

Policy Statement; Prescribing of sunscreen preparations is not supported for routine use for the protection against harmful effects of ultraviolet radiation.

NHS Great Yarmouth & Waveney Clinical Commissioning Group does not support the prescribing of sunscreen preparations for routine use for the protection against the harmful effects of ultraviolet radiation.

Great Yarmouth & Waveney CCG has restricted prescribing of sunscreens for skin protection against ultraviolet radiation to preparations with SPF of 50 and for 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 are Anthelios SPF50+ melt in cream, Sensense Ultra 50+, Uvistat sun cream SPF50, Uvistat Lipscreen SPF50.

Prescribing outside the above criteria will only be supported in clinical exceptional circumstances.

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 30ml sunscreen is required to cover the average body of an adult
- Sunscreen should be applied 15-30 minutes before sun exposure. Reapply 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 Great Yarmouth & Waveney CCG are reminded that they are required to follow Great Yarmouth & Waveney CCG formulary and prescribing guidance as detailed in their contract.