



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Example Homely Remedies Policy

For use in Care Homes

Name of Care Home:	
Signature of Care Home Manager:	

Definition

A homely remedy is a product that can be purchased (e.g. from a pharmacy or supermarket) for the relief of a minor, self-limiting ailment without the need for a prescription. Homely remedies should be made available in care homes to allow access to medicines that would commonly be available in any household. NICE guidance (SC1) states that care homes may stock a small range of homely remedies for the treatment of minor ailments.

Aim

To identify the medicines that can be purchased for use as a homely remedy, similar to how people would obtain the medicines for use in their own home.

Medications

Discussion and agreement on the consent for use of homely remedies in the care home should be held with residents and their families. The resident's GP should also agree to the use of homely remedies for the treatment of minor ailments. Any resident who brings in their own homely remedy to the care home that has been approved by their own GP should have the medicine stored, recorded, and administered as per the guidance given in this policy; the remedy must be used by that resident only.

Only items purchased by the home may be used as a homely remedy, they must be kept in the original pack with the Patient Information Leaflet. The following list of medications are recommended as homely remedies for appropriate use in response to symptoms of a minor nature.

Name of Medicine	Indication for the medicine to be used as a homely remedy
Paracetamol	For the relief of mild to moderate pain and/or fever
Aspirin	Suspected Myocardial Infarction
Senna	Relief of constipation
Rehydrate Sachets	For treatment of fluid and electrolyte loss associated with acute diarrhoea
Gaviscon Advance	Acid Indigestion / Heartburn
Simple Linctus	For dry / irritating cough

Only the ailments specified in this homely remedy policy may be treated with the specified medicines at the specified dose. The maximum duration of treatment should not exceed that specified for each particular medication without obtaining medical advice. If symptoms persist, or give cause for concern, medical advice must be obtained as the symptoms may indicate a more serious underlying condition.

Administration

All staff must recognise and act within the parameters of safe practice. The care home manager is responsible for ensuring all staff involved in the administration of medicines receive the appropriate on-going training and support to maintain and update their knowledge on the use and administration of the homely remedies.

Administration of the homely remedies must only be undertaken by staff that have undertaken the appropriate medication training and signed the relevant form stating that they have read and understood the homely remedy policy (Appendix 1).

All residents must have a Homely Remedies Authorisation Sheet (Appendix 2) completed by their GP before any homely remedy can be given. Care home staff should ensure that they obtain the resident's consent before administering a homely remedy and confirm that the patient has no allergies to the remedy. If unable to obtain consent, or if in doubt, the resident's GP should be contacted. Remedies must not be labelled for individuals if they are to be administered to several residents. The administration of the homely remedies listed in this policy are for adults only.

Monitoring

The resident should be checked after taking a homely remedy to determine if the remedy has had the desired effect. If the resident's condition does not respond, or worsens after the administration of the Homely Remedy, the GP must be contacted for advice.

Storage of Homely Remedies

A locked medicine cupboard or trolley is required for the storage of all homely remedies. They should be separated from all prescribed medicines and clearly marked as homely remedies.

Recording of Homely Remedies

It is essential that all medicines that are given to residents are recorded to maintain accurate records and avoid possible overdosing. Administration of such remedies must be recorded on the appropriate resident's Medication Administration Record (MAR). The medication must be clearly marked on the MAR chart as 'Homely Remedy', with full directions and the dose given. The reason for administration must also be recorded on the MAR sheet.

Checking Stock

When a dose of a homely remedy is given to a resident it must be logged out on the Homely Remedies Record Sheet (Appendix 3) and a running balance maintained so a clear audit trail of these items can be maintained. Stock should be counted every week to maintain an audit trail of usage. A separate stock sheet should be held for each individual homely remedy stocked by the care home.

Expiry Dates

The expiry dates of all stocked homely remedies must be checked regularly (at least every three months) and before every administration. All liquids and suspensions for internal use must have the date of opening recorded on the bottle, and should be discarded no longer than 6 months after this date. Individual preparations may specify a shorter expiry.

Paracetamol

Medicines Information	
Name & Form/s of Medicine	Paracetamol 500mg tablets Paracetamol 500mg soluble tablets Paracetamol 250mg/5ml sugar free suspension
Indication	For the relief of mild to moderate pain and/or fever
Route	Oral
Dose	Over 50kg: One or Two 500mg tablets (10ml to 20ml of 250mg/5ml suspension) Under 50kg: One 500mg tablet (10ml of 250mg/5ml suspension)
Frequency	Four to Six hours between doses, up to maximum FOUR doses in 24 hours
Maximum dose in <u>24 hours</u>	Over 50kg: 4g (eight 500mg tablets or 80ml of 250mg/5ml suspension) Under 50kg: 2g (four 500mg tablets or 40ml of 250mg/5ml suspension)
Maximum duration of treatment as a homely remedy	Up to 48 hours, then seek advice
Do NOT give in these circumstances	If the resident is already receiving prescribed paracetamol or other medications containing paracetamol (e.g. co-codamol, co-dydramol, Solpadol, Zapain, Remedeine etc) Paracetamol intolerance Alcohol dependence Liver impairment/disease or any investigation of the liver Severe kidney impairment Hypersensitivity to any components of the preparation
Warnings / Adverse Reactions (see product information for full details)	Rashes, blood disorders, liver damage following overdose
Action if Resident Excluded	Refer to GP / OOH

Aspirin

Medicines Information	
Name & Form/s of Medicine	Aspirin 300mg Tablets Aspirin 300mg dispersible Tablets
Indication	Suspected Myocardial Infarction (only under the advice of 999 or GP)
Route	Oral
Dose	One 300mg Tablet
Frequency	Once
Maximum dose in <u>24 hours</u>	ONE
Maximum duration of treatment as a homely remedy	ONE dose only
Do NOT give in these circumstances	Only to be given under the direction of 999 or GP in the event of a suspected myocardial infarction (heart attack) Allergy to aspirin or other NSAIDs
Warnings / Adverse Reactions (see product information for full details)	
Action if Resident Excluded	999 emergency response

Senna

Medicines Information	
Name & Form/s of Medicine	Senna 7.5mg tablets Senna 7.5mg/5ml Solution
Indication	Relief of Constipation
Route	Oral
Dose	One to Two 7.5mg tablets at Night (5ml to 10ml of 7.5mg/5ml solution at Night)
Frequency	Once a Day
Maximum dose in <u>24 hours</u>	15mg
Maximum duration of treatment as a homely remedy	Up to 48 hours, then seek advice
Do NOT give in these circumstances	Hypersensitivity to any of the ingredients Abdominal pain If nausea/vomiting present
Warnings / Adverse Reactions (see product information for full details)	May colour urine May cause temporary mild griping pain
Action if Resident Excluded	Refer to GP

Rehydrate Sachets

Medicines Information	
Name & Form/s of Medicine	Oral Rehydrate Sachets
Indication	For treatment of fluid and electrolyte loss associated with acute diarrhoea
Route	Oral
Dose	One Sachet after each loose motion (reconstituted according to manufacturer's instructions)
Frequency	As Required
Maximum dose in <u>24 hours</u>	Five sachets
Maximum duration of treatment as a homely remedy	12 hours then seek and document advice from GP
Do NOT give in these circumstances	Diarrhoea has lasted for more than 24 hours Hypersensitivity to any of the ingredients Severe dehydration Intestinal obstruction Liver or kidney disease Antibiotic-associated diarrhoea Bloody diarrhoea Low potassium or sodium diet Diabetes More than one resident is affected
Warnings / Adverse Reactions (see product information for full details)	Oral rehydration sachets should only be reconstituted in water Follow the manufacturer's guidance when preparing the sachets Refer to the patient information leaflet If vomiting is present then the solution should be given in small frequent sips. Ensure appropriate infection control procedures are followed to minimise risk of an infection spreading.
Action if Resident Excluded	Refer to GP

Gaviscon / Peptac

Medicines Information	
Name & Form/s of Medicine	Gaviscon Suspension Peptac Suspension
Indication	Dyspepsia
Route	Oral
Dose	10ml to 20ml after meals and at Night
Frequency	As needed
Maximum dose in <u>24 hours</u>	40ml in divided doses
Maximum duration of treatment as a homely remedy	48 Hours
Do NOT give in these circumstances	Within TWO hours of giving other medication Residents with Heart Failure Those on a low salt diet
Warnings / Adverse Reactions (see product information for full details)	May Effect absorption of enteric coated tablets
Action if Resident Excluded	Refer to GP

Simple Linctus

Medicines Information	
Name & Form/s of Medicine	Simple Linctus
Indication	For Dry / Irritating Cough
Route	Oral
Dose	5ml to 10ml
Frequency	Up to Four times a day
Maximum dose in <u>24 hours</u>	40ml
Maximum duration of treatment as a homely remedy	48 hours
Do NOT give in these circumstances	Productive Cough
Warnings / Adverse Reactions (see product information for full details)	
Action if Resident Excluded	Refer to GP

Homely Remedies Authorisation Sheet

Resident Name		Care Home	
Resident DOB		NHS Number	

For **short term use**, for the management of minor conditions

- Homely Remedies should only be administered in accordance with the manufacturer's directions and only to those residents whose GP, pharmacist, or nurse has agreed to their use. The signed 'Homely Remedies Authorisation Sheet' should be kept in the **individual** resident's medication profile. These medicines must not be administered indefinitely and maximum treatment duration should be agreed for each medication (generally 48 hours). If symptoms have not responded to treatment, additional medical advice must be sought.
- The administration of homely remedies must be recorded. This should ideally be done in both the MAR chart and the resident's care plan.
- It is important to maintain an audit trail for each homely remedy by additionally completing the relevant sections of 'Homely Remedies Record Sheet' for the medicine being administered.
- Homely remedies should be reviewed at least annually, and ideally at the medication review or care plan review, unless a change in circumstances indicates the need for a review sooner.

I authorise the use of the following homely remedies to the above named resident:

Medication	Approved (Y/N)	Signature
Paracetamol		
Aspirin		
Senna		
Rehydrate Sachets		
Gaviscon		

Any Additional Comments:

Name: Place of Work: Date:.....

Signature:..... Designation:.....

Homely Remedies Stock Record Sheet

Medicine Name	Strength	Formulation	Batch Number	Expiry	Date of Opening (Liquids)

Date	Quantity Obtained	Quantity Administered	Quantity Disposed	Details For example: <ul style="list-style-type: none"> • purchased • name of resident administered to • stock check 	Running Balance	Staff Signature
Balance Transferred to New Sheet						

- A separate sheet is required for each medicine, form and strength.
- A record of the medication administered **MUST** be made on the resident’s MAR chart and care plan