

EFFECTIVE SHARED CARE AGREEMENT OF METHOTREXATE FOR THE TREATMENT OF INFLAMMATORY BOWEL DISEASE (UNLICENSED INDICATION)

RESPONSIBILITIES and ROLES

Specialist responsibilities	
1	Discuss the benefits and side effects of treatment with the patient.
2	Check for possible drug interactions with Methotrexate and patients regular medication. Avoid prescribing interacting drugs.
3	Assess likelihood of compliance.
4	Ensure patient is given sufficient information about their treatment (including providing a methotrexate booklet).
5	Perform all baseline tests (including FBC, U&Es and LFTs).
6	Initiate and stabilise treatment with Methotrexate. Stabilisation will usually take 4-12 weeks.
7	Supply medication until care is transferred to GP.
8	Ask the GP whether he or she is willing to participate in shared care and explain the intention to share care with patient/carer and obtain consent.
9	Monitors appropriately as stated on the monitoring requirement in line with the NPSA alert and records this information in the IBD registry
10	Inform GP of the dose to be prescribed, any changes in dose, when to stop treatment and when to refer the patient back to specialist.
11	Ensure GP has access to blood results for information.
12	Monitor for side effects and report adverse events to the MHRA and GP where appropriate.
13	Inform GP if patient does not attend specialist appointments and action to be taken.
14	Have a mechanism in place to receive rapid referral of a patient from the GP in event of deteriorating clinical condition.
15	Ensure that clear backup arrangements exist for GPs to obtain advice and support.
General Practitioner responsibilities	
1	Reply to the request for shared care as soon as possible.
2	Prescribe Methotrexate at the dose recommended once patient is established on treatment.
3	Ensure compatibility with other concomitant medication.
4	Adjust the dose as advised by the specialist.
5	Contact the specialist if you suspect the patient is not complying with their medication.
6	Check for possible drug interaction when prescribing new medication and avoid prescribing interacting drugs.
7	Stop treatment on the advice of the specialist or immediately if an urgent need to stop treatment arises.
8	Refer the patient to the specialist if his/her condition deteriorates.
9	Report any suspected adverse events to specialist team and any severe adverse events to MHRA.
10	Recommend the patient receives an influenza vaccine yearly and pneumococcal vaccine as required.
Patient's / Carer's role	
1	Take Methotrexate as recommended by specialist.
2	Report to the specialist or GP if he / she does not have a clear understanding of the treatment.
3	Request repeat prescriptions from the GP at least 5 days before the next supply is needed.
4	Attend scheduled appointments with specialist, GP and for monitoring.
5	Keep the methotrexate booklet up to date and bring this to appointments and when collecting prescriptions.
6	Share any concerns in relation to treatment with GP or specialist.
7	Inform specialist or GP of any other medication being taken, including over-the-counter products
8	Inform specialist or GP if you feel you are having problems taking your medication or have stopped taking it.
9	Report any adverse effects to the specialist or GP.

SUPPORTING INFORMATION EFFECTIVE SHARED CARE AGREEMENT

Information on therapeutic indication, dosage, method of administration, side effects and management considerations in special populations can be found in the Summary of Product Characteristics for Methotrexate available from www.medicines.org.uk

Monitoring requirements

Monitoring interval	Full blood count	LFTs	U&Es	CXR	GP or Consultant
Baseline	✓	✓	✓	✓	Consultant
Weekly for the first month	✓	✓	✓		Consultant
Monthly thereafter	✓	✓	✓		Consultant

N.B if there is a dosage increase the monitoring should revert to weekly until the results are stabilised.

Primary Care Costs (* Cost from online December 2015 Drug tariff)

Product	Pack size	Cost per OP
Methotrexate 2.5mg tablets	100	£2.81

BACK-UP ADVICE AND SUPPORT

Contact details	Telephone No.	E mail
IBD Nurse Specialist prescribers: Annette Rowlinson Stephanie Bourne	01782 675360 01782 671154	Annette.Rowlinson@uhns.nhs.uk Stephanie.Bourne2@uhns.nhs.uk
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