

Commissioning Statement for
**THE PRESCRIBING OF SUNSCREEN PREPARATIONS FOR
ROUTINE USE FOR PROTECTION AGAINST THE HARMFUL
EFFECTS OF ULTRAVIOLET RADIATION.**

Publication Date: July 2023

Prescribing of SPF50 Sunscreens for specific conditions **ONLY** within Norfolk and Waveney ICS is recommended as

GREEN – RECOMMENDED FOR PRESCRIBING AND INITIATION IN PRIMARY CARE

Prescribing of Sunscreens for all other indications on FP10 prescriptions within Norfolk and Waveney ICS is recommended as

BLACK : NOT COMMISSIONED. NO NHS PRESCRIBING IN NORFOLK AND WAVENEY ICS

Background

Norfolk and Waveney ICB do not support the routine prescribing of Sunscreens on FP10 prescriptions in Norfolk and Waveney ICS.

Prescribing of sunscreens for skin protection against ultraviolet radiation is restricted in Norfolk and Waveney.

Only preparations with SPF of 50 may be considered for prescribing in the following specific conditions:

- Abnormal cutaneous photosensitivity resulting from genetic disorder – albinism, xeroderma pigmentosum
- Vitiligo
- Photodermatoses resulting from radiotherapy
- Lupus, both cutaneous and systemic

This position is supported by NHS England as part of conditions for which over the counter items should not routinely be prescribed in primary care.

Recommendations

For routine sun protection patients should be advised to self-care and purchase sunscreen preparations with dual protection against UVB and UVA rays (see below) with an SPF value minimum of 30.

Advisory sunscreen because of risk of skin cancer is not a qualifying condition and should be regarded as routine sun protection.

Patients meeting the qualifying specific conditions may be supplied with the prescribable sunscreens in the ACBS list in the drug tariff: at the time of publication these are Anthelios XL[®] SPF50+ cream, Sensense[®] Ultra (Ego) SPF 50+, Uvistat[®] suncream SPF 30 and 50, Uvistat[®] Lipscreen SPF50[®].

An up to date list may be found in the Drug Tariff (see reference section below)

Details of locally agreed formulary options can be found in [Netformulary](#)

Patient Considerations

Advise all patients on the following:

- 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.
- UVB is mainly responsible for sunburn and has strong links to malignant melanoma and basal cell carcinoma. SPF indicates the level of protection a product gives to UVB but not UVA.
- UVA is associated with skin ageing and can also cause skin cancer. Check preparations for a UVA seal:
 - a logo with 'UVA' inside a circle -which indicates that a product meets the EU recommendation for sun creams to offer a UVA protection factor equivalent to at least a third of their SPF.
- Approximately 30 mL sunscreen is required to cover the average body of an adult.
- Sunscreen should be applied 15-30minutes before sun exposure. Re-apply every two hours and immediately after swimming, perspiring and towel drying or if it has rubbed off.
- "Once a day" products can be accidentally removed by water, sweating, abrasion and by towel drying, all of which reduce effectiveness. It is recommended by the British Association of Dermatologists that these products are also re-applied every two hours.

Prescribing information

Providers commissioned to provide services on behalf of Norfolk and Waveney ICB are reminded that they are required to follow the local joint formulary and prescribing guidance, as detailed in the medicines management service specification of their contract.

Monitoring of Prescribing

Data on the use of these treatments will be supplied monthly as part of your data pack. If you have any queries, please email nwcb.medsqueries@nhs.net with 'service restriction policy' in the subject line.

References

1. Online BNF, Appendix 2 "Borderline substances" accessed at <https://bnf.nice.org.uk/borderline-substance-taxonomy/> on 26/11/2020
2. British Association of Dermatologists Sunscreen factsheet 2013 <http://www.bad.org.uk/for-the-public/skin-cancer/sunscreen-fact-sheet>
3. NHS Electronic Drug Tariff compiled by the NHS Business Services Authority, NHS Prescription Services on behalf of the Department of Health. November 2020. <https://www.nhsbsa.nhs.uk/sites/default/files/2020-10/Drug%20Tariff%20November%202020.pdf>

*Adapted from Mid & South East Essex document

Title	Commissioning Statement for Sunscreen Prescribing in Norfolk and Waveney ICS
Description of policy	<i>To inform healthcare professionals</i>
Scope	<i>Norfolk and Waveney Integrated Care System</i>
Prepared by	Norfolk and Waveney ICB Medicines Optimisation Team
Impact Assessment (Equalities and Environmental)	<i>Please indicate impact assessment outcome: Positive impact Adverse impact - low - action plan completed as per guidance Adverse impact - medium - action plan completed as per guidance Adverse impact - high - action plan completed as per guidance No impact No policy will be approved without a completed equality impact assessment</i>
Other relevant approved documents	Items which should not routinely be prescribed in primary care: Guidance for CCGs, June 2019 https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf

Evidence base / Legislation	Level of Evidence: A. based on national research-based evidence and is considered best evidence B. mix of national and local consensus C. based on local good practice and consensus in the absence of national research based information.
Dissemination	Is there any reason why any part of this document should not be available on the public web site? <input type="checkbox"/> Yes / No <input checked="" type="checkbox"/>
Approved by	Norfolk & Waveney Therapeutics Advisory Group (TAG) (Date)
Authorised by	Norfolk & Waveney Drug Integrated Care Board on behalf of the ICS (Date)
Review date and by whom	Medicines Optimisation Team
Date of issue	Oct 2023

Version Number	Author	Purpose / Change	Date
0.1	MO Team	To support prescribing in primary care	Oct 2023