

## **Information about changes to medicines or treatments on the NHS: **Changes to prescribing of silk garments****

The NHS will be asking doctors to stop or greatly reduce the prescribing of some treatments. This is because the treatments are:

- Not as safe as other treatments OR
- Not as good (effective) as other treatments OR
- More expensive than other treatments that do the same thing.

### **This includes silk garments.**

This document will explain why the changes are happening and where you can get more information and support.

### **Why will silk garments not be prescribed anymore?**

There isn't enough reliable evidence to show that silk garments for skin conditions such as eczema and atopic dermatitis are beneficial. These products do not provide good value to the NHS and should no longer be prescribed

A trial of 300 children showed no difference in the severity of their eczema from using silk garments.

### **What options are available instead?**

It is likely that you will already be using other treatments for your skin condition and you should continue with these. If these aren't working well for you, you can talk to your doctor about the different options available. If you would still like to use silk garments, you can buy them for yourself.

### **Where can I find more information and support?**

- You can speak to your local pharmacist, GP or the person who prescribed the medication to you.
- The Patients Association can also offer support and advice: [www.patients-association.org.uk/](http://www.patients-association.org.uk/) or call 020 8423 8999

- Clothing for the relief of eczema symptoms (CLOTHERS) trial. Patient video of the results.  
<https://www.nottingham.ac.uk/research/groups/cebd/projects/clothes/index.aspx>

Find out more about the medicines that are being stopped or reduced:

<https://www.england.nhs.uk/medicines/items-which-should-not-be-routinely-prescribed/>