

Position Statement: Use of ‘homely remedies’ and the management of minor, self-limiting conditions for those receiving care in their own home, or in a care home.

People living in a care setting and those receiving care support in their own homes will, on occasion, need treatment for minor self-limiting conditions.

Shropshire Telford and Wrekin ICB, Medicines Management team, recommends that all care settings and care providers have arrangements to allow people to access a range of homely remedies and over the counter medicines for the management of self-limiting, minor conditions in a safe and timely manner.

Recommendations

- Care homes and care providers should ensure that patients have access to homely remedies and Over The Counter (OTC) medicines for the management of minor conditions—this recommendation is in line with Care Quality Commission (CQC) <https://www.cqc.org.uk/guidance-providers/adult-social-care/over-counter-medicines-homely-remedies> (updated March 2023) and the NICE Guidance ([Managing Medicines in Care Homes](#), NICE Good Practice Guidance, March 2014).
- Access to homely medicines should be enabled through a specific policy, which forms part of an overall medicines policy for the care home or care provider. This is an important aspect of good medicines governance.
- For care homes, the homely remedy policy should describe how individuals can access over-the-counter medicines that would commonly be available in any household. Advice from a healthcare professional on the use of homely remedies should be taken for each resident in advance, or at the time of need. This can be provided by the pharmacist (practice/PCN or community), care home nurse, the patient’s GP or other relevant Healthcare Professional (HCP) with knowledge of the person’s plan of care.
- Individuals living in a care home (or their representatives) should be able to bring in OTC medicines. Care home staff must be made aware of any medicines entering the care home and record as appropriate. A senior care assistant/manager or nurse in charge must provide authorisation for use before administration by the care staff or self-administration (following consultation with the individual’s GP team or other HCP with knowledge of the person’s plan of care and medication. Advice can also be sought from a community pharmacy team.
- People who receive social care should be supported to access OTC medicines to enable them to self-care. Advice on the appropriateness and safety of OTC medication to manage self-limiting conditions must be sought from a community pharmacist/pharmacy team. Access to OTC medicines to self-care is an issue of equality and providers must have policies in place to support people who wish to access OTC products in a timely manner.

- The administration of a homely remedy must be clearly entered on the individual's medicines administration record (MAR) and in their care plan. The entry on the MAR must be clearly marked 'homely remedy'.
- The administration of OTC, self-care treatment must be clearly entered on to the individual's MAR and care plan/care notes.
- All care providers must ensure their staff are trained and have the required competencies to ensure safe and effective use of homely remedies and over the counter medicines for the management of self-limiting conditions.

For further information please refer to the STW ICB, 'Non prescribed medicines in community settings', guidance document.

<https://www.shropshiretelfordandwrekin.nhs.uk/wp-content/uploads/Non-prescribed-medicines-in-community-settings-v3.1-March-2025-1.pdf>