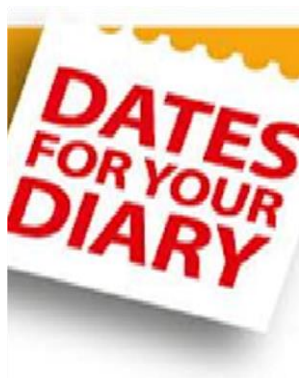


Welcome to our spring edition of the CPIP Notebook. A slightly different format for this edition as we are delighted to share with you the updated GGC Pharmacy Approved List Emollient Section, which is aligned to the recently reviewed NHS GGC Emollient section of the Formulary.

Please familiarise yourself with the additions and utilise these products within your Pharmacy First and Pharmacy First Plus consultations. The products have been selected after consultation with GGC Dermatologists including paediatric and nurse specialists to help cover the range of presentations whilst providing cost effective treatment. GP practices and our acute sector colleagues will also use these products, so patients should be prescribed them wherever they present and preferred list products will be highlighted on practice formularies to guide prescribing.

We are delighted to announce the following evening sessions, which we hope you will find useful to support your prescribing journey:



- **Wednesday 2nd of April: Peer Review session for revalidation** - Drop in opportunity to present a case for peer discussion (facilitators Pamela Macintyre & Lorna Brown)
[Join the meeting now](#)
- **Wednesday 23rd of April: 'Common Foot Presentations in Community Pharmacy'** – Lucy Forsyth, MSK Specialist Podiatrist & Associate Clinical Teacher
[Join the meeting now](#)
- **Thursday 22nd of May: Management of minor paediatric burns in Community Pharmacy** – Sharon Ramsay, CNS Paediatric Burns
[Join the meeting now](#)
- **DATE TBC – An introduction to Lifestyle Medicine for CPs** – Dr Rohit Sabarwal

If you have any ideas for future sessions, please get in touch with lorna.brown8@nhs.scot



Following the sad demise of the CPIP WhatsApp last year ☹️ we have been working towards a workable solution to replicate a similar 'chat' communication channel for CPIPs. We set up a Teams Channel but it does not seem to have the functionality that we are looking for. We have therefore with assistance from IT set up a 'Chat' on Teams that should mimic WhatsApp as close as possible. We previously had a WhatsApp consent form which included a code of conduct. We will continue to abide by these rules and request no patient identifiable information is included in any content. A new consent form for Teams will be sent to those who request to be added to the Teams 'chat'.

If you wish to be added to the 'chat':

- Email XXXXXX at CP Development Team so that a request for Teams full Teams access can be made
- Complete the Teams consent form, (if you previously completed a WhatsApp form we can use that as consent.)
- Ensure that you have Teams on your phone or on your iPad or laptop – instructions [here](#)
- If you, like me have more than one Teams on your phone – kids school or other post/company email, then you may have to ensure that your NHS.Scot email is the listed for access to the GGC Chat information on this is found [here](#)
- Once you have full Teams access, myself or another member of the CPDT will add you to the CP WhatsApp Teams Chat ☺️

For more information on GGC CPIP resources click [here](#) or scan the QR code. Sign up to the NES mailchimp [here](#) and follow @NHSGGCPharmacy on X





Emollient Update – NHS GGC Formulary & Pharmacy Approved List (Spring 2025)

Following a formulary review, the emollient section of the NHS GGC Formulary has been reviewed. [GGC Medicines: Emollient and barrier preparations](#)

In line with the formulary review, the NHS GGC Emollient section of the Pharmacy Approved list has been updated to reflect the changes and provide additional options for treatment within community pharmacy (see below). This will be active from 1/4/2025.

We hope that you can familiarise yourself with the new products and be able to use them within Pharmacy First and Pharmacy First Plus consultations.

13.2.1. Emollient Creams	
Preferred List	
1 ZEROBASE (cream) BNF Link	New 1st Line option
Total Formulary	
CETRABEN EMOLLIENT (cream) BNF Link	NEW ADDITION
ZEROVEEN (cream) Prescribing Notes: Can be used as a 2 in 1 moisturiser and wash.	NEW ADDITION
13.2.2. Emollient Ointments	
Preferred List	
LIQUID AND WHITE SOFT PARAFFIN (ointment) Prescribing Notes: This product cannot be used as soap substitute. BNF Link	
ZERODERM (ointment) BNF Link	NEW ADDITION
Total Formulary	
EPIMAX (paraffin-free ointment) Restrictions: Restricted to use only in patients who require a paraffin-free product. Prescribing Notes: Epimax should not be used as a soap substitute. Epimax should not be used on the face nor near the eyes; please see MHRA drug safety update (July 2024) for further details. BNF Link	
HYDROMOL (ointment) BNF Link	



13.2.3. Emollient Gels

Total Formulary

ZERODOUBLE (gel)

[BNF Link](#)

13.2.4. Emollient Lotions

Total Formulary

CETRABEN (lotion)

[BNF Link](#)

**NEW
ADDITION**

13.2.5. Other Emollients

13.2.6. Bath and Shower Emollients

In most cases, regular emollient preparations are suitable for use as bath additives and soap substitutes. The specific bath and shower preparations listed in the Total Formulary should only be reserved for situations where the use of regular emollient preparations are not suitable.

Please follow the manufacturers' instructions for the safe application and use of their products as soap substitute.

Total Formulary

CETRABEN (cream)

[BNF Link](#)

**NEW
ADDITIONS**

CETRABEN (lotion)

[BNF Link](#)

DERMOL 500 (lotion)

[BNF Link](#)

Restrictions:
Restricted to use only when skin is infected or if infection is a frequent complication (e.g. folliculitis or secondary infection of eczema).

Prescribing Notes:
Not for prolonged use unless clinically indicated.

[BNF Link](#)

Contains antibacterial therefore affects skin bacteria. Check in with patients if using continually

HYDROMOL BATH AND SHOWER

[BNF Link](#)

**NEW
ADDITION**

HYDROMOL (ointment)

[BNF Link](#)

QV GENTLE WASH

[BNF Link](#)

Restrictions:
Restricted to use in patients when their regular emollient preparation is not suitable to be used as a soap substitute for the patient.

[BNF Link](#)

Remember a wash that lathers can be drying for skin with eczema and should be avoided

13.2.7. Barrier Preparations

Preferred List

CONOTRANE (cream)

[BNF Link](#)

WHITE SOFT PARAFFIN (ointment)

[BNF Link](#)

13.2.8. Urea-containing emollients

Total Formulary

DERMATONICS ONCE HEEL BALM

[BNF Link](#)

HYDROMOL INTENSIVE (cream)

[BNF Link](#)

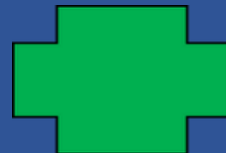
**NEW
ADDITIONS**

IMUDERM

[BNF Link](#)

Watch out for 'Common Foot Condition management for CPs'

Webinar 23/04/25 7pm – details coming soon.



NHS GGC Emollients – Pharmacy First Formulary (added 1/4/25)

Creams

1 st Line	Zerobase cream	Pack Sizes	50g, 500g
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Gels

1 st Line - NEW	Zerodouble gel	Pack sizes	100g, 500g
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Lotion

1 st Line - NEW	Cetaben Lotion	Pack sizes	200ml, 500ml
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Ointment

1 st Line	WSP 50%/LP 50%	Pack sizes	500g
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2 nd Line - NEW	Zeroderm ointment	Pack sizes	500g
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Bath and Shower

1 st Line - NEW	Hydromol bath and shower emollient	Pack sizes	350mls, 500ml 1000ml
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*NB – QV Gentle Wash now restricted use

Are you a DPP? Looking for some peer support?

If you are a DPP for an IP trainee and you are looking to connect with some peers who are undertaking a similar role, please get in touch. The CPDT will help facilitate a chat or email group to share ideas, concerns and expectations, alongside some top tips. It is a new role for many, like myself and hopefully we can share the load and help each other along. Get in touch via lorna.brown8@nhs.scot