





Turning Point
Alcohol & Drug Centre



Retail Pharmacy Therapy

Dr Matthew Y Frei FChAM
Head of Clinical Services
Turning Point Alcohol and Drug Centre, Eastern Health
Southeastern Alcohol and Drug Services



Declaration



- Matthew Frei has received sponsorship to attend a conference from Reckitt-Benckiser



Acknowledgements

- Suzanne Nielsen^{1,2}
- Malcolm Dobbin³
- Claire Tobin²
- Jacqui Cameron¹

1. Turning Point Alcohol and Drug Centre
2. Monash University
3. Mental Health, Drugs and Regions Division, Victorian Department of Health



Retail pharmacy therapy

- What do we know about OTC opioid use?
- Our research findings
- What can we learn?
- Where to from here?

■ A clinical anecdote from early
■ 2000s



- Increasing numbers of patients presenting with:
 - Addiction to codeine
 - Pain conditions
 - Metabolic complications
 - Gastric bleeding
- *From retail pharmacy purchased painkillers*



WHAT IS THE EVIDENCE?

■ OTC drugs: background



- 1950s-70s: Australia leads in analgesic nephropathy
- NHDS 2007 2.5% Australians recent “non-medical use of analgesics”
- 1990s-?: Prescription opioid addiction
- What about nonprescription opioids?




OTC medication abuse



- Dextromethorphan abuse¹
- Codeine abuse and dependence²
 - Combination analgesic/cough medicine abuse
- OTC medication misuse³ & tampering⁴

1. Boyer *Ped Emerg Care* 2004; Miller *J Am Ac Child Adol Psych* 2005; Levine *Curr Opin Ped* 2007, www.dxmstories.com, www.dextromethorphan.org,
2. Myers et al. 2003 *SAMJ*; Gerostamoulas et al. 1996 *Am J Forens Med Path*, Murao et al. 2008 *Int Med*
3. McBride et al *Addiction* 2003; Fleming et al *Pharm World Sci* 2004
4. Fleming et al *Subs Use Misuse* 2003; Cone *Drug Alc Dep* 2006

It's all about the combination



HALLANDDATES.COM

HALLANDDATES.COM

TurningPoint
Alcohol & Drug Centre

Ibuprofen & codeine

- Ibuprofen toxicity
 - Case reports & series, reports of ADRs¹
 - Hypokalaemia, renal failure & metabolic acidosis
 - Liver failure
 - GI bleeds
 - OTC ibuprofen/codeine dependence case series²

1. Chetty et al *Ann Clin Biochem* 2002; Dyer et al *Int J Clin Pract* 2004; Lambert J *Royal Soc Med* 2005; Mattana et al *Am J Med Sci* 1997; Wood et al *Br J Clin Pharmacol* 2005; Laurent et al *Liver* 2000
2. Robinson et al 2010 NZMJ; Frei et al 2010 MJA

TurningPoint
Alcohol & Drug Centre

OUR RESEARCH

TurningPoint
Alcohol & Drug Centre

Our research

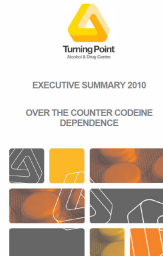
1. "Final report 2008 investigation of pharmaceutical misuse amongst drug treatment clients" (Nielsen et al 2008)
2. "Over the counter codeine dependence" (Nielsen et al 2010)
3. "Serious morbidity associated with...OTC ibuprofen-codeine" (Frei et al 2010)

TurningPoint
Alcohol & Drug Centre

Over the counter codeine dependence report 2010



- Two parts using triangulation methods
 - Web survey (n = 909)
 - Qualitative interviews (20 participants & 20 key experts)



Results



- On line sample used higher than recommended doses (24-96 tablets) for long periods
- Mainly educated beyond year 11 & half had tertiary degree
- Three quarters never sought treatment for codeine dependence
- Most (but not all) identified use as a problem

Results




- "Transition" from therapeutic or recreational use
- 'Deliberate' or 'irresponsible' use of pain relief medication *not a common theme*
- Euphoria reported at high doses of codeine

Participant quotes



- *"I mean its so cheap codeine, I mean at \$15 for a packet of 100 tablets ..that's really cheap, \$7 a hit is great." (Male user, 30yrs)*
- *"People ...on methadone or suboxone...look addicted, [people on pharmaceutical opioids] can look very normal..." (Pharmacist)*

 Case series (Frei et al. 2010, MJA)


- 27 cases of ibuprofen-codeine (200mg/12.8mg product)
- Hospital & AOD clinic presentations
- Standardised case report form

MEDICINE AND THE COMMUNITY


Serious morbidity associated with misuse of over-the-counter codeine-ibuprofen analgesics: a series of 27 cases

Matthew Y Frei, Suzanne Nielsen, Malcolm DH Dobbin and Claire L Tobin

While extensive overseas evidence is accumulating about the non-medical use of prescription **ABSTRACT**
Objective: To investigate morbidity related to misuse of over-the-counter (OTC)

 Case series: Findings

- All had features of opioid dependence
- Half male
- One-third over 40
- Most (17) no hx IDU
- Half only used pharmaceutical opioids

 Case series: Findings

- Dose ranges 20-100 tablets daily
- Of 27 cases, roughly a third each of
 - GI/renal complications
 - Other medical complications
 - Addiction only
- Most (16) treated with opioid pharmacotherapy (buprenorphine-naloxone or methadone solution)





Pack sizes are too big



- Following NDSPC review
 - 30 tablets
 - Schedule 3 (pharmacist only)



More similarities than differences?



- OTC opioid users
 - Older
 - More women
 - Often no history of other drug use
 - Commenced treatment for painful condition



Implications for treatment



- Is an opioid pharmacotherapy program based on heroin injectors indicated in this group?
- Does AOD treatment need to be more pharmaceutical opioid-friendly?
- Ibuprofen-codeine: a new *relevant negative* in taking a substance use history



WHERE TO NOW?



The future

- Monitoring OTC opioids post rescheduling
- Review of opioid pharmacotherapy models
- In the AOD field, the only thing we can predict is the constant change...



Turning Point
Alcohol & Drug Centre

