

Coventry & Warwickshire Emollients Preferred Prescribing List (PPL)

Adults with moderate to severe eczema may require up to **4 x 500g of cream / ointment each month**
(2 x 500g for children)

Emollients should only be prescribed if the patient has a diagnosed skin condition – for treatment of mild dry skin patients should purchase over the counter products.

Product	Pack Size	Cost per 100g or mL	Notes	Potential sensitisers
Lotions				
Less moisturising but easy to spread; useful on hair-bearing areas				
Cetraben Lotion®	500ml	£1.13	May be used as an alternative to Aveeno Cream and Lotion®	Cetostearyl alcohol, Phenoxyethanol
Creams				
Moderately moisturising and easily absorbed; can be used on weeping eczema				
Epimax Cream	500g	£0.50	Similar to Diprobase cream but less expensive	Cetostearyl alcohol, Phenoxyethanol
ExCetra Cream	500g	£0.59	Similar to Cetraben cream but less expensive	Cetostearyl alcohol, Phenoxyethanol
Aquamax Cream®	500g	£0.80	Alternative to aqueous cream. Can be used as a wash	Cetostearyl alcohol, Phenoxyethanol
QV Cream®	500g	£1.19		Cetearyl Alcohol, Methylparaben, Dichlorobenzyl Alcohol
Cetraben Cream®	500g	£1.20		Cetostearyl alcohol, Phenoxyethanol
Ointments				
Very moisturising - useful for very dry and thickened skin. High paraffin content (high fire risk)				
Epimax Ointment	500g	£0.60		Cetostearyl alcohol
Hydromol Ointment®	500g	£0.99		Cetostearyl alcohol
Cetraben Ointment®	450g	£1.20		Cetostearyl alcohol
Emollients with Antimicrobials				
Avoid long term use (NICE CG57). Reserve for decreasing bacterial load in recurrent infected atopic eczema				
Dermol Cream®	500g	£1.33		Cetostearyl alcohol, Phenoxyethanol
Dermol 500 Lotion®	500ml	£1.21	Can also be used as a wash	Cetostearyl alcohol, Phenoxyethanol
Emollients with Urea				
Non-paraffin products. Suitable for patients with dry, scaling and itching skin				
ImuDERM Urea Emollient® [urea 5% & glycerin 5%]	500g	£1.30		Benzyl alcohol, Cetostearyl alcohol, phenoxyethanol, Cetrimonium bromide
Bath & Shower Emollient Products				
Only if unable to use emollient as soap substitute. Advise to continue using standard emollients. Maximum 500ml per month				
Hydromol Bath & shower	500ml	£0.89		Isopropyl myristate
QV Gentle Wash®	500ml	£1.06		Methylparaben, Propylparaben
Aquamax Wash®	250g	£1.20		Cetostearyl alcohol, Phenoxyethanol

Prices listed have been taken from the Drug Tariff October 2018 and EMIS

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Cost-effective and Appropriate supply of Emollients

This is a preferred list of products to be used first line when prescribing emollients to patients with a documented diagnosis of a dry or scaling skin disorder that requires emollient therapy. Recommended products should be prescribed where possible; if individual patient circumstances require that an alternative product is prescribed, the reasons for this should be documented.

Do not prescribe moisturisers or emollients that are not listed in the Drug Tariff; these are cosmetic products intended for over the counter purchase.

Choice of emollient:

- Emollients must be applied liberally and frequently therefore patient acceptability is important.
- Consider offering the patient small samples of a variety of the emollients listed above to try.
- Aqueous cream should not be used due to an increased risk of skin reactions.
- Patients may prefer to use a cream in the daytime and an ointment at night.
- Do not use ointments on weeping or infected skin.
- Creams can also be used as a soap substitute; ointments can be dissolved in warm water for washing.
- There is no strong evidence for the use of bath or shower products; however patients should avoid using soap or detergent that will dry the skin. If patients are unable to use their regular emollient as a soap substitute the bath and shower products listed above are an acceptable alternative.
- Bath additives/ soap substitutes may make surfaces slippery; consider falls risk.
- Chronic skin disorders can have a significant effect on quality of life. Review topical treatments annually with the patient.

Advice to patients:

- Emollients should be applied every day, even when the skin is clear.
- Apply an emollient 2 - 4 times a day or up to every 2 - 3 hours if needed, especially after washing.
- Smooth the emollient onto the skin in the direction of hair growth; do not rub in.
- If using other topical preparations (e.g. topical steroids), products can be applied in any order, but a gap of 15 - 30 minutes should be left between applications.
- Pump dispensers/ tubes help to reduce bacterial contamination; if an emollient is supplied in a pot advise the patient to use a clean spoon to scoop out the emollient to minimise contamination.

Fire Risk and Paraffin Content of Emollients:

An NPSA alert in 2007 highlighted the potential risk with topical administration of paraffin-based products:

- Patients should be told to keep away from open or gas fires or hobs and naked flames, including candles etc and not to smoke when using these paraffin-based products.
- Emollients can soak into dressings, clothes and bedclothes creating a fire hazard. Clothes and bedclothes must be washed regularly.
- Patients using medical oxygen who require an emollient should not use paraffin-based products.

Contact details for samples:

Thornton and Ross (Cetraben cream, ointment, lotion) - Rob Carey: 07789 792060, robcarey@thorntonross.com

DermatoLogical (Epimax cream, ointment, ExCetra cream) - Barry Sonenfeld: 0208 449 2931, info@dermato-logical.co.uk

IntraPharm Laboratories (Aquamax cream, wash) - Laura Cosgrove: 07788207195, LauraC@intrapharmlabs.com

QV Skincare (QV cream, QV gentle wash) – Tina Warrents: 07824 447033, Christina.Warrents@crawfordpharma.com

Alliance Pharmaceuticals (Hydromol ointment, bath and shower) - Marco Agrela: 07834 868984, marco.agrela@alliancepharma.co.uk

References:

NICE Guideline CG57: Atopic eczema in under 12s: diagnosis and management. Available at <https://www.nice.org.uk/guidance/CG57> [accessed 22/10/18]

NICE CKS: Eczema – atopic. Available at <https://cks.nice.org.uk/eczema-atopic> [Accessed 22/10/18]

PrescQIPP Bulletin 76 (May 2015) Cost-effective prescribing of emollients. Available at <https://www.prescqipp.info/> [Accessed 22/10/18]

MHRA Drug Safety Update: Paraffin-based skin emollients on dressings or clothing: fire risk. Available at <https://www.gov.uk/drug-safety-update/paraffin-based-skin-emollients-on-dressings-or-clothing-fire-risk> [Accessed 23/10/18]

NPSA Alert: Fire hazard with paraffin based skin products. Available at <https://www.sps.nhs.uk/articles/npsa-alert-fire-hazard-with-paraffin-based-skin-products-2007/> [Accessed 23/10/18]