

Pharmacotherapy of skin problems during COVID-19 pandemic

Behnaz Daneshmand

Pharm.D

Tums



TEHRAN UNIVERSITY
OF
MEDICAL SCIENCES



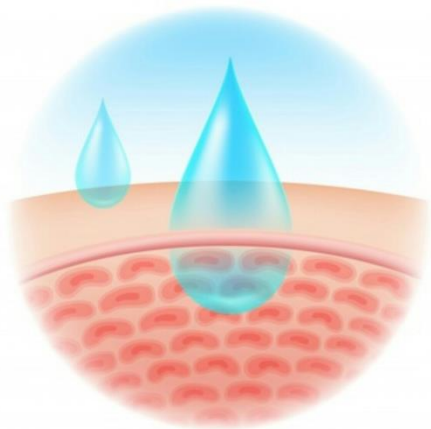
Skin problems

- Eczema
- Dry skin
- Chronic diseases (rosacea, ...)



Treatments

- Moisturizer
- Emollients
- **Topical steroids**
-



Topical steroids

- Reduce inflammation & itching
- **Low** potency: hydrocortisone
- **Moderate** potency: triamcinolone
- **High potency**: betamethasone, mometasone
- **Ultra high potency**: clobetasol



How well a steroid product works depends on:

- Active
- Dosage
- Area of skin (thinner or thicker)
- Type of product: (ointment, cream , ...)



Suitable topical steroid

- **Low to moderate**: (for sensitive & thinner skin- face, back of knees, elbows, armpits)
- **High to ultra high** should not be used on rashes that cover a large area of skin.
- **Low** : very sensitive area: (genitals & neck)



The Right Amount

- How much corticosteroid ointment or cream?
- It depends on how big the affected area of skin?
- **A unit= fingertip unit (FTU)**





1 fingertip unit (1 FTU)


AMOUNT OF OINTMENT FOR CHILDREN



SKIN AREA	FACE AND BACK OF NECK	ARM AND HAND	LEG AND FOOT	CHEST AND BELLY	BACK AND BUTTOCKS
AGE	Finger tip unit (FTU) or 0.5 g of ointment				
3-6 MONTHS	1	1	1.5	1	1.5
1-2 YEARS	1.5	1.5	2	2	3
3-5 YEARS	1.5	2	3	3	3.5
6-10 YEARS	2	2.5	4.5	3.5	5

CHILDREN | Table: Amount of ointment for children

AMOUNT OF OINTMENT FOR ADULTS



SKIN AREA	FACE AND BACK OF NECK	ARM	LEG	CHEST AND BELLY	BACK AND BUTTOCKS	HAND, ELBOW, KNEE, FOOT
Finger tip unit (FTU) or 0.5 g of ointment						
	2.5	4	6	7	7	1 FTU each

ADULTS | Table: Amount of ointment for adults

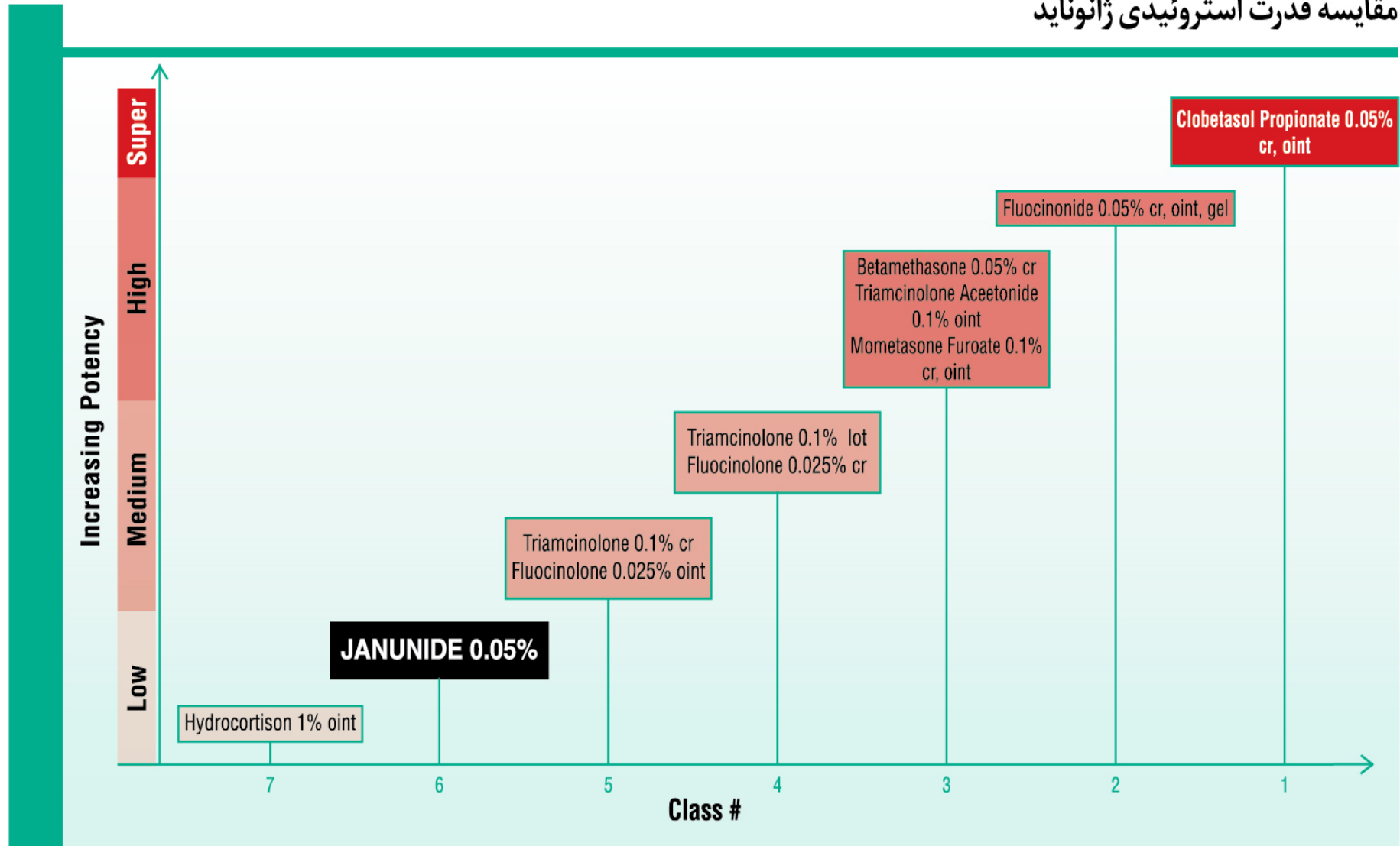


DESONIDE

- 0.05 %
- Corticosteroid for mild to moderate atopic dermatitis (3 months and older)
- Twice daily
- If no improvement is seen within 4 week
- Pregnancy: C



مقایسه قدرت استروئیدی ژانوناید







Honey effect

- Antimicrobial ,**anti inflammatory** and anti oxidants properties
- **Moisturizing** effect: deal with skin irritation , good cleaner for pores



Avocado oil

- Oleic acid 50%
- **Moisturizer, anti inflammatory**, anti oxidant.
- By maintainig moisture, the skin can reduce dryness, itching, pain and inflammation .
- Effective in **eczema**.



Brimonidine tartrate gel

- Selective **Alpha 2 adrenergic agonist**
- Facial **erythema** treated by action for **vasoconstriction**.
- In adults **18 years** of age or older
- Once daily
- **Pregnancy: C**



Reducing erythema in rosacea





THANK YOU FOR YOUR ATTENTION



W W W . A R G A N O . I R



TEHRAN UNIVERSITY
OF
MEDICAL SCIENCES

