



## ACNE

### Recurrent Antibiotics

National data revealed that acne is among the most common indications for long-term and/or repeated antibiotic use.

The Nottingham and Nottinghamshire ICB Medicines Optimisation team have identified the patients from 104 practices prescribed oral antibiotics for acne indication on repeat template. Overleaf, you can find the following information:

- ◇ Acne Review Data
- ◇ Prescribing Themes
- ◇ Links to Acne resources

## APC ANTIMICROBIAL GUIDELINE UPDATES

- [Diabetic Foot Ulcer](#) — the clindamycin dose was increased to 450 mg four times daily. The dose change was aligned with the new [European reporting](#) requirements for increased drug exposure.
- [Eradication of Helicobacter Pylori](#) — patient information leaflet added. The local guidance is now based on NICE and PHE.
- [Leg Ulcers and Pressure Sores](#) — reinforced the advice NOT to routinely swab for bacteria to confirm it is applicable to both leg ulcers and pressure sores.
- [Mastitis and Breast Abscess](#) — the treatment sections were changed to reflect the two different types of mastitis, lactational and non-lactational, and their treatment options. Be aware of the serious interaction between fluconazole and erythromycin or clarithromycin.
- [MRSA Infection Control and Empirical Antibiotic Treatment](#) — other infections should be guided by sensitivity report. If sensitivity report is not available and

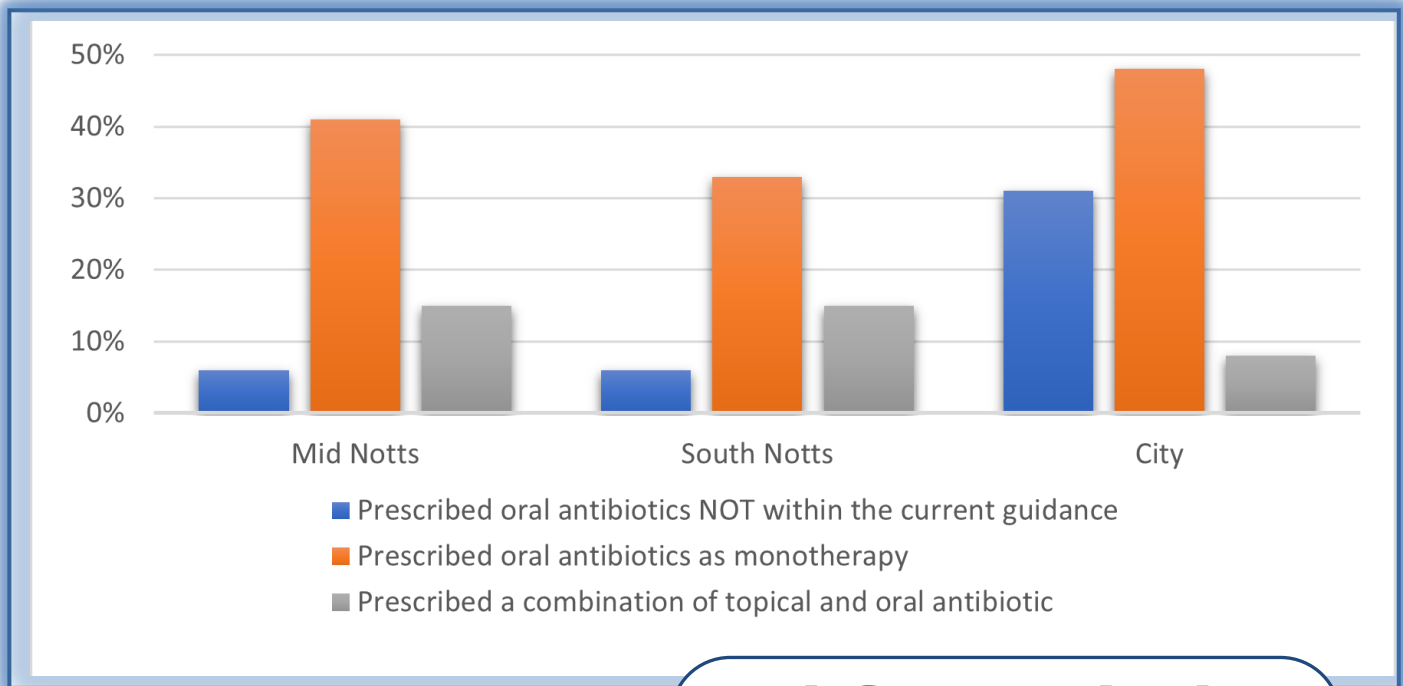
- ◆ [Nitrofurantoin: reminder of the risks of pulmonary and hepatic adverse drug reactions](#) — pulmonary reactions may occur with short or long-term use. Increased vigilance for acute pulmonary reactions is required in the first week of treatment.
- ◆ [Effectiveness of spironolactone for women with acne vulgaris \(SAFA\) in England and Wales: pragmatic, multi-centre, phase 3, double blind, randomised controlled trial](#) — spironolactone improved outcomes compared with placebo, with greater differences at week 24 than week 12. (might become a future alternative).

an empirical treatment is needed, send a sample for culture and discuss with the duty microbiologist.

- [Otitis Media](#) — a patient information leaflet and self-care advice on the use of over-the-counter analgesia, including the information that symptoms usually last for about 3 days, were added. The majority of cases are viral.
- [Prescribing in Pregnancy and Breastfeeding](#) — a column added for patient information leaflet links. Safer Medicines to Pregnancy and Breastfeeding Consortium link was added to report inconsistencies in the advice on using medicines during pregnancy and breastfeeding.
- [Antimicrobial Prescribing Guidelines for Primary Care](#) — added the MHRA alert for Nitrofurantoin risk of pulmonary and hepatic adverse reactions.

### Summary of antimicrobial prescribing guidance — managing common infections:

From 01 June 2023, the summary will be hosted on the [Antibiotic and diagnostic quick reference tools page](#) of the Royal College of General Practitioners eLearning website. Redirection links will be placed on the NICE antimicrobial stewardship web page and the BNF Publications web page to direct users to its new home.



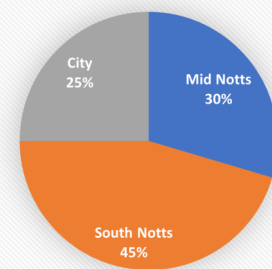
# ACNE DATA

## Nottingham and Nottinghamshire ICB Review Results

Significant variations of oral antibiotic prescribing for acne exist between practices within the Nottinghamshire ICB. The common themes are as follows:

- ⇒ The majority of oral antibiotics prescribed on the repeat template were longer than the recommended 12-week course.
- ⇒ Widespread prescribing of oral antibiotics without a topical non-antibiotic agent.
- ⇒ There was occasional prescribing of oral antibiotics and topical antibiotic combinations in some of the practices. E.g., lymecycline and Duac<sup>®</sup> once daily (contains clindamycin).
- ⇒ Oxytetracycline and tetracycline were also still being prescribed, although these are no longer included in the latest guidance.

Oral Antibiotics Prescribed in Accordance with Antimicrobial Guidelines



A total of 2,677 patients were identified with oral antibiotics for acne indication on the repeat prescription between November 2022 and March 2023. Of these patients, 632 were prescribed according to the antimicrobial guidelines.

### Remember, do not use the following for acne:

- ✗ Monotherapy with a topical antibiotic
- ✗ Monotherapy with an oral antibiotic
- ✗ A combination of topical and oral antibiotic

### Aim to limit the duration of systemic antimicrobial treatment for acne to 12 weeks.

- review efficacy of treatment after 12 weeks
- If rapid relapse occurs—refer to dermatologist

## Links

[Acne APC Guidelines](#)

[Target: How to Series](#)

[NICE guideline NG198](#)

- updated May 2023, clarified [recommendations on oral isotretinoin treatment](#)

