

MANAGING ACNE IN A COMMUNITY PHARMACY

**INSTRUCTOR:
OMOLAYO TIMILEYIN ONI BPharm**



Instructor Profile

Omolayo Timileyin Oni is an astute Pharmacist who was trained at the prestigious University of Ibadan. She has vast experience in different areas of Pharmacy practice which include Community Pharmacy, Public Health Pharmacy among others.

She has a deep passion for Public Health and patient advocacy. This led to her creation of the health tips with Layo brand. She is also a certified data scientist.

She has participated in internationally recognized capacity building programs from reputable institutions such as the University of Washington and John Hopkins university.



Disclaimer/Disclosure

In the spirit of transparency, I want to make it clear that I have no financial interests or affiliations that could influence the content of this presentation. My aim is to provide you with accurate and unbiased information to the best of my knowledge and abilities. Please feel free to ask questions or seek clarification on any topic covered today.

What is Acne?

Acne is a common skin condition. It normally starts at puberty and tends to resolve itself once a person reaches their mid-twenties. However, some people can have acne until they reach their 40s.



What is Acne?

There are a number of factors that cause acne, but it begins with the hormone testosterone. During puberty the body becomes more sensitive to testosterone, which can lead to greater amounts of sebum being produced by the sebaceous glands in the skin.





What is Acne?

Sebum is a natural oily substance that reaches the surface of the skin through special ducts that lead into hair follicles. Sebum helps to keep our skin moist and waterproof. However, when too much is produced it can get trapped in the hair follicles, together with skin cells; and cause a blockage. This causes whiteheads and blackheads.





Causes of Acne?

Acne is caused by bacteria called *Propionibacterium acne* or *P.acnes* for short. Our skin is covered with a range of bacteria, which normally don't cause any problems. However, a change in skin acidity levels during puberty encourages the growth of *P.acnes*, which feed on sebum.





Causes of Acne?

If this bacteria gets into the blocked follicle, they can get infected and cause an inflamed spot. Acne affects men and women, but in slightly different ways.

Young men are more likely to have acne that is severe and longer lasting. Women are more likely to have acne that comes and goes at different times – often linked to their menstrual cycle.



What causes acne?

Acne can be a symptom of a more serious medical condition in some women.

Persistent acne accompanied by excess facial hair and hair loss or thinning hair could be a sign of increased androgen production, which is common in conditions like polycystic ovary syndrome (PCOS).



What causes acne?

Spots can also be a symptom of other condition such as rosacea. Rosacea is more common in women than men. Symptoms, which include spots, facial flushing and small, visible blood vessels on the face, usually begin between 30 and 50 years of age.





What are the symptoms?

Spots vary in their severity. They normally appear on face, but can also be found on other parts of the body, such as the neck, back and chest. Customers with acne may also notice that their skin feels greasy and looks shiny. There are different types of spots:

- Pustules – these are red, raised spots that contain pus, which can normally be seen as a yellow head. They may look inflamed and can burst, releasing the pus.



What are the symptoms?

- Papules – also known as nodules or pimples, these are red, raised spots that feel harder than pustules. They don't have a visible white or yellow head and don't burst open. They are normally found in more severe cases of acne and are more likely to lead to scarring.



What are the symptoms?

- Blackheads – also known as comedones, these are spots that have a firm brown black centre. This discolouration can be seen through the broken skin and is caused by skin pigment, not dirt as often thought



What are the symptoms?

- White heads – also known closed comedones, these are spots that have a firm, white centre. The skin covering a whitehead is not broken. Anyone with unusual symptoms should be referred to the pharmacist.





What are the treatment options?

There is no cure for acne and treatment depends on whether the condition is mild, moderate or severe. People with severe acne are often referred, by their doctor, to a dermatologist and treated with a combination of oral antibiotics and topical, prescription-only products.

Moderate acne is usually treated using a combination of medication, including in some cases oral antibiotics. For mild acne, there are a variety of topical OTC products available.



Treatment Contd.

- **Benzoyl peroxide**

This works by reducing bacteria and removing dead cells from the skin. When using benzoyl peroxide, sufferers may notice that their skin becomes dry or red and may peel. If this is a problem, they should either switch to a lower strength product or stop the treatment for few days and then start again. An oil-free moisturizer can help to combat dryness.





Treatment Contd.

Benzoyl peroxide has a bleaching effect, which may affect hair, sheets, towels or clothing. Benzoyl peroxide can make the face more sensitive to sunlight, so customers should be advised to avoid excessive exposure to sunlight and ultraviolet (UV) light from the sunbeds.

Examples: PanOxyl Cream, Oxy 10.



Treatment Contd.

- **Niacinamide (also known as Nicotinamide)**

This is an inflammatory compound designed to tackle the redness and tenderness of inflamed acne spots. It should be used twice a day, morning and night, after washing and drying the skin. Unlike some other acne treatments, nicotinamide will not bleach clothing or bedding.

Example: The Ordinary



Treatment Contd.

- **Salicylic acid and salicylates**

Salicylic acid helps to promote shedding of the cells from the surface of the skin. It is effective against non-inflammatory acne lesions because it helps to unclog pores. **Examples: Salicylic Acid Serum, Nixoderm, CeraVe.**



Treatment Contd.

- **Antiseptics/antimicrobials**

These products may help to reduce the effects of bacteria by inhibiting their growth. Examples of antiseptics/antimicrobials include cetrimide and triclosana. **Examples: Quinoderm Face Wash, Clearasil Conditioning Cream Wash.**





Treatment Contd.

It can take a number of weeks before an improvement is seen and treatments need to be used regularly for best results. Once the acne clears, treatment should be continued to stop the condition from re-appearing.





ASK THE WWHAM QUESTIONS

W- Who is the Patient

W- What are the symptoms

H- How long have the symptoms been present

A- Action taken

M- Medication being taken





WWHAM

- **W** – Who is it for?

It may not be the customer who needs the treatment. Acne normally affects people in their teens and twenties. If older customers have spots it may be a sign of a different condition.

- **W** – What are the symptoms?

Ask the customer to describe all the symptoms so that you can establish what the most appropriate treatment would be and whether they need to be referred.



WWHAM

- **H** – How long have the symptoms been present?

This may help to establish whether the acne is mild, moderate or severe.

- **A** – Action already taken?

This will help establish if the customer has used a product that hasn't helped or wasn't appropriate for their symptoms.



WWHAM

- **M** – Medications?

It is important to find out if the customer is taking prescribed or OTC medicines.

Many OTC medicines as some medicines, such as oral contraceptives and steroids, can cause acne.

When to refer to the pharmacist

- If the sufferer is an adult with spots for the first time
- Anyone who has already used OTC products but seen no change after two months
- Anyone allergic to benzoyl peroxide
- If the spots suddenly worsen
- If there is visible scarring

