



St. Peter's Hospital

Taking your own medications: Self-Administration of Medication Program (S.A.M.)

Your doctor has recommended that you take your own medications while at St. Peter's Hospital. This is called S.A.M., our **S**elf-**A**dministration of **M**edication Program.

To take part in S.A.M, you will need to:

- learn about your medications
- keep your medications safely at your bedside
- use only the medications provided by the hospital
- record the medications you take

Do not give your medications to anyone else.

How does the S.A.M. program work?

You will be given:

1. **A medication administration record.**

Use this form to record the medications that you take. The record will be kept at your bedside. This record will list:

- the medications you currently take
- how often and at what time you need to take each medication

2. **Medication information sheets.**

You will be given information about each of your medications, including why you need to take it, how to take it and any side effects to expect.

3. **A 7-day supply of medication.**

You will be given a 7-day supply of medication once a week. Your nurse will tell you when a medication is changed or stopped or if a new medication is added. If this happens, a new supply of medication will be given to you. Your nurse will update the medication administration record with any of these changes.

Day 1 to 3

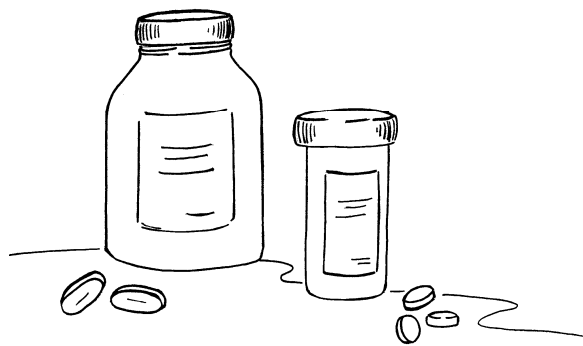
The nurse will bring your medications to you when they are due. Each time you take your medication, a nurse will be with you to see that you are taking your medication and recording it correctly.

Day 4 to 7

Your medications will be kept at your bedside during the day. The nurse will check in with you each time after you take your medication to make sure you have taken your medication correctly.

Day 8 to 14 (the second week)

Your medications will be kept at your bedside at all times. The nurse will check your medications with you at 2:00 p.m. and 10:00 p.m. to make sure you are taking your medications correctly.



What happens when I am on a leave from the hospital?

While you are on leave from the hospital, take your medication supply and medication administration record with you. Take your medication and record them the same way as you were doing in the hospital. Bring back all of your medication containers (even the empty ones) and your medication administration record when you return to the hospital.

What happens if I am not able to take my medications by myself?

If your condition changes and you are not able to take your medications by yourself, the nurse will give you your medications. The program can begin again when you feel better.

The S.A.M. program will help prepare you to independently take your medications when you are discharged from the hospital.