

Prescribing Tips and Tools for Lidocaine 5% Medicated Plaster (Versatis®)

Lidocaine 5% medicated plaster is a local anaesthetic producing a local, non-systemic analgesic effect.

It is licensed for the symptomatic relief of neuropathic pain associated with previous herpes zoster infection (post-herpetic neuralgia [PHN]) in adults.

Prescribing Tips & Practice Points

- ✓ Apply the plaster to intact, dry, non-irritated skin (after healing of shingles)
- ✓ Each plaster must be worn for no longer than **12 hours**
- ✓ The minimum number of plasters that provide therapeutic relief should be used
- ✓ In total, not more than 3 plasters should be used at the same time
- ✓ The plaster should be cut to appropriate size with scissors **PRIOR** to removing the clear release liner
- ✓ Treatment outcome should be re-evaluated after **2 – 4 weeks**
- ✓ If no response is observed or if relieving effect is solely related to the protective properties of the plaster on the skin, **treatment SHOULD be discontinued**
- ✓ Treatment should be assessed at regular intervals to evaluate the need to continue treatment
- ✓ Use with caution in severe cardiac, renal and hepatic impairment

Information for Patients

- ✓ The plaster must be applied directly to the painful site as the mode of action is local and non-systemic
- ✓ When a pack (containing 5 plasters) has been opened, the plasters must be used within 14 days
- ✓ Always re-seal the pack to prevent the plasters from drying out

Criteria for the reimbursement of Lidocaine 5% Medicated Plaster

- Lidocaine 5% medicated plaster should **ONLY** be prescribed for the treatment of neuropathic pain associated with post-herpetic neuralgia (PHN) in adults
- In exceptional circumstances, there may be a need to prescribe lidocaine 5% medicated plaster for unlicensed indications

Authorisation for the reimbursement of Lidocaine 5% Medicated Plaster

- All patients initiated on lidocaine 5% medicated plaster must be registered by their Clinician via the online Application Suite on the PCRS website at **www.PCRS.ie**
- This Application can be accessed for Hospital Clinicians under **'Services for Hospitals'** and for GPs under **'Services for General Practitioners only' > 'GP Application Suite'**
- For PHN indications, the date and name of antiviral prescribed is required for the application to be approved
- For unlicensed indications, information required includes the patient's diagnosis, location of pain as well as a history of past and current treatments and any extenuating circumstances
- The application will be reviewed by the Medicines Management Programme (MMP) prior to a reimbursement decision

Additional information

- Patients eligibility can be confirmed by accessing 'Online Services' and 'Online Eligibility Confirmation' at www.pcrs.ie
- Once reimbursement is authorised there is no limit on the duration of treatment

Product alternative and price comparison for the topical treatment of post-herpetic neuralgia (PHN)

Product alternatives and price comparisons of other topical treatments for non-post herpetic neuralgia (PHN) indications

<p>Lidocaine 5% plaster (Versatis®)</p> <p><i>Apply 1 to 3 plasters daily (12 hours on, 12 hours off)</i></p> <p>Price €77.52 (30) - €232.56 (90)</p>	<p>Capsaicin 0.075% Cream (Axsain®) 45g</p> <p><i>Apply sparingly 3 to 4 times daily</i></p> <p>Price €17.52 (45g)</p>
---	--

	Indication & dose	Price per 100g
<p>Lidocaine 5% plaster (Versatis®)</p> <p>UNLICENSED USE</p> <p>Price €77.52 (30)- €232.56 (90)</p>	<p>Diclofenac 1% gel (e.g. Difene®) 50g</p> <p>Trauma of ligaments, tendons, muscles, joints & soft tissue rheumatism. Apply 2 to 4 times daily.</p>	€2.36
	<p>Ibuprofen 5% gel (e.g. Phorpain®) 100g</p> <p>Topical anti-inflammatory analgesic for back, rheumatic & muscular pain, strains & neuralgia. Apply sparingly up to 3 times daily.</p>	€4.07
	<p>Ketoprofen 2.5% gel (e.g. Fastum®) 100g</p> <p>Local relief of pain and inflammation associated with muscular, rheumatic & soft tissue. Apply 2 to 3 times daily.</p>	€6.69

Where more than one brand of drug is available the lowest cost product is specified.
Prices are correct as of 25 July 2017.

If Lidocaine 5% Medicated Plaster is prescribed it **MUST** be reviewed regularly and treatment **SHOULD** be discontinued if ineffective or if the relieving effect is solely related to the protective properties of the plaster. Licensed alternatives for both PHN and muscular type pain are outlined below

Example	Alternative topical treatment options for PHN indication Capsaicin 0.075% cream (Axsain®)	Alternative topical treatment options for non-PHN indications Diclofenac 1% gel (e.g. Difene®, Diclac®, Voltarol Emulgel®)
Indication	Symptomatic relief of neuralgia associated with & following PHN after the healing of lesions & painful diabetic peripheral polyneuropathy* <small>*specialist prescribing only</small>	Symptomatic relief of pain & inflammation in trauma of the ligaments, tendons, muscles, joints & localised forms of soft tissue rheumatism
Prescribing information	Apply to the affected area 3 to 4 times daily after the healing of herpes zoster infection	Apply to the affected area 2 to 4 times daily for up to 14 days Treatment duration for the above indications should not normally exceed 6 weeks
Cost	➤ €17.52 (45g tube)	➤ €1.18 – €1.80 (50g tube)
Patient information	<ul style="list-style-type: none"> Apply a pea size amount Wash hands immediately after application Apply only to intact skin Do not apply near the eyes 	<ul style="list-style-type: none"> The amount to be applied is dependant on the size of the area to be treated e.g. 2g to 4g (size of a cherry to the size of a walnut) is sufficient to treat an area of 400cm² to 800cm² Applied only to intact skin Wash hands after application
Special precautions	<ul style="list-style-type: none"> A transient burning sensation can occur if: <ul style="list-style-type: none"> ➤ applied more than 4 times daily ➤ applied too often ➤ applied just before or after a hot shower The vapour can cause brief irritation of the eyes, nose & throat Skin irritation can occur e.g. stinging or itching 	<ul style="list-style-type: none"> Application over extensive areas or in excess of recommended dosage may give rise to systemic effects. Refer to the individual SmPCs for more information To reduce undesirable effects use the minimum effective dose for the shortest possible duration Use with caution in the elderly & treatment is contraindicated in patients <14 years Discontinue if a rash develops after applying the gel

Appropriate management of pain

- ✓ If topical treatment does not provide sufficient pain control, consider the use of oral agents for the treatment of pain e.g. Paracetamol ± NSAIDs (see below)
- ✓ Patients should be counselled on the importance of maintaining a healthy lifestyle including exercise (e.g. walking or swimming) and weight loss to enhance strength and balance and help ease pain
- ✓ Use best practice guidelines to guide treatment choices for certain types of pain (e.g. NCEC Clinical Guideline for the Management of Cancer Pain in Adults)
- ✓ Always refer to the individual Summary of Product Characteristics (SmPCs) and other appropriate reference sources (e.g. British National Formulary [BNF]) to inform decisions with individual patients

First-line oral therapies for the treatment of pain

Paracetamol: 500mg to 1g every 4 to 6 hours
➤ Maximum 4g in 24 hours

NSAIDs e.g. ibuprofen: Initially 200 to 400 mg 3 to 4 times daily

- Increase if necessary up to 600mg 4 times daily

 ➤ Aim for a maintenance dose of 200 to 400mg 3 times daily

± **Adjuvant.** Adjuvant analgesics are medicines that are not primarily designed to treat pain but can be used for this purpose

- Adjuvants that may be used in the treatment of neuropathic pain include:

gabapentin & amitriptyline (unlicensed use)

References and Useful Resources

- **British National Formulary (BNF) July 2017.**
- **International Association for the Study of Pain (IASP).**
- **National Clinical Effectiveness Committee (NCEC)- Pharmacological Management of Cancer Pain in Adults.** Clinical Guideline No. 9- November 2015.
- **National Institute for Health and Care Excellence (NICE) Guidance CG173- Neuropathic pain in adults: Pharmacological management in non-specialist settings.** Updated February 2017.
- **Summary of Product Characteristics (SmPCs) Axsain®, Difene®, Diclac® & Voltarol Emulgel®.**
- **The Irish Pain Society.**
- **World Health Organisation (WHO) Pain Ladder for Adults.**