are discharged
- ✓ A nurse will make a post discharge call within 3 days of your discharge (if required) and enquire if you have any issues with medication at home.

Now I know how to take my own medication at home! I can do this!

