

Guidance for CCG Member practices

Homely Remedies & Care Homes

Medicines used to treat short term self limiting conditions are available without a prescription & can be purchased & stored in a medicines cupboard for use when necessary.

Residents in care homes may on occasion require treatment for a short term self limiting condition or minor ailment such as a headache or constipation without the requirement for a consultation with a GP.

NICE Social Care Guidance 1- Managing Medicines in Care Homes includes a recommendation that care home providers offering non-prescription medicines or other over-the-counter-products (homely remedies) for treating minor ailments should consider having a homely remedies process or policy.

It is advised that a homely remedy policy or process includes the following information:

- the name of the medicine or product and what it is for
- which residents should not be given certain medicines or products (for example, paracetamol should not be given as a homely remedy if a resident is already receiving prescribed paracetamol)
- the dose and frequency
- the maximum daily dose
- where any administration should be recorded, such as on the medicines administration record
- how long the medicine or product should be used before referring the resident to a GP.

Care home staff who give non-prescription medicines or other over-the-counter products (homely remedies) to residents should be named in the homely remedies process in place within the care home

Care home staff should sign the process to confirm they have the skills to administer the homely remedy and acknowledge that they will be accountable for their actions

A homely remedy policy for CCG member practices to adopt for use with registered patients who are residents in care homes has been developed as part of this guidance.

Whether or not using homely remedies is appropriate for an individual patient should be reviewed regularly by the registered GP, at a minimum this should be annually.

Homely Remedies Policy for Care Homes.

Care Home Resident..... Date

Homely Remedies in this Care Home can be used to treat minor ailments for residents that do not need immediate consultation with a GP, if the GP has consented to their use in principle, as below.

The conditions covered by this policy are:

- Indigestion
- Mild pain (e.g. headache, toothache)
- Cough – lasting no more than 7 days / without fever
- Constipation

Mild skin conditions **should not** be treated by Homely Remedies as creams and ointments for residents must not be shared.

Care Home staff should have training to support them in assessing minor ailments, including when and whether it is appropriate to treat a service user with the Homely Remedies listed overleaf. The decision to administer the remedies or contact the GP will only be made by an appropriately trained member of the Care Home staff.

Homely Remedies can be administered for a maximum of 48 hours only, using the doses given overleaf, before referring to the GP. If the patient's condition does not respond to the Homely Remedy, or the condition worsens, refer to GP, even if this is before the 48 hour maximum period. If the condition responds, discuss continuing/ discontinuing the treatment with the GP. If the condition is recurrent (more than 2 episodes) or does not respond to treatment, refer to the GP

Administration of all Homely Remedies must be recorded immediately on the reverse of the medicines administration (MAR) chart and in the patient's notes/ care plan. It is good practice to keep a separate book with a running balance of each Homely Remedy used.

The GP should be informed of the administration of a Homely Remedy at their next visit, and also of frequent usages of a remedy.

The only medications that may be used as Homely Remedies in this home are listed overleaf, together with their indications and suggested doses.

This Home purchases a small stock supply of Homely Remedies Over-the-Counter. These are to be stored securely, but separately from prescribed medicines. Expiry dates are checked regularly.

On no account should medicines prescribed for another resident be used.

Homely Remedies should be sold with Patient Information Leaflets included. Please ask the usual supplying pharmacy for advice on the use of these remedies: they can check patient records for any contra-indications or duplications before they are used. Further information can be found at www.bnf.org

Signature of GP: _____ Date: _____

Print Name of GP _____

Signature of Care Home Manager/
Representative _____ Date _____

Print Name _____

Homely Remedies

For Indigestion/Heartburn

Peptac Liquid

Dose: 10ml four times a day, to be taken after meals and at bedtime

Maximum single dose: 10ml, maximum dose in 24 hours: 40ml

Cautions: Do **not** give at the same time as other drugs as it may affect absorption.

Do **not** give to patients with heart failure or those on a low salt diet because it has a high sodium content.

Mark bottle with date first opened.

For Mild Pain/Pyrexia

Paracetamol 500mg tablets/caplets or Paracetamol sugar-free liquid 250mg/5ml

Dose: 1-2 tabs/caps or 10-20ml liquid up to every 4 to 6 hours.

Maximum of 2 tabs/caps or 20ml liquid every 4 hours.

Maximum of 8 tabs/caps or 80ml liquid in 24 hours.

Cautions: Do **not** exceed the recommended dose.

Do **not** administer with other medicines that contain paracetamol such as co-codamol, co-dydramol or paracetamol suppositories. Check MAR chart carefully to avoid duplication.

Mark bottle of liquid with date first opened.

For Coughs - Lasting no more than 7 days / without fever

Simple Linctus, sugar-free

Dose: 5ml four times a day *Maximum dose: 5ml, Maximum dose/24 hours: 20ml*

For Constipation

Bisacodyl, 5mg tablets or Senna liquid 7.5mg/5ml

Dose: 1 tablet, or 10ml at night. *This is the max single dose/max dose in 24 hours*

Cautions: Do **not** give if intestinal obstruction is suspected.

Patients should be referred to the GP immediately if alarm symptoms such as constipation alternating with diarrhoea, rectal bleeding, passing mucus, abdominal pain, anorexia or weight loss occur.

Mark bottle of liquid with date first opened.