

Centre for Integrative Medical Training
In Association with The Homeopathy Clinic - NHS Tayside



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 1.6

Prescribing and Dispensing

Some Practical Pointers to Getting Started.

It is clear that the arrangements that you come to, regarding the stocking and supply of homeopathic remedies, will depend to a large extent, on your particular working environment.

Depending on where you live, there may be legislative or supply issues. In some parts of the world there regulatory strictures, or there may be limitations in your immediate working environment that make it logistically difficult to establish a dispensing stock.

If you are working in Primary Care or in an acute sector, will be keen to make treatments available immediately to your patients. Those working mainly in Continuing Care may be content to order or prescribe on a case by case basis.

Until recently homeopathic medicines were widely prescribed on NHS prescriptions in the UK. Today there are only a small number of NHS Trusts who continue to support NHS funding for this.

Increasingly, remedies are provided, either on a Private Prescription or, alternatively, practitioners simply provide guidance to patients on how to purchase the best indicated medicine(s).

The vast majority of homeopathic remedies are available as OTC (Over-the-counter) medicines and do not require a medical prescription in the UK. If you do not have prescribing privileges, there are a small number of PoM (Prescription Only Medicines) that will not be available to you. Your specialist Homeopathic Supplier can provide guidance on these. Regulatory conditions differ from country to country and, in some countries, from state to state.

In the UK we continue to have several independent Homeopathic Manufacturing Pharmacies, any of which can dispense directly to your patients, or supply prescribed remedies via community pharmacies. A list of the main UK suppliers is provided in the supplemental materials that accompany this unit.

Online ordering is generally straightforward but your will need to supply the following information:

- Remedy name
- Dosage form (granules, pillules, tablets, soft tablets, liquid potency)
- Quantity (see guidance overleaf)
- Patient name and supply address

Most online ordering sites provide an option to include directions to the patient for administration, timing, or duration of treatment.



If you intend to supply remedies directly to patients, the most cost effective way is to 'graft' the solid form using a medicating potency. The Pharmacy section in Unit 1 ends with a video presentation by Sinead O'Hara showing how you do this.



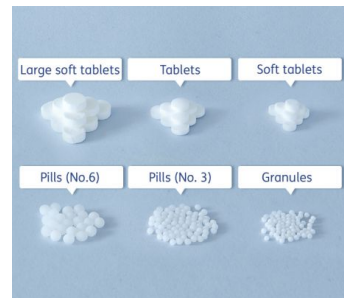
Generally speaking, your dispensing quantities will depend on your anticipated duration of treatment, which itself may relate to the most appropriate time-frame for reviewing your patient.

Amber glass dispensing bottles are available in bulk from most of the UK manufacturing pharmacies, or The Homeopathic Supply Co.

Screw top vials (7 grammes / 8 grammes)
will accommodate around 60 tablets (one month, at one twice daily)

Screw top vials (15 grammes)
will accommodate 90 tablets (one month, at three doses daily)

Screw top vials (25 grammes)
will provide sufficient for 6 weeks at four doses daily.



Sucrose pillules are available in different diameters and this will affect the number of doses in a bottle.

If your practice deals extensively with functional states, you will probably wish to dispense stat doses in high potency. In this event you may choose to dispense directly from your own range of remedies. High potency prescribers often hold their stock on pre-medicated granules, in 8 g vials, stored alphabetically in drawers. The dispensing arrangement for these usually involves folding a gramme of granules into a remedy paper and dispensing this in a pre-printed envelope.



If your practice has a mixed case-load, you may wish to stock some of your remedies in a) high potency (eg. polychests and remedies with important mind-pictures) and b) low potency, as medicating potencies in 95% alcohol. These can be quickly grafted onto solid forms for those patients requiring pathological prescribing.

HomeopathyUK is a useful source of information on aspects of supply and communication in the world of homeopathy. From time to time the BHS publishes advice on aspects of good practice for both patients and practitioners.

In contrast to the Faculty's peer reviewed research journal 'Homeopathy', homeopathyUK's *Health & Homeopathy* publication, provides tips and contemporary perspectives on homeopathy, as well as current news updates, in an accessible and readable format. Practitioner support from the HomeopathyUK includes leaflets on remedy guidance for patients. <https://homeopathy-uk.org>



A Guide to the Handling and Administration of Homeopathic Remedies

- 1 Store the medication in the container in which it is supplied.
- 2 Keep remedies away from high temperatures, strong sunlight and strong-smelling substances, for example camphor, perfumes, paints and disinfectants.
- 3 Homoeopathic remedies should not be taken within 30 minutes of food, drink, tobacco, toothpaste or sweets. Residues in the mouth will impair the absorption of the remedies.
- 4 The preparations should not be handled. When supplied in a 7g bottle, tablets and granules should be tipped into the cap of the container, and then given to the patient. A satisfactory dose is one tablet, or one sachet of powders, or enough granules to cover the base of the cap.
- 5 The remedies are absorbed from the mouth, and should be sucked for several minutes. Do not wash down with water. Liquid remedies should be held in the mouth for several seconds.
- 6 If any remedies are spilt, throw them away. Do not put them back in the container. If you touch the end of a liquid dropper, rinse it thoroughly before reintroducing it into the bottle.
- 7 If stored and handled correctly, homoeopathic remedies will remain active for many years. Under these circumstances there is no recognised expiry period.
- 8 Orthodox medicines should be continued, unless the patient has been specifically advised to stop by the doctor who prescribed them. However, homoeopathic medication should not be taken at the same time as the orthodox drugs. Leave at least 15 minutes, either way.
- 9 Avoid coffee completely, since this tends to prevent the remedy from acting. You may continue to drink tea, but should not start to drink coffee until your homoeopathic doctor informs you that it is alright to do so.