

Homely Remedies GP Authorisation Sheet

Resident Name: **Resident Date of Birth:**

Care Home:

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 has agreed to their use. The 'Homely Remedies GP Authorisation Sheet' signed by the GP, should be kept in a suitable place where staff can easily refer to it when administering medications to be able to cross-check as needed. These medicines must not be given for longer than 48 hours (24 hours for oral rehydration sachets) without medical advice being sought, or earlier if the condition deteriorates. Symptoms not responding to treatment must be reported to a doctor.
- The administration of homely remedies must be recorded; stating drug, dose, time, date, administered by and reason for administration. Recording is best done on the same sheet as the record of administration of prescribed medicines e.g. by using the back of the MAR sheet or eMAR.
- It is important to maintain an audit trail for each homely remedy by completing the relevant sections of 'Homely Remedy Record Sheet' for the medicine being administered. This is in addition to recording the details on the residents MAR chart and care plan.

I authorise the use of these homely remedies as listed (delete as appropriate) to the patient under my care named above:

Minor illness requiring treatment	Drug/ Medicine	Maximum dose to be taken at one time	Directions
Pain relief for mild to moderate pain &/or fever	Paracetamol 500mg tablets/soluble tablets OR Paracetamol sugar free suspension 250mg/5ml	Over 50kg: One to two 500mg tablets (or 10ml to 20ml of 250mg/5ml suspension) Under 50kg: One 500mg tablet (or 10ml of 250mg/5ml suspension)	Four to six hours between doses, up to maximum FOUR times a day Maximum dose in 24 hours: Over 50kg: 4g (eight 500mg tablets or 80ml of 250mg/5ml suspension) Under 50kg: 2g (four 500mg tablets or 40ml of 250mg/5ml suspension)
Constipation	Sennosides 7.5mg tablets OR 7.5mg/5ml oral solution	One to two tablets or one to two 5ml spoonfuls of syrup	Once a day - usually at bedtime
Diarrhoea	Oral rehydration sachets	One sachet reconstituted according to manufacturer's product information	To be given after each loose stool. Do NOT exceed dose recommended in manufacturer's product information
Indigestion/ Heartburn	Gaviscon Advance Suspension	One to two 5ml spoonfuls	After meals & at bedtime. Maximum four times daily.

I understand that the home staff will follow the Homely Remedies Guidelines.

GP Name: **GP Practice:** **Date:**

Signed by GP or on their behalf by Care Home Support Pharmacist:

This authorisation sheet should be reviewed annually with the GP/Care Home Support Pharmacist, or when changes to the individual's health or prescribed medicines occur.