

Teen Acne Project - Pre Referral Guideline

Key Points

- The Teen Acne Project aims to provide dermatology care for teenagers with severe acne who are otherwise unable to access private dermatologist care
- Referrals are accepted from throughout Victoria
- Patients must be aged under 18 years to be referred to this service

Eligibility Summary:

- *Nodular/cystic or severe scarring acne*
- *Appropriate skin care measures, including prescription topical treatments, have not been effective*
- *Patients with pustular acne who have failed minimum 3 months of oral antibiotics*
- *Patients for whom the acne is causing significant mental health issues or concerns*

Acne

Acne is a condition of psychological and medical significance which is treatable. This guideline is to assist GPs to manage their patients in a primary care setting until clinical thresholds indicate that tertiary care is required. Providing a detailed referral which includes pre-referral treatments will assist with triage within clinically appropriate timeframes. Patients < 18 years old may be referred. There is no restriction on location. Face to face appointments are preferred. Tele-health will be considered based on individual circumstances.

Recommended pre-referral work-up

- Address potential triggers which may include the following;
Diet ie. > 500ml milk per day; high GI; protein supplements or shakes
- Implement general skin care measures. Avoid greasy topical products. Wash affected area with soap free wash morning and night ie. QV wash, Cerave hydrating cleanser
- Commence topical treatment as appropriate ie. topical retinoid, benzyl peroxide, clindamycin or combination product

- Consider hormonal therapy for females with acne and other problems around menstruation ie. Yasmin, Yaz, Dianne/Brenda/Estelle
- If failed 8 weeks topical treatment, commence oral treatment ie. Doxycycline 50mg- 100mg mane (8 years +); Erythromycin BD (< 8 years age)
- Assess how much acne is affecting mental health – may require more urgent referral to dermatology or mental health provider

Recommendations when using topical treatments for acne

- Start prescription topical treatments slowly. Apply to commonly affected areas two nights per week, increasing to every night as tolerated. Wash off in the morning. If the skin becomes dry or irritated, decrease the frequency of application.
- Apply to completely dry skin. When applying topical medications use the 5 dot method - place a small pea size amount of the medication in each of the 5 locations on the face: mid forehead, each cheek, nose and chin. The medication should be rubbed into the entire area.
- After 30 minutes, apply a moisturising lotion over the top of the prescription cream ie. Cerave lotion; Cetaphil lotion; QV lotion
- Prescription topical and oral treatments may cause increased sensitivity to the sun. Always apply a non- greasy light sunscreen to exposed areas ie. La Roche Posay Anthelios 50+; Ego sport 50+; Cetaphil Suntivity 50+

When to refer to the RCH Teen Acne Project

- Your patient has nodular/ cystic or severe scarring acne
- Appropriate skin care measures including prescription topical treatments have not been effective
- Your patient with pustular acne has failed 3 months of oral antibiotics
- When the acne is causing significant mental health issues or concerns

What to include in the referral letter?

- Treatment to date
- Impact of symptoms
- History of presenting complaint, associated symptoms and risk factors

The Royal Children's Hospital Melbourne
50 Flemington Road
Parkville Victoria 3052 Australia
TELEPHONE +61 3 9345 5522
www.rch.org.au



Useful links

See the following links for further information about acne;

https://www.rch.org.au/kidsinfo/fact_sheets/Acne

<https://acne.org.au/>

Contact information

Dermatology Department P | 9345 4691 E | derm.dept@rch.org.au

Referrals may be sent using one of the following options:

- Email | screferrals@rch.org.au
- Fax | (03) 9345 5034