

Nalmefene Initiation Pathway for Reducing Alcohol Consumption

- Nalmefene for reducing alcohol consumption in people with alcohol dependence should be used in line with NICE Technology Appraisal guidance^{1,2}.
- Nalmefene should **ONLY** be prescribed in conjunction with continuous psychosocial support^{1,2}.
- The following **CRITERIA**³ must be fulfilled where patient^{1,2}:
 - ☀ has a high drinking risk level {alcohol consumption per day: men >60g (7.5 units) and women >40g (5 units)} without physical withdrawal symptoms; **and**
 - ☀ does not require immediate detoxification; **and**
 - ☀ is receiving continuous psychosocial support focused on treatment adherence and reducing alcohol consumption; **and**
 - ☀ continues to have a high drinking risk level 2 weeks after initial assessment

- **EITHER** patient visits GP and GP refers patient to Suffolk Turning Point Services (TP)⁵ **OR** patient self refers to TP
- GP carries out baseline LFTs and U+Es (at request of TP until end of 2015 when TP establish their own baseline testing pathways with their laboratories)

TP to assess the patient to determine whether patient fulfils the above mentioned criteria³ to receive nalmefene treatment

Patient **MEETS** the criteria³ for nalmefene **AND** has attended three psychosocial support sessions with TP

- **TP to prescribe nalmefene treatment**^{3,4}:
 - ✓ Prescribers should familiarise themselves with the drug indication, dose, administration, contra-indications, cautions, side-effects, interactions, mode of action, monitoring and preparation by referring to the current version of the Summary of Product Characteristics (<http://www.medicines.org.uk/emc/default.aspx>) or the BNF (<http://www.medicinescomplete.com/mc/index.htm>).
 - ✓ nalmefene 18mg tablets (14 tablet- £42.42)
 - ✓ adult over 18 years only
 - ✓ maximum of one tablet daily as required on days where there is risk of drinking alcohol
 - ✓ maximum of 14 tablets initially to assess patient response
 - ✓ duration of therapy: 6-12 months and caution is advised if prescribed >1year (most of the benefit is obtained within the first 6 months)
- TP to counsel patient on nalmefene
- TP to continue to provide a minimum of 1x 15-30minutes of psychosocial support per month
- TP to review the progress of the patient every other month
- If further treatment indicated after 12 months, detailed discussions between TP and GP will take place on case by case basis before GP takes on further prescribing.

Patient **DOES NOT MEET** the criteria³ for nalmefene

- TP provides psychosocial support relevant to the patient's needs
- No prescribing of nalmefene
- TP informs patient's GP of progress

Monitoring:

- TP to monitor patient response to nalmefene in conjunction with psychosocial support
- TP to inform patient's GP of progress
- No specific blood monitoring required during treatment
- Close monitoring required in mild or moderate renal or hepatic impairment

References:

1. NICE Technology Appraisal (TA325) guidance. Nalmefene for reducing alcohol consumption in people with alcohol dependence. November 2014.
2. NHS, The East of England Priorities Advisory Committee, A function of the PrescQIPP Programme Guidance Statement: Nalmefene for reducing alcohol consumption in people with alcohol dependence. 27th January 2015.
3. Summary of Product Characteristics <http://www.medicines.org.uk/emc/default.aspx>. Accessed on 31/03/2015
4. BNF Online: <http://www.medicinescomplete.com/mc/index.htm>. Accessed on 31/03/2015
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⁵Turning Point will be the provider for Suffolk from 1 April 2015.

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