

When prescribing a corticosteroids or any topical medication it can be difficult to determine how much to prescribe depending on the area involved. This has always been one of my weak points. I recently came across a chart that helps with this and thought possibly it could help you as well. Nothing like passing on those little bits of knowledge that you learn.

“Hands, head, face, anogenital region- for one application you will need 2 g, if going to do BID for one week will need 28g and if going to do BID for one month will be 120 g (4oz)

One arm, anterior or posterior trunk- for one application you will need 3g, for BID for one week you will need 42 g, and for BID for one month you will need 180g (6 oz)

One leg- for one application you will need 6 g, BID for one week you’ll need 84g, and for BID for one month 320g (12 oz)

Entire body- 30-60g, BID for one week 420-840 g (14-28 oz), and BID for one month 1.8-3.6 kg (60 -120 oz or 3.75-7.5 lb)

I do not imagine ever needing topical medication for an entire body but I guess you never know and now you know how much to prescribe☺” (Fitzgerald, M. A., 2010).

Reference:

Fitzgerald, M. A. (2010). *Nurse practitioner: Certification examination and practice*

*preparation*. Philadelphia, PA: F. A. Davis Company.