



# Better Pharmacist Knowledge

Jordan Drug Information and Toxicology Center 2024

2024

## Tirzepatide for weight loss in adults (March 2024)

●For individuals who are overweight or obese in whom pharmacologic therapy is indicated, subcutaneous tirzepatide or semaglutide is suggested rather than other agents. The selection between tirzepatide and semaglutide depends on patient preferences and comorbidities. The US Food and Drug Administration recently approved subcutaneous tirzepatide, a dual glucagon-like peptide 1 (GLP-1) and glucose-dependent insulinotropic polypeptide (GIP) receptor agonist, for **chronic weight management**. Two randomized trials in adults with obesity demonstrated mean losses of 15 to 21 percent body weight with the highest dose of tirzepatide (15 mg weekly). In the larger of the two trials, over 80 percent of participants in all tirzepatide treatment groups (5 to 15 mg weekly) lost  $\geq 5$  percent of body weight, compared with 35 percent of those assigned to placebo. Dose-related gastrointestinal side effects (nausea, diarrhea, constipation) were common but generally mild. Although direct comparisons are limited, **the magnitude of weight loss with tirzepatide appears greater than that with other agents; thus, we consider tirzepatide a preferred medication for chronic weight management.**[1]

## Osimertinib and chemotherapy in EGFR-mutated NSCLC with brain metastases (March 2024)

Trials are investigating systemic treatment options for those with epidermal growth factor receptor (EGFR)-mutated non-small cell lung cancer (NSCLC) with central nervous system (CNS) disease. In a randomized trial, among the 222 patients with baseline CNS disease from EGFR-mutated NSCLC, osimertinib plus chemotherapy resulted in a 24-month CNS progression-free survival of 74 percent versus 54 percent with chemotherapy alone, but the difference was not statistically significant (hazard ratio 0.58, 95% CI 0.33-1.01). Results in the overall study population (with and without CNS disease) also favored combination therapy, with a trend towards improved overall survival.[2]

**For patients with EGFR-mutated NSCLC and brain metastases, we now suggest osimertinib and chemotherapy, but consider osimertinib alone a reasonable alternative.**[2]

## Dupilumab for recalcitrant chronic hand eczema (February 2024)

Treatment of severe **chronic hand eczema (CHE)** is challenging and may require systemic immunosuppressants or oral alitretinoin (a retinoid not available in the United States) or phototherapy. In a small randomized trial, 29 adults with severe CHE were assigned to treatment with dupilumab (an interleukin [IL] 4/IL-13 inhibitor approved for the treatment of atopic dermatitis) or placebo. At week 16, more patients in the dupilumab group than in the placebo group achieved 75 percent improvement in the Hand Eczema Severity index (95 versus 33 percent). Treatment was well tolerated. Ocular pruritus occurred in three patients in the dupilumab group and was the only treatment-associated adverse effect. **These findings indicate dupilumab as a valuable option for recalcitrant CHE, although it is not yet approved for this indication.**[3]



### References:

1. Tirzepatide for weight loss in adults (March 2024), accessed online via uptodate, cited on 24Mar2024.
2. Osimertinib and chemotherapy in EGFR-mutated NSCLC with brain metastases (March 2024), accessed online via uptodate, cited on 24Mar 2024
3. Dupilumab for recalcitrant chronic hand eczema (February 2024), accessed online via uptodate, cited on 24Mar 2024

## Electronic cigarettes for smoking cessation (March 2024)

Electronic cigarettes have played an uncertain role in smoking cessation because of a paucity of data regarding their efficacy and safety. However, recent randomized trials suggest that **e-cigarettes are efficacious in helping adults stop smoking**. In a meta-analysis of seven randomized trials, nicotine e-cigarettes resulted in higher quit rates than nicotine replacement therapy (17.5 versus 10.2 percent). Rates of adverse events were similar between groups. Nicotine e-cigarettes also appear more effective than usual care, behavioral counseling, and nonnicotine e-cigarettes. Although questions regarding their long-term safety remain, **these data suggest a role for e-cigarettes as a smoking cessation aid, particularly for patients who have not had success with standard pharmacotherapies.**[1]



الموضوع: تذكير: Vitamin B12/ Cobalt Sensitivity Reactions

تحية طيبة وبعد ،،،  
 اشارة الى التحذير الصادر من السلطات الصحية البريطانية MHRA بتاريخ 18/12/2023 والمتضمن توعية مقدمي الرعاية الصحية للمرضى الذين لديهم حساسية من مادة Cobalt أن يكونوا متيقظين لاعراض الحساسية في حال تناولهم Vitamin B12 (Hydroxocobalamin, Cyanocobalamin and Mecobalamin) لأنه يحتوي على Cobalt. حيث تم الاشارة الى ما يلي :

- The medicines used to treat vitamin B12 deficiency contain cobalt. There are case reports in the literature describing cobalt sensitivity-type reactions in patients being treated for vitamin B12 deficiency.
  - Healthcare professionals prescribing vitamin B12 products to patients with known cobalt allergy should advise patients to be vigilant for signs and symptoms of cobalt sensitivity and treat as appropriate.
- وتم التوصية بما يلي الى Healthcare Professionals:-
- Cobalt sensitivity reactions typically present with cutaneous symptoms of chronic or subacute allergic contact dermatitis. Infrequently, cobalt allergy may trigger an erythema multiform-like reaction. Symptom onset may be immediate or delayed up to 72 hours' post-administration.
  - Cobalt allergy is estimated to affect 1 to 3% of the general population.
  - if cobalt sensitivity-type reactions occur, assess the individual benefits and risks of continuing treatment and, if necessary to continue, advise patients on appropriate management of symptoms.

## Updated guideline on postoperative delirium in adults (February 2024)

The European Society of Anaesthesiology and Intensive Care Medicine has published an updated guideline on **postoperative delirium (POD)**. Recommendations include preoperatively screening older adults for risk factors for POD and multicomponent nonpharmacological interventions for all patients with risk factors. In addition, review of recent evidence showed that **perioperative use of dexmedetomidine was associated with a lower incidence of POD**, particularly when administered postoperatively in the intensive care unit. **We agree with the recommendations and often use dexmedetomidine in the perioperative period to reduce the incidence of POD in high-risk patients.**[3]

## Budesonide oral suspension for eosinophilic esophagitis (March 2024)

In patients with **eosinophilic esophagitis (EoE)**, use of topical glucocorticoids has been limited by lack of regulatory approval and potentially inconsistent drug delivery. Budesonide oral suspension is a formulation that was recently approved by the US Food and Drug Administration for treating EoE in adults and pediatric patients ages 11 years and older. Approval was informed by clinical trials showing that topical budesonide resulted in higher rates of histologic remission and symptomatic improvement compared with placebo. **We anticipate using budesonide oral suspension as the preferred topical glucocorticoid for treating EoE.**[4]



### References:

1. Electronic cigarettes for smoking cessation (March 2024), accessed online via uptodate. , cited on 24 Mar 2024.
2. Combined use of metformin and insulin for treating diabetes in pregnancy (February 2024), accessed online via uptodate. , cited on 24 Mar 2024.
3. JFDA
4. Budesonide oral suspension for eosinophilic esophagitis (March 2024), accessed online via uptodate. , cited on 24 Mar 2024.

### Contact us:

Toll free number: 080022540, Phone: 5804804 Ext.: 66787/66788, Phone: 06/5804524  
 E-mail: rmsjdite@jrms.gov.jo, Website: www.jrms.jaf.mil.jo