

SPIRONOLACTONE

recurrent or persistent acne

Spironolactone is a useful alternative to oral antibiotics for women with acne. It is now classified as AMBER 3 for off-label use in female adults (≥ 18 years) with recurrent or persistent acne after standard oral antibiotic and non-antibacterial topical treatments.

Commence at a dose of 50mg once daily, increasing to a maximum of 150mg daily according to response and tolerability. The renal function should be checked before treatment, but ongoing monitoring is unnecessary for most young women and only advocated for women >45 years old or those with relevant comorbidities. It is contraindicated in pregnancy due to the risk of feminisation of a male foetus.

Spironolactone should not be used in place of referral for those with severe/scarring of acne.

Spironolactone for acne in females (SAFA) study

The population included 410 women aged ≥ 18 years with facial acne for at least 6 months and had acne of sufficient severity to warrant treatment with oral antibiotics.

Acne improved more with spironolactone than with placebo, with greater differences at week 24 than at week 12.

Other resources:

[Primary Care Dermatology Society \(PCDS\)](#)
[British Association of Dermatologists](#)

FREE WEBINARS for 2024

The free webinars are designed to help healthcare professionals understand the importance of ensuring antibiotics continue to work, and the issues surrounding overuse. These online webinars are aimed at clinicians in the primary care setting, including GPs, general practice/PCN pharmacists and pharmacy technicians, practice nurses, advanced clinical practitioners, community pharmacists and ICB medicines optimisation teams.

Improving antibiotic management of respiratory tract infections: cough and sore throat

Thursday | 23rd January 2024 | 18:30—19:30

Reducing antibiotic use in primary care

Thursday | 30th January 2024 | 13:00

Urinary tract infections: Applying diagnostic and prescribing guidance in practice

Thursday | 21st March 2024 | 18:30—19:30

Merry Christmas

and a
Blessed 2024
 Warmest wishes to everyone!

APC ANTIMICROBIAL GUIDELINE UPDATES

UTI in Pregnancy — the use of pivmecillinam during late pregnancy may cause a false positive test for isovaleric acidemia in the newborn as part of neonatal screening.

Otitis Externa: Acute and Chronic — Sofradex® is contraindicated in perforated tympanic membrane and grommet as it contains an aminoglycoside. Only use under specialist advice.

MHRA DRUG SAFETY UPDATE 2023

- **Isotretinoin (Roaccutane ▼): introduction of new safety measures, including additional oversight of the initiation of treatment for patients under 18 years of age** — strengthened the safe use of isotretinoin and improved assessment and monitoring of mental health and sexual function issues.
- **Fluoroquinolone antibiotics: suicidal thoughts and behaviour** — advise patients to seek medical attention if they develop any mood changes, distressing thoughts, or feelings about suicide or harming themselves at any point during treatment.
- **Fluoroquinolone antibiotics: reminder of the risk of disabling and potentially long-lasting or irreversible side effects** — advise patients to stop treatment at the first signs of serious adverse reactions, such as tendinitis or tendon rupture, muscle weakness, joint pain, peripheral neuropathy, and CNS effects. ([sheet for patients](#)).
- **Nitrofurantoin: reminder of the risks of pulmonary and hepatic adverse drug reactions** — closely monitor new or worsening respiratory symptoms, especially if elderly. Be vigilant for symptoms and signs of liver dysfunction.