



Berkshire West Area Prescribing Committee Policy Statement

Drug Name	Rubefacients (Algesal®, Balmosa®, Deep Freeze®, Movelat®, Radian B® etc)
Indication under review	The treatment of soft tissue disorders and topical pain relief
Policy No:	APC 145
Date of Issue:	March 2017
Review Date:	March 2020
Policy Statement: Rubefacients for the treatment of soft tissue disorders and topical pain relief are not recommended for routine prescribing in primary care.	
Traffic Light Status	Brown
Key Points considered: <ul style="list-style-type: none"> • There is a lack of evidence to support the use of rubefacients in acute or chronic musculoskeletal pain. A Cochrane review looked at salicylate-containing rubefacients for acute and chronic musculoskeletal pain in adults and found that any evidence came from the older smaller studies. The more recent larger studies showed no effect. • In February 2014 NICE included “do not offer rubefacients for treating osteoarthritis” to its “do not do” database. • All patients prescribed rubefacients should have their therapy reviewed with the aim of discontinuing prescribing on FP10. • If appropriate consider prescribing an effective evidence based alternative. • Patients wishing to use a rubefacient should be advised to purchase this as Over The Counter self care with the support of their community pharmacist. • Do not initiate new prescriptions for rubefacients. 	
References Clare S, PrescQIPP Programme, Rubefacients for the treatment of soft-tissue disorders and topical pain relief (DROP-List) Bulletin 114, October 2015	
Date taken to APC:	1 st March 2017
Date Ratified by GPMOC 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



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