

Medicines Optimisation intervention brief

Medicines Optimisation Incentive Scheme 18/19 – NHSE (Items which should Not be routinely Prescribed in primary care) Interventions – lidocaine plaster

TITLE?
INP 1.8 Deprescribe lidocaine plasters
WHAT?
<ul style="list-style-type: none"> In December 2017 NHS England¹ made the following recommendation regarding lidocaine plasters: <ul style="list-style-type: none"> Prescribers in primary care should not initiate lidocaine plasters for any new patient (apart from exception below) CCGs should support prescribers in deprescribing lidocaine plasters in all patients (apart from exception below) If, in exceptional circumstances, there is a clinical need for lidocaine plasters to be prescribed in primary care, this should be undertaken in a cooperation arrangement with a multi-disciplinary team and/or other healthcare professional. <p>Exception: These recommendations do not apply to patients who have been treated in line with NICE CG173, Neuropathic pain in adults: pharmacological management in non-specialist settings, but are still experiencing neuropathic pain associated with previous herpes zoster infection (post-herpetic neuralgia).</p>
WHY?
<ul style="list-style-type: none"> Lidocaine plasters (as Versatis or Ralvo) are only indicated for the symptomatic relief of neuropathic pain associated with previous herpes zoster infection (post-herpetic neuralgia, PHN) in adults. Current NICE guidance does not make a recommendation about the use of lidocaine plasters for neuropathic pain, as only very limited evidence on this treatment met their inclusion criteria. For neuropathic pain, NICE recommends: <ol style="list-style-type: none"> Amitriptyline, gabapentin, pregabalin or duloxetine for initial treatment (note that none of the duloxetine studies considered by NICE were in people with post-herpetic neuralgia). Consideration of capsaicin cream for those with localised neuropathic pain who wish to avoid, or who cannot tolerate, oral treatments. Where lidocaine plasters are required, there needs to be at least a 12 hour treatment free period every 24 hours.
WHO?
<ul style="list-style-type: none"> All patients prescribed lidocaine plasters
TIPS?

- Some acute trusts follow a protocol that includes use of lidocaine patches off-license to relieve pain from rib fractures. This is for short term treatment only and should never be requested on discharge.
- For any patients requiring treatment for post herpetic neuralgia, Ralvo plasters provide the lowest cost option. The same company holds the manufacturing license for both products, they are the same strength and they carry the same licensed indications.
- Out Of Hours providers have been notified of this intervention

HOW?

- Search for all patients prescribed generic lidocaine plasters, Versatis plasters or Ralvo plasters.
- Following the process agreed with an individual practice:
 - De-prescribe where short term use was intended, e.g. relief of pain from rib fracture.
 - Review the patient's need for continued analgesia
- Where continuation of treatment is required, alternative options should be considered:
 - Choose alternative option from chronic pain guidance
 - Follow NICE guidance for neuropathic pain
- Review prescribing in post-herpetic neuralgia two to four weeks after initiation and discontinue if no benefit is seen. Thereafter review for ongoing need on a regular basis.

SO WHAT?

- NHS England guidance implemented

FURTHER INFORMATION

1. Items which should not routinely be prescribed in primary care: Guidance for CCGs. NHS England December 2017 <https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-prescribed-in-pc-ccg-guidance.pdf>
2. NICE Clinical Guideline 173. Neuropathic pain in adults: pharmacological management in non-specialist settings. April 2018 <https://www.nice.org.uk/guidance/cg173>
3. PrescQIPP Bulletin B220i Lidocaine plasters
4. Summary of Product Characteristics for Versatis and Ralvo
5. Basingstoke, Southampton & Winchester District Prescribing Committee, Chronic Pain prescribing Guidelines <https://westhampshireccg.nhs.uk/download.cfm?doc=docm93jjjm4n1339.pdf&ver=9568>
6. WHCCG Policy Statement reference no. [PS012](#)

