

Medicine Management In Axial Spondyloarthritis (also known as axSpA or axial SpA)

Colin Beevor

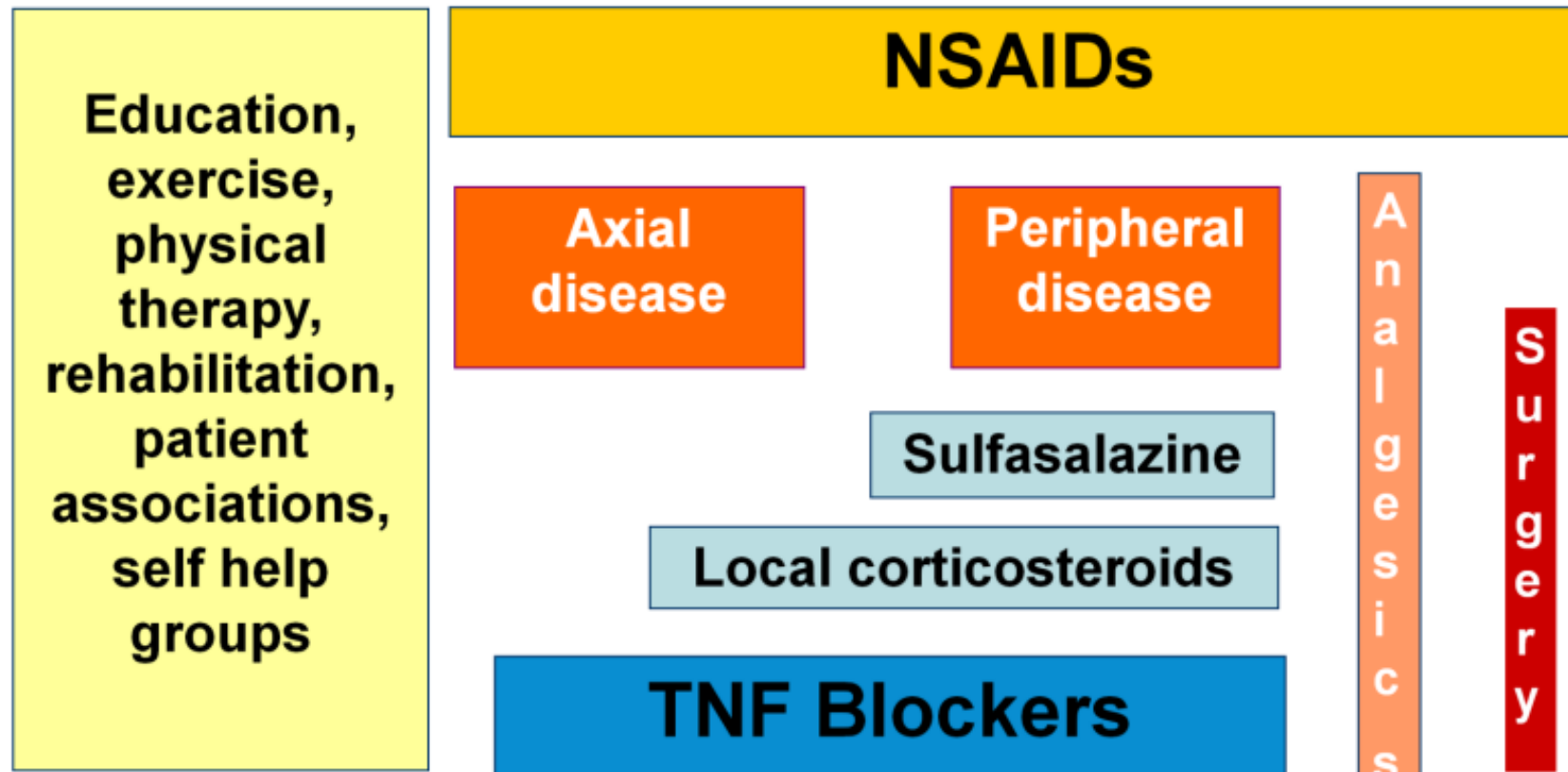
Matron and Senior Clinical
Nurse Specialist

Service Manager

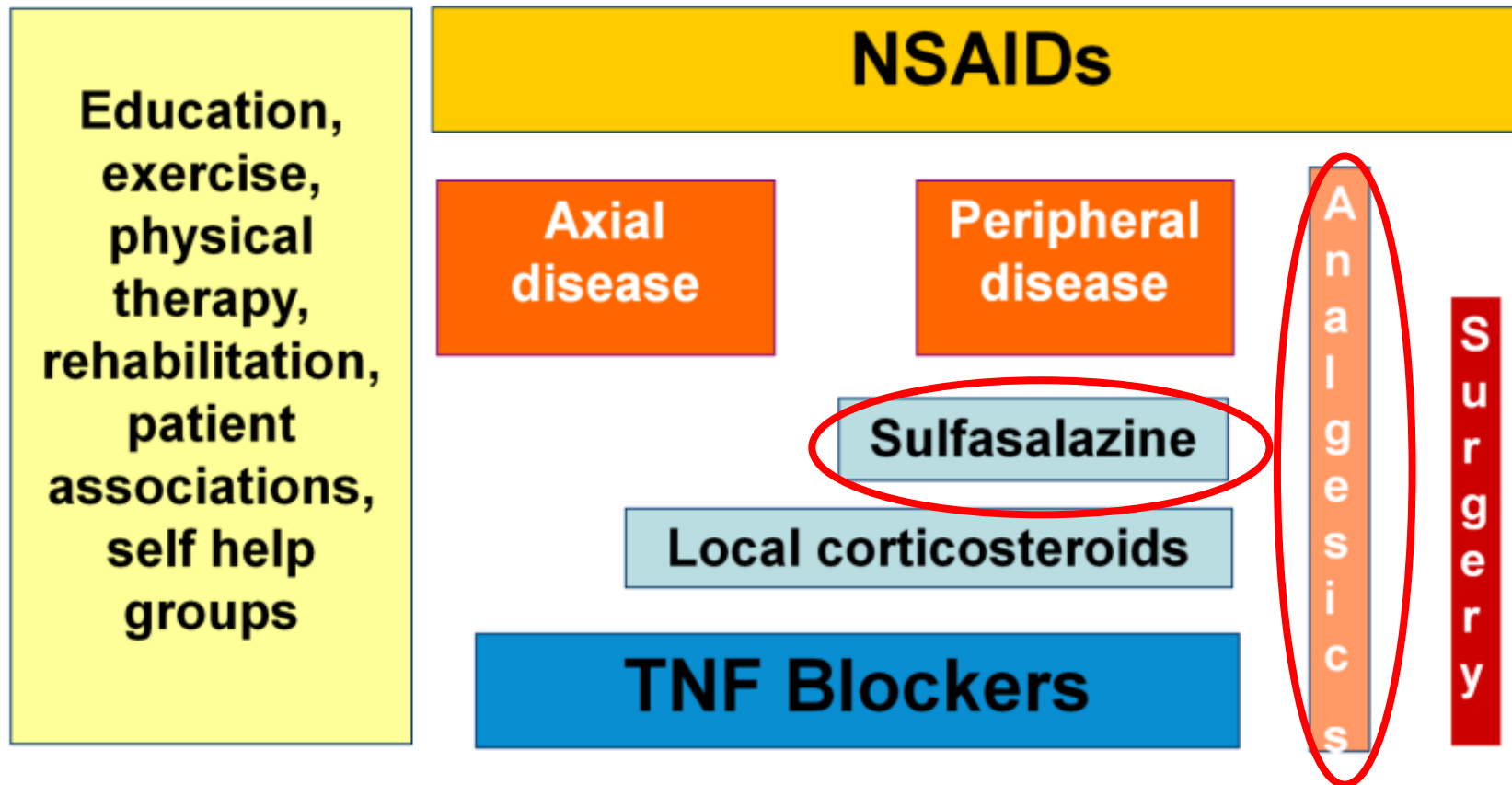


Portsmouth Hospitals
University
NHS Trust

Management Axial spondyloarthritis (also known as axSpA or axial SpA)



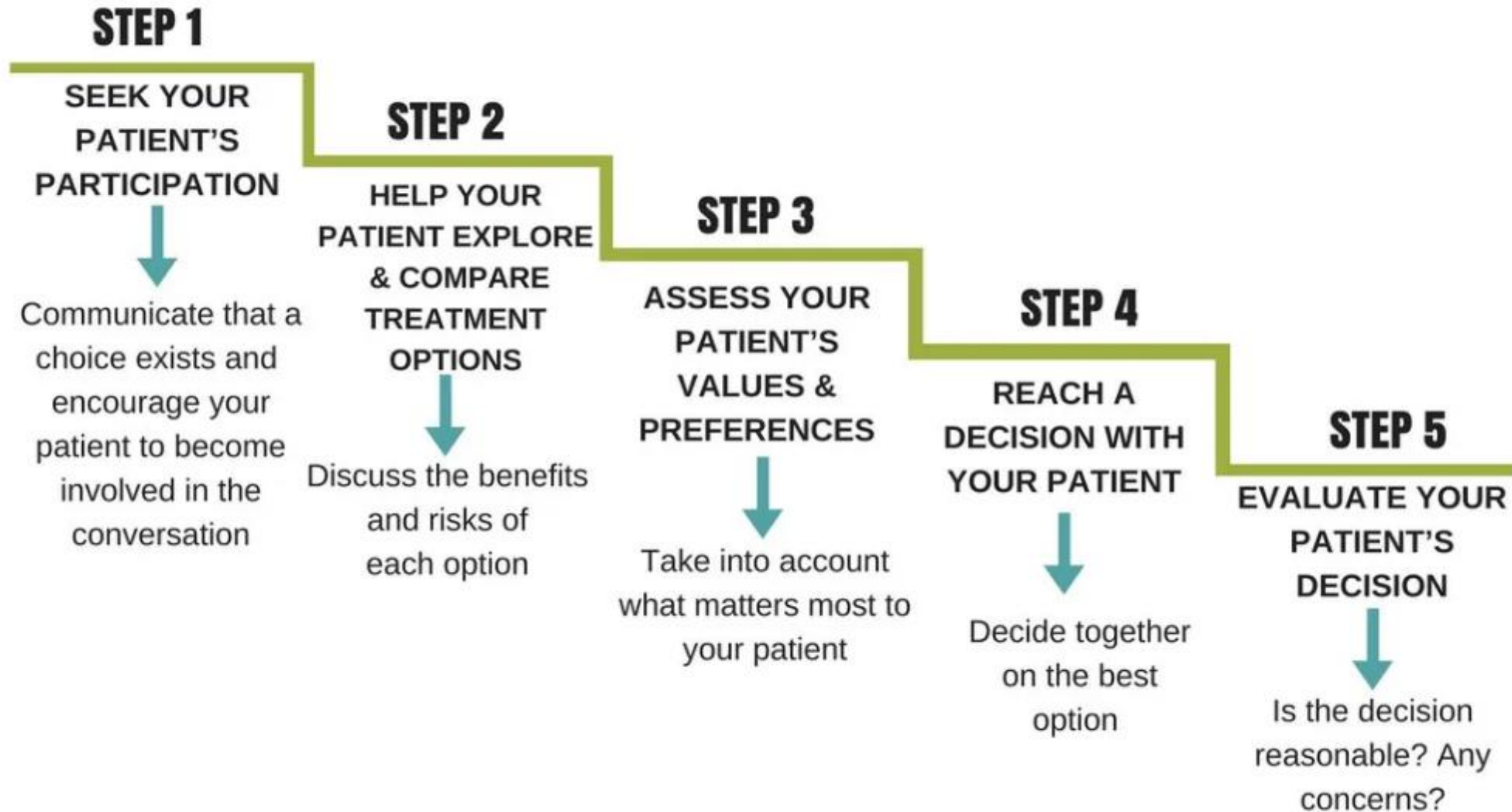
Management Axial spondyloarthritis (also known as axSpA or axial SpA) - today's talk



Treatment of axial SpA should be tailored according to:

- Current manifestations of the disease (axial, peripheral, enthesal, extra-articular symptoms and signs)
- Associated Comorbidities
 - Inflammatory Skin, Eyes, Bowel diseases – disease related
 - other long term comorbidities
- Level of current symptoms, clinical findings, and prognostic indicators
 - Disease activity/inflammation
 - Pain
 - Function, disability, handicap
 - Structural damage, hip involvement, spinal deformities
- General clinical status (age, sex, comorbidity, concomitant drugs)
- Wishes and expectations of the patient.

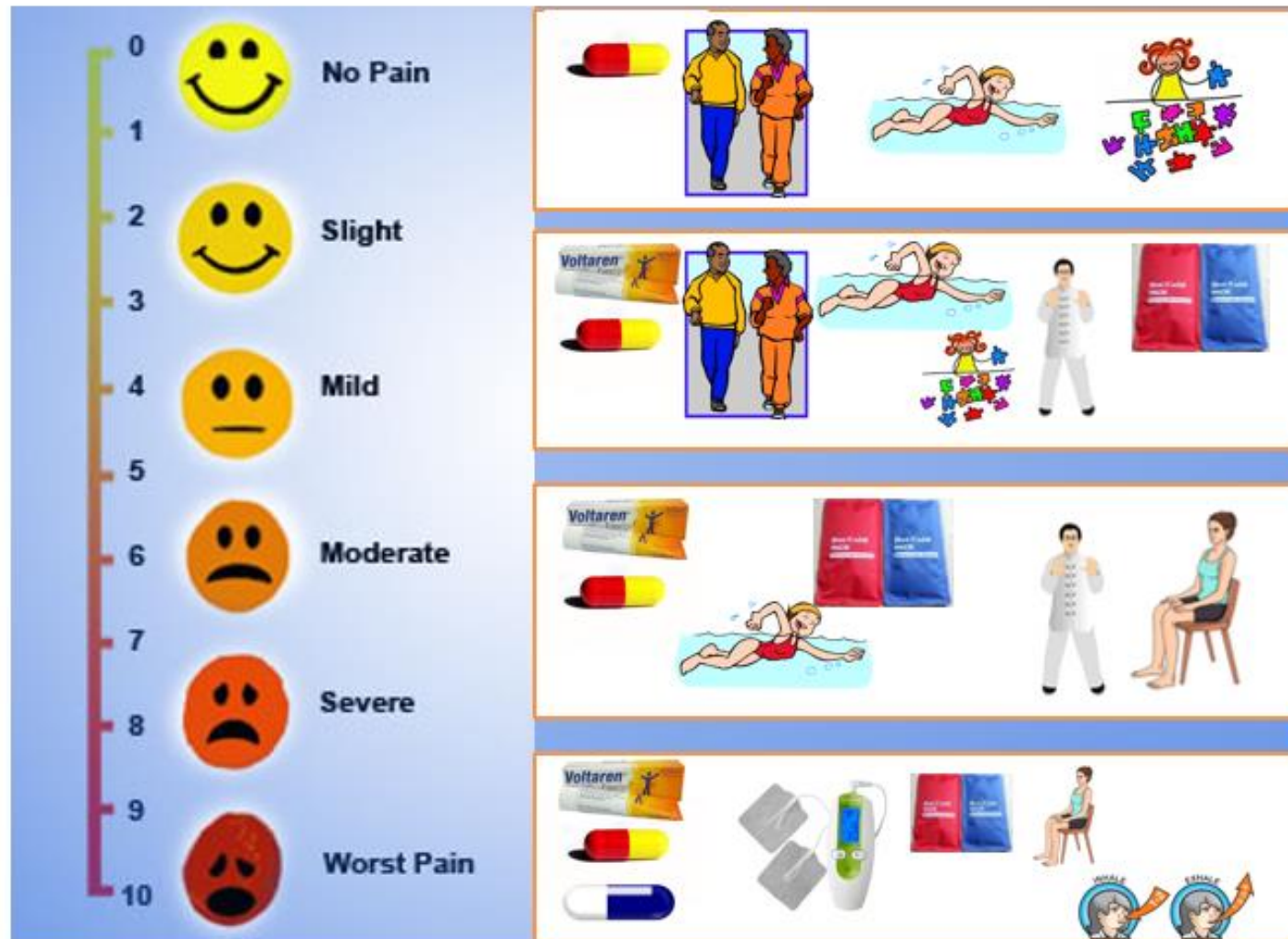
Essential Steps of shared Decision Making



Patient Centred care



Medicines and Supportive Management in



Benefits of Shared Decision Making

- Improved patient education and understanding Axial spondyloarthritis
- Decreased patient anxiety- side effects day to day and long term
- Decreased decisional conflict
- Improves self management
- Appropriate patient expectations
- Improved patient satisfaction/ confidence in clinician patient relationship
- Improved patient outcomes

Non Steroidal Anti Inflammatory Drugs- NSAIDS

The main types of NSAIDs include:

- Ibuprofen
- Naproxen
- Diclofenac
- Celecoxib
- Mefenamic acid
- Meloxicam
- Etoricoxib
- Indomethacin
- High-dose aspirin (low-dose aspirin is not normally considered to be an NSAID)

NSAIDS

Nonsteroidal anti-inflammatory drugs (NSAIDs) are the most-frequently used drugs to ease the pain, inflammation and stiffness that come with Axial spondyloarthritis. Pain-relieving effects of NSAIDs begin quickly -- within a few hours. However, swelling and warmth in joints may take longer to get better; it can take up to two weeks before you see full benefits. Improving mobility and quality of life.

<https://cks.nice.org.uk/topics/nsaids-prescribing-issues/>

<https://www.nhs.uk/conditions/nsaids/>

<https://nass.co.uk/managing-my-as/medication/nsaids/>



Risks - Possible side-effects of NSAIDs include:

- stomach upsets
- heartburn
- indigestion
- rashes
- headaches
- wheeziness
- fluid retention
- Gastric Bleeds
- Cardiovascular risk

Cautions

Asthma

Alcohol increases the risk of gastro-intestinal haemorrhage associated with NSAIDs.

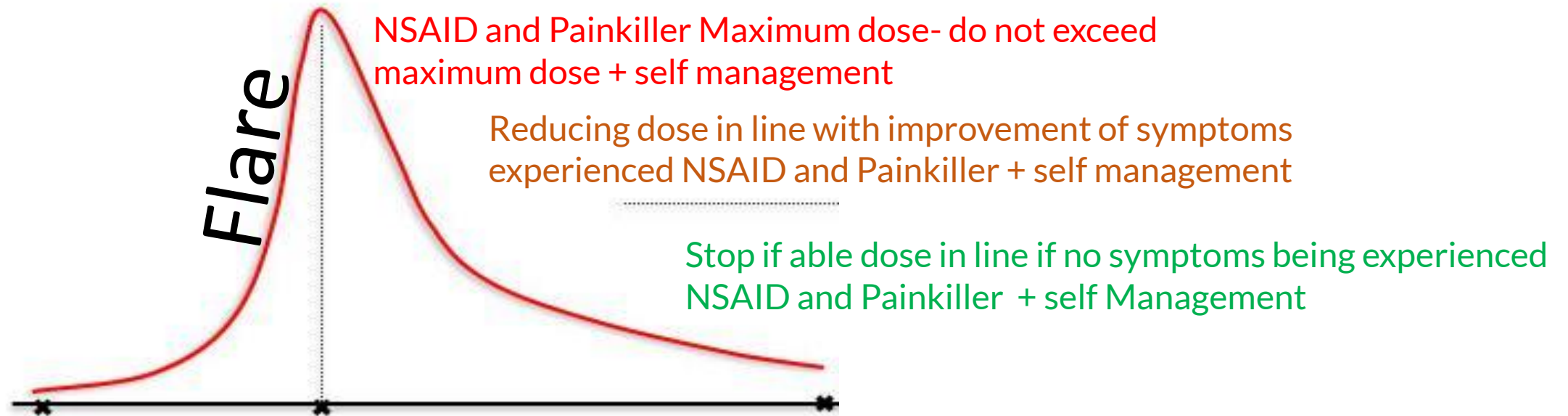
Known kidney impairment

In combination with Steroids

Heart Failure and Hypertension

NICE and NSAIDs

If an NSAID is indicated, the lowest effective dose should be used for the shortest possible duration.



<https://cks.nice.org.uk/topics/nsaids-prescribing-issues/>

<https://bnf.nice.org.uk/treatment-summaries/non-steroidal-anti-inflammatory-drugs/>

Oral or Topical Non Steroidal Anti Inflammatory

Oral- multiple joint pain and stiffness-

Skin sensitivity



Topical- Single joint pain
Gastric irritation

Capsaicin

- Capsaicin cream (Axsain) is licensed for the symptomatic relief of osteoarthritis pain, localized neuropathic pain who wish to avoid, or cannot tolerate, oral treatments
- Advise the person to apply a small amount of cream (pea size) to the affected area 3–4 times a day (not more often than every 4 hours)
- Review treatment after 8 weeks.

Painkillers- Analgesia

Routine Pain Killers

Paracetamol is a medicine on its own.

Paracetamol is often found in a combination with weak opioid medicines:-

- Co-codamol: 8/500mg (8mg of codeine and 500mg of paracetamol) can be bought over the counter
- 30/500 (30mg of codeine and 500mg of paracetamol).

Opioids (weak):

- Tramadol
- Codeine
- Dihydrocodeine

Opioids

Morphine - this may be slow release tablets or normal release tablets/ liquids.

Oxycodone - this may be slow release tablets or normal release tablets/liquid.

Buprenorphine - this may be a slow release skin patch or a normal release tablet (under the tongue). 

Fentanyl - this will be a slow release skin patch

Painkillers- Analgesia

Pain Killers – Analgesia are the most-frequently used drugs to ease the pain



Side effects

Drowsiness and dizziness

Nausea (feeling sick)

Vomiting (being sick)

Constipation or diarrhoea - useful laxatives are senna or sodium docusate

Headache.

Itching.

Contact NHS119 if you experience any of the following:

Fast/racing heartbeat

Confusion/hallucinations

Fainting

Skin rash (severe)

Blurred vision

Vomiting blood

Passing blood when opening your bowels.

Acute Abdominal Pain

Caution

Drinking alcohol while taking tablets is best avoided as it may increase side effects

<https://cks.nice.org.uk/topics/nsaids-prescribing-issues/>

<https://www.nhs.uk/conditions/nsaids/>

<https://nass.co.uk/managing-my-as/medication/nsaids/>

Painkiller- analgesia addiction

- Dependence is most likely to happen if a person takes a **higher dose** of an addictive pain medication than they were prescribed or if the medication was improperly prescribed.

Disease Modifying Anti Rheumatic Drugs

- Axial Disease

 - Sulfasalazine

- Comorbidities

 - Psoriasis- Methotrexate / Leflunomide

 - Iritis- Methotrexate

 - Inflammatory Bowel – Methotrexate

Herbal Medicines

- **Herbal medicines are those with active ingredients made from plant parts, such as leaves, roots or flowers**

Herbal Medicines – Remember

- **They may cause problems if you're taking other medicines.** They could result in reduced or enhanced effects of the medicine, including potential side effects.
- **You may experience a bad reaction or side effects** after taking a herbal medicine.
- **Not all herbal medicines are regulated.** Remedies specially prepared for individuals don't need a licence, and those manufactured outside the UK may not be subject to regulation.
- **Evidence for the effectiveness of herbal medicines is generally very limited.** Although some people find them helpful, in many cases their use tends to be based on traditional use rather than scientific research.

Herbal Medication



Taking a herbal medicine may not be suitable for:

- people taking other medicines
- people with serious health conditions, such as liver or kidney
- pregnant or breastfeeding women
- the elderly

Turmeric

- is believed to have anti-inflammatory properties
- Possible side effects that included:-
 - headache
 - diarrhoea
 - skin rash

Studies have shown that turmeric can have strong anticoagulant effects, which could affect how blood-thinning drugs work in the body.

Amitriptyline

- Amitriptyline were first created to treat anxiety and depression. But when taken at a low dose, it's also good for treating pain, especially pain caused by damage to your nerves
- Amitriptyline works by increasing the amount of serotonin your brain makes.
- Serotonin is a chemical, called a neurotransmitter, that the brain sends out to nerves in the body.
- Serotonin is thought to improve your mood, sleep and the way your body responds to pain
- low dose of amitriptyline won't treat depression, but it should reduce your pain, relax your muscles and improve your sleep

<https://www.versusarthritis.org/about-arthritis/treatments/drugs/amitriptyline/>

<https://www.nhs.uk/medicines/amitriptyline-for-pain/>

Amitriptyline

Improves quality of sleep,
which can improve
experienced of pain /
quality of life



Common side effects include:

- constipation
- dizziness
- dry mouth
- feeling sleepy
- difficulty peeing
- headaches.

Speak to your GP or ring NHS119 if you experience

- a fast or irregular heartbeat
- yellowing of the skin or the whites of your eyes – these can be signs of liver problems
- a headache, confusion, muscle cramps, generally feeling weak or experiencing a seizure – these can be signs of low sodium levels in your blood
- low blood pressure
- eye pain, changes in your sight, swelling or redness in or around your eye
- very bad constipation or you feel unable to pee and you're in pain
- weakness on one side of your body
- trouble speaking, thinking or balancing.

Amitriptyline

- It's best to take your amitriptyline in the evening or before you go to bed. This is because it can make you feel sleepy.
- You may start to feel better after 1 or 2 weeks, but it can take 6 weeks for amitriptyline to work as a painkiller.
- Amitriptyline can cause extra side effects if you stop taking it suddenly. Talk to your doctor if you want to stop taking it.
- Amitriptyline is also used to treat depression, but at lower doses it's very good for treating pain.

Gabapentin

Gabapentin is used to treat epilepsy.

It's also taken for nerve pain, which can be caused by different conditions, including diabetes and shingles. Nerve pain can also happen after an injury.

With nerve pain, it's thought to block pain by affecting the pain messages travelling through the brain and down the spine

- you'll usually take gabapentin 3 times a day. You can take it with or without food.
- Most people who take gabapentin do not get any side effects. But some people may feel sleepy, tired and dizzy. Common side effects are usually mild and go away by themselves.
- It takes at least a few weeks for gabapentin to work.
- Some people can become addicted to gabapentin after taking it for a long time. When stopping gabapentin you'll need to reduce your dose gradually to avoid withdrawal symptoms.

Gabapentin

With nerve pain, it's thought to block pain by affecting the pain messages travelling through the brain and down the spine



Common side effects include:

Feeling sleepy, tired or dizzy
Feeling / being sick (nausea)
Diarrhoea
Mood changes
Swollen arms and legs
Blurred vision
Dry mouth
Difficulty getting an erection
Weight gain
Memory problems
Headaches
Getting more infections than usual

Serious side effects

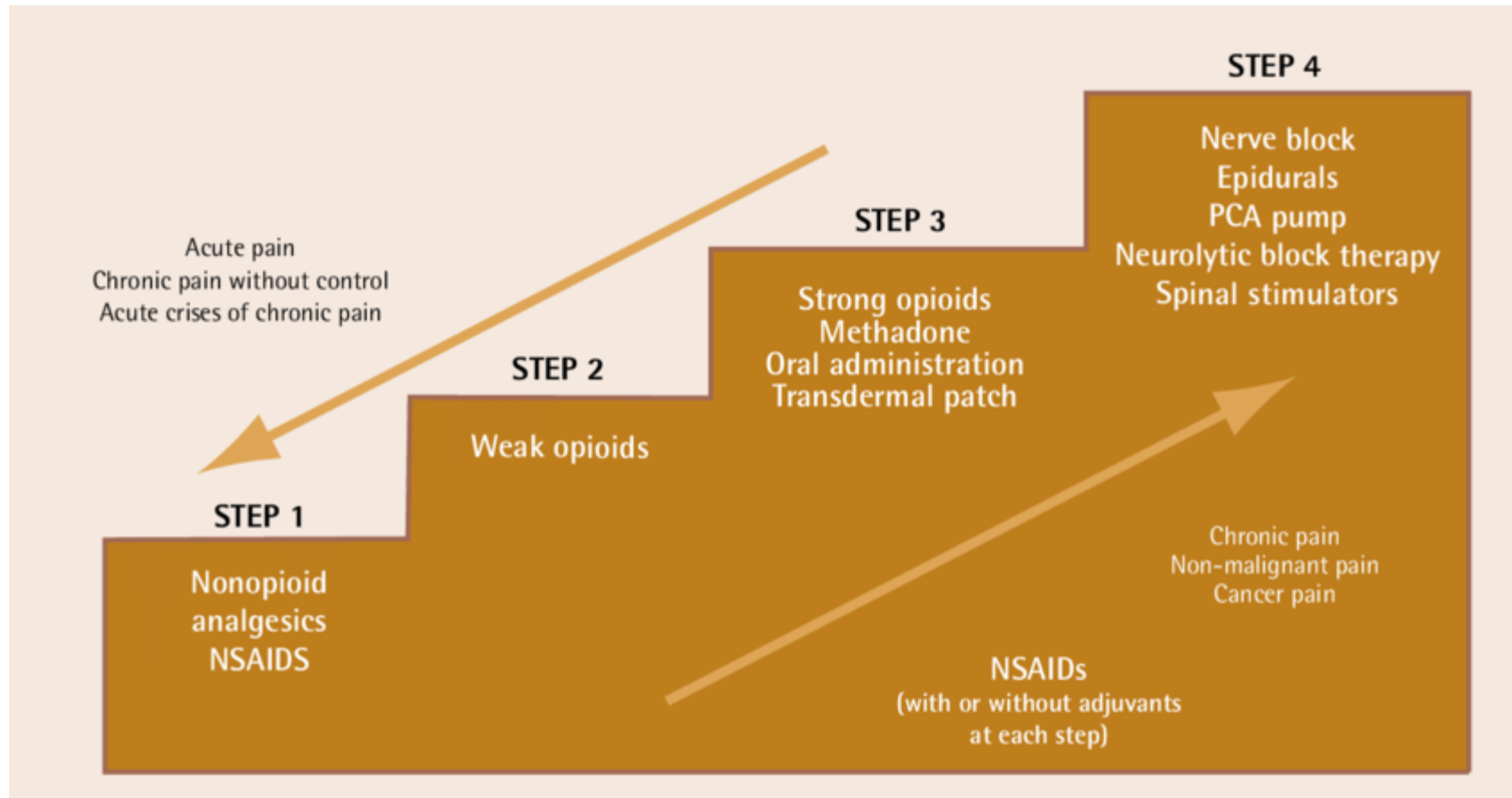
Call a doctor or contact 111 straight away if you have a serious side effect, including:

- thoughts of harming or killing yourself
- high temperature, swollen glands that do not go away, your eyes or skin turn yellow
- unusual bruises or bleeding, severe tiredness or weakness, unexpected muscle pain or weakness, with or without a rash – these may be symptoms of a serious reaction
- long-lasting stomach pain, feeling sick or being sick – these may be warning signs of an inflamed pancreas
- muscle pain or weakness and you're having dialysis treatment because of kidney failure
- seeing things that are not there (hallucinations)

Serious allergic reaction

In rare cases, it's possible to have a serious allergic reaction (anaphylaxis) to gabapentin.

Painkiller- Where Next



Drug Interactions

Paracetamol Interactions
[View paracetamol drug monograph](#)

Paracetamol has the following interaction information:

Filter by drug name Sorted by: Name | [Sort by Severity](#)

53 interactions

[Acenocoumarol](#)
Paracetamol increases the anticoagulant effect of Acenocoumarol. Manufacturer advises monitor INR.
Severity: Moderate Evidence: Study

[Alcohol](#)
Alcohol (in those who drink heavily) causes severe liver damage when given with Paracetamol. Manufacturer makes no recommendation.
Severity: Severe Evidence: Study

Both Paracetamol and Alcohol can increase the risk of hepatotoxicity.

[Alectinib](#)
Both Paracetamol and Alectinib can increase the risk of hepatotoxicity.

[Asparaginase](#)
Both Paracetamol and Asparaginase can increase the risk of hepatotoxicity.

[Atorvastatin](#)
Both Paracetamol and Atorvastatin can increase the risk of hepatotoxicity.

[Bedaquiline](#)
Both Paracetamol and Bedaquiline can increase the risk of hepatotoxicity.

[Busulfan](#)
Paracetamol is predicted to decrease the clearance of Busulfan. Manufacturer advises caution.
Severity: Moderate Evidence: Theoretical

Drug interaction information

Severe interactions are highlighted with a red marker.

[Find out more about BNF Interactions Information](#)

<https://bnf.nice.org.uk/interactions/>

www.drugs.com/drug_interactions.html USA

Side Effect ✓ Intolerance/ sensitivity ✓ Allergic Reaction

Most of the unwanted symptoms you might experience from taking a prescription drug are not caused by an allergic reaction.

- Side Effect – are know and you can find the possible side effects on the drug's label or package insert
- Drug intolerance and drug sensitivity can both manifest in multiple forms including dizziness, nausea, headaches, and muscle or joint pain- drug intolerance typically develops over a few days or weeks.
- Drug allergies that usually manifest within a few minutes or hours after drug intake

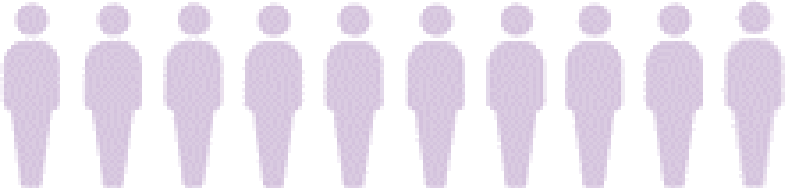
Frequency of adverse drug reactions

- Very common 1 in 10
- Common (frequent) 1 in 100 + < 1 in 10
- Uncommon (infrequent) 1 in 1000 + < 1 in 100
- Rare 1 in 10,000 and < 1 in 1000
- Very rare < 1 in 10,000

1 in 10- Very Common



1 in 100-common



1 in 100

1 in 1000- uncommon

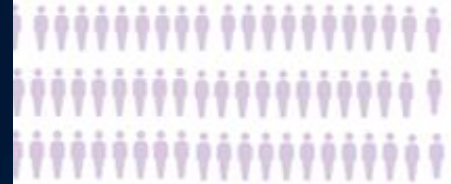


> 1 in 1,000 Rare



Seeing a
shooting star

1,000-1



Anaphylaxis



AllergyUK

Supporting people living with allergy

#itstimetotakeallergyseriously

Call 999 or go to A&E now if:

- you get a skin rash that may include itchy, red, swollen, blistered or peeling skin
- you're wheezing
- you get tightness in the chest or throat
- you have trouble breathing or talking
- your mouth, face, lips, tongue or throat start swelling

You could be having a serious allergic reaction and may need immediate treatment in hospital.

What questions to ask when starting a new medication

1. What is the medication for? ...
2. How am I supposed to take it? ...
3. How should I store the medication? ...
4. Why this medication? ...
5. How do I know if it's working? ...
6. What side effects can I expect? ...
7. Does this affect over-the-counter medications? ...
8. What do I do if I miss a dose?

Know your medicines and keep your health care team updated



Current

Prescribed
Over the Counter Medication
Herbal and Supplements

Vaccinations – current and previous

Allergies Known

Medication
but also food, animals, plasters, insect bites etc

Methotrexate Alert Card

This Person is taking **Methotrexate**

First Name: _____

Surname: _____

Hospital Number: _____

**Show this card at all medical/dental appointments including hospital admissions
Please show to the Pharmacist when collecting any new medication- including over the counter medications**

Lions Message in a Bottle

The bottle found in the fridge

We Serve - We Care. Sponsored by your local Lions Club
This is a voluntary scheme for anyone living at home, and might be assumed to have their personal information readily available to the Emergency Services, and only to identify you, your advice or relevant address, telephone and contact addresses. Should you suffer an accident or sudden illness.

When time is saved, lives are saved
When Emergency Services demand vital information and personal details of a patient, they can find under suffer and speedier first aid by providing Lions-continuing help. And you can help about the patient.

What do you have to do?
Complete the form (included in this pack) per using BLOCK CAPITALS. Sign and sign the form before placing it in the bottle.

A separate form must be filled in for each person in the household who has an interest in staying safe for when you're needed for help.

Supported by:
Ambulance, Police, Fire & Rescue Services, Emergency Clinics, NHS Primary Care Trusts.

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Medical Support Only to HSE. HSE Support Only to Lions Club International. 20 Avenue Road, King's Cross, London WC1X 3LH, UK. Tel: 020 7412 4000

Where **not** to get more information about your medication

My friend Sam has just started that medication today – he felt a bit sick

My friend Jack's friend Sam has just started that medication he was sick

My friend Kelly's, friend Jack's friend Sam has is taking that medication he was sick everyday

My friend John's, friend Kelly's, friend Jack's friend Sam is taking that medication he was so sick he was admitted to hospital I think

My friend, Helen's friend John's, friend Kelly's, friend Jack's friend Sam is taking that medication he was so sick he was admitted to Intensive Care



Where to get more information about your medication



<https://nass.co.uk>



www.versusarthritis.org/about-arthritis/treatments/drugs/



Hospital
GP
Community



<https://www.nhs.uk/medicines/>

electronic medicines compendium (emc)

Home - electronic medicines com X

https://www.medicines.org.uk/emc#pref

Help us improve emc by letting us know which of the following best describes you

Patient or Carer Healthcare Professional Other Professional

emc

HOME MEDICINES COMPANIES LATEST UPDATES ABOUT EMC HELP SIGNUP LOGIN

Search emc: Enter medicine name or company

e.g. paracetamol GO

Advanced Search

Up to date, approved and regulated prescribing and patient information for licensed medicines

Latest medicine updates

New Medicines	Updated Medicines	Retired Medicines
Daptomycin 350mg powder for solution for injection or infusion Active Ingredients/generics: daptomycin Zentiva		
Daptomycin 500mg powder for solution for injection or infusion Active Ingredients/generics: daptomycin Zentiva		
Fingolimod 0.5mg hard capsules Active Ingredients/generics: fingolimod hydrochloride Zentiva		

[More medicine updates](#)

UK COVID-19 Vaccine Information

Latest approved information

- For vaccine recipients
- For healthcare professionals

[View Now](#)

Useful links

Drug Safety Update Latest drug safety updates for prescribers and medicine users, direct from the UK.	Yellow Card Use the NPS Yellow Card system to report any suspected problems or incidents with	Search emc med data Find the latest NHS prices, pack sizes and manufacturers on the NHS dictionary of	emc northern Ireland emc provides information on medicines approved for GB or across the UK. Northern
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Reporting side effects

The screenshot shows the homepage of the Yellow Card reporting site. At the top, there is a navigation bar with the MHRA logo and the text 'Medicines & Healthcare products Regulatory Agency'. Below this is a yellow banner with the 'Yellow Card' logo and the slogan 'Making medicines and medical devices safer'. To the right of the banner are links for 'Sign in or register' and a search box. A secondary navigation bar contains links for 'Information', 'Case Studies', 'What is being reported', 'Resources', 'Latest News', 'Campaigns', and 'Contact us'. The main content area features a large heading 'Welcome to the new Yellow Card reporting site' followed by a paragraph explaining the purpose of the site. A prominent form is provided for reporting, with a text input field and a 'Start report' button. Below the form, there is a specific instruction for reporting suspected side effects to medicines and vaccines or medical devices used in coronavirus treatment. At the bottom, there are two columns of information: 'Worried about your health?' with contact details for NHS 111 and a disclaimer, and 'Latest news' with a link to a 'Drug Safety Update' newsletter and its update date.

Report an Adverse Event - elect x Yellow Card | Making medicines x

https://yellowcard.mhra.gov.uk

Medicines & Healthcare products Regulatory Agency

Yellow Card | Making medicines and medical devices safer

Sign in or register Search site

Information Case Studies What is being reported Resources Latest News Campaigns Contact us

Welcome to the new Yellow Card reporting site

Report suspected side effects to medicines, vaccines, e-cigarettes, medical device incidents, defective or falsified (fake) products to the Medicines and Healthcare products Regulatory Agency to ensure safe and effective use.

Find the medicine / vaccine / device you wish to report.

Enter medicine, vaccine or device name **Start report**

Use the [Coronavirus Yellow Card reporting site](#) to report suspected side effects to medicines and vaccines or medical device and diagnostic adverse incidents used in coronavirus treatment.

Reporting as a manufacturer, marketing authorisation holder or other non-patient or health professional for a medical device adverse incident, fake or defective healthcare product? See our [reporting guidance page](#).

Worried about your health?

Speak to your doctor, pharmacist or to call [NHS 111](#) if you are worried about your health. If you're deaf and want to use the phone service, you can use the NHS 111 British Sign Language service available in your [country](#).

We are unable to provide you with medical advice.

Latest news

[Guidance: Drug Safety Update: monthly PDF newsletter](#)

Updated: 21 June, 2022

[See all news](#)

https://yellowcard.mhra.gov.uk

Medicine wastage

Unused prescription medicines cost the NHS in the UK an estimated **£300million** every year. This could pay for ...

11,778 MORE community nurses or

80,906 MORE hip replacements or

19,799 MORE drug treatment courses for breast cancer or

300,000 MORE drug treatment courses for Alzheimer's or

312,175 MORE cataract operations

Please let your GP or Pharmacist know if you've stopped taking any of your medicines

Check what medicines you still have at home before re-ordering

Discuss your medication with your GP or Pharmacist on a regular basis

Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need

If you don't need the medicine please don't order it! If you need the medicine in the future you can still request it.

If you need to go into hospital, please remember to take all your medicines with you in a clearly marked bag.

Please also remember that your medicines are prescribed only for you; it's not safe to share them with anyone else.

Medicine wastage

Remember that unused medicines cannot be recycled

- ✓ Even if you never open them, once medicines have left the Pharmacy, they cannot be recycled or used by anyone else.
- ✓ Please bring your unused medicines to the Pharmacy for safe disposal.
- ✓ NEVER dispose of your unused or unwanted medicines down the toilet



Unused medicines are a safety risk

- ✓ Return out of date medicines to your pharmacy or dispensary for safe disposal
- ✓ If your medicines change - return your old medicines to the pharmacy for safe disposal to avoid mixing them up with your new medicines
- ✓ Don't stockpile medication - it is a safety risk for children and others who might take them
- ✓ Store medicines in an appropriate place out of reach of children

Other support for Pain Management

Other Patient organisation Support groups/ resources

There's lots of self-help advice available from a variety of organisations supporting people living with long-term pain, such as:

- **Action on Pain** www.action-on-pain.co.uk
- **British Pain Society** www.britishpainsociety.org
- **Pain Concern** <https://painconcern.org.uk>
- **PainSupport** <https://painsupport.co.uk>

NHS Pain Management Programmes

Pain-management programmes

Some people receiving treatment at a pain clinic may be offered a pain management programme (PMP).

The aim of a PMP is to improve your quality of life, despite your pain, rather than reducing your pain. PMPs are usually delivered through a series of group sessions with other people with persistent pain, in a friendly environment.

The sessions may include:

- gentle exercise
- relaxation and mindfulness
- how to manage emotions related to long-term pain
- group discussion
- learning to pace yourself to avoid pain flare-ups

<https://www.nhs.uk/live-well/pain/how-to-get-nhs-help-for-your-pain/>

