NCCP Supportive Care

Antiemetic Medicines for inclusion in NCIS (Medical Oncology)

<table>
<thead>
<tr>
<th>Version</th>
<th>Date published</th>
<th>Amendment</th>
<th>Approved By</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>24/04/2019</td>
<td>Version 1</td>
<td>ISMO &amp; NCCP</td>
</tr>
</tbody>
</table>
1 Background
The NCCP has facilitated the development of nationally agreed Chemotherapy Regimens to support safe, evidence-based and cost-effective cancer treatment for cancer patients. These regimens are developed under the guidance of Medical Consultants involved in the treatment of patients with cancer with input from nursing staff, pharmacists and other healthcare professionals. Each NCCP chemotherapy regimen indicates the emetogenic potential of the regimen\(^1\). Chemotherapy Induced Nausea and Vomiting (CINV) is one of the most frequent side effects experienced by patients undergoing chemotherapy treatment. Currently hospitals delivering chemotherapy services have individual policies on the management of CINV.

The NCCP has published on its website a classification document on the range of options available to manage CINV.

2 Introduction
A survey of hospital nursing and pharmacy departments was carried out by NCCP in May 2018 to establish the antiemetics in use by each hospital for the treatment of high, moderate, low and minimal emetogenic parenteral SACT in adults. The survey indicated that there was variation in the choice of anti-emetics being used in the responding hospitals\(^2\). This variation was seen primarily in:

- The dose of the drug (e.g. dexamethasone 8mg vs 12mg)
- The route of administration of the drug (e.g. ondansetron IV vs PO)

Subsequent feedback from the Irish Society of Medical Oncologists proposed that a standardised approach to the use of antiemetic medicines in adults be agreed and be built into NCIS for the following reasons:

- Streamlining of work flow in NCIS as it removes the need for prescribers to choose antiemetics for use in each prescription
- Prevention of accidental omission of antiemetics
- Benefit to patients as ensures all patients are treated in line with best practice\(^3\) (for the associated emetogenic risk)
- Standardisation of practice

\(^1\) Based on the available supporting evidence
\(^2\) Responses were received from 13 hospitals
\(^3\) The defined antiemetic medicines have been agreed with ISMO following an evidence review of the relevant literature
3 ISMO Defined Antiemetic Medicines to be built into NCIS for Medical Oncology Patients

Following an evidence review of the relevant literature (1-4), ISMO have agreed the defined antiemetic medicines to be included in NCIS for use for all adult medical oncology patients. These are detailed in Table 1 below.

The ISMO defined antiemetic medicines will be reviewed and updated as required in line with any future updated antiemetic recommendations. To note:

1. These agreed medicines do not preclude:
   - The use of locally agreed antiemetic agents in line with local procurement contracts in place
   - The development of regimen specific anti-emetics where agreed nationally

2. Prescribers may change the default antiemetic medicine at an individual patient level at their own discretion

The NCCP recommends that as local antiemetic policies are reviewed that the ISMO defined antiemetic medicines for adult medical oncology patients would be considered for inclusion as appropriate. This should reduce change management at a local level when NCIS is implemented.

All comments and feedback are welcome at oncologydrugs@cancercontrol.ie

---

4 As per the associated emetogenic risk detailed in the NCCP SACT regimen
5 Considering any local procurement arrangements that are in place
Standard Antiemetic Regimen to be used for Medical Oncology SACT (Adults)

- This standard antiemetic regimen was agreed to be the default antiemetic regimen built into the National Cancer Information System (NCIS) for medical oncology regimens by ISMO members Nov 2018.
- This standard regimen does not preclude the use of locally agreed antiemetic agents in line with local procurement contracts in place. The agreed standard antiemetic regimen could be adopted as local regimens are reviewed.

Table 1 Standard Antiemetic Regimen for Medical Oncology SACT (Adults)

<table>
<thead>
<tr>
<th>Emetogenic Risk</th>
<th>Antiemetic Regimen(^a)</th>
<th>Antiemetic regimen of choice – Day 1 Drug, dose, frequency and route of administration</th>
<th>Antiemetic regimen of choice – subsequent days Drug, dose, frequency, route and day of administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>High (&gt;90% risk of emesis)</td>
<td>NK(_1) Receptor Antagonist and 5-HT(_3) Receptor Antagonist and Corticosteroid and Olanzapine</td>
<td>Aprepitant 125mg PO OD Ondansetron 8mg IV OD Dexamethasone 12mg IV OD Olanzapine 10mg PO OD</td>
<td>Aprepitant 80mg PO daily on Day 2 and 3 Dexamethasone 8mg PO daily on Days 2-4 Metoclopramide 10mg PO TDS Olanzapine 10mg PO daily on Day 2 to 4</td>
</tr>
<tr>
<td>High (&gt;90% risk of emesis) Anthracycline - Cyclophosphamide</td>
<td>NK(_1) Receptor Antagonist and 5-HT(_3) Receptor Antagonist and Corticosteroid and Olanzapine</td>
<td>Aprepitant 125mg PO OD Ondansetron 8mg IV OD Dexamethasone 12mg IV OD Olanzapine 10mg PO OD</td>
<td>Aprepitant 80mg PO daily on Day 2 and 3 Metoclopramide 10mg PO TDS Olanzapine 10mg PO daily on Day 2 to 4</td>
</tr>
<tr>
<td>Moderate(^b) (&gt;30-90% risk of emesis)</td>
<td>5-HT(_3) Receptor Antagonist and Corticosteroid</td>
<td>Ondansetron 8mg IV OD Dexamethasone 8mg IV OD</td>
<td>Dexamethasone 8mg PO daily on Day 2 and 3 Metoclopramide 10mg PO TDS prn</td>
</tr>
<tr>
<td>Low (10-30% risk of emesis)</td>
<td>5-HT(_3) Receptor Antagonist or Corticosteroid</td>
<td>Ondansetron 8mg IV OD</td>
<td>Metoclopramide 10mg PO TDS prn</td>
</tr>
</tbody>
</table>

\(^{a}\) +/- H\(_2\) Blocker or a proton pump inhibitor to prevent dyspepsia which can mimic nausea
\(^{b}\) Olanzapine may be added to moderate emetic risk regimens in cases of breakthrough nausea and vomiting
Consider 5mg dose of olanzapine for elderly or over-sedated patients

Note: Dexamethasone dose may be modified or omitted where the SACT regimen already includes a steroid.
4 References