



Berkshire West Area Prescribing Committee

Drug Name	Heel balms/creams containing urea (CCS®, Flexitol®)		
Indication under review	The treatment of dry, cracked skin and hyperkeratosis on the soles of the feet and heels		
Policy No:	APC 070		
Date of Issue/ Date of reissue:	January 2014/ March 2017		
Review Date:	March 2020		
Policy Statement: Heel balms/creams containing 25% urea are not recommended for the treatment of dry, cracked skin and hyperkeratosis on the soles of feet and heels.			
Traffic Light Status	Brown		
Key Points considered:			
<ul style="list-style-type: none"> • Chiropodists are concerned about increase in problems experienced by diabetic patients if not available, but study suggests that further long term trials are required to provide evidence of this. • There is currently no evidence found to support the efficacy or safety of heel balms. • Examples of brands containing 25% urea: CCS®, Flexitol® • This policy has been produced as a guide for GPs. Evidence and information was carefully considered and consulted upon by clinicians who concluded that this treatment is not a cost effective use of scarce NHS resources. There are situations where this policy may not apply to an individual patient due to their clinical exceptionality. This policy statement does not overrule an individual GPs clinical decision making and therefore each GP would be need to make the final decision on whether treatment is a cost-effective use of their CCG budget 			
References:			
1. epodiatriy.com accessed via http://www.epodiatriy.com/cracked_heels.htm on 2/06/11			
Date taken to APC:	1 st March 2017		
Date Ratified by MOC on Behalf of the Board:	15 th March 2017		

Berkshire West Area Prescribing Policies serve as a guide to clinicians. This does not overrule the clinical or budgetary responsibility of clinicians when considering treatment for individual patients.

Brown	Green	Amber	Red
These drugs have been reviewed and are not considered a cost effective use of scarce NHS resources	Medicines suitable for routine use. Primary care prescribers take full responsibility for prescribing	Medicines that should be initiated by a specialist and can be continued in primary care under a shared care agreement.	Medicines which should be prescribed by specialists only