Essential Medicines in Canada: What is Essential?

CADTH symposium 2018

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Disclosures

- Canadian Institutes of Health Research, Health Canada, The Ontario SPOR Support Unit and the Government of Ontario, Physician Services Incorporated Graham Farquharson Knowledge Translation Fellowship
- Associate Editor for Canadian Medical Association Journal (industry ads)
International essential medicines list examples

- Sweden: Wise list
- USA: Veteran’s Administration
- United Kingdom: Local formularies (longer)
- World Health Organization: Model list of essential medicines
Opportunities for essential medicines lists

- Existing public formularies in Canada are long (3000 to 5000 medicines)
- Publicly funding 3000 to 5000 medications may increase inappropriate prescribing
- Overcome practical problems with long lists: updating list, better information for patients and clinicians, fewer shortages and funding easier
CLEAN Meds list

- Purpose: identify all needed medications
- Exclude: cancer treatments, inpatient
- Established a process based on needs of people and evidence of efficacy and safety
- Not considered: cost
CLEAN Meds list development steps

1. Adaptation of the WHO model list of essential medicines
2. Added medicines based on clinical practice guidelines
3. Sought feedback from clinicians across Canada, panel of citizens
4. Reviewed national prescribing data (IMS Brogan) and considered medications not covered
5. Decisions made by panel of clinician scientists
Our Revised List of Essential Medications

448 medications removed because:
1) Not a medication (59)
2) Routes of administration (37)
3) Same indication as listed medication (136)
4) Uncommon indication in Canadian primary care (52)
5) Not a primary care medication (84)

28 medications added based on clinical practice guidelines

Clinician scientist deliberation:
11 replacement, 33 addition, 9 removals

132
Clean Meds

Carefully selected and easily accessible at no charge medications

Search by medication, symptom or condition

e.g., joints, ibuprofen, etc.

abacavir • acetaminophen • acetylsalicylic acid • adalimumab • alendronate • allopurinol • amiodarone • amlodipine • amoxicillin • amoxicillin/clavulanic acid • atomoxetine • atorvastatin • azathioprine • azithromycin • baclofen • beclomethasone • benzoyl peroxide • benztrapine • betamethasone • bisoprolol • budesonide • candesartan • carbamazepine • cephalaxin • cetirizine • chlorthalidone • ciprofloxacin • clindamycin • clopidogrel • clotrimazole • cloxacillin • clozapine • conjugated estrogens • dabigatran • dexamethasone • diltiazem • dolutenagrav • domperidone • donepezil • doxycycline • efavirenz • eletriptan • emtricitabine • epinephrine • estradiol • ethinylestradiol/levonorgestrel • ferrous fumarate • finasteride • fluconazole • fluoxetine • fluticasone • folic acid • furosemide • fusidic acid • gabapentin • gliclazide • haloperidol • hydrocortisone • hydroxychloroquine • ibuprofen • insulin, long acting • insulin, short acting • ipratropium • labetalol • lamivudine • latanoprost • levodopa/carbidopa • levofloxacin • levonorgestrel – releasing intrauterine system • levothyroxine • lithium • loperamide • medroxyprogesterone • metformin • methimazole • methotrexate • methylprednisolone • metoclopramide • metronidazole • mupirocin • naltrexone • naproxen • nicotine replacement therapy • nitrofurantoin • nitroglycerin • nortriptyline • nystatin • olopatadine • pantoprazole • permethrin • phenytoin • pilocarpine • polyethylene glycol 3350 • potassium • pravastatin • prednisone • propylthiouracil • ramipril • ranitidine • risperidone • rivaroxaban • salbutamol • salicylic acid • salmeterol • senna • sertraline • spironolactone • sulfamethoxazole/trimethoprim • sulfasalazine • tadalafil • tamsulosin • tenofovir disoproxil fumarate • thiamine • tiotropium • tranexamic acid • tretinoin • trimethoprim • urea • vaginal ring eluting etonogestrel and ethinyl estradiol • valacyclovir • valproic acid • varenicline • vitamin B12 • vitamin D • warfarin

cleanmeds.ca