

## REFERRAL FOR ACNE TO A SPECIALIST IN ENDOCRINOLOGY

Acne can generally be managed in primary care.

Indications for referral include:

### A. IMMEDIATE REFERRAL TO A&E

- There is a severe variant of acne such as acne fulminans or gram-negative folliculitis.

### B. EMERGENCY REFERRAL TO A SPECIALIST

- There is severe or nodulocystic acne and could benefit from oral isotretinoin.
- There are severe social or psychological problems, including fear of deformity (dysmorphophobia).

### C. ROUTINE REFERRAL TO A SPECIALIST

- There is evidence of scarring or risk of developing scarring despite primary care therapy.
- Moderate acne that is recalcitrant to treatment which includes two courses of oral each lasting three months. Failure is probably best based upon a subjective assessment by the patient.
- There is a suspected underlying endocrinological cause for the acne that needs assessment.
- Features that make the diagnosis uncertain are manifested or develop.

#### Source:

1. NICE (May 2000). Referral Practice - A guide to appropriate referral from general to specialist services.
2. Clinical Knowledge Summaries. Acne Vulgaris (accessed 6/2/2020)
3. Wirral NHS University Teaching Hospital. Acne Vulgaris (accessed 6/7/16).