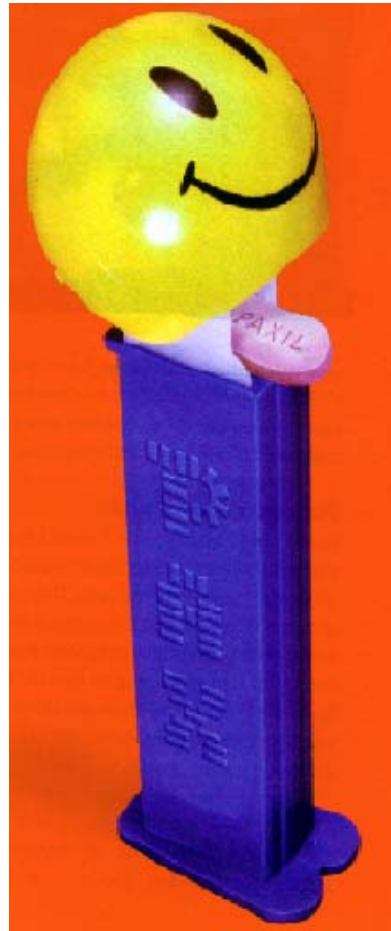


Common Classes of Medications for the Injured Worker

Michael K. McQuilken, Pharm.D.

Happiness in a Pill?



Industry Data

- ▶ 50% of Injured Workers fills prescription one time
- ▶ Average 2.4 medications (polypharmacy)
- ▶ Average 5 refills
- ▶ Average cost \$78.00/prescription in 2004

Where it Hurts

- ▶ Back 25%
- ▶ Knee 12%
- ▶ Head/migraine 9%
- ▶ Shoulder 7%
- ▶ Leg 7%

Pain Remedies: What we Try

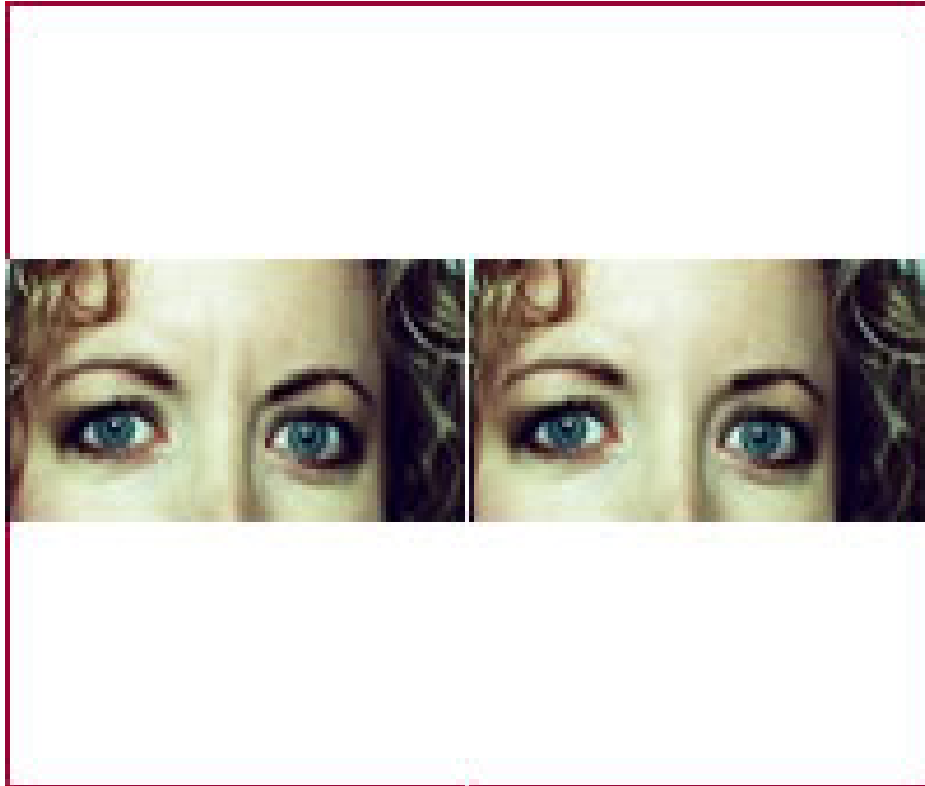
- ▶ OTC drugs
- ▶ Home Remedies
- ▶ Rx drugs
- ▶ Prayer (6 in 10 Americans)
- ▶ Bed rest
- ▶ Massage
- ▶ Marijuana
- ▶ Alcohol

Botox

Relieve back pain and unsightly spine wrinkles. A study published in the American Journal of Pain Management shows that a single shot of Botox may reduce back pain. Patients who received just one injection into their neck or back muscles reported 40 percent less pain after 8 weeks – and more than half of the 25 subjects reported complete relief after 12 weeks. “By relaxing muscles, Botox helps patients progress more rapidly in therapy,” says Amy M. Lang, M.D., the study author.







Factors That Lower Pain Threshold

- ▶ Depression
- ▶ Anxiety
- ▶ Fatigue
- ▶ Anger
- ▶ Fear

Pain

“Acute Pain”

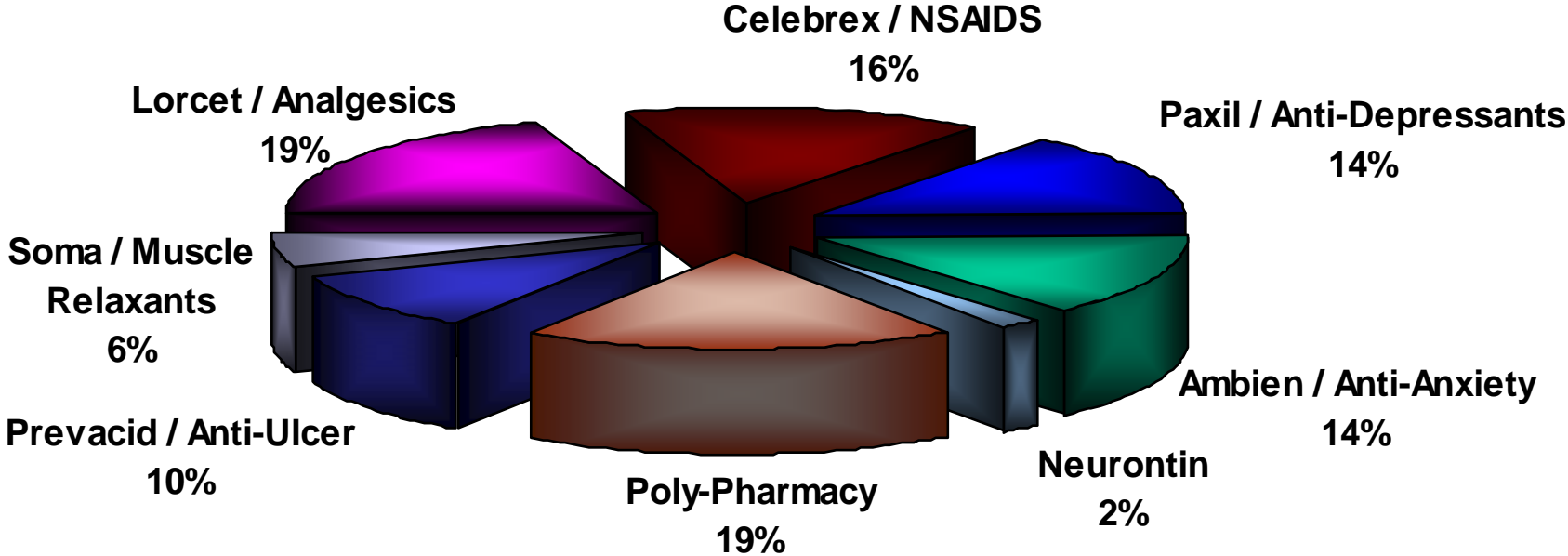
- ▶ Pain less than 6 months (79%)
- ▶ Patient can describe location, quality, and length of pain
- ▶ Accompanied by anxiety and fear

Pain

“Chronic Pain”

- ▶ Duration greater than 6 months (19%)
- ▶ Vague description of location and quality
- ▶ Depression
- ▶ Associated with
 - ▶ Decreased libido
 - ▶ Constipation
 - ▶ Insomnia

2004 Statistics



Typical Analgesics

“Non Narcotics”

- ▶ Tylenol, Aspirin (40 billion tablets)
 - ▶ Good for mild/moderate pain
 - ▶ Lack of tolerance, no physical dependence
- ▶ 1st line therapy
- ▶ Step 1 pain management

Typical Analgesics

- ▶ Tylenol
 - ▶ Maximum dose 4g
 - ▶ 8 extra strength tabs
 - ▶ Liver damage
- ▶ ASA
 - ▶ Decrease risk of heart disease
 - ▶ Blood thinner
 - ▶ GI bleeding

Typical Analgesics

Narcotic

- ▶ Darvocet N-100
- ▶ Darvon
- ▶ Wygesic
- ▶ Vicodin
- ▶ Norco
- ▶ **Lorcet**, Lortab
- ▶ Step 2 pain management

Typical Analgesic's

Schedule II Narcotic

- ▶ Morphine
- ▶ Percocet, Percodan
- ▶ Oxycontin
- ▶ Methadone
- ▶ **Palladone** (ER Hydromorphone)
- ▶ Step 3 therapy

Oxycontin

Schedule II Narcotic

- ▶ Developed as a long acting medication
- ▶ Treats pain for extended period of time
- ▶ Long acting versus short acting
- ▶ Formulation of medication changed in 2004 to reduce potential for misuse

Anti-Inflammatory Agents (NSAIDs)

- ▶ Decrease inflammation
- ▶ Treats acute pain
- ▶ Treats menstrual cramps and headaches
- ▶ Treats OA and RA

14 million Americans ingest NSAIDs daily

NSAIDs

Newer Agents - (Cox-2 Inhibitors)

- ▶ **Vioxx, Celebrex, Bextra**
 - ▶ Selectively inhibit pain and inflammation
 - ▶ Avoid stomach problems
 - ▶ Overused for ordinary aches and pains
- ▶ \$4.5 billion in sales
- ▶ No generic version
- ▶ Long term studies needed
 - ▶ **Possible heart risks**
 - ▶ Possible stomach problems

NSAIDs

- ▶ Lodine
- ▶ Relafen
- ▶ Clinoril
- ▶ Arthrotec
- ▶ Daypro

NSAIDs

“Older Agents”

- ▶ Feldene
- ▶ Nalfon
- ▶ Motrin
- ▶ Ansaid
- ▶ Toradol (iv/po)
- ▶ Cataflam
- ▶ Naprosyn
- ▶ Voltaren

Anti Ulcer Agents

- ▶ Zantac
- ▶ Tagamet
- ▶ Pepcid
- ▶ Axid
- ▶ Prilosec (purple-crack)
- ▶ Carafate
- ▶ Prevacid
- ▶ Nexium

Anti Depressants

- ▶ Prozac (stimulating effect)
- ▶ Luvox
- ▶ **Paxil** (sedating effect)
- ▶ Zoloft (stimulating effect)
- ▶ Effexor
- ▶ Wellbutrin (Zyban)
- ▶ **Cymbalta** (June 04)
- ▶ Desyrel
- ▶ Elavil
- ▶ Serzone
- ▶ Celexa
- ▶ Lexapro
- ▶ Sarafem(prozac)

Potential Side Effects

- ▶ Dizziness
- ▶ Nausea
- ▶ Dry mouth
- ▶ Sweating
- ▶ Constipation
- ▶ Insomnia
- ▶ Chills
- ▶ Abnormal vision
- ▶ Diminishing sex drive

Anti Anxiety Agents & Sleep Aids

- ▶ Halcion
- ▶ Valium
- ▶ Xanax
- ▶ Ativan
- ▶ **Ambien**
- ▶ Prosom
- ▶ Benadryl, Atarax
- ▶ Buspar
- ▶ Klonopin
- ▶ Serax
- ▶ Tranxene
- ▶ **Lunesta (new)**

Muscle Relaxants

- ▶ Flexeril
- ▶ Lioresal
- ▶ Norflex
- ▶ Parafon Forte DSC
- ▶ Robaxin
- ▶ Skelaxin
- ▶ Soma
- ▶ Valium

Additional Medications

- ▶ Cough and cold
- ▶ Weight loss products
- ▶ Steroids
- ▶ Blood pressure medications
- ▶ Lovenox (blood thinner)
- ▶ Viagra, Cialis, Levitra
- ▶ Antibiotics
- ▶ Synvisc

Thank you

▶ Questions