

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 a 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 a nurse if you have any further doubts.



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Integrated Care Hub

Self Administration of Medication (SAM)



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?



But I am not sure how to take my medication at home once I am discharged?

Before You Start SAM :

1. Consent taking



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

↓ ✓ consent

2. Education



A Nurse/Pharmacist will :

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

Clarify any questions you may have regarding your medication with a 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

After you are able to complete 9 successful practices consecutively,

✓ Upgrade

4. Unsupervised SAM



- ✓ A nurse will explain the unsupervised SAM to you
- ✓ You need to prepare & 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
- ✓ A nurse will check your remaining medication
- ✓ A nurse will clarify on the medications you just took. You must inform them if you forgot, refused or dropped any of your medications

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!

