

Patient agreement to investigation or treatment

PUVA Therapy

Authors: Phototherapy Unit

Brief description:

- You have been recommended PUVA (Psoralen and Ultraviolet Light A) treatment for your skin condition.
- Psoralens are chemicals which are found in many plants including lime, lemon, celery, parsley, fig and clove. In PUVA therapy psoralens are taken by mouth or applied to the skin as a soak or as a paint, and the skin is then exposed to UVA. The psoralen makes the skin more sensitive to ultraviolet light. This in turn helps to reduce scaling and slows down the rapid cell division that characterises psoriasis.
- We want you to be informed about your choices to help you to be fully involved in making any decisions. Please ask about anything you do not fully understand or wish to have explained in more detail.
- If you would like this information in another format or language or would like help completing the form, please ask a member of our staff.

Please bring this form with you to hospital

- You will be asked to read this form carefully, and you and your doctor (or other appropriate healthcare professional) will sign it to document your consent.
- All our consent forms are available on the Addenbrooke's website:
<http://www.addenbrookes.org.uk/consent>
- Guidance for health professionals can be found on the Addenbrooke's intranet site
<http://nww.addenbrookes.nhs.uk/consent>
- Remember, you can change your mind about having the treatment at any time.

For staff use:

Does the patient have any special requirements? (e.g. requires an interpreter or other additional communication method)

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About PUVA

- Ultraviolet light A occurs naturally in the sun's rays. PUVA therapy requires large amounts of UVA provided by special machines.
- In the presence of UVA, psoralens combine with the cells in the skin to slow down their rate of division. The treatment can cause a reddening of the skin and an increased production of the natural pigment melanin. This may give you a tan.
- The machines used contain many fluorescent tubes with a special coating. These tubes give out the UVA needed for PUVA. The tubes are built into boxes, rather like shower cabinets, into which you step for treatment. Some people dislike the rather claustrophobic feeling of being inside the cabinet, but most get used to it. Smaller PUVA units are used for treating hands or feet.

Precautions to take / patient checklist

Glasses: If taken by mouth, the psoralen tablets sensitise your skin and eyes to sunlight. To prevent the possibility of cataract formation you must wear sunglasses, which protect your eyes against UVA for 12 hours after taking the tablets. We can test your sunglasses for you. Sunglasses labelled UV 400/UVB/UVA protection 100% will be safe. If you would prefer glasses with clear lenses please mention this to staff. You do not need to wear protective glasses indoors if it is dark outside. Light bulbs and televisions do not emit significant amounts of UVA.

Skin Protection: The sun acts like the PUVA machine and can cause burning if your skin is exposed for long periods after using psoralens. Therefore, during the summer, if you must go out for long periods, wear protective clothing and a good sun block of SPF25 or more which has been recommended by your doctor. Remember that UVA radiation from the sun can penetrate glass and light fabrics, so remain in the shade if possible. Sun care products with UVA***** coding give maximum sun protection from UVA sunlight.

Moisturisers: Dry, itchy skin can be treated by moisturisers, creams such as Aqueous cream, Diprobase, doublebase, 50/50, E45 and Unguentum M. These are available on prescription and also over the counter.

Before your treatment

- All patients attend a dermatology clinic, where you will meet a dermatology doctor or specialist nurse.
- At this clinic, we shall ask you for details of your medical history and carry out any necessary clinical examinations and investigations. Blood tests may be taken before commencing PUVA therapy in order to confirm your suitability for starting treatment.
- This is a good opportunity for you to ask us any questions about the treatment, but please feel free to discuss any concerns you might have at any time.
- Please inform the nurse or doctor if you have been started on any new medication as some medicines make you more sensitive to light.

Precautions to take before treatment:

- You should not sunbathe or use a sun bed while on PUVA therapy.
- Before treatment your skin should be clean and dry. You may apply water based emollients i.e. Diprobase / Aqueous cream to skin before PUVA treatment – but try to ensure emollient is not applied within 2 hours of the treatment starting.
- Please inform the nurse if you have been started on any new medication, as some medicines make you more sensitive to light.
- Do not wear deodorants, perfume or aftershave before treatment. Some of them contain oils, which sensitise the skin to light and may result in patchy discoloration of the skin

which takes many months to fade.

- Women do not need to wear underwear in the PUVA cabinet. Men are advised to protect the genital area with dark underwear. If buttocks are affected, you may choose to use a dark sock to cover the genitalia.
- Psoralen tablets should be taken two hours before treatments. If they make you feel sick try taking them with a light meal or a glass of milk and also please tell the phototherapy nurse.
- Tell the nurse when you need some more psoralen tablets as these are only available from the hospital pharmacy.
- During treatment you must wear goggles to protect your eyes; these will be provided by the department. You must make sure they fit correctly and do not allow any light to penetrate.

During the treatment

- Treatment is usually given twice a week to being with. Psoriasis usually clears after six to ten weeks of treatment or may take up to 12 weeks and on average remains clear for six months. Continuous therapy is avoided to reduce the cumulative damaging effects of the UVA. The treatment sessions may gradually be increased from a few minutes up to approximately 30 minutes if your skin tolerates the treatment and does not burn.
- Fair –skinned people, who burn easily, will have a shorter treatment time than dark-skinned people who rarely burn in the sun. We may want to test your ultraviolet light sensitivity on the forearm before starting whole body treatment.
- Please inform the nurse if you have been started on any new medication as some medicines make you more sensitive to light.

Intended benefits of the treatment

- The intended benefit of the treatment is to help treat your skin disorder.

Who will perform my treatment?

- The treatment will be performed by a nurse in the phototherapy department.

Alternative treatments that are available

There are a wide variety of topical preparations available, or in some circumstances a course of tablets may be considered.

Risks associated with this treatment:

Side effects may occur from PUVA, but these are reduced if you follow the precautions.

- Your skin may burn, blister or become dry and itchy.
- Long term use of PUVA may age the skin.
- People who have had 150 or more PUVA sessions are about ten times more likely to develop skin growths and cancers. These are generally not serious if detected early – if you notice anything let the nurse, doctor or your GP know.
- There is a theoretical risk of cataract formation in the eye, but this has not happened where eye protection has been used.
- Oral psoralens may sometimes cause nausea and if necessary the type and dose of psoralen can be adjusted to suit the patient.

Information and support

If you have any questions or anxieties or you experience any problems following treatment i.e. marked redness, soreness or blistering of the skin, please contact the Phototherapy Unit,

telephone 01223 274 408. Outside of the centre's normal working hours an answer machine will take messages or you can contact 01223 245 151 and ask to be put through to the on call Dermatologist.

Self – help groups: The following groups offer support to sufferers, publish journals and encourage research. Here are some useful addresses.

Psoriasis Association

Tel: 01604 711 129

Fax: 01604 792 894

Email: mail@psoriasis.demon.couk www.eczema-org.org.uk

National Eczema Society

Tel. 0207 388 4097

Fax: 0207 388 5882

The Vitiligo Group

Tel. 0207 840 0855

Fax: 0207 840 0866

www.vitiligosociety.org.uk

Appointments and follow-ups Always be on time for your appointment as the clinics run to a very tight schedule. If you are unable to keep an appointment please try to inform us so that your appointment time can be re-allocated. Three consecutive failures to keep an appointment without notice will result in your treatment being discontinued and your discharge from the Phototherapy Unit. Appointments can be made in person at reception in the Phototherapy Unit or by telephoning no. 01223 274408.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माहिती वीज भाषाओमां, मोटा अक्षरोमां अथवा सांभणी शकाय जेवा माध्यम (ओडीओ इमेज)मां जेठनी छोय तो कृपा करीने पूछो.

Gujarati

تکایہ ہر سیار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شینودی دہنگ

Kurdish

اگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکاروں تو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document History

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Consent Form 3

Patient/parental agreement to investigation or treatment

(Treatments where consciousness not impaired and no tissue samples or photographs are to be taken)

<p>For staff use only:</p> <p>Surname: First names: Date of birth: Hospital no: Male/Female: (Use hospital identification label)</p>
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Responsible health professional/job title

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Special requirements
 (For example, other language/other communication method)

Name of proposed treatment or course of treatment

(include brief explanation if medical term not clear)

PUVA Therapy – full body

Statement of health professional

(To be filled in by a health professional with an **appropriate knowledge of the proposed treatment**, as specified in the Hospital's consent policy)

I have explained the treatment to the patient. In particular, I have explained:

- The intended benefits of the treatment
- Any serious or frequently occurring risks from the treatments including those specific to the patient.....

.....
 I have discussed what the treatment is likely to involve, the benefits and risks of any available alternative treatments (including no treatment) and any particular concerns of this patient.

- The following information leaflet has been provided

Health professional's signature Date:

Name (PRINT): Job title:

Contact details (if patient wishes to discuss details later) Phototherapy Unit Tel: 01223 274408

Statement of the interpreter (if appropriate)

I have interpreted the information to the best of my ability, and in a way in which I believe s/he can understand:

Signed:..... Date:..... Name (PRINT):

Statement of patient/person with parental responsibility for patient

I agree to the treatment described above.

I understand that you cannot give me a guarantee that a particular person will perform the treatment. The person will, however, have appropriate experience.

I understand that the treatment will not involve local anaesthesia.

Signature: **Date:**

Name (PRINT):..... Relationship to patient:

Confirmation of consent (to be completed by a health professional when the patient is admitted for the treatment, if the patient has signed the form in advance)

I have confirmed that the patient /parent has no further questions and wishes the treatment to go ahead.

Signature Date:

Name (PRINT):..... Job Title:

Copy accepted by patient: yes / no (please circle)