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Clinical Commissioning Group

Pharmaceutical management of chronic pain

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November 2013

General Points

- Medicines should be provided as part of a wider management plan focused on
  - reducing disability
  - improving the overall quality of life
- Pathway for pharmaceutical management of chronic non-cancer pain

Step 1

- Regular paracetamol

- +/- NSAID
  - 1st line ibuprofen or naproxen
  - Consider GI protection & CV risk

Step 2

- Continue paracetamol +/- NSAID
- Add in weak opioid
  - Codeine, dihydrocodeine, tramadol
- Review and add laxative if needed
- Titrate as needed to max dose before considering next step
- Effervescent preparations have high salt content

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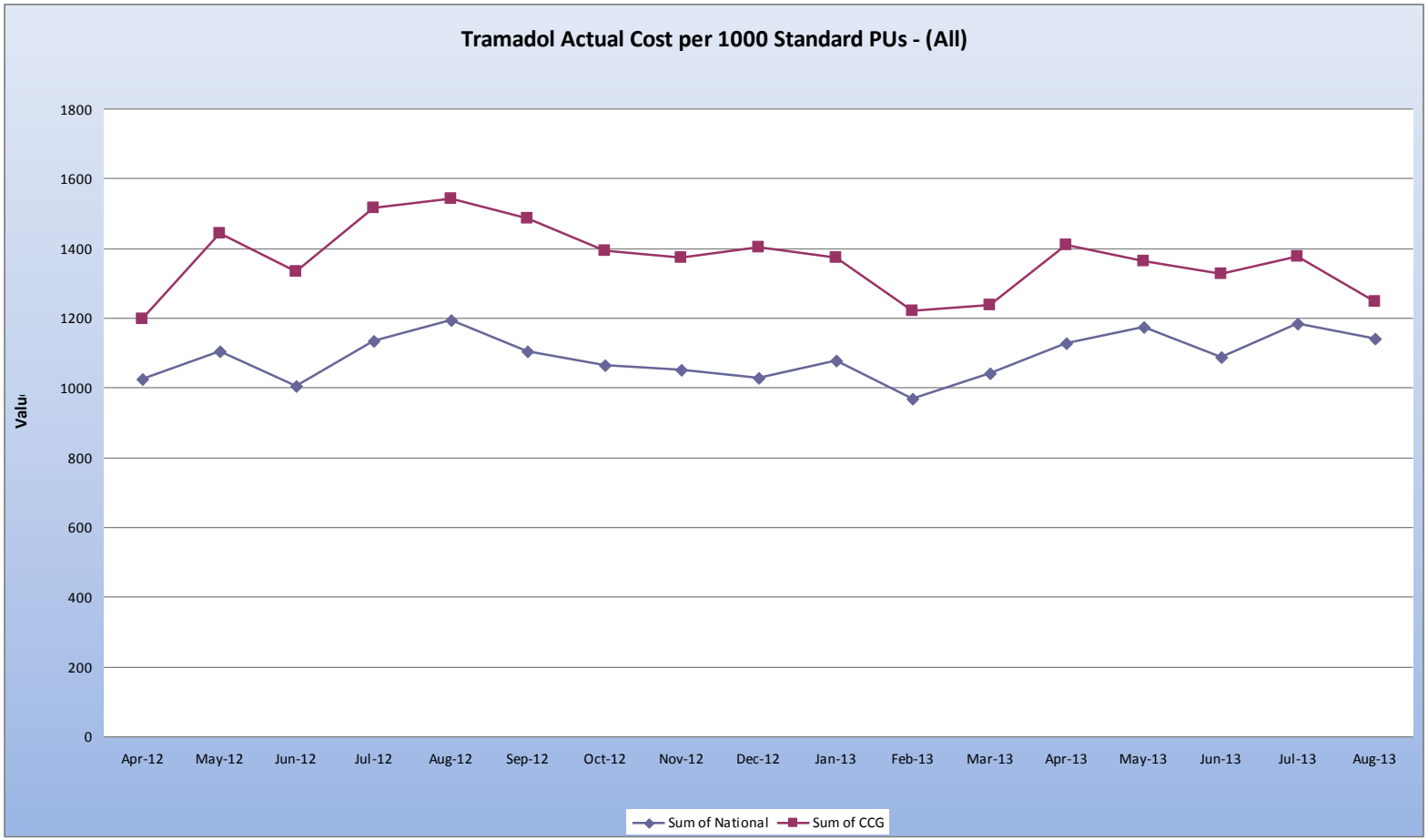

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Step 2 -Tramadol

- Plain tramadol preferred option
- 50% switch MR to plain potential savings £28K
- Generic Tramadol MR wide cost variation
- If MR tramadol needed, recommendation to prescribe low cost brand e.g Marol

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Step 3

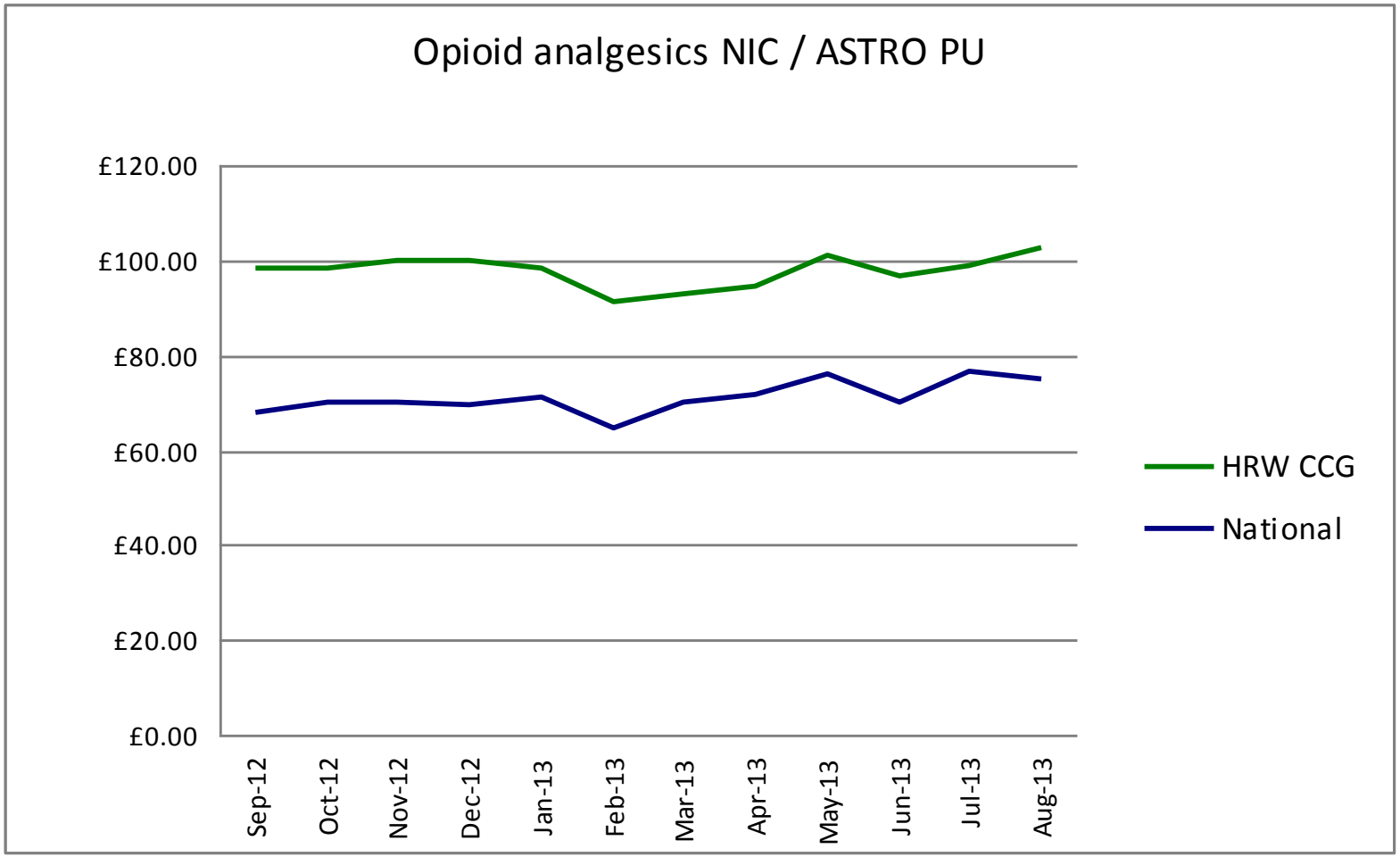
- Continue paracetamol +/- NSAID
- Replace weak opioid with strong opioid
- Oral Morphine first line choice
- Initially IR morphine liquid or MR morphine BD
- MR morphine use low cost brand e.g zomorph
- Laxatives & anti-emetics

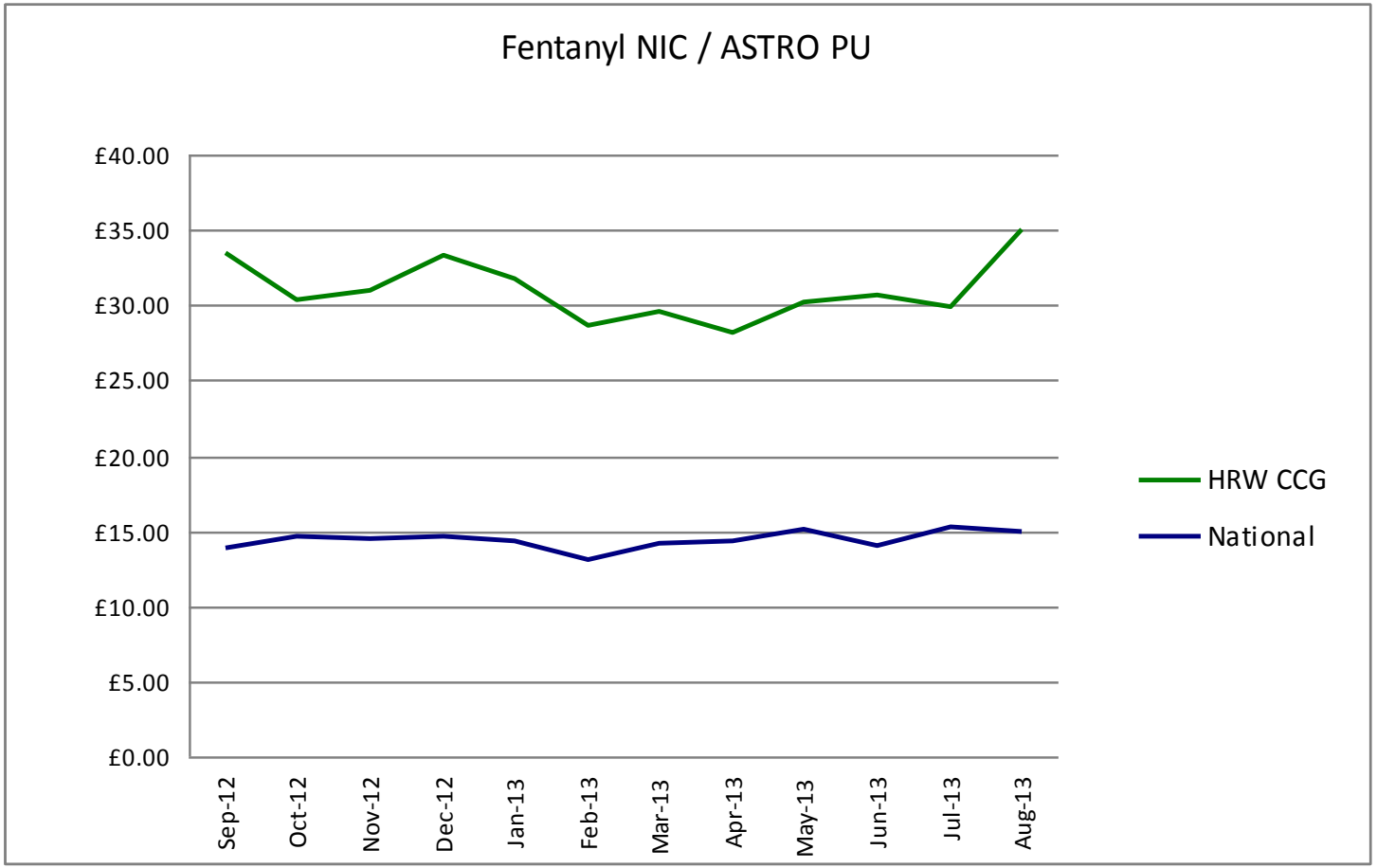
Step 3

- Frequent follow up assessment – 2 weeks
  - to include: change in function, QoL, activity, pain level, usage of drugs, side effects
- Titrate dose as needed in increments of not more than half the previous prescribed dose
  - e.g.20mg bd increases to 30mg bd
- Referral to specialist recommended if useful pain relief not achieved at 120-180mg morphine equivalent in 24hrs

Further options

- Only consider switch of opioid/route if:
  - oral route not appropriate or unacceptable SE
- Patches should only be used if:
  - Opioid requirement is stable
  - Unable to take oral medication
- Fentanyl - option in renal impairment


Opioid analgesics NIC / ASTRO PU
£120.00
£100.00
£80.00
£60.00
£40.00
£20.00
£0.00
Sep-12
Oct-12
Nov-12
Dec-12
Jan-13
Feb-13
Mar-13
Apr-13
May-13
Jun-13
Jul-13
Aug-13
HRW CCG
National


Fentanyl NIC / ASTRO PU
£40.00
£35.00
£30.00
£25.00
£20.00
£15.00
£10.00
£5.00
£0.00
Sep-12
Oct-12
Nov-12
Dec-12
Jan-13
Feb-13
Mar-13
Apr-13
May-13
Jun-13
Jul-13
Aug-13
HRW CCG
National

Fentanyl

- CCG annual spend on Fentanyl £347K (up to Aug 13)
- Recommendation to prescribe low cost brand e.g. Mezolar for new patients or at dose adjustment
- Annual potential savings for CCG if Mezolar prescribed instead of generic fentanyl patch/Durogesic = £79K

- Price for 30 days treatment
  - Zomorph 20mg (2x10mg) bd £6.94
  - MST 20mg (2x10mg) bd £10.36
  - Mezolar 12mcg/hr £17.74
  - Generic fentanyl 12mcg/hr £25.18

Neuropathic pain

- NICE guidance under review
- TCA – amitriptyline
  - Titrate to effective / max tolerated dose
- Diabetic - duloxetine
- gabapentin
- pregabalin
- Seek advice
- Opiates maybe an option

- Price for 30 days treatment
  - Amitriptyline 25mg on £0.94
  - Duloxetine 60mg od £29.70
  - Gabapentin 600mg tds £8.64
  - Pregabalin 150mg bd £69

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Pregabalin

- Second highest in prescribing costs for HRW CCG
- 8 x more expensive than gabapentin for questionable benefit
- Pricing structure
  - BD better value than TDS
  - 100mg better value than 2x50mg

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Useful References

- The British Pain Society. Opioids for persistent pain: Good Practice. Jan 2010
- NICE CG96 The pharmacological treatment of neuropathic pain in adults in non-specialist settings. Mar 2010. Currently under review
- Sheffield persistent pain website