**Consent Form for** **Commonly Used Homely Remedies**

**Name of Child/Young Person:-** (DOB:-)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Medication*** | ***Indication*** | ***Child Dose*** | ***Maximum Daily Dose*** | ***Contra-indications, Special Precautions*** |
| Paracetamol tablets  500 mg | Mild to moderate pain including period pain | **Over 12 years**  1 to 2 tablets  (500 - 1,000 mg) every 4 to 6 hours | 4 doses  (2,000 - 4,000 mg)  in 24 hours | Caution in renal/kidney conditions risk of liver damage if maximum dose is exceeded.  Side effects are rare but possible rashes, blood disorders and acute pancreatitis.  Check other medications – if any contain paracetamol do not give paracetamol tablets – discuss with pharmacist if further clarification is needed. |
| Calpol 6 Plus  Meltlets 250 mg  (Paracetamol) | Mild to moderate pain | **Child over 6 years**  1 or 2 tablets  (250 - 500 mg) every 4 to 6 hours  Tablets to be dissolved in the mouth or can be mixed in a little milk or water | 4 doses  (1,000 - 2,000 mg)  in 24 hours | Caution in renal/kidney conditions risk of liver damage if maximum dose is exceeded.  Side effects are rare but possible rashes, blood disorders and acute pancreatitis.  Check other medications – if any contain paracetamol do not give paracetamol tablets – discuss with pharmacist if further clarification is needed. |
| Kwells/Joy Rides | Motion sickness | **Child 4 - 10 years**  75 - 150 micrograms  They can be taken 20 - 30 minutes before travelling or at the onset of sickness  **Child over 10 years**  150 - 300 micrograms  They can be taken 20 - 30 minutes before travelling or at the onset of sickness | 3 doses  in 24 hours | Possible side effects include drowsiness, dry mouth, dizziness, blurred vision, difficulty in micturition. |

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| ***Medication*** | ***Indication*** | ***Child Dose*** | ***Maximum Daily Dose*** | ***Contra-indications, Special Precautions*** |
| Bonjela Teething Gel | Mild oral lesions | **From 2 months - 16 years**  Massage a small amount of Bonjela gel on to the sore area  This can be repeated every 3 hours | No more than  6 applications in  24 hours | None applicable to children. |
| Simple linctus (paediatric) | Dry or painful cough | **6 - 12 years**  5 - 10 ml | 3 doses in 24 hours | Caution in asthma, renal impairment.  Possible side effects include constipation. |
| Vitamin D | Administer as per government guidance | From 1 year old 10 micrograms daily | 10 micrograms daily unless GP prescribes higher dose.  (check guidance to see if this should be administered Nov-March or all year round) | Do not take more than 100 micrograms (4,000 IU) of vitamin D a day as it could be harmful.  Taking too many vitamin D supplements over a long period of time can cause too much calcium to build up in the body (hypercalcaemia). This can weaken the bones and damage the kidneys and the heart. |
|  |  |  |  |  |
| Vaseline/Lypsyl | Sore and chapped lips | Use frequently | No limit | Allergy to ingredients. |
| E45 cream | Dry skin and minor irritations | As necessary | No limit | Allergy to ingredients. |

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The above medications are the only medications which may be administered without prescription. They may be administered for a maximum of 2 days with the exception of Lypsyl/Vaseline. If symptoms persist a consultation with Xxx’s General Practitioner is required.

**Authorisation**

I authorise Xx, Registered Manager of Xx, or a delegated member of staff to administer the above medication to Xx if required.

Signed:- ……………………………………… Name:- ……………………………………………..

Position:- Social Worker Date:- ……………………………………………..

Signed:- ………………………………….. Name:- ……………………………………………..

Position:- Parent/Guardian Date:- ……………………………………………..