

Marple Cottage Surgery & Guywood Practice has reviewed and updated the Practice Prescribing Policy in several areas.

This has been completed by reviewing Guidance such as NICE and discussions with other local Health Professionals.

### 1. **Pain Management**

Pain can cause distress and for some people Disability

Medications In This group include :

- Opiates such as Morphine
- Gabapentinoids -Gabapentin/Pregabalin
- Benzodiazepines-eg Diazepam

NICE advises against prescribing these medications due to their addictive and harmful properties. Higher doses of these drugs may be needed over time to get the same effect.

They can also increase risk of falls by causing impaired judgement and are subject to drug driving offences by impairing concentration and conscious levels.

Alternative and additional therapies such as Acupuncture/Psychological support can help manage pain for some people.

### 2. **Benzodiazepines, Z Drugs (Sleeping tablets) Zopiclone, Zolpidem**

Some of these medicines have also been shown to cause more harm than benefit in the long term and can increase the risk of falls and are addictive

### 3. **Antidepressant Medicines**

These medicines have an important role in helping treating Anxiety/Depression but other psychological interventions have been shown to help many people instead of/in addition to medication. Please speak to a doctor to discuss any such therapies.

These medications are not suitable for long term use for many people.

**If you are taking any of the above medications you should not suddenly stop taking them as you may experience harmful and unpleasant withdrawal symptoms. Please speak with a doctor first**

All patients who are taking the above medications will be contacted more often and invited to discuss your progress and whether the medication doses can be reduced gradually and for some people to eventually stop.

The aim is to find the best and safest treatment option for each person.

Change can feel frightening if you have been taking medication for a long period of time but we aim to support you if this is the appropriate option.

Please do contact the practice if you wish to discuss your medication but we would be grateful if you understand that such an appointment might be booked as a non urgent appointment.

If your medication/condition is complex the practice may assign your care in connection with such medications to nominated doctors which will provide you continuity of care.

Some useful resources for those with chronic pain are:

<https://livewellwithpain.co.uk/>

<https://www.stockport.nhs.uk/ServicesDetail.aspx?id=833> - Expert patient programme free for people registered with a Stockport GP who have a chronic condition including chronic pain.