



**The Leeds
Teaching Hospitals**
NHS Trust

Chapel Allerton Hospital Dermatology Department

Home Phototherapy

Information for patients

A large, stylized white wave graphic that starts from the bottom left and curves upwards and to the right, ending in a circular shape on the right side of the teal background.

You have been referred by a health professional to start Narrowband UVB phototherapy in your home. The details of this treatment and how it works to treat skin disease is explained in the leaflet '[**Narrow band UVB treatment**](#)' which you will have already received.

This leaflet has been designed to help you use the machine for phototherapy in your own home.

Training

The majority of patients will require two consecutive days of training. The first visit will last approximately one hour and the second visit half an hour.

During your training, the nurse will:

- Go through the documents and talk about anything relevant that needs to be discussed with you about treating your skin with the machine in your home.
- Discuss the treatment and any side effects or risks that you will need to know about.
- Carry out a test dose of the light on your skin. This is a simple test which takes approximately 10 minutes, during which light is shone on a small area of your skin. This is to confirm that this is a suitable treatment for you and to find out the starting time for your treatment. This will be read the following day by the nurse at your next training session.
- Inform you of any problems that may happen whilst having treatment and what you must do.

- Show you how to use the machine and how to position yourself in front of the machine until you feel comfortable operating it yourself.

Once you have completed the training programme successfully, the courier service will contact you to arrange the delivery of the machine.

Practical points to be aware of whilst treating your body with the UVB Machine

Where to put the canopy in your house?

- In a room where the door can be shut securely.
- No mirrors in the room, or make sure that when you use the machine that you cover the mirror with a dark cloth.
- Safely away from pets.
- Enough room so the machine can be opened easily and you can stand in front of it, as demonstrated by the nurse.
- Safely away from children.

Standing in front of the machine

- Only wear clothing if you have been advised by the nurse to do so, when doing your treatment at home.
- Male patients must wear genital protection, e.g. use of a sock or underpants. The nurse will discuss this with you.
- Eye protection must be worn whilst receiving treatment; this will be protective goggles or a visor, or you may be asked to close your eyes. Goggles or a visor will be provided.

Treatment

How long will the treatment last?

Average course of light therapy is between 6 - 10 weeks

Which days do I do the treatment?

Monday, Wednesday and Friday at approximately the same time of the day. For example if you are planning to do a treatment at 7pm, you can do this between 5pm and 9pm. You can have a two hour window either side of your treatment time.

Do not do a treatment on a Saturday or Sunday.

Operating the machine

- Depending on which machine you are given, the nurse will demonstrate how to administer the correct time.
- **Remember to turn after each time you've treated one side of your body.**
- Once you have completed treatment to all four sides of your body, the treatment is finished for that day.
- Turn the machine off and ensure it is unplugged and the doors closed together.

You will need to sign a statement to say that you take responsibility of the machine whilst it is in your care.



Do I see the nurse whilst having treatment?

It is very important we speak with you at some point each week; this is a condition of having the treatment in your home. If you miss contact with our department for two weeks or more, we will unfortunately have to arrange with our couriers to take the phototherapy machine back.

If immediate advice is needed

Please contact the Home Phototherapy Nurses in the Dermatology Department (Chapel Allerton Hospital), between 8.00am - 5.00pm. Tel: **0113 392 4349**.

After approximately six weeks of treatment, you may be given an appointment to see the doctor or nurse in the Phototherapy Department at Chapel Allerton Hospital.

Practical advice for treatment

- If your skin is slightly pink and this develops on the day of treatment, but settles within the same day, you can do a treatment but do not increase your time. Repeat the previous time.
- **If your skin is redder in colour and feels tender/uncomfortable, do not do any more treatment and contact the phototherapy nurses (between 8.00am - 5.00pm). Advice will be given to you over the phone OR we will arrange to see you.**
- **If you miss one or two treatments, please repeat the previous time. If you miss more than two treatments, please phone the department.**



- Continue applying regular moisturisers throughout the course of treatment. Patients with psoriasis should not put on any creams for at least one hour prior to doing their treatment.
- If your skin feels dry and itchy, apply moisturiser more often during the day throughout the treatment course. If it does not relieve your symptoms contact the nursing staff.
- The nurse will advise you with regard to any other creams or ointments you may need to use.
- If you develop a new rash during your treatment, contact the nursing staff and they will advise you what to do.
- If you are having problems during the Home Phototherapy, a nurse will always see you if required.

Once you have completed your course of treatment, we will arrange for the machine to be collected at a time that is suitable for you and the Transport service.

Important points

- If you do not experience any problems with your skin, you can increase the time duration by 20%. You will be given a chart to follow and the nurse will explain this to you.
- Remember to rotate your body position four times during each treatment.
- Remember not to treat the same side of your body more than once during a treatment.
- Do not change your body posture throughout the course of phototherapy.

Contact details

Home Phototherapy Nurses Phototherapy Department, Chapel Allerton Hospital, Leeds Teaching Hospital, LS7 4SA

- Alison Wood, Nurse Practitioner
- Andrea Ward, Sister
- Jayne Ford, Sister

Telephone numbers:

- Phototherapy Department - **0113 392 4349**
- Phototherapy answerphone - **0113 392 4350**

Protection checklist

- | | |
|--------------------|--------------------------|
| Eyes shut | <input type="checkbox"/> |
| Goggles | <input type="checkbox"/> |
| Visor | <input type="checkbox"/> |
| Sunscreen | <input type="checkbox"/> |
| Site on body | <input type="checkbox"/> |
| Genital protection | <input type="checkbox"/> |
| Use of stool | <input type="checkbox"/> |

- Never ignore the advice given by the Specialist nurses, as this could cause a severe sunburn reaction.
- If you are unsure about anything please contact the team on the telephone numbers above.

Treatment Chart

Date	Treatment number	Time given	Comments

Date	Treatment number	Time given	Comments

Patient Satisfaction Survey

Now that you have completed your course of home phototherapy treatment we would be grateful if you could answer the following questions in order to help us to monitor and improve the service we offer to our patients.

1. Do you feel the training covered everything you needed to know before your treatment?

Yes No

If not, what would you find helpful?

.....

.....

.....

.....

.....

.....

.....

2. Was the treatment chart easy to follow?

Yes No

If not, what would you find helpful?

.....

.....

.....

.....

.....

.....

.....

3. Did you find the canopy/machine easy to operate?

Yes

No

If no, how could we adapt our training to make it easier?

.....

.....

.....

.....

.....

.....

.....

.....

4. Did you feel under pressure from a relative or friend who wished to use the canopy/machine for themselves?

Yes

No

5. Did you find the treatment time consuming?

Yes

No

6. Is a weekly telephone call from the nurse enough? Or would you prefer more contact with the phototherapy team?

Yes

No

Please comment below:

.....

.....

.....

.....

.....

.....

.....

.....

7. Did you find it easy to contact the Home Phototherapy department when you needed to?

Yes

No

Please comment below:

.....

.....

.....

.....

8. Did you find the courier delivery service of the canopy/machine helpful?

Yes

No

9. Overall did you find having the canopy/machine at home more accessible and easier than attending the hospital?

Yes

No

Thank you for taking the time to complete this questionnaire, without your feedback we cannot create a better service.

If you have any further comments of feedback please comment below:

.....

.....

.....

What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 2nd edition Ver 1

Developed by: Sister Andrea Ward and Nurse Practitioner Alison Wood

Produced by: Medical Illustration Services • MID code: 20231103_013/NR

LN004954
Publication date
11/2024
Review date
11/2027