



## Practice sting 2022-26

### **Practice sting Annual prescription of dual medication of antithrombotics this practical incentive is particularly interesting for pharmacists and prescribers**

Annual prescriptions can be easy for the patient. However, if it concerns medication with a discontinuation date after one year, alertness is desirable, as shown in the notification below.

#### **Notification**

A pharmacist receives an annual prescription for clopidogrel from the cardiologist for a patient who has been taking clopidogrel and acetylsalicylic acid for some time. However, the patient's pharmacy file states that clopidogrel will stop the following month. The pharmacist's assistant contacts the cardiology department. It is confirmed that the prescription of clopidogrel is meant for a whole year. The pharmacist understands from the patient that there are no changes that necessitate an extension of the use of clopidogrel. The pharmacist contacts the cardiologist, because it concerns double medication with antithrombotics for more than a year. The cardiologist investigates. Subsequently, a new recipe follows for only a month.

#### **Analysis**

Dual antiplatelet therapy (DAPT) is indicated, among other things, after a percutaneous coronary intervention (PCI) or after acute coronary syndrome. This treatment reduces the risk of stent thrombosis and (recurrent) myocardial infarction, respectively. However, the use of dual antiplatelet agents for more than one year should be avoided due to the increased risk of the occurrence of bleeding. The Dutch National Transmural Agreement on Anticoagulant Care recommends that the initial prescriber states the discontinuation date and preferably also the indication for each antithrombotic agent on the (discharge) prescription.

In the case of chronic medication, a physician may decide to issue an annual prescription. This is easy for the patient because he does not have to request a repeat prescription every three months. However, especially with risky medication, such as antithrombotics, alertness remains desirable.

#### **Recommendations**

##### **For prescribers**

- Be reticent with writing annual prescriptions for medication that the patient generally has to use for maximally one year.
- For antithrombotics, always state the expected end date of the treatment on the prescription and in the patient's file.
- State the indication for the dual medication with antithrombotics on the prescription.

##### **For pharmacists**

- Always state the (expected) end date of the antithrombotic treatment and, if indicated, the indication for the treatment in the Pharmacy Information System.
- Be extra alert in patients with a medication roll.
- For combination treatments of antithrombotics, contact the prescriber if the expected duration of treatment is not stated.
- Always check whether there is still an indication for treatment with two or more antithrombotics for longer than a year.