

MID AND SOUTH ESSEX MEDICINES OPTIMISATION COMMITTEE (MSEMOC)

SPF50 AND SPECIFIC CONDITIONS ONLY (SEE LIST BELOW):

GREEN: RECOMMENDED FOR PRESCRIBING IN PRIMARY, COMMUNITY OR SECONDARY CARE

ALL OTHER INDICATIONS:

BLACK: NOT RECOMMENDED FOR PRESCRIBING IN PRIMARY, COMMUNITY OR SECONDARY CARE

Mid and South Essex CCGs do not support the prescribing of sunscreen preparations for routine use for protection against the harmful effects of ultraviolet radiation.

Prescribing of sunscreens for skin protection against ultraviolet radiation is restricted in Mid and South Essex. 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

Prescribable sunscreens for patients meeting the above criteria at the time of publication are Anthelios XL[®] SPF50+ cream, Sensense[®] Ultra (Ego) SPF 50+, Uvistat[®] suncream SPF 50, Uvistat[®] Lipscreen SPF50[®]. An up to date list may be found in the Drug Tariff (see reference section below)

For routine sun protection patients should be advised to self-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.

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.

Providers commissioned to provide services on behalf of Mid and South Essex CCGs 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.



References	<ul style="list-style-type: none">▪ Online BNF, Appendix 2 “Borderline substances” accessed at https://bnf.nice.org.uk/borderline-substance-taxonomy/ on 26/11/2020▪ British Association of Dermatologists Sunscreen factsheet 2013 http://www.bad.org.uk/for-the-public/skin-cancer/sunscreen-fact-sheet▪ 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
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