



**Bedfordshire, Luton  
and Milton Keynes**  
Integrated Care Board

# Homely Remedies & Self-Care in Adult Social Care






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Care Home Pharmacist – Central Bedfordshire

# Session Plan

-  Introduction & Housekeeping
-  Homely Remedies
-  Self-Care
-  Mock Scenario
-  Questions

# Housekeeping

- Please remain on mute when not speaking
- Please use the chat function
- Q&A section at the end – please use the “raise hand” function

## Meet the Team - NHS BLMK ICB Care Home Medicines Optimisation Pharmacists & Pharmacy Technicians



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### Bedford Borough Place

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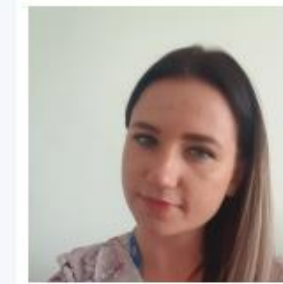
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Please send details of your query/referral to the relevant area's team email address (no proforma required). Individual contacts can be used if needed.

Emails are monitored Monday—Friday, 9am—5pm (excluding Bank Holidays) and will be triaged to the most appropriate member of the team.

*Patient identifiable details should ONLY be sent from and to secure email addresses (e.g. NHS.net to NHS.net).*

More information, guidance documents & newsletters can be found on the [BLMK ICB Care Home Medicines Optimisation \(MO\) team website](#).



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# Our Role

- Supportive – the ICB is not a care home regulatory body.
- The team provides support to a number of key stakeholders including:
  - Care homes / Learning Disability Homes
  - Primary Care Networks (PCNs) / Practices
  - The ICB Quality Team
  - Local Authorities
  - Other community services
  - Secondary care

# Homely Remedies



# Our Toolkit

- The BLMK ICB Homely Remedy Toolkit can be found on our website: [Care Homes Homely Remedies – BLMKICB Medicines Management](#)
- The BLMK ICB First Dressings scheme for use within Nursing homes – enables a nurse in a care home setting to safely cover a wound as a first aid measure using an appropriate dressing. The same principles for homely remedies apply: [First-Dressings-scheme-for-use-within-Nursing-Homes-April-2023.pdf \(icb.nhs.uk\)](#)

**These documents can be directly adopted by care homes.**

# Homely Remedies

## What is a Homely Remedy?

- A homely remedy is a medicinal preparation used to treat minor ailments, which can be bought over the counter and does not require a prescription. These “homely remedy” products are kept in a Care Home to allow access to products which would commonly be available in any household, to treat short-term conditions.

## Why Stock Homely Remedies?

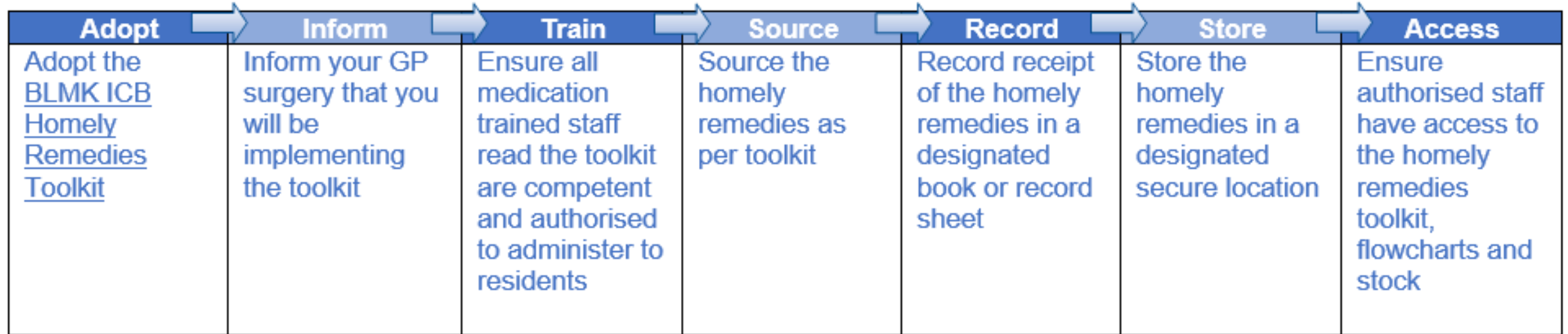
- In a Care Home environment a resident may develop a minor illness which in their own home would be easily treatable by accessing a local pharmacy/store for an OTC product.
- Prevents unnecessary contact with GP practice/NHS 111 and use of NHS resources
- Provides access to treatment without delay – *Scenario: Mary has a headache, it's Saturday evening, no pain relief prescribed, no homely remedies, have to call NHS 111, have to find out of hours pharmacy etc*



# BLMK ICB Approved List

AILMENT	MEDICINE
Indigestion	<ul style="list-style-type: none"> <li>• Gaviscon® Advance (suspension or chewable tablets)</li> <li>• Peptac®</li> </ul>
Pain (mild to moderate)	<ul style="list-style-type: none"> <li>• Paracetamol</li> </ul> <p>NB: Other medicines containing paracetamol may have been prescribed for some residents and this must be carefully checked</p>
Constipation	<ul style="list-style-type: none"> <li>• Senna tablets or syrup</li> </ul>
Diarrhoea	<ul style="list-style-type: none"> <li>• Oral rehydration therapy, e.g., Dioralyte®</li> </ul>
Dry Cough	<ul style="list-style-type: none"> <li>• Simple Linctus (Sugar-free)</li> </ul>

# Process for Implementation of Homely Remedies Toolkit in the Care Home



It is not necessary for GPs to approve or 'sign off' homely remedies, provided the home has adopted the BLMK ICB Homely Remedies Toolkit. However, it would be useful for your GP Practice to know which homely remedies are available for their patients.

The purchase of homely remedies, including funding, is the responsibility of the care home.

- Clearly identifiable as a "homely remedy"
- In a lockable cupboard or trolley
- Separate to prescribed medications
- Original packaging
- No excessive quantities
- Below 25°C and away from damp and strong light
- Access restricted to staff with medicines management responsibilities

## Process for Administration of Homely Remedies in the Care Home

This process can only be followed if:

- The care home has adopted the Homely Remedy Toolkit
- The member of staff has read, signed and is authorised to use the Homely Remedies Toolkit
- The member of staff checks that administration is appropriate using the Toolkit flowcharts and product information

IF THERE ARE ANY DOUBTS OR CONCERNS REGARDING THE ADMINISTRATION OF A HOMELY REMEDY,  
**DO NOT ADMINISTER** - CONTACT THE GP SURGERY, PHARMACY OR NHS 111 FOR ADVICE

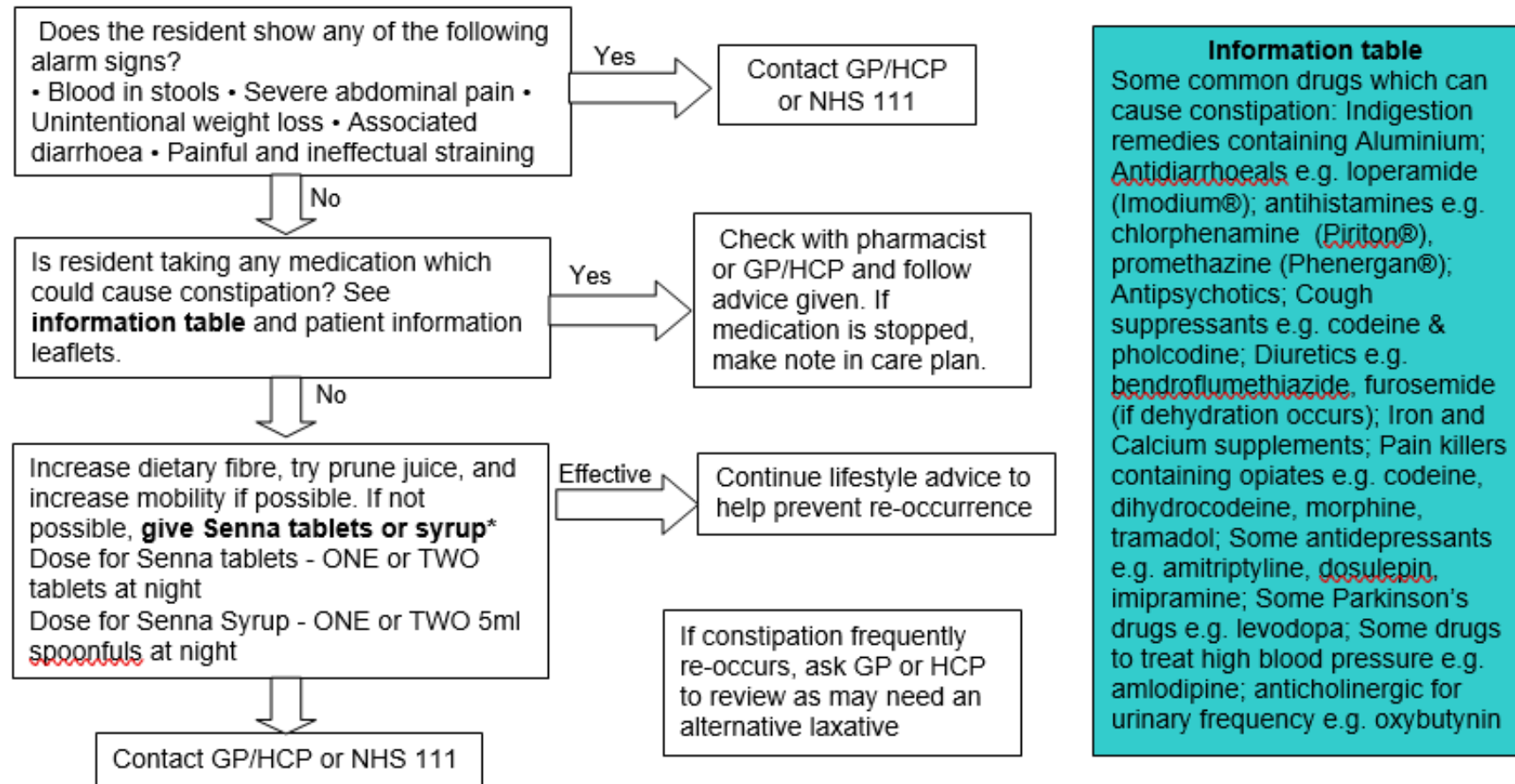
### Step by step process for administration

New symptom	Check	Locate	Follow	Administer
Resident presents with a minor ailment	Check if the minor ailment is listed in the Homely Remedies Toolkit: <ul style="list-style-type: none"> <li>• Pain (mild to moderate)</li> <li>• Indigestion</li> <li>• Constipation</li> <li>• Diarrhoea</li> <li>• Dry cough</li> </ul>	Locate the correct homely remedy flowchart and product information for the minor ailment	Follow the flowchart to check if the homely remedy is appropriate to administer on this occasion <b>If not, do not proceed - contact the GP surgery or NHS 111 for advice</b>	If appropriate, administer correct dose as per flowchart and product table

Example Flowchart on next slide.

### Chart 3 – Constipation

Initial changes in bowel habits should be reported to GP/HCP. Bowel charts should be kept in care plans for monitoring purposes. Constipation in the elderly is often due to insufficient fluid intake. Avoid large glasses of fluid - little and often is more effective.



**Information table**

Some common drugs which can cause constipation: Indigestion remedies containing Aluminium; Antidiarrhoeals e.g. loperamide (Imodium®); antihistamines e.g. chlorphenamine (Piriton®), promethazine (Phenergan®); Antipsychotics; Cough suppressants e.g. codeine & pholcodine; Diuretics e.g. bendroflumethiazide, furosemide (if dehydration occurs); Iron and Calcium supplements; Pain killers containing opiates e.g. codeine, dihydrocodeine, morphine, tramadol; Some antidepressants e.g. amitriptyline, dosulepin, imipramine; Some Parkinson's drugs e.g. levodopa; Some drugs to treat high blood pressure e.g. amlodipine; anticholinergic for urinary frequency e.g. oxybutynin

**\*HOMELY REMEDY**

Remember that treatment with homely remedies must be recorded according to the care home policy and procedures (e.g., MAR chart) and must be for NO MORE THAN 48 hours without contacting the resident's GP or HCP. Ensure the next shift is informed about any homely remedies that have been given

## Step by step process after administration

Record	Monitor	Reporting concerns	Additional doses	Time limits
Record administration on the MAR chart/care plan AND on the homely remedy record sheet	Monitor the condition of the resident after administration	If the condition of the resident deteriorates or if there are any concerns regarding the resident, contact the GP surgery or NHS 111	Further homely remedies may be given if required and appropriate for the product UP TO A MAXIMUM OF 48 HOURS	If the condition is still not resolved after 48 hours, contact the GP surgery or NHS 111



The entry should be annotated 'homely remedy' and should state the following:

- Name of homely remedy given
- Date and time of administration
- Dose given
- Why the homely remedy was given
- Name of carer/nurse who administered the medicine
- Effect of the homely remedy

# PRN vs Homely Remedies

	PRN	Homely Remedy
Prescribed (or bought, if self-care) for a specific indication for a specific resident	✓	✗
'Just in case'	✗	✓
For use by any resident	✗	✓
Treatment limited to 48 hours	✗	✓
Suitable for long-term conditions	✓	✗

# Audit

- Keep a running balance and check on a regular basis e.g. monthly.
- Date check regularly - good practice is monthly, but at least every six months.
- Mark liquids with date of opening (and replace six months after opening or in accordance with manufacturer's guidance).

Appendix 2: Record of homely remedies and audit sheet

<b>Name and strength of homely remedy</b> <small>Please use one sheet per product</small>	
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Date obtained	Quantity obtained	Date administered to resident	Name of resident homely remedy administered to	Dose administered to resident	Administered by	Balance	Date, quantity and expiry date checked by

# Disposal

- Expired stock should be disposed of in line with the care home's 'disposal of medication' policy.
- We advise that homely remedies should be kept until they expire (see manufacturers expiry date on individual items).





# First Dressing Scheme

- **Nursing homes only**
- A list of stock dressings to be used as a 'first dressing', until a clinical assessment can take place.
- Purchased and stocked by the home in the same way as homely remedies.

Wound type	Dressing type (wound formulary section)	Formulary choice
First aid		Adaptic Touch®
Burns	Low adherence (A5.1.1)	Atrauman® (primary dressing)
Exudating	Absorbent dressing (A5.1.2)	Zetuvit Plus®
Sloughy (yellow)	Hydrofibre (A5.2.4)	Aquacel® Extra
Epithelialising (pink) Granulating (red)	Foam dressing (A5.2.5)	Allevyn Gentle Border® foam
	Surgical tape (A5.7.3)	Clinipore®
	Light weight conforming bandage (A5.8)	K-band®

# Self-Care



# Self-Care

- Self-care is a term used to include all the actions taken by people to recognise, treat and manage their own health – including pharmacological (e.g., using medication) and non-pharmacological (e.g., having good sleep hygiene)
- BLMK ICB have developed a Self Care Tool kit as a guide for care homes to support residents with self-care for selective conditions by buying OTC treatments: [Care Homes – Self Care Tool Kit – BLMKICB Medicines Management](#)

# Importance

- Huge amounts of NHS funds are spent on prescriptions for medicines which can be purchased.
- These prescriptions included:
  - Products for a condition that is considered to be self-limiting
  - Items for a condition easily manageable with OTC products
  - Products for which there is little evidence of clinical effectiveness

# Self-Care in Care Homes

- CQC has produced guidance for Adult social care providers on '[Over the counter medicines and homely remedies](#)'.
- People who receive social care should be supported to access OTC products to enable them to self-care.
- Access to OTC medicines to self-care is an issue of equality and care homes should have policies in place to support residents who wish to access OTC products in a timely manner.
- On admission to the care home health needs and medicines should be discussed with the resident and/or their relatives or representatives.

# Conditions

- Acute sore throat
- Infrequent cold sores of lip
- Conjunctivitis
- Coughs, colds & nasal congestion
- Haemorrhoids
- Mild cystitis
- Mild irritant dermatitis
- Dandruff
- Diarrhoea
- Dry eyes/sore, tired eyes
- Earwax
- Excessive sweating
- Head lice
- Indigestion & heartburn (if no homely remedies)
- Infrequent constipation (if no homely remedies)
- Insect bites/stings
- Mild acne
- Mild dry skin
- Sunburn
- Sun protection
- Mild-Mod hay fever/allergic rhinitis
- Minor burns & scalds
- Mild pain (if no homely remedies)
- Oral thrush
- Prevention of dental caries
- Ringworm/athletes foot
- Threadworm
- Travel sickness
- Warts & verruca
- Probiotics
- Vitamins & minerals

# Process

Depending on the circumstances, a self-care product to treat the minor ailment could be:

- Purchased by or on behalf of the resident without GP or Healthcare Professional (HCP) advice
- Recommended by a GP or other HCP to purchase a specific product for a minor ailment
- Recommended by a community pharmacist following an OTC consultation
- Recommended following a referral into the Community Pharmacist Consultation Service (CPCS)

# Responsibilities of Care Home Staff

- Monitor and report any ailments the resident may present to a GP or healthcare professional.
- Report the ailment to a GP or HCP within an appropriate timeframe.
- Ensure all products purchased by the residents/relatives/representatives are safe to be taken with any other medicines by checking with an appropriate HCP.
- Contact the GP/HCP if symptoms worsen or there is a change in condition whilst using a selfcare product. Care staff should let the GP/HCP know what products are currently being taken/used or what has already been tried.



# Recommendations by GP/HCP

- If a GP/HCP makes a recommendation of a product or treatment to be bought over the counter, instructions should be communicated by the GP/HCP and written into the individual care plan by the care staff.
- Ideally communication should be in writing – the GP/HCP may choose to use the “self-care advice pad”
- The completed advice pad can be sent via secure email on SystemOne (e.g., NHSmail). Alternatively, the GP/HCP may confirm the above in a written communication via secure NHS email if the advice pad is not used.

# Sourcing

- Following recommendation from the GP, HCP or pharmacist, the care home could source from the usual supplying pharmacy OR from a local supermarket/shop or pharmacy.
- Residents or relatives can purchase the product directly themselves.
- Residents, their relatives, or representatives will be responsible to fund the cost of the OTC product.
- It is good practice for the care home staff to retain receipts for purchases of self-care products made on behalf of residents.

# Storage

- Self-care products are the property of an individual resident and should be clearly identifiable with the resident's name.
- Store in original packaging together with any information supplied with the product about the medicine use.
- Store securely in a lockable cupboard or trolley as stated in the care home medicine policy.
- If the self-care product is kept in a resident's room (e.g., if the resident is self-administering) then it should be stored in a lockable cupboard or drawer

# Exemptions

- Long term conditions
- Complex minor illness
- Conditions that are not minor
- Complex patients
- Prescription-only-medicines
- Treatment of an adverse effect
- Product license restrictions
- Not responding to OTC treatment
- Exceptional circumstances
- Ability to self-manage is compromised

# Mock Scenario

Our GP has suggested purchasing some olive oil drops to soften ear wax for one of our residents.

What do we do next?

# Mock Scenario

- **Initiation** - Ensure there is appropriate documentation to support the use of the olive oil drops.
- In this case the GP has suggested the drops - the care home should document the advice in the resident's care plan/similar. The GP may provide written confirmation using the ICB self-care advice pad or instructions via NHS mail.
- **Purchase** the olive oil drops - bought by relatives or representatives or by care home staff. If staff have purchased for the resident, then the receipt should be retained by the care home.

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- **MAR Chart** - Add the olive oil drops as a handwritten entry on to the MAR chart indicating that it is a 'self-care/OTC product', with clear dosage instructions and treatment duration as per instruction.
  - The handwritten entry should be counter-signed by a second person.

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- **Storage** - The olive oil drops should be clearly identifiable with the resident's name as the product is their property. They should be stored securely in a lockable cupboard or trolley as per care home medicines policy and according to the manufacturer's guidance.
- **Administration** of the drops should be recorded on the MAR chart.
  - **Disposal** - Once treatment has been completed for the suggested duration, any remaining drops can be disposed of as per care home policy or carried forward if this is appropriate.
  - **Monitoring** - Contact the GP if symptoms worsen or there is a change in condition whilst using a self-care product.

	Homely Remedy	Self-care
What is it?		
When would it be purchased?		
Who can it be given to?		
What products are included?		
Who pays for it?		
Does the GP need to approve before administration?		
How long can it be used for?		
Who can administer it?		
Whose property is it?		
Exceptions		

	Homely Remedy	Self-care
<b>What is it?</b>	Product used to treat a minor ailment which can be bought over the counter and does not require a prescription.	Action taken by people to recognise, treat and manage their own health – includes purchase of over the counter medicines
<b>When would it be purchased?</b>		
<b>Who can it be given to?</b>		
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<b>Who pays for it?</b>		
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<b>When would it be purchased?</b>	Homely Remedies are kept as stock in the care home to allow access to products that would commonly be available in any household	A self-care product is purchased for or by an individual in response to a specific medical condition
<b>Who can it be given to?</b>		
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<b>Who can it be given to?</b>	Can be administered to any appropriate resident as per Homely Remedies toolkit	Can only be given to the individual resident for whom it was purchased
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<b>Who pays for it?</b>	Funded by Care home	Funded by resident or their representative
<b>Does the GP need to approve before administration?</b>	Provided the care home follows the BLMK ICB Toolkit, care home can start without consulting a GP/HCP. GP/HCP sign off is not required if the BLMK ICB approved list of products and toolkit is used	Provided the guidance in the BLMK ICB Toolkit is followed, GP/HCP approval is not required BUT care home staff should seek advice from GPs or HCPs to check if the product is suitable for the individual resident where appropriate.
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<b>How long can it be used for?</b>	Used for limited period of time (usually 48 hours)	Duration of use dependent on condition and/or GP/HCP advice
<b>Who can administer it?</b>		
<b>Whose property is it?</b>		
<b>Exceptions</b>		

	Homely Remedy	Self-care
<b>What is it?</b>	Product used to treat a minor ailment which can be bought over the counter and does not require a prescription.	Action taken by people to recognise, treat and manage their own health – includes purchase of over the counter medicines
<b>When would it be purchased?</b>	Homely Remedies are kept as stock in the care home to allow access to products that would commonly be available in any household	A self-care product is purchased for or by an individual in response to a specific medical condition
<b>Who can it be given to?</b>	Can be administered to any appropriate resident as per Homely Remedies toolkit	Can only be given to the individual resident for whom it was purchased
<b>What products are included?</b>	Only the named preparations listed in the Homely Remedies policy	Products for conditions listed in Self-care toolkit
<b>Who pays for it?</b>	Funded by Care home	Funded by resident or their representative
<b>Does the GP need to approve before administration?</b>	Provided the care home follows the BLMK ICB Toolkit, care home can start without consulting a GP/HCP. GP/HCP sign off is not required if the BLMK ICB approved list of products and toolkit is used	Provided the guidance in the BLMK ICB Toolkit is followed, GP/HCP approval is not required BUT care home staff should seek advice from GPs or HCPs to check if the product is suitable for the individual resident where appropriate.
<b>How long can it be used for?</b>	Used for limited period of time (usually 48 hours)	Duration of use dependent on condition and/or GP/HCP advice
<b>Who can administer it?</b>	Care home staff who have been trained in how to use Homely Remedies	Care home staff in accordance with Self-care Toolkit and any appropriate GP or HCP advice
<b>Whose property is it?</b>		
<b>Exceptions</b>		

	Homely Remedy	Self-care
<b>What is it?</b>	Product used to treat a minor ailment which can be bought over the counter and does not require a prescription.	Action taken by people to recognise, treat and manage their own health – includes purchase of over the counter medicines
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<b>Who can it be given to?</b>	Can be administered to any appropriate resident as per Homely Remedies toolkit	Can only be given to the individual resident for whom it was purchased
<b>What products are included?</b>	Only the named preparations listed in the Homely Remedies policy	Products for conditions listed in Self-care toolkit
<b>Who pays for it?</b>	Funded by Care home	Funded by resident or their representative
<b>Does the GP need to approve before administration?</b>	Provided the care home follows the BLMK ICB Toolkit, care home can start without consulting a GP/HCP. GP/HCP sign off is not required if the BLMK ICB approved list of products and toolkit is used	Provided the guidance in the BLMK ICB Toolkit is followed, GP/HCP approval is not required BUT care home staff should seek advice from GPs or HCPs to check if the product is suitable for the individual resident where appropriate.
<b>How long can it be used for?</b>	Used for limited period of time (usually 48 hours)	Duration of use dependent on condition and/or GP/HCP advice
<b>Who can administer it?</b>	Care home staff who have been trained in how to use Homely Remedies	Care home staff in accordance with Self-care Toolkit and any appropriate GP or HCP advice
<b>Whose property is it?</b>	It is care home property	It is the property of the individual resident
<b>Exceptions</b>		

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<b>What is it?</b>	Product used to treat a minor ailment which can be bought over the counter and does not require a prescription.	Action taken by people to recognise, treat and manage their own health – includes purchase of over the counter medicines
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<b>How long can it be used for?</b>	Used for limited period of time (usually 48 hours)	Duration of use dependent on condition and/or GP/HCP advice
<b>Who can administer it?</b>	Care home staff who have been trained in how to use Homely Remedies	Care home staff in accordance with Self-care Toolkit and any appropriate GP or HCP advice
<b>Whose property is it?</b>	It is care home property	It is the property of the individual resident
<b>Exceptions</b>	Care home staff should follow the flowcharts in the Toolkit and seek further guidance as indicated	The self-care toolkit has a table listing exceptions to self-care

# Quiz

# Care Home Resources and Training

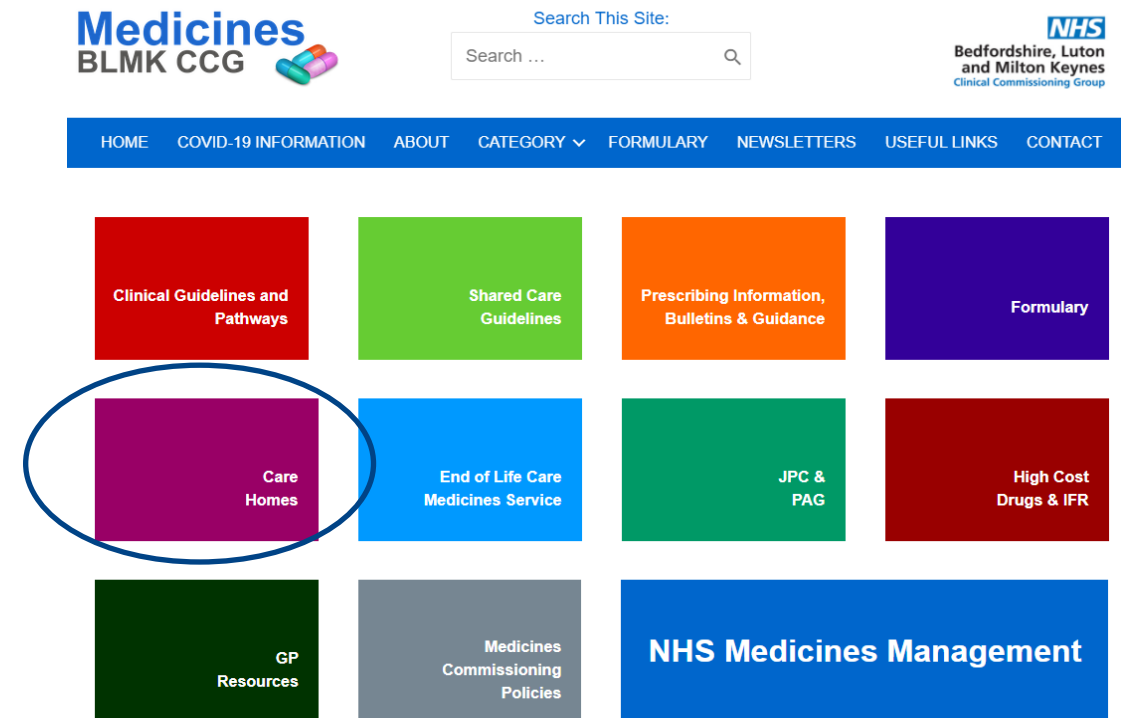
# Resources

BLMK ICB Medicines website - [BLMKICB Medicines Management](#)

Care Homes page (purple box):  
[Care Homes – BLMKICB Medicines Management](#)

## Key Documents:

- Care Home team Service Referral Pathway
- Homely remedies toolkit and First Dressing scheme
- Covert Administration guidance
- “When Required” PRN Medication guidance
- Self Care Toolkit for Care Homes
- Expiry dates for medication guidance
- Meds room and Fridge temperature guide
- Falls documents – leaflet and poster
- Care Home Newsletters



# Other resources

- British National Formulary (BNF)
  - Paper copy - ensure using an up-to-date copy.
  - Online: <https://www.medicinescomplete.com>
- Electronic Medicines Compendium (EMC)
  - <https://www.medicines.org.uk/emc>
- National Institute for Health & Care Excellence
  - <https://www.nice.org.uk>
- CQC Website
  - <https://www.cqc.org.uk>



