

## Development of a facial anamnesis form for the pharmaceutical prescription of dermocosmetics



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### ABSTRACT

The objective of this study was to develop a facial anamnesis form that can serve as an instrument to guide pharmacists in the prescription of dermocosmetics, a specialized category of skin care products, which differ from traditional cosmetics by providing support in the control of

various situations and even pathologies. The anamnesis form was prepared based on the scientific literature of the Scientific Electronic Library Online (Scielo), the National Library of Medicine of the United States (PubMed) and Elsevier and ScienceDirect databases. As a result of this bibliographic survey, information was obtained that described important aspects related to the investigation with the patient for better orientation and pharmaceutical care. The facial anamnesis form developed after the study of these articles includes the characterization of the participants, their medical and dermatological history, their skin care routine, life-style, and health habits, as well as the objectives and expectations of the patients regarding their dermatological treatment. It is a tool for pharmaceutical professionals who work in health and aesthetics, which will allow them to understand the patient's needs in its totality, admitting an active role in guiding the patient regarding the correct use of these products.

**Keywords:** Dermocosmetics, Cosmeceuticals, Active Cosmetics, Dermatology, Facial Anamnesis.

## 1 INTRODUCTION

The steady increase in demand for cosmetic products is driving the continued growth of this sector, especially at the national level. According to the Brazilian Association of the Personal Hygiene, Perfumery and Cosmetics Industry (ABIHPEC) Brazil is currently the 4th largest consumer market in the world for personal care products, perfumery and cosmetics, with the categories of hair care and bath products (4th place), makeup (6th place), and skin care in 8th place (ABIHPEC, 2023).

Skin care products, known as dermocosmetics, do not fit the definition of traditional cosmetics, however they cannot be classified as medicines, thus being called cosmeceuticals, dermocosmetics or active cosmetics (Gonçalves; Pina, 2017)

They represent a specialized category of skin care products, and stand out from traditional cosmetics by providing support in the management of a variety of specific situations and phenotypes.



As a result, they have contributed to a deeper understanding of skin physiology, given its ability to influence skin appearance through physical changes and biological activity (Cavinato, 2018).

However, ANVISA (National Health Surveillance Agency) classifies these products as grade 2, which defines them as personal hygiene products, cosmetics, and perfumes that have specific restrictions, requiring proof of safety and/or efficacy, as well as information presented about their use (ANVISA, 2020).

These products have been used both independently and as a complement to pharmacological treatments, as they play a crucial role in improving photoprotection, hydration, and reducing the signs of skin aging. In addition, they are often used to treat a number of dermatological inflammatory diseases, including acne, rosacea, atopic dermatitis, psoriasis, seborrheic dermatitis, among other dermatological conditions (Gonçalves; Pina, 2017).

Dermocosmetics, together with conventional acne treatment, for example, can increase the effectiveness of the treatment and patient adherence, even reducing the adverse effects caused by pharmacological treatment (Dantas, 2022).

The main distinction between cosmetics and dermocosmetics lies in the incorporation of active ingredients in the formulations of dermocosmetics, which are the key elements that act in the treatment of the problem to be corrected. Although many dermocosmetics can be purchased without a prescription, like cosmetics, some have a medical prescription for their commercialization, given the possibility of adverse effects or cytotoxicity when used in excess (Rocha, *et al*; 2019).

Dermocosmetics can be categorized into six groups: sunscreens, antioxidants, retinoids, depigmenting agents, cleansers, exfoliants, and moisturizers (Cavinato, 2018). This classification makes it easier to choose products for a more effective clinical response, allowing for the combination of different approaches to meet the diverse needs of the skin.

Thus, these products are a powerful tool in the arsenal of dermatological treatments, allowing comprehensive approaches to skin health and well-being, playing an important role in the patient's quality of life (Gonçalves; Pina, 2017). However, these are products that have specific indications and that, if used incorrectly, have the potential to cause harm to patients.

These products may have a toxic potential, being able to promote bioaccumulation, leading to adverse effects (Cork oak; Silva, 2022). These adverse effects can range from a simple hypersensitivity reaction to an anaphylactic reaction or intoxication (Pereira, J.; Pereira, T., 2019). Among the most common adverse reactions, the following stand out: hypersensitivity, contact urticaria, photosensitization, pigmentary disorders, hair and nail damage, acne, and folliculitis. In general, the most affected areas are the head and neck (Pereira, J.; Pereira, T., 2019).

Due to the exponential growth of the cosmeceutical industry in Brazil, it is essential that the consumer of these products has access to quality service and that guarantees the safety of their use.



The pharmacist is often the qualified professional with the easiest access to patients/consumers (Silva, 2023).

The Federal Council of Pharmacy (CFF), in Resolution No. 573 of May 22, 2013, regulates the "attributions of the pharmacist in the exercise of aesthetic health and technical responsibility for establishments that perform related activities", recognizing the importance of the pharmacist's performance in the area of aesthetic health.

The pharmacist has an understanding of several areas of knowledge, such as anatomy, pathophysiology, and symptomatology of diseases, which can be applied in aesthetics, as well as in the prescription of cosmeceuticals (Silva, 2023). As a result, its work includes the possibility of evaluating medical prescriptions, monitoring the clinical situation of the patient to treatment, identifying and preventing adverse reactions (Souza, 2023).

To make a prescription for dermocosmetics, the pharmacist must be qualified to perform a complete anamnesis, being able to identify numerous aesthetic problems, such as facial, body, capillary and other appendages (Silva, 2023).

Thus, the present study aims to develop a facial anamnesis form that can serve as an instrument to guide pharmacists in the prescription of dermocosmetics.

## 2 METHODOLOGY

### 2.1 TYPE OF STUDY

It is a qualitative research that is useful to explore situations, clarify experiences and makes it possible to understand, interpret individual experiences and observe the perception of each participant (Driessnack; Souza; Mendes, 2007).

This methodology is considered extremely relevant to the field of Pharmaceutical Care, as it can reproduce descriptive data, such as what is said or written by the individual, in addition to being able to observe their conduct and feelings in relation to what is asked. It also has a humanistic character, since it seeks to understand people, valuing the scenarios and their different perceptions of life (Pádula, *et al.*, 2014).

### 2.2 THEORETICAL FRAMEWORK

To obtain the theoretical framework, the *Scientific Electronic Library Online* (SciELO), the National Library of Medicine of the United States (PubMed) and Elsevier databases were used, more specifically, *ScienceDirect*. The descriptors were determined through search strategies of the Health Sciences Descriptors (DECS) platform. The following descriptors were used as a search strategy in the PubMed database: Pharmacist, Pharmaceutical Professional, Pharmaceutical Care, Pharmaceutical Care, Pharmacy, Anamnesis, Cosmeceuticals, Cosmetics Technology, Cosmetics, Dermatology, and



the Boolean operators AND and OR.

The following inclusion criteria were considered: articles in Portuguese and English, from 2015 onwards, which are available for reading in full. As exclusion criteria, articles addressing the use of dermocosmetics in specific pathologies were discarded.

### 2.3 PREPARATION OF THE FACIAL ANAMNESIS FORM

For the elaboration of the facial anamnesis form, several essential aspects for the personalized prescription of dermocosmetics were addressed. The form includes the characterization of the participants, their medical and dermatological history, their skin care routine, lifestyle and health habits, as well as the patients' goals and expectations regarding their dermatological treatment. The in-depth data collection provided by this form is essential to ensure the most appropriate and satisfactory dermo-cosmetic treatments, meeting the individual needs of each patient.

## 3 RESULTS AND DISCUSSION

Considering that cosmetic products are formulated for different purposes, according to the active ingredients present, your choice will depend on the type of skin to which the product should be applied, the ingredient to be included, the formulation, and the desired action (Nogueira, 2023). Thus, the pharmacist plays an active role in guiding the patient/client regarding the correct use of medications, and/or dermocosmetics, therapeutic adherence, and prevention of adverse reactions, with the aim of reducing the risks of their misuse (Maricato, 2017).

A facial anamnesis form was prepared as a tool to guide the pharmacist for the prescription of dermocosmetics (Appendix 1). It was created with the aim of facilitating the work of the pharmaceutical professional and guiding him at the time of the interview so that it is possible to choose the most suitable product according to the needs and characteristics of the patient.

This form should be used in the anamnesis of individuals who arrive at pharmaceutical establishments and wish to purchase products in the area of dermocosmetics. Pharmacists should conduct this interview in the shortest possible time, so that it does not hinder the progress of their service and so that there is no loss of quality in their care. The indicated time should not be longer than 30 minutes in the first interview, and a second interview should be conducted in case of return of this patient.

For effective and personalized treatment, it is essential to obtain basic patient information such as name, age, race, gender, address, and contact. In addition, details about the skincare routine, medical history, medications, and family history of skin diseases are crucial to avoid adverse reactions, understand genetic influences, and promote healthy skin (Carmo; Axe; Carobin, 2021).



Based on the literature review, it was possible to identify the key points to be involved in the facial anamnesis form.

### 3.1 CHARACTERIZATION OF THE PARTICIPANTS

This part of the form will contain essential data such as the patient's full name and date of birth as a way of uniquely identifying the patient and adapting health care. Information such as gender, race/ethnicity is relevant because these are aspects that influence dermatology (Carmo; Axe; Carobin, 2021).

The Brazilian Society of Dermatology (SBD, 2020) reinforces that there is no ideal age to start dermatological treatments, but it is important to always keep your skin healthy, regardless of age. Skin aging is a complex process with unique characteristics. The skin is an organ that ages both due to the passage of time (intrinsic aging) and due to external factors such as sun exposure (extrinsic aging). In addition to the aging common to all organs, the skin is particularly susceptible to photoaging, which results from cumulative exposure to solar ultraviolet radiation throughout life. This process is responsible for the appearance of signs of skin aging, such as wrinkles, blemishes, and loss of elasticity (Oliveira, 2023).

The patient's profession may be important because it may predispose to certain skin conditions, such as health professionals who wear rubber gloves regularly, which causes an increased risk of latex sensitization (Montalvão; Saucer; Mello, 2008). In addition, there will be contact and address information for sending information and prescriptions to patients.

### 3.2 MEDICAL HISTORY

Medical history is a valuable source of information about chronic diseases and medication use. Some medications may interact with dermocosmetics or influence skin health. In addition, it plays an essential role in preventing allergic reactions to dermocosmetic ingredients, as well as in understanding how preexisting medical conditions such as diabetes, hypertension, heart disease, and autoimmune disorders can impact skin health and the choice of dermocosmetics (Sampaio, 2013).

It is also critical to gather information about allergies to medications, chemicals, and common ingredients in dermocosmetics to avoid adverse reactions.

The history of surgeries will also be questioned in this topic because it is important to record past surgeries, especially dermatological or plastic surgeries, as they can affect the integrity of the skin.

Pregnancy and breastfeeding are conditions that may contraindicate the use of certain substances present in dermocosmetics, such as retinoids, usually present in anti-acne and anti-aging creams, since these substances can be harmful to the fetus and newborn (Santos; Kuhn; Bandeira, 2023).



### 3.3 DERMATOLOGICAL HISTORY

Dermatological history helps identify the patient's specific needs as well as the effectiveness of previous treatments. Obtaining information about past skin problems, such as acne, eczema, psoriasis, hyperpigmentation or any dermatological treatment previously performed (Carmo; Axe; Carobin, 2021).

The skin acts as an interface between the body and the environment, and is therefore subject to various external aggressions. Exposure to solar radiation has a direct influence on the aging process because it can cause changes in the structure, function and appearance of the skin (Gonçalves; Pina, 2017). In addition to these exogenous factors, there are also endogenous factors, such as those related to hormonal, nutritional, and vascular issues, which are linked to the connective tissue present in the dermis, which can end up directly influencing dermatological aspects (Alves, 2015). Skin type assessment is critical to understanding the patient's individual skin characteristics. Identifying the skin type helps the professional to offer an individualized treatment. The Brazilian Society of Dermatology (2016) classifies skin into four distinct types (Chart 1):

Table 1 - Classification of skin types.

SKIN TYPES	CHARACTERISTICS
<b>Normal</b>	Healthy texture, balanced fat production, small pores and velvety appearance.
<b>Drought</b>	It is characterized by excessive water loss, with barely visible pores, tendency to peeling and redness, and can be influenced by genetic, hormonal and environmental factors.
<b>Oily</b>	Shiny and thick appearance due to exaggerated sebum production, with enlarged pores and a tendency to acne, influenced by hormonal factors, sun exposure, stress and a high-fat diet.
<b>Mixed</b>	It is the most common type, characterized by oiliness in the "T-zone" (forehead, nose and chin), with enlarged pores and a propensity for acne, while the cheeks and extremities may be drier.

Source: Adapted from the Brazilian Society of Dermatology, 2016.

In this item of the anamnesis form, the patient will be asked about his/her main dermatological concerns. This can include issues such as acne, wrinkles, blemishes, sensitivity, or other specific dermatological conditions. Previous dermatological treatments such as laser therapies, *peels*, dermatological surgeries or use of dermatological medications will also be recorded as this helps to understand the patient's skin care history.

In addition, the pharmacist should question his patient about the history of skin cancer in the family (parents, grandparents, siblings) and collect additional information, if applicable. Family history is important, as prolonged exposure to the sun, exposure to tanning beds, and a family history



of skin cancer are risk factors for the development of this disease (National Cancer Institute - INCA, 2019).

### 3.4 SKINCARE ROUTINE

Obtaining details about the daily skin care routine, including products used, frequency of use, and any recent aesthetic procedures will be obtained from this item of the anamnesis form for the prescription of dermocosmetics. This makes it possible to assess the compatibility of the dermocosmetics to be prescribed with the patient's routine and to understand the needs for improvement or adaptation (Lima, *et al.*, 2023).

### 3.5 LIFESTYLE & HABITS

Health Education is intrinsically linked to health promotion, since health care actions are not limited only to treating or preventing diseases, but also aim to promote child growth and development, with a focus on quality of life. Therefore, health promotion strategies must be carefully planned, actively involving society and families (Costa, *et al.*, 2021).

Data on habits that can affect skin health, such as smoking, alcohol consumption, diet, sun exposure, and physical activity are essential as they can play a significant role in skin health (Álvarez-Gallegos; Seijo-Cortés; Hernández-Pérez, 2005).

### 3.6 PATIENTS' GOALS AND EXPECTATIONS REGARDING THE USE OF DERMOCOSMETICS

Understanding patients' goals and expectations regarding the use of dermocosmetics is key to ensuring that their treatment is personalized and effective. Dermocosmetics play an important role in improving the health and appearance of the skin. They can be used to treat a variety of dermatological concerns, from acne and blemishes to signs of aging and skin hydration.

Pharmaceutical care around aesthetics represents for patients a perspective of improvement in health, observing individualities, identifying possible irritations, allergies and health problems in general. The pharmaceutical professional represents trust, credibility, and efficacy of treatments, as well as the provision of a service provided with excellence (D'agostini, 2018). This requires skills in collecting information, accurately formulating questions, reflecting on the impact of the issues addressed, and assessing the quality of the relationship established with the patient (Soares, *et al.*, 2016).





#### 4 FINAL THOUGHTS

The facial anamnesis form is an essential tool for pharmaceutical professionals working in the field of health and aesthetics, as it allows them to collect important information about patients before prescribing dermocosmetics. It is essential that the pharmacist understands the patient's needs, requiring a complete anamnesis.

The importance of the role of the pharmaceutical professional in these cases is highlighted, being able to collaborate with other health professionals, such as dermatologists, beauticians, and physicians, to ensure a comprehensive approach to the care of the patient's skin. This ensures proper coordination of the treatments and products used. In addition, it is also the role of the pharmacist to contribute to updating the bibliography about the area of dermocosmetics.





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## APPENDIX A – Facial Anamnesis Form for Prescription of Dermocosmetics

<b>Patient characterization</b> <b>Name:</b> _____ <b>Date of birth:</b> ___/___/___ <b>Age:</b> ____ <b>Gender:</b> ( ) Male ( ) Female <b>Race:</b> ( ) White ( ) Black ( ) Yellow ( ) Brown ( ) Indigenous <b>Profession:</b> ____ <b>Address:</b> _____ <b>Phone:</b> ( ) ____ - ____ <b>E-mail:</b> _____													
<b>Medical History</b> Do you have any chronic medical conditions? ( ) No ( ) Yes. Which one(s)? _____ Are you currently under medical treatment? ( ) No ( ) Yes. Which drug(s)? _____ Have you ever had allergic reactions to dermatological products or cosmetics? ( ) No ( ) Yes. Which one(s)? _____ Have you had dermatological procedures or surgeries? ( ) No ( ) Yes. Which one(s)? _____ When: _____ Are you pregnant or breastfeeding (for women)? ( ) No ( ) Yes													
<b>Dermatological History</b> <b>What is your skin type?</b> ( ) Normal ( ) Oily ( ) Mixed ( ) Dry <b>What are your main dermatological concerns?</b> ( ) Acne ( ) Aging ( ) Blemishes ( ) Sensitivity ( ) Other. Specify: _____ <b>Previous dermatological treatments?</b> ( ) No ( ) Yes. Specify: _____ <b>History of skin cancer in the family?</b> ( ) No ( ) Yes. <b>What does your current skincare routine look like?</b> _____ _____													
<b>What cosmetic or dermocosmetic products have you used? Were there any that had positive or negative results?</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="width: 50%;">Product</th> <th style="width: 50%;">Result</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>		Product	Result										
Product	Result												
<b>Lifestyle and Habits</b> <b>Do you spend a lot of time in the sun?</b> ( ) No ( ) Yes <b>Do you use sunscreen regularly?</b> ( ) No ( ) Yes <b>Do you smoke or consume alcohol regularly?</b> ( ) No ( ) Yes Physical exercise? ( ) No ( ) Yes. How often? _____ <b>What is your diet like? Does it include foods rich in vitamins and antioxidants?</b> _____ _____													



**Goals and Expectations**

**What are your main goals when using dermocosmetics?**

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**Are you willing to stick to a regular skincare routine?**

No  Yes

**What is your comfort level with more intensive products such as peels or acid treatments?**

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**Additional Notes**