

NHS Norfolk and Waveney ICB  
Medicines Optimisation Team  
Floor 8 County Hall  
Martineau Lane  
Norwich  
Norfolk  
NR1 2DH

<Date>

Private and Confidential

<Patient Name>

<Patient Address>

Dear < insert patient name >

### **Review of Prescribing: Topical antifungal nail treatments**

The local NHS, Norfolk and Waveney Integrated Care Board, regularly review the medicines prescribed to ensure that our local doctors are using the most effective and good value medicines.

We are currently reviewing the usage of topical **insert NAME OF TREATMENT** anti-fungal nail treatments in line with current guidelines.

**As an ICB we will no longer be supporting the prescribing of this treatment and your GP has removed it from your repeat prescription.**

Evidence suggests there is little benefit from using this treatment and experts recommend self-care instead of using treatment.

We recommend you take the following measures to avoid or reduce the risk of fungal nail infections.

- Avoid prolonged or frequent exposure to warm, damp conditions.
- Avoid occlusive footwear.
- Avoid damaging the nails.
- Keep nails trimmed short and filed down.

### **For toenail infections**

- Wear well-fitting shoes, without high heels or narrow toes.
- Maintain good foot hygiene, including treating any athlete's foot (tinea pedis).
- Wear clean shower shoes when using a communal shower.
- Be meticulous with the hygiene of affected feet.
- Consider seeking treatment from a podiatrist if thickened toenails cause discomfort when walking.

If you still wish to continue to use an antifungal nail paint they can be purchased from a pharmacy over the counter.

**Please note that the recommended duration for treatment of fingernail infections is 6 months and 9–12 months for toenail infections. If treatment has not been effective in this period of time you should stop using it. Please speak to your pharmacist for further advice.**

Any decision to change prescribing is not taken lightly; it is our responsibility to provide the best value for money for all our patients. To meet that duty, we need to make sure we commission cost-effective prescribing which will have the greatest impact on the largest number of people.

Should you require more information about this, please contact the Contact Us Team at [nwicb.contactus@nhs.net](mailto:nwicb.contactus@nhs.net) , they will be able to put you in contact with the appropriate person.

**Yours sincerely**

A handwritten signature in black ink, appearing to be 'A. Douglass', written in a cursive style.

**Dr Andrew Douglass MBBS MRCGP  
Specialty Advisor for Prescribing and Elective Recovery  
NHS Norfolk and Waveney ICB**