

# Performance of Adex Gel: A retrospective survey of healthcare professionals with an interest in dermatology

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## Introduction

Dry skin conditions such as dermatitis, eczema and psoriasis require regular application of emollients; during flares, this treatment may be further supplemented by use of anti-inflammatory formulations. Adex Gel is a unique, steroid-free emollient that can also help reduce inflammation and redness as its primary emollient action is supplemented with the ancillary action of an anti-inflammatory medicinal substance, nicotinamide.

## Objective

Whilst the efficacy and safety of Adex Gel is well-established in clinical studies, the aim of this retrospective study was to obtain formal feedback on the performance of this product from healthcare professionals (HCPs) in primary and secondary healthcare settings who used, prescribed or recommended Adex Gel for their patients with dry and inflamed skin conditions.

## Methodology

103 questionnaires were completed by HCPs attending 8 specialist BDNG and PCDS dermatology conferences/meetings across the UK. HCPs were asked to consent to providing personal details (i.e. email address and occupation).

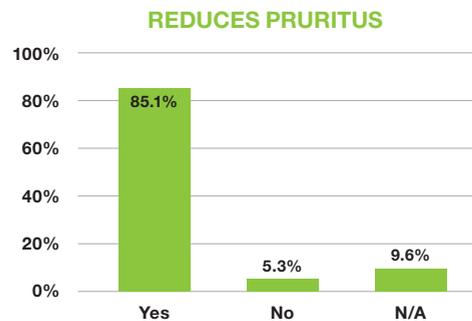
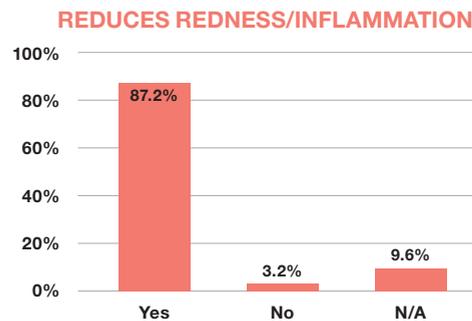
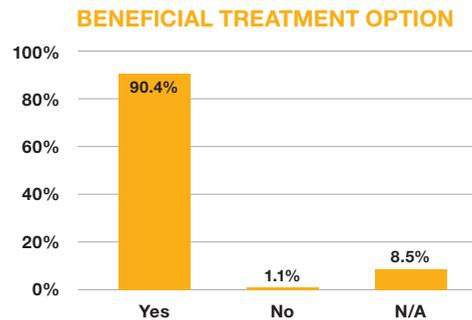
The following questions were asked:

- Which skin condition(s) have you used, prescribed, or recommended Adex Gel?
- In your opinion, have you found Adex Gel to be a beneficial treatment option?
- In your opinion did Adex Gel help to reduce skin redness/inflammation in your patients?
- In your opinion, does Adex Gel allow patients to reduce the use of steroids or other anti-inflammatory products?
- In your opinion, does Adex Gel reduce skin itching/pruritus?
- Would you recommend Adex Gel to other Healthcare Professionals?

Percentage responses to each question were calculated.

## Results

For all graphs n=94

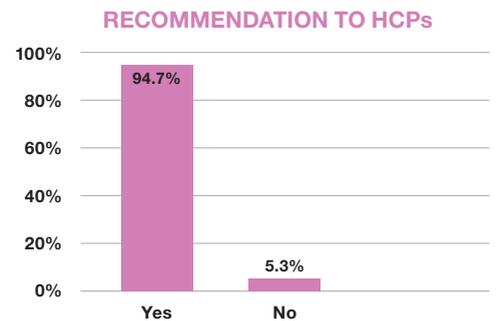
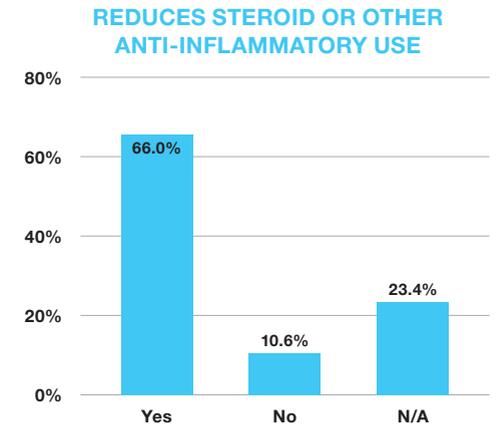


103 questionnaires were completed by HCPs with an interest in dermatology. 94 of these were evaluable, 9 were excluded as they did not meet the acceptance criteria for this study. Of these 94 HCPs, 24 were general practitioners, 4 were pharmacists, 58 were nurses and 8 were recorded as 'other HCPs'. Of the nurses who specified an area of speciality, 25 stated they were dermatology specialist nurses and 5 were skin cancer specialist nurses.

As expected, the majority of HCPs used, prescribed, or recommended Adex Gel for the treatment of atopic dermatitis, contact dermatitis, or other forms of eczema and psoriasis. Adex Gel is considered a beneficial treatment by over 90% of HCPs.

94.7% of HCPs with an interest in dermatology stated they would recommend Adex Gel to other HCPs, which is relevant considering the importance of professional recommendation. With regards to performance, the results relating to the key product attributes, ability to reduce redness/inflammation, steroid/anti-inflammatory use and itching/pruritus, were clinically significant.

Regarding safety, three adverse incidents were reported, two involved mild stinging and there was one report of a local reaction.



## Conclusion

The majority of HCPs, from primary and secondary healthcare settings, considered Adex Gel to be a beneficial treatment for patients with atopic dermatitis, contact dermatitis, other forms of eczema, psoriasis and other dry and inflamed skin conditions, as it helped reduce redness/inflammation and itch/pruritus and allowed patients to reduce the use of steroids and other anti-inflammatory treatments.