

## Self-care: Mild Dry Skin and Sunburn Factsheet for Medicines Optimisation Section 2023-24

### Aim:

To support patients to practice self-care and understand how to manage minor and self-limiting conditions without visiting a GP practice:

- To review patients prescribed emollients WITHOUT a diagnosed dermatological condition and patients prescribed sunscreen OUTSIDE of the ACBS approved indications and recommend the purchasing of emollients and/or sunscreen over the counter (OTC) in line with NHS England and Improvement guidance.

### The self-care section asks practices to:

- Decrease the % of patients (of practice list size) prescribed self-care products to below or equal to 7.62%

### Key Messages: Self-care

- The prescribing of items available OTC for minor and self-limiting conditions is not routinely supported in SEL in line with [NHS England and Improvement guidance](#) and the [South East London Integrated Medicines Optimisation Committee Position Statement for items available OTC for self-care](#)
- The national and local guidance for self-care applies to all patients, unless they fall under the exceptions listed in the national and local guidance. Further information regarding exceptions to self-care can be found in the [SEL self-care frequently asked questions](#).
- Patients should be encouraged to speak to a community pharmacist about self-care advice and the purchasing of OTC items. The [General Practice Community Pharmacist Consultation Service](#) (GP CPCS) can also support GP practices with this.
- OTC items are available for patients to buy in a community pharmacy as well as other outlets e.g., supermarkets and health and beauty retailer

### Key Messages: Mild dry skin and sunburn products

- Emollients should only be prescribed for the management of diagnosed dermatological conditions e.g. eczema or psoriasis in line with the [SEL Emollient guideline](#).
- Patients with mild dry skin WITHOUT a dermatological condition should be advised to buy emollients OTC. Community pharmacists can support self-care by providing advice and recommendations on appropriate emollients
- The prescribing of sunscreens should be in line with ACBS approved indications e.g. severe photodermatoses (skin conditions caused by an abnormal reaction to sunlight exposure), see [BNF](#) and [Drug Tariff](#) (Part XV) for more information
- Most people can manage sun burn symptoms caused by excessive sun exposure themselves or prevent symptoms developing by using sunscreen that can be bought OTC

### Recommendations to meet the self-care indicator: A focus on emollients and sunscreen

#### Mild Dry Skin

Recommended Action	Supporting Resources
Identify patient's prescribed emollients <u>WITHOUT</u> a diagnosed dermatological condition using the <a href="#">EMIS mild dry skin search (M0157)</a> and review if any appropriate patients can be advised to purchase emollients OTC	<a href="#">SEL Emollient guidance for adults and children</a> <a href="#">SEL Emollient patient information leaflet</a> <a href="#">SEL Dermatology guideline for primary care</a> <a href="#">PrescQIPP Emollients bulletin</a>

#### Sunburn & Sun Protection

Recommended Action	Supporting Resource
Identify patients prescribed sunscreen <u>OUTSIDE</u> of the ACBS approved indications using the <a href="#">EMIS sunscreen search (M0192)</a> and review if any appropriate patients can be advised to purchase sunscreen OTC.	<a href="#">PrescQIPP Sunscreen bulletin</a>

### References

- Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs, NHS England and Improvement. March 2018 <https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-ccgs/>
- South East London Integrated Medicines Optimisation Committee Position Statement for items available OTC for self-care. February 2019 <https://selondonccg.nhs.uk/download/11683/>
- Community Pharmacy Consultation Service web page, SEL CCG. <https://selondonccg.nhs.uk/healthcare-professionals/primary-care/lambeth/community-pharmacy-consultation-service-cpcs/>
- Self-care: Frequently asked questions about changes to prescribing of over the counter (OTC) medicines and products in South East London. April 2019 <https://selondonccg.nhs.uk/download/12365/>
- South East London Emollient Guidance for Adults and Children. October 2020 <https://selondonccg.nhs.uk/download/12106/>
- Sunscreen, BNF (accessed online). February 2022. <https://bnf.nice.org.uk/treatment-summary/sunscreen.html>
- SEL Emollient patient information leaflet. June 2018. <https://selondonccg.nhs.uk/download/12109/>
- SEL South East London Dermatology Guidelines for primary care. January 2020. <https://selondonccg.nhs.uk/download/12091/>
- Emollients Bulletin - 239 2.0. PrescQIPP. June 2020 <https://www.prescqiip.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f5017%2f239-emollients-20.pdf>
- Sunscreens bulletin – 289. PrescQIPP. June 2021 <https://www.prescqiip.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f5574%2f289-sunscreens-20.pdf>