

A large, stylized blue swirl graphic on the left side of the slide, composed of concentric, curved lines that spiral outwards from the bottom left towards the top right.

Homely Remedies and Self-Care.

Medicines Optimisation Care Home Pharmacist.

Aim

To have an awareness of:

- NHS England guidance on Over the Counter medication
- What does it mean for care homes?
- How to implement?
- Homely Remedies protocol

NHS England Minor Ailments

- May 2018 NHS England issues new guidance
- Items which should not usually be prescribed in primary care – 18 items of limited value
- Conditions for which over the counter items should not routinely be prescribed – 35 conditions + vitamins and minerals.

Rationale

- Prioritise limited NHS funding
- Smarter use of resources
- Support the principle of self-care
- Reducing demand on general practice
- Addressing increased price and other costs
- Reducing Variation

Categories

- A condition that is **self-limiting** and does not require medical advice or treatment as it will clear up on its own.
- A condition that is a **minor illness** and is suitable for self-care and treatment with items that can easily be purchased over the counter from a pharmacy.
- And in the case of **vitamins, minerals and probiotics**, these are **Items of limited clinical effectiveness**, where there is a lack of robust evidence for clinical effectiveness.

Self – limiting conditions

E.g.s

- Acute sore throat
- Infrequent cold sore of the lip
- Conjunctivitis
- Coughs and colds and nasal congestion
- Haemorrhoids
- Mild Cystitis

Minor conditions suitable for self-care

E.g.s

- Mild irritant dermatitis
- Dandruff
- Diarrhoea (Adults)
- Dry Eyes/Sore tired eyes
- Earwax
- Indigestion and Heartburn
- Infrequent constipation
- Insect bites and stings
- Mild dry skin

Recommendations

- NHSE has advised CCGs that a prescription for treatment should not routinely be offered in primary care :
 - Limited evidence of clinical effectiveness
 - Condition is self limiting
 - Condition is appropriate for self care

Exceptions

- There are some exceptions. E.g.
 - Patients prescribed an OTC treatment for a **long term condition**
 - For the treatment of more **complex forms of minor illnesses**
 - **Treatment for complex patients**
 - Circumstances where the **prescriber** believes that in their **clinical judgement**, exceptional circumstances exist that warrant deviation from the recommendation to self-care.

Implications

- **Care Home residents are NOT automatically exempt.**
- Consideration given if resident is able to self-care.
- OTC products may need to be purchased by the home (homely remedy) or by the resident/family (self-care).
- Care Homes will need a Homely Remedy policy and Self-Administration policy

Homely Remedies

- Definition: a non-prescription medicine that care home can purchase over-the-counter for use by its residents
- Care homes must review the homely remedy policy
 - Use the national available template
<https://www.sps.nhs.uk/articles/rmoc-guidance-homely-remedies/>
 - Update to include OTC products needed

Key points

- Homely remedy authorisation sheet needed for each resident (template with suggested items soon to be available on website)
- Homely remedy record sheet to be completed each time a homely remedy is received, administered or disposed of.
- Medicines information about the medicine available for staff.
- Treatment is usually for 48 hours, then refer to GP

Authorisation

- Can be made in advance or preferably at the time of need.
- Nursing Homes – decision to use a homely remedy should be made by a nurse.
- Residential homes – seek advice from a health care professional: GP, Community Nurse, Community Pharmacist, Clinical Pharmacist.

How will homely remedies work in your care home?

- Discuss and agree how the homely remedy policy will work in your care home with your GP
- Care home and GP will need to consider
 - Who is best placed to authorise the use
 - When to authorise and review dates
 - Whether to use an agreed list of medicines, add or remove medicines from the list
 - If GP wishes to authorise - all residents in the care home OR individual residents



Self-Care

- They may do this independently or in partnership with a care provider.
- A GP may recommend the person, relatives or care staff to purchase a specific product to treat a minor ailment for a particular person. This is different to the use of homely remedies.
- The Care Quality Commission useful info: ‘Treating minor ailments and promoting self-care in adult social care’

<https://www.cqc.org.uk/guidance-providers/adult-social-care/treating-minor-ailments-promoting-self-care-adult-social-care>

Self-care continued..

- Common products
 - Emollients
 - Calcium and vitamin D
 - Ear wax softeners
- Self – care products can either be kept in resident's room (if safe / locked cupboard) or in treatment room, labelled with their name.

Thank you for listening

Any questions?