



## Prescribing Policy for Supply of Sunscreens on FP10

### **North East Essex CCG does not support the supply of sunscreens on FP10 except for Advisory Committee on Borderline Substances (ACBS) indications.**

Prescribing of sunscreens is governed by the Advisory Committee on Borderline Substances. Sunscreens marked as 'ACBS' in the British National Formulary (BNF) are regarded as drugs when prescribed for skin protection against UV radiation in abnormal cutaneous photosensitivity. This includes genetic disorders e.g. porphyria, xeroderma pigmentosum, lupus erythematosus, and albinism, photodermatoses, vitiligo and photosensitivity resulting from radiotherapy, and photosensitivity due to long-term use of certain drugs.

For optimum photoprotection, sunscreen preparations should be applied **thickly** and **frequently** (approximately 2 hourly). In photodermatoses, they should be used from spring to autumn. As maximum protection from sunlight is desirable, preparations with the highest SPF should be prescribed.

**Prescribing for other indications is not permitted on FP10.**

#### **Recommendations**

- Review all patients prescribed sunscreens to ensure that prescribing is in line with ACBS approved indications.
- Where the ACBS prescribing criteria are not met, review and stop prescribing the sunscreen.
  - Advise any patients who don't meet the ACBS approved indication to purchase an appropriate sunscreen over-the-counter (OTC).
- Prescribe sunscreen preparations with highest sun protection factor (SPF) to provide maximum protection, (protects against UVB) and 4 or 5 star rating (protects against UVA).
- Prescribe either Uvistat suncream SPF30 or Sensense ultra lotion SPF50.
  - Prescribe maximum of one bottle at a time
  - Review patients prescribed other brands and change to the brands above only if ACBS criteria are met; in other circumstances refer to self-purchase
- Regularly review effectiveness of sunscreens.
- Regularly review patients who meet the ACBS criteria to ensure they are using the sunscreen correctly (applying them thickly and liberally. Approximately every two hours).
- Endorse all prescriptions with "ACBS".
- Advise all patients on the following:
  - Sunscreens are not a substitute for covering the skin and avoiding sunlight.
  - Skin should be protected with clothing (hat, t-shirt & sunglasses) and exposure to sun between 11am and 3pm minimised by staying in the shade. Babies and young children should be kept out of direct sunlight.
  - Sunscreen preparations should be applied **thickly** and **frequently** (approximately 2 hourly).
- Share British Dermatology Fact sheet links with all patients as appropriate - <http://www.bad.org.uk/for-the-public/skin-cancer/sunscreen-fact-sheet>

**Preparations with SPF less than 30 MUST not be prescribed.**

#### Reference

- BNF online (May 2017) 'Sunscreens', Available at: <https://www.evidence.nhs.uk/formulary/bnf/current/13-skin/138-sunscreens-and-camouflagers/1381-sunscreen-preparations> Accessed at: 11/05/2017
- PrescQIPP (2016) 'Use of sunscreens for approved indications', Available at: <https://www.prescqiip.info/sunscreens/send/295-sunscreens/2709-bulletin-138-sunscreens> Accessed: 11/05/17
- British Dermatology Association (2013) 'Sunscreen Fact Sheet', Available at: <http://www.bad.org.uk/for-the-public/skin-cancer/sunscreen-fact-sheet> Accessed: 11/05/17