



Positive Quality Intervention: Drug induced Hand-Foot Syndrome (HFS)

Description of PQI: Preventative use of 10-20% urea cream has been shown to reduce the severity and time to developing hand-foot syndrome (HFS). Patients started on medications known to cause HFS will be educated on the importance of using 10-20% urea cream to prevent HFS. Practices will stock 10-20% urea cream in order to ensure that patients have the appropriate product to use.

Background: Palmar-plantar erythrodysesthesia, also known as hand-foot syndrome (HFS) is a widely recognized dose-limiting toxicity of certain chemotherapy agents, specifically capecitabine, infusional fluorouracil, liposomal doxorubicin, axitinib, sunitinib, sorafenib, pazopanib, cabozantinib, vemurafenib and regorafenib. Typically, HFS occurs within the first six weeks of starting targeted therapy and after two months for chemotherapy.

Symptoms of HFS include:

- numbness
- tingling, burning, or itching
- redness
- swelling
- tenderness
- rash
- cracked, flaking, or peeling skin
- blisters or sores

In randomized studies, urea cream has been shown to prevent or reduce the incidence of HFS.

PQI process: Upon receipt of a new prescription known to cause HFS

- Educate patient on signs and symptoms of HFS.
- Educate patient on ways to reduce the incidence of HFS including the use of urea cream.
- Have Urea cream available for patients.
- Follow up with the patient within seven days of initial dispense and with every refill.

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