

## APPENDIX 1

### Types of emollients available

A review of emollients by the DoH National Prescribing Centre" provided a useful categorisation of emollients based on their degree of oiliness from light creams to greasy ointments (Table 1). It also provided a categorisation by soap substitutes and bath emollients (with antiseptic or with coal tar).

**Table I Types of emollients**

Preparation	Size
<b>‘Light’ or creamy emollients:</b>	
Aqueous cream BP	100g, 500g
Cetomacrogol cream BP, (Formula A)	500g
<i>E45</i> cream	50g, 125g, 500g,
<i>E45 Lotion</i>	Pump dispenser
<i>Diprobase</i> cream	50g, 500g†
<i>Hydromol</i> cream	50g, 100g, 500g†
<i>Oilatum</i> cream	40g, 80g
<i>Humiderm</i> cream	60g
<b>‘Rich’ cream type emollients:</b>	
Hydrous ointment, BP(Oily Cream,BP)	100g, 500g
<i>Unguentum M</i> cream	50g, 100g, 500g, 200ml†
<i>Lipobase</i> cream	50g
<b>‘Greasy’ emollients:</b>	
Emulsifying ointment, BP	100g, 500g
White soft paraffin, BP	100g, 500g
White soft paraffin 50%/liquid paraffin 50%	Variable
<i>Epiderm</i> ointment	125g, 500g
<b>Preparations containing urea:</b>	
<i>Calmurid</i> cream	100g, 500g†
<i>Nutraplus</i> cream	100g
<i>Aquadrate</i> cream	30g, 100g
<i>Balneum Plus</i> cream *	100g , 175 g †
<b>Emollient/antiseptic combination products:</b>	
<i>Dermol 500</i> lotion	500ml†

† - available as a pump dispenser

\* - contains lauromacrogols a topical anesthetic

**Table 2**

Preparation	Size
<b>Soap substitutes:</b>	
Aqueous cream, BP	100g
<i>E45</i> wash cream	250ml
<i>Dermol</i> shower emollient	200ml

<i>Oilatum</i> shower emollient (gel)	125g
<b>Bath emollients:</b>	
Emulsifying ointment, BP	500g
<i>Hydromol</i> Emollient	150ml, 350ml, 1000ml
<i>E45</i>	250ml, 500ml
<i>Oilatum</i>	250ml, 500ml
<i>Oilatum fragrance Free</i>	500ml
<i>Balneum</i>	200ml, 500ml, 1000ml
<i>Balneum Plus</i> *	500ml
<i>Diprobath</i>	500ml
<b>with antiseptic:</b>	
<i>Emulsiderm</i>	300ml, 1000ml
<i>Oilatum Plus</i>	500ml
<b>with coal tar:</b>	
<i>Polytar Emollient</i>	350ml
* - contains lauromacrogols a topical anesthetic	

**Table 3 Steroidpotency by product**

<i>Steroid potency</i>	<i>Examples listed in order of increasing cost</i>
Mild	1% or 2.5% Hydrocortisone preparations
Moderate	Haelan, Eumovate, Modrasone, Ultralanum, Stiedex
Potent	Synalar, Betnovate, Propaderm, Adcortyl, Metosyn, Locoid, Diprosone, Cutivate(od), Elocon(od)
Very potent	Dermovate, Halciderm, Nerisone Forte

## APPENDIX 2

Patients need to understand how much to apply and for how long. The Fingertip Unit (FTU) is used as a guide for patients as to how much cream should be applied. It is the volume of steroid expressed from a 5mm nozzle, to cover a digit from the distal finger crease to the finger tip

A guide to the application of cream per body part in children is given below, based on predicted and actual amounts applied by patients<sup>8</sup>. Lewis-Jones simply illustrates the FTU as "one FTU" covers the area of skin covered by two adult hands.

(To be described as body visuals with doses attached)

**Table 4 Application of steroid by FTU by body site**

<i>Age</i>	<i>Face and neck</i>	<i>Arm and hand</i>	<i>Leg and foot</i>	<i>Ant trunk</i>	<i>Post trunk</i>
3 to 6 months	1	1	1.5	1	1.5
1 to 2 years	1.5	1.5	2	2	3
3 to 5 years	1.5	2	3	3	3.5
6 to 10 years	2	2.5	4.5	3.5	5
Adult	2.5	3	6	6-7	6-7

### **flow much to prescribe?**

It is also crucial to prescribe suitable quantities for the body area requiring treatment. The table below Gives the weekly requirement of cream in grams for twice daily treatment<sup>8</sup>.

**Table 5 Quantity of steroid cream per week to permit twice daily application (according to body site in grammes)**

<i>Age</i>	<i>Whole body</i>	<i>Arms and legs</i>	<i>Trunk</i>
6 months	35	20	15
1 year	45	20	15
4 years	60	35	20
8 years	90	50	35
12 years	120	65	45
16 years	155	85	55
Adult	170	90	60

- Ointments (oil-based) are more effective than creams', although creams and lotions (water-based) are useful when the skin is inflamed. Steroid absorption, and hence efficacy, is increased by base ingredients such as propylene glycol, urea and salicylic acid<sup>8</sup> and by occlusion