

Case Study

- DB is a 34 yo with RSD after multiple knee surgeries.
- Current pain medications
 - Oxycodone IR 5 mg
 - 12 tablets (60 mg) four times daily
 - Oxycontin 80 mg
 - 3 tablets (240 mg) four times daily
 - Fentanyl Patch 25 mcg/hr

Rationale for Methadone

- Clinician Perspective
 - Decrease legal liability
 - Oxycodone IR 5 mg #1,440
 - Oxycontin 80 mg #360
 - Simplify Regimen
 - One Controlled Rx VS Two
 - May treat pain better
 - NMDA antagonist
 - Opiate agonist
 - Catecholamine reuptake inhibitor

Rationale for Methadone

- Patient Perspective
 - Decrease Stigma
 - Oxycodone IR 5 mg #1,440
 - Oxycontin 80 mg #360
 - Simplify Regimen
 - Increase dosing interval
 - Longer duration of action
 - Diminished concern about trough episodes
 - Less expensive

Cost for one month of Tx

- Current Therapy
 - Oxycodone IR #1,440
 - \$566
 - Oxycontin 80 mg #360
 - \$3,182
 - Fentanyl 25 mcg #10
 - \$144
 - **Total = \$3,892**
- Proposed Methadone Therapy
 - Methadone 10 mg, 210 mg daily #630
 - \$89

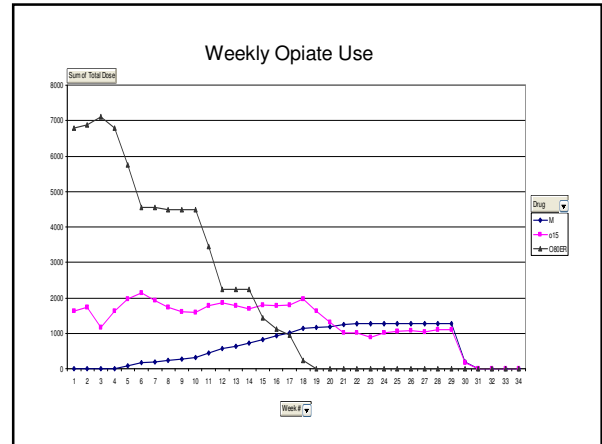
Conversion and Approach

- Calculated (Estimated) Conversion Ratio
 - Complex calculations are involved
 - Between 20:1 and 30:1
- Principles for conversion
 - Methadone dose four times daily
 - Changes to methadone dose made weekly
 - No changes until oxycodone use returned to baseline



Clinical Concerns

- If the patient self-titrates (treats methadone as if it were oxycodone)
 - Respiratory Depression
- Chronic and high dose concerns
 - Prolonged QT interval
 - Potentiated by drug interactions such as alcohol, erythromycin, etc
 - Liver Toxicity



Lessons Learned

- Have a good patient that is
 - Motivated
 - Intelligent
 - Dedicated
- Add methadone to suppress oxycodone use
- Address psychosocial needs
 - Allow for patient-directed titration
 - Not the same as inpatient conversion or Hospice
- Avoid Methadone 40 mg tablets



Patient Experience

- Mild withdrawal from oxycodone
 - DB didn't remark on this until 3 months later
- Goals Achieved
 - Consistent pain control
 - Three times daily dosing
 - Less Anxiety, Stress, and Stigma
- Other symptoms became apparent as pain control improved
 - Diaphoresis, Hot flashes
 - "Gritty" joints
- Elevated LFTs