This Authorisation sheet and list of homely remedies should be used in conjunction with the Care Home’s **Homely Remedy Policy**.

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| **Care Home Name:** |  | **Care Home Manager:** |  |

* Homely remedies are for short term use, for the management of minor conditions.
* Homely Remedies should only be administered in accordance with the manufacturer's directions.
* This sheet should be kept in the individual resident's medication profile.
* If symptoms have not responded to treatment after 48 hours, seek medical advice.
* The administration must be recorded on the MAR chart and annotated ‘homely remedies’. The exact dose administered must be documented, i.e. whether one or two tablets have been administered.
* **Confirm allergies prior to administration.**
* The reason for administration and response to treatment must be recorded in the individual’s care plan.
* Homely remedies should be reviewed at least annually and ideally at the medication review or care plan review, unless a change in circumstances indicates the need for a review sooner.

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| **Resident Name** |  | | **Resident DOB** |  |
| **Healthcare Professional Name** | | |  | |
| **Designation** (GP / Care home nurse / Pharmacist) | | |  | |
| **Signature** | | |  | |
| **Date** | |  | **Review Date** |  |

The table below lists the homely remedies that may be given to the named resident. The Healthcare Professional authorising may delete or add medication as they see fit.

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| **Minor condition** | **Medicine** | **Adult dose** | **Directions/ maximum daily dose** | **Additional information** |
| 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:  A dosage reduction may be required, therefore seek medical advice. \* | Four to six hours between doses, up to max FOUR times a day  Maximum dose in 24 hours:  Over 50kg: 4g (eight 500mg tablets or 80ml of 250mg/5ml suspension)  Under 50kg: Seek medical advice. | Do not give if already taking medication which contains paracetamol  \*Some patients with a low body weight may be at increased risk of experiencing toxicity at therapeutic doses. |
| Constipation | Senna 7.5mg tablets  or 7.5mg/5ml syrup | One to two tablets or one to two 5ml  spoonfuls of syrup | Once a day—usually at  Bedtime | Increase fluid and fibre first line.  Ensure adequate fluid intake |
| 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 | Maximum up to 24 hours then refer to GP |
| Indigestion/  Heartburn | Gaviscon Advance Suspension | One to Two 5ml spoonfuls | Maximum four times daily. | After meals & at bedtime. |
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