

When Prescribing NSAIDs...



USE THE
LOWEST
EFFECTIVE
DOSE



FOR THE
SHORTEST
PERIOD OF
TIME

How the New FDA Opioid Guidelines Affect Use of NSAIDs

Members of the Alliance include:



To combat the dangerous misuse and abuse of, and addiction to, extended-release/long-acting (ER/LA) opioid analgesics, the FDA has ordered a class-wide label change that limits their use only **“for the management of pain severe enough to require daily, around-the-clock, long-term opioid treatment and for which alternative treatment options are inadequate.”**¹

Nonsteroidal anti-inflammatory drugs (NSAIDs) are already one of the most commonly used medications in the United States.² Given the increased scrutiny on use of opioids, it is likely that physicians and patients will rely even more on prescription and over-the-counter (OTC) NSAIDs for relief of moderate pain. Therefore, it is important to educate patients about NSAIDs and remind them to use any NSAID at the lowest effective dose for the shortest period of time required to achieve therapeutic effect.³⁻⁶

Many patients are not sure which products are NSAIDs and may take multiple OTC products containing NSAIDs, complicating their appropriate use. There are several steps that health care providers can take to help ensure appropriate NSAID use. A thorough medication review at each patient visit, including OTC products, can prevent patients from combining NSAID products and provides an opportunity to educate them about appropriate NSAID use. Patients should be educated about which medications are NSAIDs and where to find NSAID information on the packaging of OTC products. Additionally, a pain assessment at every patient visit can help to ensure that NSAID dose and duration are closely guided by therapeutic need.

The Alliance for Rational Use of NSAIDs—a public health coalition—aims to bridge the gap between guidance and clinical practice, educating health care professionals and the public at-large to ensure appropriate and safe use of NSAIDs.

To download educational materials and learn more about the Alliance for Rational Use of NSAIDs, visit www.NSAIDAlliance.com.

To learn more about the new FDA guidelines, visit www.fda.gov/newsevents/newsroom/pressannouncements/ucm367726.htm.

References: 1. US Food and Drug Administration. FDA News Release: FDA announces safety labeling changes and postmarket study requirements for extended-release and long-acting opioid analgesics. <http://www.fda.gov/newsevents/newsroom/pressannouncements/ucm367726.htm>. Accessed September 20, 2013. 2. IMS 2012. 3. US Food and Drug Administration. Public Health Advisory: FDA announces important changes and additional warnings for COX-2 selective and non-selective non-steroidal anti-inflammatory drugs (NSAIDs). <http://www.fda.gov/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/ucm150314.htm>. Accessed June 17, 2013. 4. Anderson JL, Adams CD, Antman EM, et al. ACC/AHA 2007 Guidelines for the Management of Patients With Unstable Angina/Non-ST-Elevation Myocardial Infarction: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Writing Committee to Revise the 2002 Guidelines for the Management of Patients With Unstable Angina/Non-ST-Elevation Myocardial Infarction) developed in collaboration with the American College of Emergency Physicians, the Society for Cardiovascular Angiography and Interventions, and the Society of Thoracic Surgeons endorsed by the American Association of Cardiovascular and Pulmonary Rehabilitation and the Society for Academic Emergency Medicine. *J Am Coll Cardiol*. 2007;50:e1-e157. 5. Rostom A, Moayyedi P, Hunt R; for the Canadian Association of Gastroenterology Consensus Group. Canadian consensus guidelines on long-term nonsteroidal anti-inflammatory drug therapy and the need for gastroprotection: benefits versus risks. *Aliment Pharmacol Ther*. 2009;29:481-496. 6. Zhang W, Moskowitz RW, Nuki G, et al. OARSI recommendations for the management of hip and knee osteoarthritis, Part II: OARSI evidence-based, expert consensus guidelines. *Osteoarthritis Cartilage*. 2008;16:137-162.

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