



Medicines management care home newsletter

March 2019

In this edition:

- Care at the Chemist
- Homely remedies

Care at the Chemist

- The Care at the Chemist scheme is a way to obtain advice and treatment from a health professional for a wide range of everyday illnesses and ailments, without needing to see a GP.
- Medicines are free for anyone who does not pay for their prescriptions.
- Patients may access the service at any participating pharmacy
- The service is available to all patients registered with a GP practice in Sefton.
- At the participating Pharmacy proof of being registered with a GP is required. Proof of registration includes the following:
 - A prescription from a GP bearing the patient's name issued in the last 20 weeks
 - A repeat prescription request (right hand side) from a south Sefton / Southport and Formby GP bearing the patient's name issued in the last 20 weeks
 - A repeat part of a prescription showing a south Sefton / Southport and Formby practice address bearing the patient's name issued in the last 20 weeks
- Patients must be present in the pharmacy to use this service **except** where the patient is housebound due to disability / infirmity or a resident in a care home.
- The pharmacist or appropriate member of staff will assess the patient's condition. The consultation will consist of:
 - Patient assessment
 - Provision of advice
 - If appropriate a supply of medication from the agreed formulary appropriate to the patients ailment.
- Care at the Chemist is intended to improve access to medicines that a patient may need to treat minor ailments without the need to see a GP.
It is not intended to treat any long term condition.
- After assessing the situation, the pharmacist may recommend the patient needs to see the GP or attend A&E
- You can find more information regarding minor ailments that can be treated and participating chemists across Sefton at:
 - www.southseftonccg.nhs.uk/your-health-and-services/care-at-the-chemist/

Contact the medicines management team on 0151 317 8450



Homely remedies

A homely remedy is a medicinal preparation used to treat minor ailments; they can be purchased over the counter and don't require a prescription. They can be used in a care home (with and without nursing) for the short-term management of minor, self-limiting conditions, e.g. headache, cold symptoms, cough, mild diarrhoea, occasional pain.

CQC recommend that advice about homely remedies should be taken from a healthcare professional (e.g. GP or pharmacist) for each resident in advance or at the time of need.

What do NICE say about homely remedies?

If a care home offers homely remedies for treating minor ailments they should have a process in place which should include the following:

- the name of the medicine or product and what it is for
- the usual dose, frequency and maximum daily dose of the medicines/product this is usually in accordance with the manufactures instructions.
- which residents should not be given certain medicines or products (for example, paracetamol should not be given as a homely remedy if a resident is already receiving prescribed paracetamol)
- where any administration should be recorded, such as on the medicines administration record.
- how long the medicine or product should be used before referring the resident to a GP.

Care home staff who give homely remedies to residents should be named in the homely remedies process. They should sign the process to confirm they have the skills to administer the homely remedy and acknowledge that they will be accountable for their actions.

Top tips to help you manage homely remedies:

- Homely remedies should be purchased for general use by the home, and should not be labelled for individual residents. If remedies are brought in by the relatives of a resident and they should be kept separate for the use of that resident only and not used as stock.
- Homely remedies should be stored in a locked medicine cupboard separate from the rest of the prescribed medication.
- When a homely remedy is given it should be administered as per the directions on the box or bottle.
- Care **MUST** be taken to ensure that any homely remedies given are not contra indicated and do not interact with the resident's prescribed medication. If there is any doubt about the suitability of the medication, then the care staff must contact the community pharmacist responsible for the home's medicine supply, or the GP.
- Expiry dates should be checked regularly



References

NHS Southport and Formby / NHS South Sefton CCG Care at the Chemist service specification April 2017

NICE guidance on homely remedies can be found at:

<https://www.nice.org.uk/guidance/sc1/chapter/1-recommendations#care-home-staff-giving-non-prescription-and-over-the-counter-products-to-residents-homely>

CQC guidance can be found at:

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