

5% topical lidocaine patches: a second line treatment option for chronic neuropathic pain conditions

A retrospective study characterising outcomes of 5% lidocaine patch use in off-label chronic pain conditions

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Introduction

- Lidocaine 5% patches are registered in Australia for post herpetic neuralgia
- Use for other pain conditions is off-label
- Their use can be considered second line for neuropathic pain due to favorable safety profile¹
- Data for efficacy and tolerability in other neuropathic pain conditions is limited

Aims

- Identify the clinical scenarios when lidocaine 5% patches are utilised locally
- Assess patient response and tolerability of lidocaine 5% patches

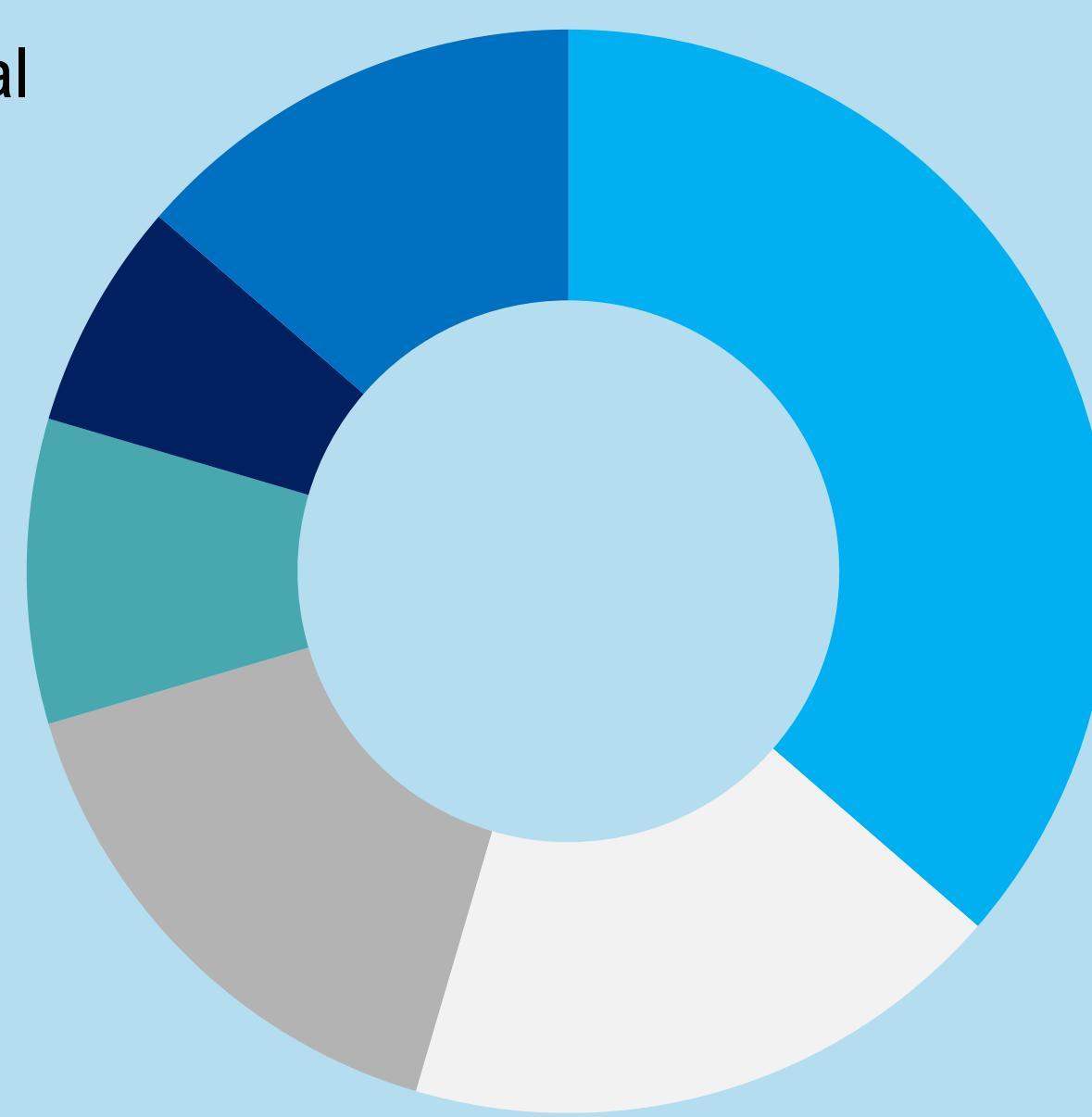
Method

- Patients were identified from pharmacy dispensing records between 2016 - 2019
- Retrospective case note review captured patient demographics, treatment indication, and current pharmacotherapy
- Data were expressed using quantitative descriptive statistics

Results

- Forty-nine patients used 5% lidocaine patches for an off-label pain condition (2016 - 2019)
- Across the cohort 31/44 (70%) patients reported reduced pain severity (subjectively)

- Persistent post surgical pain
- Complex regional pain syndrome
- Peripheral neuropathy
- Malignant neuropathic pain
- Nociceptive pain
- Non-malignant neuropathic pain



Patient demographic	Median
Age (range)	57 (23 - 89) years
Gender (% female)	25 (57%)
Treatment duration (range)	57 (0.2 - 104) weeks
Patient outcomes	
Number (%)	
Reported adverse events	4 (9)
Discontinued due to adverse event	1 (2)
Non-pharma intervention used	27 (61)
Medicines trailed prior (range)	4.4 (0 - 10)

Discussion

- Most patients trialed at least one first-line agent prior to commencement, except when at risk of self harm or adverse events to other first line agents
- Future studies need to investigate whether efficacy and tolerability is sustained
- The study was performed in retrospect, thus carries risk of bias

Conclusion

- Lidocaine 5% patches are often used for various off-label pain conditions within our health network
- Their use is well tolerated and shows promising efficacy for various neuropathic and nociceptive pain conditions

Reference: Finnerup NB, Attal N, Haroutounian S, et. al. Pharmacotherapy for neuropathic pain in adults: a systematic review and meta-analysis. *Lancet Neurol* 2015;14(2): 162-73.

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