

When Prescribing NSAIDs...



USE THE
**LOWEST
EFFECTIVE
DOSE**



FOR THE
**SHORTEST
PERIOD OF
TIME**

INFORMATION ABOUT AN
Important
Public Health
Initiative





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A familiar sight in the medicine cabinet

Nonsteroidal anti-inflammatory drugs (NSAIDs) are one of the most commonly prescribed medications in the United States. In 2012, approximately 98 million prescriptions for NSAIDs were filled.¹ NSAIDs are also commonly purchased as over-the-counter (OTC) treatment for pain and inflammation—about 23 million Americans use nonprescription NSAIDs every day.² Because many patients do not recognize NSAIDs by their brand or generic names, there may be overlap in prescription and OTC use.

The reliance on NSAIDs for the relief of pain and inflammation is likely to grow as the American population ages and if the current trend toward decreased use of opioids for pain management continues.

Recognized as an effective option for pain relief

It is generally recognized that NSAIDs—both prescription and OTC—offer patients effective pain relief. A nationwide survey of consumers found that the majority of people taking prescription or OTC NSAIDs described them as either effective or very effective.²

- Prescription NSAIDs:
 - Effective=34%
 - Very effective=55%
- OTC NSAIDs:
 - Effective=39%
 - Very effective=57%





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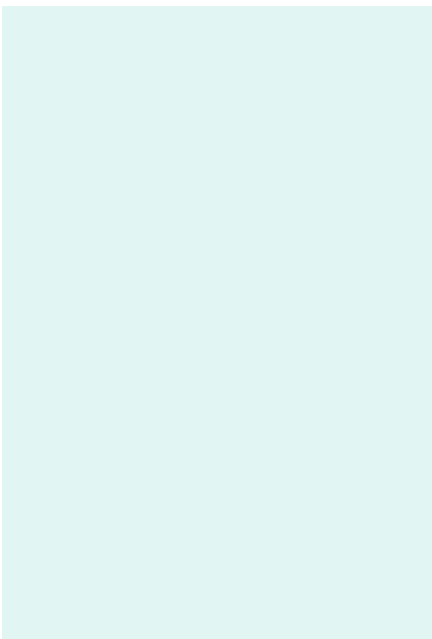
Counseling patients about appropriate use

Like all medications, NSAIDs can cause adverse events (AEs)—particularly when not used appropriately. NSAIDs, both selective and nonselective, can cause significant and even life-threatening events, including but not limited to, gastrointestinal (GI), renal, and cardiovascular (CV) AEs.^{2,3}

This is why it is important to counsel patients about appropriate use of NSAIDs—at the lowest effective dose for the shortest period of time required to provide a therapeutic benefit.

Talking with patients about the potential for AEs can bring up other issues. You may find that some patients are worried about negative stories they have heard about using opioids and acetaminophen. The fear of AEs with these medications or with NSAIDs may cause patients to allow pain to go untreated, leading to a diminished quality of life, loss of functionality, as well as worsening of their condition.

Undertreatment of patients' painful conditions is as much of a public health problem as is the inappropriate use of NSAIDs. Undertreatment of pain can lead to increased risks to overall health and increased health care costs.





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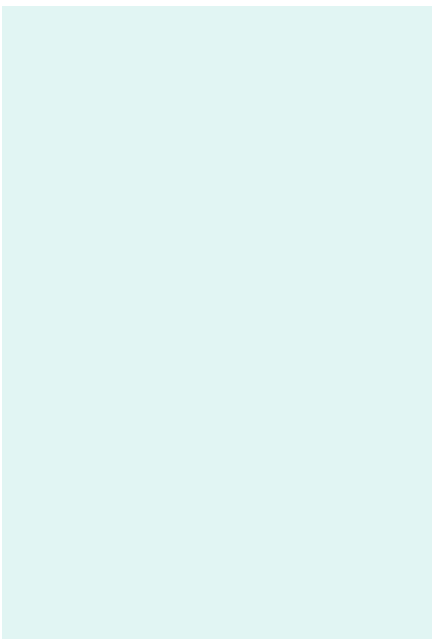
Guidance for appropriate use of NSAIDs

Data clearly demonstrate an unequivocal relationship between the dose and duration of NSAID use and the risk of adverse GI, renal, or CV events.⁴ To guide appropriate use, the US Food and Drug Administration has mandated regulatory language changes, and medical societies strongly recommend that:



All NSAIDs should be administered at the lowest effective dose for the shortest duration of time while taking into account patient-specific risk factors and clinical needs.

The appropriate use of NSAIDs ensures both the safest use of these important medications and proper treatment of your patients with pain or inflammatory conditions.





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The gap between NSAID guidance and use

Failure to follow guidance for the appropriate use of NSAIDs is common, and a gap exists between guidance and proper use. For example, patients may not know that they are taking an NSAID, how to take it, or the possible AEs associated with an NSAID.²

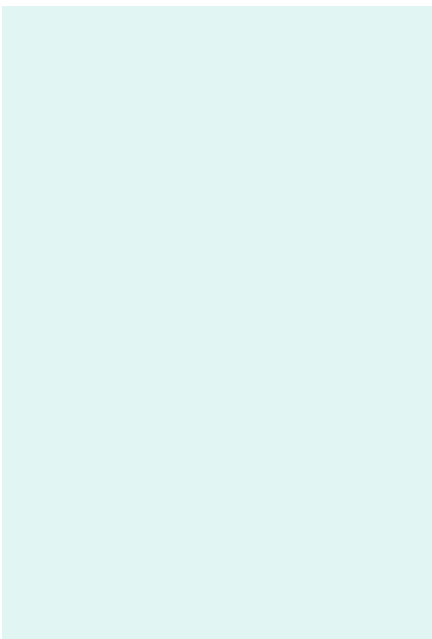
Research has shown that:

- **Only 65%** of patients report that they were warned of potential AEs of prescription NSAIDs by their health care provider (HCP)²
- **Only 2%** of people who took OTC NSAIDs discussed possible GI side effects with their HCP²
- **86%** of patients taking both prescription and OTC pain medications did not discuss use with their pharmacist⁵

Because many patients and consumers do not know what the term NSAID means or which products contain NSAIDs, it may be necessary to ask specific questions about which products for pain patients may be taking simultaneously. This may help avoid patients' inadvertently taking multiple or excessive doses of prescription or OTC NSAIDs. One study showed that 38% of patients reported that they took both a prescription and OTC NSAID at the same time.²

Following guidance for use, taking patients' clinical needs and risk factors into account, being aware of which and how many medications patients are taking, and educating patients about NSAID benefits and risks can:

- Maximize the therapeutic benefits of NSAIDs
- Minimize the likelihood of AEs
- Prevent undertreatment of painful conditions



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The Alliance for Rational Use of NSAIDs—reinforcing appropriate use

The availability and prevalent use of OTC NSAID products complicate adherence to recommendations and impact the safe use of NSAIDs.²

Studies show that HCP adherence to guidance for safe prescribing of NSAIDs may be low—27%, according to a cross-sectional VA Hospital study.⁶ In an observational study of patients with osteoarthritis, more than half the patients who were at increased GI and/or CV risk were prescribed NSAIDs in a way that was not in accordance with current guidance.³

The Alliance for Rational Use of NSAIDs is a public health coalition that has been formed to bridge the gap between clinical guidance and clinical practice in order to drive safe and appropriate use of NSAIDs. Our work involves informing and educating HCPs and the public at-large on the safe and appropriate use of NSAID therapy—maximizing benefits while reducing risks, and improving health care delivery.

Our membership includes:

- American Academy of Nurse Practitioners
- American Academy of Physician Assistants
- American Association of Colleges of Pharmacy
- American Chronic Pain Association
- HealthyWomen
- Jefferson School of Population Health
- National Council on Patient Information and Education
- National Kidney Foundation
- Western Pain Society

AANP American Association of
NURSE PRACTITIONERS™



American Association of
Colleges of Pharmacy **AACP**
Discover • Learn • Care • Improve Health



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For more information on the Alliance for Rational Use of NSAIDs, please visit

www.NSAIDAlliance.com.



Alliance for Rational
Use of NSAIDs
A Public Health Coalition

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