

Supporting Care Homes

Homely Remedy List

A homely remedy is a non-prescription medicine that would normally be available at home for the short term management of a minor condition (e.g. paracetamol). Homely remedies can be purchased from a community pharmacy or local shop and are kept as stock in the care home to allow access to products that would commonly be available in any household. Homely remedies can only be used for residents who have been authorised to receive them.

Managing homely remedies in the care home

Care homes must have a process in place of how staff safely offers homely remedies to residents for minor ailments. This process should be included in the care home's overall medicines policy.

The Regional Medicines Optimisation Committee (RMOC) has produced a position statement and a homely remedies policy template that can be used to support the use of homely remedies in the care home setting:

<https://www.sps.nhs.uk/articles/rmoc-guidance-homely-remedies/>

Top Tips

- Take advice from a healthcare professional, such as a GP or pharmacist, on the use of homely remedies for the residents.
- Your list of suitable homely remedies needs to be signed by an appropriate healthcare professional; this could be the resident's GP or a pharmacist involved in the resident's care (**GP Authorisation form Appendix 1**)
- This should be done for each resident in advance or at the time of need.
- Some residents may be excluded from receiving homely remedies if they are already prescribed certain medicines e.g. paracetamol or paracetamol containing preparations.
- Homely remedies should be purchased by the care home and a clear record kept of the receipt. (**List of suitable homely remedies Appendix 2**)
- Homely remedies should be received and kept in the original packaging with any information supplied e.g. Patient Information Leaflet.
- Medicines labelled for a particular resident (i.e. where a prescription has been issued), brought in by the resident or recommended solely for a particular resident must not be given to another resident as a homely remedy.
- Homely remedies can be kept where other medicines are stored but clearly marked 'Homely Remedies' and segregated from residents prescribed medicines.
- Stock checks, expiry date checks and running balances should be carried out on a regular basis and recorded.

- Maximum treatment must not exceed 48hours; if symptoms persist or worsen contact the GP.
- Staff should be trained and competent in giving homely remedies and be named in the homely remedies policy. They should sign and confirm that they understand the homely remedies policy, are competent and acknowledge that they will be accountable for their actions.
- It is good practice to record the administration of a homely remedy on a Medication Administration Record (MAR) in the same way as recording prescribed medicines.
- It should be clear what was administered, when and why to allow other members of staff and the GP to monitor effectiveness and avoid overdosing.

Issue date: February 2020

Review date: February 2022

Please visit our website for more information:
<https://www.westhampshireccg.nhs.uk/medicines-in-care-homes>

With special thanks to NHS Northern, Eastern and Western Devon Clinical Commissioning Group NHS South Devon and Torbay Clinical Commissioning Group for sharing this resource

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