

HOMELY REMEDY MEDICINES POLICY

SENIOR SCHOOL

Governors' Committee normally reviewing:	Senior Leadership Team
Date last formally approved by the SLT:	Autumn Term 2018
Date policy became effective :	January 2010

Period of Review:	Three Yearly
Next Review Date :	Autumn Term 2021

Person responsible for implementation and monitoring :	Deputy Head (Welfare)
Other relevant policies :	<p>Safeguarding and Promoting the Welfare of Pupils (Child Protection) Policy</p> <p>First Aid Policy</p> <p>Medication Policy</p> <p>Anti-Bullying Policy</p> <p>Positive Handling Policy</p> <p>Death of a Child Policy</p> <p>Equal Opportunities Policy</p> <p>Sex and Relationship Education Policy</p> <p>Health and Safety Policy</p>

The following Policy encompasses the Aims and Ethos of the Senior School

**Mr Chris Townsend
Head, Senior School**

[Aims and Ethos](#)

SAFEGUARDING STATEMENT

Felsted is committed to maintaining a safe and secure environment for all pupils and a 'culture of vigilance' to safeguard and protect all in its care, and to all aspects of its 'Safeguarding (Child Protection and Staff Behaviour) Policy'.

EQUAL OPPORTUNITIES STATEMENT

The aims of the School and the principles of excellent pastoral care will be applied to all children irrespective of their race, sex, disability, religion or belief, sexual orientation, gender reassignment or pregnancy or maternity; equally these characteristics will be recognised and respected, and the School will aim to provide a positive culture of tolerance, equality and mutual respect.

HOMELY REMEDY MEDICINES POLICY

1. INTRODUCTION

Homely Remedy Medicines refer specifically to non-prescribed medication agreed for safe administration by the Felsted School Medical Officer. For the safe administration of the following home remedies, staff must understand and accept the following uses, contraindications, side effects and dosage. Members of staff administering these medicines, must check pupil's identity, age, any known allergies, medical conditions and if any medication, in the previous 4 hours, has been taken.

All medication is noted in the patient's health records stating dosage, time and signature of nursing staff.

Homely remedies are usually purchased by the school and stored as stock.

If a parent has supplied a homely remedy (from the agreed list) then that product must be used for that student only.

2. PARACETAMOL

Use: for the treatment of moderate pain and pyrexia.

Contraindications:

1. Liver disease.
2. Alcohol dependence
3. Kidney disease.

Side effects:

1. Rashes
2. Low blood pressure and blood disorders.

IF OVERDOSAGE OCCURS LIVER FAILURE CAN OCCUR

Dosage:

By mouth: - Children: 6-12yrs 250mg-500mgs every 4-6 hours.
(maximum dose 2g in 24 hrs)
Adults: 500mg – 1g every 4-6 hrs (max 4g in 24hr)

3. IBUPROFEN

Use: for the treatment of inflammation in arthritis and musculoskeletal disorders, mild to moderate pain including period pain. It is also effective in dental pain, fever post immunisation and pyrexia.

Contraindications:

Should not be given to patients who are sensitive to aspirin or other non-steroidal inflammatory drugs. This includes asthmatics, patients with liver disease and patients with heart disease.

Side effects:

Gastro intestinal discomfort, nausea and diarrhoea.

Dosage:

By mouth: Children: 7-12yrs dosage is 200mgs every 6 – 8
(maximum 600g in 24 hrs)
Adults: 200g- 400g every 6-8 hrs.
(maximum 1200g in 24 hrs)

4. IBUPROFEN ELIXIR

Children 8-12yrs dosage is 10mls every 6hrs (5mls= 100mgs)

5. Chlorphenamine Maleate

Use: Oral chlorphenamine is a sedating antihistamine and is **not** suitable for the emergency treatment of anaphylaxis. It is suitable for the treatment of relieving the symptoms of allergy such as hay fever, urticaria, insect bites. Piriton also reduces sneezing and rhinorrhoea. The drug does not help congestion

Contraindications:

This drug should not be given to patients with Liver disease and epilepsy.

Side effects:

1. Drowsiness
2. Headache
3. Dry mouth
4. Blurred vision.

Dosage:

By mouth Children: 6-12yrs 2mgs 4-6hrly
Adult: 4mgs 4-6hrly

6. PAEDIATRIC SIMPLE LINCTUS

Use: for the treatment of dry irritating coughs. This is a very safe medicine.

No side effects or contraindications

Dosage:

By mouth:- 1month -12yrs 5-10mls 3-4 times daily

7. **AQUEOUS CREAM**

Use: for the symptomatic relief of dry skin disorders. May also be used as a soap substitute.

Contraindications:

None known.

Side effects:

Occasionally hypersensitivity reactions.

Dosage:

Frequently as required

8. **PEPTAC LIQUID**

Use : For the treatment of gastric reflux and heartburn.

Contraindications:

None known.

Side effects:

May cause abdominal distension

Dosage:

Children: 6-12 yrs 5-10 ml up to four times a day (max 40 ml daily)

Adults: 10-20 ml up to four times a day (max 80 ml daily)

9. **ORAL REHYDRATION SALTS**

Use: Replacement of essential salt and water lost during diarrhoea and vomiting. There are various oral rehydration solutions available, these solutions should be reconstituted as per the manufacturers instructions and discarded after one hour unless stored in a refrigerator where they may be kept for 24 hours.

Contraindications:

Pupils with inflammatory bowel disease , active ulcerative colitis, antibiotic associated colitis and severe hepatic impairment.

Dosage:

One to two sachets reconstituted with 200ml of water as needed after loose stool. Maximum six sachets in 24 hrs.

10. **ARNICA CREAM**

Use: A topical herbal remedy used in the symptomatic treatment of bruises.

Contraindications:

Do not apply to broken skin.

Dosage:

Apply a generous amount to affected area. Rub in gently and apply as often as required.

11. **LORATADINE**

Use: Relieves symptoms of hayfever and other allergies, insect bites and urticaria (hives and itchy skin rash)

Contraindications: Contains lactose. Avoid if lactose intolerant.

Dosage:

Children over 10 years of age: One 10mg tablet once daily.

Children aged 2-12years (and over 30KG in weight): 10mg tablet once daily.

Children over 2 years of age and weigh under 30KG then syrup is available: 5mg/5ml.

12. CETIRIZINE

Use: Relieves symptoms of hayfever and other allergies, insect bites and urticaria (hives and itchy skin rash)

Contraindications;

Do not take if you have severe kidney failure. See GP before taking if you have epilepsy.

Contains Lactose. Avoid if lactose intolerant.

Dosage: Not suitable for children under 6 years.

Children aged 12 years and over: Take one 10mg tablet daily. If it causes drowsiness, take half a tablet twice a day.

Children 6 to 12: Take half a tablet twice a day.

13. ACYCLOVIR ANTIVIRAL CREAM

Use: Cold sores.

Dosage: Apply at the first signs of blistering and tingling to affected area, 5 X daily.

Mrs K A Megahey

Deputy Head (Wellbeing and Counselling)