

Self-care for Dry skin & Formulary Emollients

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Self-Care for Dry Skin

Self-care is when people manage simple, short-term conditions themselves, e.g. dry skin. It gives people greater control of their own health and encourages healthy behaviours that help prevent ill health in the long-term. People have a responsibility to protect their own health, choosing appropriate treatments and managing long-term conditions. In many cases people can take care of their minor ailments, reducing the number of GP consultations and allowing GPs to focus on caring for more poorly patients, such as those with co-morbidities, the very young and elderly, managing long-term conditions and providing new services.

Our current Prescribing for Clinical Need Policy advocates that Emollients should only be prescribed for patients with a confirmed diagnosis of a significant skin disease (including eczema and psoriasis).

A range of resources are available on the ELMMB website to help support practices in promoting and delivering the Self-Care agenda. <http://www.elmmb.nhs.uk/resource-centre/information-for-patients/>

Formulary Emollient Prescribing



Blackburn with Darwen CCG and East Lancashire CCG spent over £676,000 on Aveeno cream, Cetra cream, Diprobase Cream, Epaderm Ointment and Hydromol Ointment over the course of the last 12 months.

Practices will be reviewing all patients prescribed Aveeno cream, Cetra cream, Diprobase Cream, Epaderm Ointment and Hydromol Ointment with a view to discontinuing the prescription in line with the local Clinical Need Policy (i.e. if a patient does not have a confirmed diagnosis of a significant skin disease) or if appropriate for prescribing changing the emollient to its equivalent cost-effective formulary alternative as listed in the table below. Patients should be advised to use any current stock before ordering the formulary equivalent.

ELMMB Emollient Savings					
Cost-effective Formulary Choice	Cost (£)	Equivalent Product(s)	Cost (£)	Product Saving	Estimated Annual Saving (£)
ExCetra Cream	2.95	Cetra Cream	5.99	51%	77,265
Epimax Ointment	2.99	Epaderm Ointment	6.53	54%	28,929
		Hydromol Ointment	4.92	39%	23,762
Epimax Cream	2.49	Diprobase Cream	6.32	61%	55,520
Epimax Oatmeal Cream	2.99	Aveeno Cream	6.47	46%	61,464
Potential Annual Saving using formulary products	➔				246,939

For further information, please contact the Medicines Management Team on 01254 282087 (BwD CCG) or 01282 644807 (EL CCG)