

## Safe prescribing and withdrawal management Committee meeting 1

**Date:** 27/11/2019

**Location:** Boardroom, NGC Offices,  
Royal College of Physicians

**Minutes:** Final

<b>Committee members present:</b>		
Kelly: Deirdre (Chair)		(Present for notes 1 – 5)
Stannard: Cathy (Topic adviser)		(Present for notes 1 – 5)
Buitendach: Mark		(Present for notes 1 – 5)
Davies: Emma		(Present for notes 1 – 5)
Ellis: Benjamin		(Present for notes 1 – 5)
Foell: Jens		(Present for notes 1 – 5)
Geel: Andre		(Present for notes 1 – 5)
Montagu: Luke		(Present for notes 1 – 5)
Trewern: Louise		(Present for notes 1 – 5)
Watson: Caroline		(Present for notes 1 – 5)

<b>In attendance:</b>		
Carville: Serena	NGC, Associate Director, Guideline Lead	(Present for notes 1 – 5)
Davies: Annabelle	NGC, Health Economist	(Present for notes 1 – 5)
Diaz: Tamara	NGC, Project Manager	(Present for notes 1 – 5)
Pearton: Elizabeth	NGC, Information Specialist	(Present for notes 1 – 5)
Terrazas-Cruz: Emily	NGC, Senior Research Fellow	(Present for notes 1 – 5)
Vasileiou: Melina	NGC, Research Fellow	(Present for notes 1 – 5)
Keir: Caroline	NICE, Guideline Commissioning Manager	(Present for notes 1 – 5)
Scott: Sarah	NICE, Public Involvement Advisor	(Present for notes 1 – 5)

<b>Observers:</b>		
Stephen Pattison	NGC Management Board (Present for notes 1 – 5)	

**Apologies:**

None

**1. Welcome and objectives for the meeting**

The Chair welcomed the Committee members and attendees to the first meeting on the safe prescribing and withdrawal management guideline. The Committee members and attendees introduced themselves.

The Chair informed the Committee that no apologies had been received.

The Chair outlined the objectives of the meeting, which included: introducing the technical team to the committee, explaining the role of technical team members and providing an overview of the types of reviews and questions that will be used in the development of the guideline.

**2. Confirmation of matter under discussion, and declarations of interest**

During this meeting a presentation was also made on the NICE DOI policy, this was delivered by Serena Carville. Following this presentation, the Chair invited Committee members to verbally declare any new conflicts that would have arisen following their recruitment. All declarations are noted below along with the decision taken during the meeting:

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Cathy Stannard	Topic Advisor Consultant in complex Pain	Lectured at scientific professional meetings including joint meeting of College of Psychiatrists of Ireland and Royal College of psychiatrists of Northern Ireland.	Direct Non-financial	Non-specific. Declare and participate
		Talked at European pain congress, delivered a collaborative presentation with European centre for monitoring drugs and drug addiction.	Direct Non-financial	Non-specific. Declare and participate
		Spoken at a number of anaesthetic meetings.		
		Participated in the recently held health and justice summit.	Direct Non-financial	Non-specific. Declare and participate

		Participated in a number of media interviews, both for press and television. (Times, The Guardian and the Daily Mail) on various topics including online prescribing, services for patients with addiction and commenting on the updated DWP in relation to pain medicines. Additional television work carried out on 'News at 10' which featured her trust's service and GP teaching programme. Also talked on 'Newsnight' on opioid prescribing. Appearance on programme entitle 'Horizon' not yet screened.	Direct Non-financial	Non-specific. Declare and participate .
		Has sat on the public health England's group.	Direct Non-Financial	Non-Specific. Declare and participate
		Also sits on the MHRA expert group on opioids.	Direct Non-financial	Non-specific. Declare and participate .
Jens Foelle	General Practitioner	Recently took on a GP partnership role.	Direct Financial	Non-specific. Declare and participate .
Caroline Watson	General Practitioner	Currently works on the Spotlight project which is currently mid development as part of her role as health care champion at the Royal College of GPs. Not yet published but a condensed version has been produced to support work in prisons, to be accessible work has also been produced for both patients, prison officers in this form.	Direct Non-Financial	Non-Specific. Declare and participate .
		Presented at RCGPs annual conference regarding assisted withdrawals from gabapentinoids.	Direct Non-Financial	Non-specific. Declare and participate .

		Worked with similar presentation at the health and justice summit.	Direct Non-Financial	Non-specific. Declare and participate .
Emma Davies	Pharmacist	Visiting lecture at Bath University, School of Pharmacy – chronic pain and the role of medicines in pain management. Until October 2018	Direct Non-Financial	Non-specific. Declare and participate .
		Presentation at Dorset CCG Chronic Pain Service meeting on the evidence around and use of opioids in chronic pain management. Until October 2018	Direct Non-Financial	Non-Specific. Declare and participate .
		Visiting lecture at Aston University on interprofessional working and prescribing – using pain management as examples. Until 30 November 2018	Direct Non-Financial	Non-Specific. Declare and participate .
		Welsh Centre for Professional Pharmacy Education (now part of Health Education and Improvement Wales) – webinar for pharmacy professionals on the management of low back pain, based on NICE Guideline (NG59). Until March 2019	Direct Non-Financial	Non-Specific. Declare and participate .
		Teaching sessions for Health Education and Improvement Wales on explaining pain and the use of medicines in persistent pain management for an audience of General Practitioners and Pharmacists. Until May 2019	Direct Non-Financial	Non-Specific. Declare and participate .
		University of Hertfordshire Chronic Pain Study day for physiotherapist prescribers – presentation on the place of opioids in chronic pain management, taking an evidence-based approach. Until September 2019.	Direct Non-Financial	Non-Specific. Declare and participate .

		BMJ Conference – presentation for Primary Care Practice Pharmacists on the place of medicines and the role of pharmacists in chronic pain management. Until October 2019.	Direct Non-Financial	Non-Specific. Declare and participate .
		Visiting lecture at Bath University, School of Pharmacy – chronic pain and the role of medicines in pain management. Until October 2019.	Direct Non-Financial	Non-Specific. Declare and participate .
		Presentation at The Pharmacy Show (conference) in theatre sponsored by the Pharmacist Defence Association, on goal setting and non-medical management of chronic pain by pharmacists in Primary Care.	Direct Non-Financial	Non-Specific. Declare and participate .
		Meeting of Advisory Committee of Chronic Pain Policy Coalition.	Direct Non-Financial	Non-Specific. Declare and participate .
		Presentation at Greater London Controlled Drug Accountable Officer study day on the use of opioids in chronic pain management.	Direct Non-Financial	Non-Specific. Declare and participate .
		Health Services Research and Pharmacy Practice annual conference – poster presentation of PhD research ‘Gender-based trends in opioid prescribing in a primary care population with recorded diagnoses of depression or anxiety: Using a retrospective, cross-sectional analysis of a large dataset’	Direct Non-Financial	Non-Specific. Declare and participate .
		Presentation at Clinical Pharmacy Congress on opioid tapering	Direct Non-Financial	Non-Specific. Declare and participate .

		Discussion with medical writer and inclusion of comments in an article for the Pharmaceutical Journal: 'Is a complete ban on OTC opioids the answer?'	Direct Non-Financial	Non-Specific. Declare and participate .
		Presentation at All Wales Therapeutics and Toxicology Centre Best Practice Day on the need for a societal approach to pain management – included discussion of opioid prescribing in Wales and the UK, drawing distinctions to the opioid crisis in the USA. (Presentation available on AWTTTC YouTube channel and via their website)	Direct Non-Financial	Non-Specific. Declare and participate .
		Discussion with medical writer and inclusion of comments in an article for Nursing Standard, 'Opioid misuse: breaking the prescription addiction cycle'	Direct Non-Financial	Non-Specific. Declare and participate .
		Discussion with medical writer and inclusion of comments in a news article for the Pharmaceutical Journal, 'Gabapentin, pregabalin and oxycodone prescriptions in England increased each year between 2013 and 2018'	Direct Non-Financial	Non-Specific. Declare and participate .
		Powys Teaching Health Board study day for Primary Care Practitioners on Chronic Pain Management – presentation on the place of medicines in chronic pain management, an evidence-based update	Direct Non-Financial	Non-Specific. Declare and participate .
		BBC Radio Wales – Drivetime show – answered questions about the Public Health England report on prescribed medicines which can cause dependence and the implications in practice, particular reference to opioids and pain management	Direct Non-Financial	Non-Specific. Declare and participate .

		PhD research paper submitted for publishing – Examining the burden of opioid prescribing for non-cancer pain considering socio-economic differences, in Wales. A retrospective database study examining trends between 2005 – 2015. Available from pre-print website	Direct Non-Financial	Non-Specific. Declare and participate
Benjamin Ellis	Pain Specialist Physician	Webinar delivered on Fibromyalgia for department of works and pensions. November 2019.	Direct Non-Financial	Non-Specific Declare and participate
Mark Buitendach	Nurse Specialist	Co-author on local guidance regarding working with people who have developed addiction to prescription only and over the counter meds.	Direct Non-Financial	Non-Specific Declare and participate
Luke Montagu	Lay member	Appeared/quoted in BMA magazine 'The Doctor' on subject of prescribed drug withdrawal. October 2019.	Direct Non-Financial	Non-Specific Declare and participate
		Member of Public Health England Expert Reference Group for review of prescribed drug dependence and withdrawal. January 2018.	Direct Non-Financial	Non-Specific Declare and participate
		Present at a meeting between All-Party Parliamentary Group (APPG) for Prescribed Drug Dependence and Public Health England. October 2019.	Direct Non-Financial	Non-Specific Declare and participate
		Contributed to new Guidance for Psychological Therapists, published by APPG for Prescribed Drug Dependence December 2019, on topic of prescribed drug dependence and withdrawal. 2018/2019.	Direct Non-financial	Specific Declare and participate

		Spoke to the Daily Mail health editor (but not quoted) providing background information on behalf of the APPG for Prescribed Drug Dependence regarding a) proposed helpline for prescribed drug dependence b) risks associated with licensing of esketamine. October 2019	Direct Non-financial	Specific Declare and participate
Louise Trewern	Lay member	Sat on committee that produced 'standard operating procedures' for both in-patient & outpatient opioid tapering at Torbay & South Devon NHS Foundation Trust. Spring 2019	Direct Non-Financial	Non-Specific Declare and participate
		Sat on committee that produced information videos about opioids & explained the Torbay & South Devon NHS Foundation Trust tapering procedures. Spring 2019	Direct Non-Financial	Non-Specific Declare and participate
		I was filmed by the website 'Live Well With Pain' which told my story about coming off high dose opioids. Summer 2019	Direct Non-Financial	Non-Specific Declare and participate
		My name will be included as an author, to a poster explaining the Torbay & South Devon NHS Foundation Trust opioid tapering process. Ongoing	Direct Non-Financial	Non-Specific Declare and participate
Andre Geel	Cooptee Psychologist with experience in withdrawal management	Author on chapter of two separate books regarding addictions.	Direct Non-Financial	Non-Specific Declare and participate

The Chair and a senior member of the Developer's team noted that the interests declared did not prevent attendees from fully participating in the meeting.

### 3. Presentations

The Chair introduced the NICE and NGC technical team members who delivered the following introductory presentations:

- Caroline Keir, NICE Guideline Commissioning Manager: The role of

Guideline Commissioning Managers and working with NICE.

- Sarah Scott, NICE Public Involvement Advisor: Patient involvement.
- Agnes Cuyas, NGC Information Specialist: The role of the information specialist.
- Emily Terrazas-Cruz, NGC Senior Research Fellow: The role of the research fellow
- Shama Mahammed: NGC Health Economist: An introduction to health economics.
- Serena Carville: NGC Associate Director, Guideline Lead: Presentation on the scope of the guideline.
- Emily Terrazas-Cruz delivered a second presentation: Types of reviews and evidence.

Committee members were given an opportunity after each presentation to raise questions with the NICE and NGC team members.

#### **4. Draft review protocols**

The Chair invited Emily Terrazas-Cruz to lead group discussions on the following draft review protocols:

- Safe Withdrawal
- Patient information.

#### **5. Any other business**

There being no further business the meeting ended at 4:00 p.m.

**Date of next meeting:** 23/01/2020

**Location of next meeting:** Boardroom, NGC Offices.