

Position statement on the prescribing for excessive sweating (hyperhidrosis)

Following the NHS England guidance 'Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs' (March 2018) the following changes to prescribing have been agreed across Barking and Dagenham, Havering and Redbridge.

**From 16 March 2021
Barking and Dagenham, Havering and Redbridge Clinical
Commissioning Groups (BHR CCGS) no longer supports the
prescribing of treatment for excessive sweating (hyperhidrosis)**

Decision

The decision to stop treatment for excessive sweating (hyperhidrosis) applies to ALL patients across Barking and Dagenham, Havering and Redbridge unless the patient fall into one of the exceptions listed below.

If symptoms are not improving or responding to treatment, then patients should be encouraged to seek further advice from a pharmacy, NHS app, NHS website or NHS 111. For care home patients: access to treatment should be considered via a care home policy.

Exceptions

BHR CCGs have agreed an exception to this recommendation, where they accept that prescribing should continue in primary care for:

- The clinician considers that the patient's ability to self-manage is compromised as a consequence of significant vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care. Consideration should also be given to safeguarding issues

This decision was made because:

- Hyperhidrosis is a common condition in which a person sweats excessively
- First line treatment involves simple lifestyle changes. It can also be treated with over the counter high strength antiperspirants
- An antiperspirant containing aluminium chloride is usually the first line of treatment and if patients want to use this, it is sold in most pharmacies
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before

References

1. NHS website: excessive sweating (hyperhidrosis)- last reviewed: 11 January 2021. Page accessed 23 April 2021 <https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/>

2. NHS England and NHS Clinical Commissioners. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs, March 2018. Publishing approval reference 07851
<https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-CCGs/>