How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

If you require a translation or an alternative format of this leaflet please call the Phototherapy Unit on 01296 315756

www.buckshealthcare.nhs.uk
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You are about to commence a course of ultraviolet therapy (UVB or PUVA). At the time of referral you were given an information sheet about the course of light therapy you are to receive. If you have a mobile phone, may we suggest that you store our number in it – you can inform us if you are going to be delayed or if you need to speak to us about your treatment.

Ultraviolet treatment is not the easy option of treatment as sometimes portrayed. Yes, you will be able to stop using steroid based products, but your commitment to treatment is paramount. We will try to work with you, but you must take some of the responsibility for your treatment. As part of your treatment, you will be required to do the following;

• **Attend regularly and on time** (three times weekly for UVB and twice weekly for PUVA). If you do not attend on 3 occasions, you will be discharged. We reserve the right to terminate treatment if you are unable to commit to the course of treatment.

• **Stand in the machine the way you are shown** – You will need to hold on to the grab rails in the same position each time, otherwise deviation may cause burning.

• **Do not have drastic haircuts during treatment.** If necessary, have your hair cut prior to starting treatment or within the first 2 weeks

• **Remove all jewellery.** Wedding rings and body piercings can remain in situ unless those sites need treatment.

Your appointments are every____________________
___________________________________________
___________________________________________
___________________________________________
___________________________________________

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RISKS INVOLVED?
People who have a lot of sunlight exposure have an increased risk of cancer. Although we do not know the human risk of this particular type of ultraviolet light (narrowband UVB).

If we assume that the risk is the same as with sunlight, a course every year over the whole of a patient’s life would in general double the risk of treatable skin cancer. It is usual practice to be asked to attend your local clinic for a specific skin cancer review once you have received more than 500 UVB treatments.

It is also possible if you need many treatments that you may develop sunlight induced skin changes with wrinkling and skin discolouration, similar to that of the ageing process or produced by cigarette smoking.

Your UVB treatment is planned specifically for you. The Dermatology nurses will check and observe your skin regularly: this is for your own benefit, so that we can determine how you are progressing.

- • NEVER use a sunbed or sunbathe during your course of treatment. On bright days, protect exposed sites by wearing long sleeves, sun hats and sunblock (we recommend Sunsense SPF 50+), otherwise it is impossible to determine the cause and/or dose of burning.

- • You should avoid using sunless tanning (“fake tan”) products during your course of treatment.

- • Avoid gardening 2 hours prior to treatment. Some plants can cause a photosensitivity reaction and may induce burning (e.g., hogweed).

- • You should NOT use any products that contain salicylic acid, tar or steroid preparation before treatment as these can act like a sunscreen and stop the treatment working. If you are using any of these products, you will be asked to use them on non-treatment days, before reducing the use of them over a period of time. The nurses will tell you how and when to use them.

- • If you have rosacea (rash, usually on the face) or have had a Basal Cell Carcinoma (BCC) on the face removed in the past we will shield your face during treatment. Likewise, if you suffer from cold sores, which can be aggravated by the sun, we will provide sunblock to protect your lips.
This treatment has been found to be particularly useful for many different skin conditions and also to build up tolerance to natural ultraviolet light for people with light sensitive skin conditions. The treatment does not offer a permanent cure and the skin may not clear completely.

MOISTURISERS AND EMOLLIENTS
Dry flaky skin prevents the absorption of UVA/UVB, so moisturising before treatment assists the penetration of light into the lower levels of skin, thus helping to clear the skin condition more quickly. Failure to moisturise will render the treatment ineffective.

You will need to moisturise 2-3 times a day, from head to toe. DO NOT RUB INTO THE SKIN! You should always apply your moisturiser in a downward motion, following the lie of the hair. Applying moisturisers against the hairline can cause folliculitis – inflammation of the hair follicles. It is good to get into the habit of moisturising when you get up, prior to treatment and before you go to bed.

Use a moisturiser that suits you the best eg. Cetraben, Diprobase, Aveeno, 50/50, Epaderm etc.

EFFECTS THAT COULD HAPPEN DURING TREATMENT
It is likely that you will get a mild sunburn reaction at least once during your course. If you get any severe sunburn-like reactions then you should contact the Phototherapy unit immediately. If there is any delay in getting further advice then if you have a steroid ointment at home it would be appropriate to apply this as well as liberal amounts of cold moisturiser, as this will soothe the skin when it is red/sore. You may get a spotty, itchy rash during your course (about one out of 10 people do). This is called polymorphic light eruption, and looks like prickly heat. The Phototherapy nurses will advise you what to do should this happen.

All patients are required to wear the protective goggles provided. However, if there is some disease involvement around your eyes, we will ask you to keep your eyes closed until the condition are clear and then you will wear eye protection. If you have your eyes open during treatment it will lead to painful sunburn like reaction. It will also increase your risk of developing cataracts in the future. Depending on your natural skin colour, if your skin goes brown easily in sunlight, you may develop a dark tan. Men are asked to cover their genitals with a sock or underpants.