



integrated working



**West Suffolk
Clinical Commissioning Group**

Homely Remedies Policy

For service users in Care Homes with and without nursing

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. The Care Quality Commission agrees 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.

THE BEST OF HEALTH FOR WEST SUFFOLK

It is recommended that the following items are purchased for appropriate use in response to symptoms of a minor nature and **not routinely requested on prescription**.

Name of medicine	Indication for the medicine to be used as a homely remedy
Paracetamol 500mg tablets	Relief of occasional mild to moderate pain and high temperature
Paracetamol 250mg/5ml suspension	Relief of occasional mild to moderate pain and high temperature
Maalox suspension	Relief of heartburn/indigestion
Senna 7.5mg tablets*	Relief of constipation
Senna 7.5mg/5ml liquid	Relief of constipation
Bisacodyl 5mg tablets*	Relief of constipation
Loperamide 2mg capsules	Relief of acute onset diarrhoea
Oral rehydration sachets	To replace fluids lost through diarrhoea/vomiting
Simple linctus	Relief from a dry irritating cough
Cetirizine 10mg tablets‡	Relief from allergy
Cetirizine 5mg/5ml liquid†	Relief from allergy
Loratadine 10mg tablets‡	Relief from allergy
Loratadine 5mg/5ml syrup†	Relief from allergy

* Either senna or bisacodyl tablets can be purchased; there is no requirement to stock both preparations

‡ Either cetirizine or loratadine tablets can be purchased; there is no requirement to stock both preparations

† Either cetirizine or loratadine liquid/syrup can be purchased; there is no requirement to stock both preparations

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 should 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).

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 family or GP should be contacted. If the resident is taking regular medication, care home staff must check with the GP/pharmacist that the homely remedy they intend to administer will not interact with the regular medication. Remedies must not be labeled 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.

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) sheet. The reason for administration should 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 of the stock sheet (Appendix 2) 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 and to check expiry dates. A separate stock sheet should be held for each individual homely remedy stocked by the care home.

Expiry Dates

The expiry dates of all the stocked homely remedies must be checked regularly (at least every 6 months). All liquids and suspensions for internal use should 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.

1. Paracetamol 500mg tablets/capsules/caplets

Indication for use:	For relief of occasional mild to moderate pain/fever
Drug:	PARACETAMOL tablets/capsules/caplets
Strength:	500mg
Adult Dose:	TWO tablets/capsules/caplets every four to six hours up to FOUR times a day
Maximum dose in 24 hours:	EIGHT tablets/capsules/caplets (4g) in four divided doses (Maximum of two tablets (1g) in any four hours)
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none">• Resident is already taking a paracetamol containing product, for example: co-codamol, co-dydramol, or a cough and cold preparation containing paracetamol• History of liver disease or alcohol abuse• Hypersensitivity to paracetamol or any of the ingredients
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none">• Take particular care with paracetamol administration because there is a risk of accidental overdose. Many medicines, both prescribed and bought, also contain paracetamol—always check the label• Always refer to the patient information leaflet
Additional information:	Side effects are rare but may include a rash

2. Paracetamol 250mg/5ml suspension

Indication for use:	For relief of occasional mild to moderate pain/fever
Drug:	PARACETAMOL suspension
Strength:	250mg/5ml
Adult Dose:	FOUR 5ml spoonfuls every four to six hours up to FOUR times a day
Maximum dose in 24 hours:	SIXTEEN 5ml spoonfuls (80mls) in four divided doses (Maximum of four 5ml spoonfuls (1g) in any 4 hours)
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Resident is already taking a paracetamol containing product, for example: co-codamol, co-dydramol, or a cough and cold preparation containing paracetamol • History of liver disease or alcohol abuse • Hypersensitivity to paracetamol or any of the ingredients
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Take particular care with paracetamol administration because there is a risk of accidental overdose. Many medicines, both prescribed and bought, also contain paracetamol—always check the label • Always refer to the patient information leaflet
Additional information:	Side effects are rare but may include a rash

3. Maalox suspension

Indication for use:	For relief of heartburn/indigestion
Drug:	Maalox® (magnesium hydroxide/aluminium hydroxide, low sodium)
Strength:	Magnesium hydroxide 195mg, dried aluminium hydroxide 220mg/5ml
Adult Dose:	TWO to FOUR 5ml spoonfuls 20minutes to an hour after meals and at bedtime or when required. Maalox may be taken with water or milk if required.
Maximum dose in 24 hours:	SIXTEEN 5ml spoonfuls (80mls) in 24hrs
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Severely debilitated • Renal insufficiency • Severe abdominal pain and/or the possibility of bowel obstruction • Porphyria and undergoing haemodialysis • Hypersensitivity to any ingredient in Maalox
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Do not administer at the same time as other medicines as it may affect their absorption • Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • Gastrointestinal side effects are uncommon, however occasional diarrhoea or constipation may occur if use is excessive • Discard any medicine remaining 28 days after opening the bottle

4. Senna 7.5mg tablets

Indication for use:	For relief of constipation
Drug:	Senna tablets
Strength:	7.5mg
Adult Dose:	TWO tablets at night
Maximum dose in 24 hours:	TWO tablets in 24hrs
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none">• Hypersensitivity to any of the ingredients• Abdominal pain, intestinal obstruction, or if nausea/vomiting present
Action if resident excluded:	Refer to GP as appropriate
Cautions:	Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none">• Laxatives should not be taken where there is severe abdominal pain or used regularly for prolonged periods except on medical advice• Senna tablets will work in 6-12hrs• Keep drinking plenty of fluids and increase fibre in diet• Temporary mild griping may occur

5. Senna 7.5mg/5ml syrup

Indication for use:	For relief of constipation
Drug:	Senna 7.5mg/5ml syrup
Strength:	7.5mg/5ml
Adult Dose:	TWO 5ml spoonfuls at night
Maximum dose in 24 hours:	TWO 5ml spoonfuls in 24hrs
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Hypersensitivity to any of the ingredients. • Abdominal pain, intestinal obstruction, or if nausea/vomiting present
Action if resident excluded:	Refer to GP as appropriate
Cautions:	Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • Laxatives should not be taken where there is severe abdominal pain or used regularly for prolonged periods except on medical advice • Senna syrup will take 8-12hrs for onset of action • Keep drinking plenty of fluids and increase fibre in diet • Temporary mild griping may occur

6. Bisacodyl tablets

Indication for use:	For relief of constipation
Drug:	Bisacodyl Tablets
Strength:	5mg
Adult Dose:	ONE or TWO tablets at night
Maximum dose in 24 hours:	TWO tablets at night
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Ileus • Intestinal obstruction • Acute abdominal conditions including appendicitis • Acute inflammatory bowel disease • Severe abdominal pain associated with nausea and vomiting which may be indicative of the aforementioned severe conditions • Severe dehydration and in patients with known hypersensitivity to bisacodyl or any other component of the product
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Laxatives should not be used for prolonged periods except on medical advice • Bisacodyl will take 6-12 hours to work • Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • Most commonly reported side effects are abdominal pain and cramps and diarrhoea • Keep drinking plenty of fluids and increase fibre in diet

7. Loperamide 2mg capsules

Indication for use:	For relief of acute onset diarrhoea
Drug:	Loperamide capsules
Strength:	2mg
Adult Dose:	TWO capsules (4 mg) initially followed by ONE capsule (2 mg) after every loose stool.
Maximum dose in 24 hours:	SIX capsules (12 mg) in any 24 hour period.
Maximum duration of treatment:	Up to 24 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Hypersensitivity to loperamide hydrochloride or to any of the ingredients • Lactose intolerant • Severe diarrhoea after taking antibiotics • Acute dysentery which is characterised by blood in stools and high fever • Acute ulcerative colitis • Constipated or stomach appears swollen • Liver impairment
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Laxatives should not be used for prolonged periods except on medical advice • Side effects include abdominal cramps, nausea, vomiting, tiredness, drowsiness, dizziness, dry mouth and skin reactions • Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • Drink plenty of fluids to maintain hydration – consider oral rehydration sachets • Ensure appropriate infection control procedures are followed to minimise risk of an infection spreading

8. Oral rehydration sachets

Indication for use:	To replace fluids lost through Diarrhoea/Vomiting
Drug:	Oral rehydration sachets
Adult Dose:	ONE or TWO sachets after every loose motion (reconstituted according to manufacturer's instructions, see below)
Maximum dose in 24 hours:	As advised on the preparation
Maximum duration of treatment:	Up to 24 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • 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
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Oral rehydration sachets should only be reconstituted in water • Always follow the manufacturer's guidance when preparing the sachets • Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • The contents of each sachet should be dissolved in 200ml (approximately 7fl oz) of drinking water. Use fresh drinking water or where drinking water is unavailable, the water should be freshly boiled and cooled. The solution should be made up immediately before use and may be stored for up to 24 hours in a refrigerator otherwise any solution remaining an hour after reconstitution should be thrown away. The solution itself must not be boiled. • 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.

9. Simple linctus

Indication for use:	For relief from a dry irritating cough
Drug:	Simple linctus
Adult Dose:	ONE 5ml spoonful THREE or FOUR times a day
Maximum dose in 24 hours:	FOUR 5ml spoonfuls (20mls)
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none">• Hypersensitivity to any of the ingredients• Diabetes• Alcoholism• Liver disease• Epilepsy
Action if resident excluded:	Refer to GP as appropriate
Cautions:	Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none">• Make sure the resident has access to plenty of fluids throughout the day• Contains alcohol

10. Cetirizine 10mg tablets

Indication for use:	For relief of allergy
Drug:	Cetirizine tablets
Strength:	10mg
Adult Dose:	ONE tablet once a day
Maximum dose in 24 hours:	ONE tablet
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Hypersensitivity to cetirizine or any other ingredients or other antihistamines • Kidney failure • Lactose intolerance • Resident has taken any antihistamine within the last 24 hours • Urinary retention • Epilepsy
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Although cetirizine is not a “sedating” antihistamine it can still cause some degree of sedation so be aware of this with regard to the risk of falling • Always refer to the patient information leaflet • Do not drink alcohol whilst taking this medicine
Additional information:	<ul style="list-style-type: none"> • Cetirizine can occasionally cause drowsiness, headache, somnolence, dry mouth and throat, stomach upset, nausea, diarrhoea • Stop taking the medicine immediately if the resident has difficulty breathing, swelling of the face, lips, tongue or throat (severe allergic reaction)

11. Cetirizine 5mg/5ml solution

Indication for use:	For relief of allergy
Drug:	Cetirizine solution
Strength:	5mg/5ml
Adult Dose:	TWO 5ml spoonfuls (10mg) once a day
Maximum dose in 24 hours:	TWO 5ml spoonfuls (10mls)
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Hypersensitivity to cetirizine or any other ingredients or other antihistamines • Kidney failure • Lactose intolerance • Resident has taken any antihistamine within the last 24 hours • Urinary retention • Epilepsy
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Although cetirizine is not a “sedating” antihistamine it can still cause some degree of sedation so be aware of this with regard to the risk of falling • Always refer to the patient information leaflet • Do not drink alcohol whilst taking this medicine
Additional information:	<ul style="list-style-type: none"> • Cetirizine can occasionally cause drowsiness, headache, somnolence, dry mouth and throat, stomach upset, nausea, diarrhoea • Stop taking the medicine immediately if the resident has difficulty breathing, swelling of the face, lips, tongue or throat (severe allergic reaction)

12. Loratadine 10mg tablets

Indication for use:	For relief of allergy
Drug:	Loratadine 10mg tablets
Strength:	10mg
Adult Dose:	ONE 10mg tablet a day
Maximum dose in 24 hours:	ONE tablet
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Hypersensitivity to loratadine or any other ingredients or other antihistamines • Severe liver impairment • Lactose intolerance • Resident has taken any antihistamine within the last 24 hours
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Although loratadine is not a “sedating” antihistamine it can still cause some degree of sedation so be aware of this with regard to the risk of falling • Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • Loratadine can occasionally cause drowsiness, headache, somnolence, dry mouth and throat, stomach upset, nausea, diarrhoea • Stop taking the medicine immediately if the resident has difficulty breathing, swelling of the face, lips, tongue or throat (severe allergic reaction)

13. Loratadine 5mg/5ml liquid

Indication for use:	For relief of allergy
Drug:	Loratadine 5mg/5ml liquid
Strength:	5mg/5ml
Adult Dose:	TWO 5ml (10mg) spoonfuls once a day
Maximum dose in 24 hours:	TWO 5ml spoonfuls (10ml)
Maximum duration of treatment:	Up to 72 hours then seek (and document) advice of GP
Exclusions:	<ul style="list-style-type: none"> • Hypersensitivity to loratadine or any other ingredients or other antihistamines • Severe liver impairment • Lactose intolerance • Resident has taken any antihistamine within the last 24 hours
Action if resident excluded:	Refer to GP as appropriate
Cautions:	<ul style="list-style-type: none"> • Although loratadine is not a “sedating” antihistamine it can still cause some degree of sedation so be aware of this with regard to the risk of falling • Always refer to the patient information leaflet
Additional information:	<ul style="list-style-type: none"> • Loratadine can occasionally cause drowsiness, headache, somnolence, dry mouth and throat, stomach upset, nausea, diarrhoea • Stop taking the medicine immediately if the resident has difficulty breathing, swelling of the face, lips, tongue or throat (severe allergic reaction)

14a. Dressings and woundcare products recommended to be stocked by nursing homes

Name	Size	Pack size	Price each	Indication
Normal Saline				
Irripod 20ml Sterile Pod	20ml	25	£0.23	To clean wound
Low/Non Adherent Dressings				
N-A Ultra	9.5cm x 9.5cm	40	£0.35	To protect wound with a dressing that will not adhere to wound if it is wet i.e. bleeding
Adhesive Dressing with Absorbant Pad (Island Dressing)				
Cosmopor E	8xm x 10cm	25	£0.17	A simple dressing to cover wounds without the need for additional tape or bandages
Cosmopor E	8cm x 15cm	25	£0.27	
Adhesive Tapes				
Micropore	2.5cm x 5m	1	£0.90	To secure dressings and bandages
Mefix	5cm x 5m	1	£1.81	To secure dressings and bandages in areas prone to rubbing i.e. elbows, heels, sacrums
Mefix	10cm x 5m	1	£2.89	
Retention Bandages Type 1 Dressing Retention				
K-Band Urgo	10cm x 4m	20	£0.28	Light bandage for securing dressings. When applied to legs it must be applied from toes to knee to prevent oedema. Caution must be used on oedematous limbs
Orthopaedic Wadding				
K-Soft	10cm x 3.5m	24	£0.45	Light wadding to protect vulnerable boney prominances under bandages i.e. shin bone
Elasticated Tubular Bandages				
Comfifast (yellow line)	10.75 x 5m	1	£6.04	To secure dressings and bandages
Comfifast (blue line)	7.5cm x 5m	1	£3.74	
Absorbant Dressing Pads				
Zetuvit E Sterile	20cm x 40cm	5	£1.07	Contact dressing for wounds with exudate that need more absorbency
Zetuvit E Sterile	10cm x 20cm	25	£0.24	

Gauze Swabs - 8ply				
Swab non woven in 5s non sterile	10cm x 10cm	5	£1.41	For cleaning wounds and providing protection to bony prominences
Swab non woven in 5s sterile	7.5cm x 7.5cm	5	£0.40	For cleaning wounds and providing protection to bony prominences
Wound Closure Strip				
Steri-strip Sterile	6mm x 75mm	12 x 3	£8.63	For holding simple wounds together to limit bleeding i.e. cuts. If there is any doubt on the depth of the wound medical advice to be sought
Sterile dressing pack				
Gloves, apron, sterile field		1	£0.52	Clean environment
Gloves, apron, sterile field		12	£6.36	Clean environment

14b. Dressings and woundcare products recommended to be stocked by residential homes

Name	Size	Pack size	Price each	Indication
Normal Saline				
Irripod 20ml Sterile Pod	20ml	25	£0.23	To clean wound
Adhesive Dressing with Absorbent Pad (Island Dressing)				
Cosmopor E	8xm x 10cm	25	£0.17	A simple dressing to cover wounds without the need for additional tape or bandages
Cosmopor E	8cm x 15cm	25	£0.27	
Adhesive Tapes				
Micropore	2.5cm x 5m	1	£0.90	To secure dressings and bandages
Retention Bandages Type 1 Dressing Retention				
K-Band Urgo	10cm x 4m	20	£0.28	Light bandage for securing dressings. When applied to legs it must be applied from toes to knee to prevent oedema. Caution must be used on oedematous limbs
Elasticated Tubular Bandages				
Comfifast (yellow line)	10.75 x 5m	1	£6.04	To secure dressings and bandages
Comfifast (blue line)	7.5cm x 5m	1	£3.74	
Gauze Swabs - 8ply				
Swab non-woven in 5s non-sterile	10cm x 10cm	25	£0.79	For cleaning wounds and providing protection to bony prominences
Swab non-woven in 5s sterile	7.5cm x 7.5cm	5	£0.40	For cleaning wounds and providing protection to bony prominences

Appendix 2

Homely remedies stock audit sheet

Name of Medication:.....

Please note: a weekly stock check must be performed for all medications

Entry no.	Date	Time of administration	Quantity supplied	Resident's name	Initials	Balance
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