

**Commissioning Statement:**

<b>Condition or Treatment:</b>	Hyperhidrosis (Referral)
<b>Background:</b>	Hyperhidrosis is a condition characterised by excessive sweating, and can be generalised or focal. Generalised hyperhidrosis involves the entire body, and is usually part of an underlying condition, most often an infectious, endocrine or neurological disorder. Focal hyperhidrosis is an idiopathic disorder of excessive sweating that mainly affects the axillae, the palms, the soles of the feet, armpits and the face of otherwise healthy people. Depending on the severity of the hyperhidrosis, it can be managed in primary or secondary care.
<b>Commissioning position:</b>	<p>Primary care: lifestyle management, such as regular night-time antiperspirant use (up to 20% aluminium chloride hexahydrate available OTC), avoiding tight clothing and manmade fabrics, wearing white or black clothing to minimize the signs of sweating, dress shields to absorb excess sweat, and avoiding stimuli such as caffeine, spicy foods or crowded areas. Underlying anxiety should be treated.</p> <p>More patient information and support is available from Hyperhidrosis UK. <a href="http://hyperhidrosisuk.org/">http://hyperhidrosisuk.org/</a></p> <p>Referral for Hyperhidrosis will only be funded in accordance with the criteria below:</p> <ul style="list-style-type: none"> <li>• The search for an underlying cause has been exhausted</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>• Hyperhidrosis Disease Severity Scale (HDSS) 3 or 4</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>• Trial of lifestyle management for a minimum of 2 months</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>• The patient has medical complications of hyperhidrosis (i.e. skin macerations and secondary infections)</li> </ul>
<b>Referral Guidance:</b>	<p>Exceptional cases can be referred to the CCG's Individual Funding Request Panel for prior approval.</p> <ul style="list-style-type: none"> <li>• HRW/SR GP Practices: <a href="https://ifryh.necsu.nhs.uk/">https://ifryh.necsu.nhs.uk/</a></li> <li>• HaRD GP practices: <a href="#">Referral Form</a></li> </ul>
<b>Effective From:</b>	1 July 2021

<b>Date:</b>	April 2020
<b>Review Date:</b>	July 2023
<b>Clinical Author:</b>	Dr Emma O'Neill, Clinical Advisor North Yorkshire CCG

**Additional Information/References:**

<http://cks.nice.org.uk/hyperhidrosis#!scenario>

<http://www.bad.org.uk/>

<http://hyperhidrosisuk.org/>