

10 Musculoskeletal System

1 Arthritis		Primary Care	Acute/ Specialist Services
Chondroprotective Drugs			
Comment: Glucosamine containing products are not recommended for prescribing in NHS Scotland by the Scottish Medicines Consortium			
Disease-Modifying Anti-Rheumatic Drugs			
	Azathioprine	⊕	✓
	Ciclosporin (Due to differences in bioavailability always prescribe by brand, preferred brand for capsules is Neoral [®])	⊕	✓
	Hydroxychloroquine sulphate	⊕	✓
	Leflunomide	⊕	✓
	Methotrexate (only prescribe using 2.5mg tablets, preferred brand for injection is Metoject [®] – always prescribe by brand)	⊕	✓
	Mycophenolate	⊕	✓
	Sulphasalazine (EC formulation)	⊕	✓
	Tacrolimus (Due to differences in bioavailability always prescribe by brand)	⊕	✓
Immunosuppressants			
Comment: Prescribing of immunosuppressants should be in line with SMC recommendations and local treatment pathways			
Interleukin Inhibitors			
	Sarilumab (Kevzara [®])		✓
	Secukinumab (Cosentyx [®])		✓
	Guselkumab (Tremfya [®])		✓
	Tocilizumab (RoActemra [®])		✓
	Ustekinumab (Stelara [®])		✓
JAK Inhibitors			
	Filgotinib (Jyseleca [®]) (1 st line JAK inhibitor for new patients with moderate – severe rheumatoid arthritis)		✓
	Upadacitinib (Rinvoq [®]) (1 st line JAK inhibitor for new patients with psoriatic arthritis, active ankylosing spondylitis, non-radiographic axial spondylarthritis. 2 nd line for moderate-severe rheumatoid arthritis)		✓
	Tofacitinib (Xeljanz [®]) (2 nd line)		✓

Key ✓ Initiate and continue ⊕ Continue where appropriate.

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CD-20 Inhibitors			
	Rituximab (Truxima [®])		✓
T-Cell Activation Inhibitors			
	Abatacept (Orencia [®])		✓
Tumor Necrosis Factor Alpha (TNF-α) Inhibitors			
	Adalimumab (Imraldi [®])		✓
	Certolizumab (Cimzia [®])		✓
	Etanercept (Benepali [®])		✓
	Golimumab (Simponi [®])		✓
	Infliximab (Remsima [®])		✓
Phosphodiesterase Type-4 Inhibitors			
	Apremilast (Otezla [®])		✓
Anti-Lymphocyte			
	Belimumab (Benlysta [®])		✓

2 Hyperuricaemia and Gout		Primary Care	Acute/ Specialist Services
Gout			
Comment: Also refer to NICE Guideline NG219 Gout:Diagnosis and Management (June 22)			
Acute attack			
	NSAID (ibuprofen, naproxen) (1 st line)	✓	✓
	Prednisolone (1 st line)	✓	✓
	Colchicine (2 nd line)	✓	✓
Comment: Caution with course length/total dose of colchicine - refer to BNF			
Long-term prophylaxis			
	Allopurinol (1 st line)	✓	✓
	Febuxostat (2 nd line)	✓	✓
Comment: Febuxostat should be used 2 nd line in patients where maximally tolerated dose of allopurinol are ineffective or when allopurinol is contraindicated			

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3. Neuromuscular Disorders		Primary Care	Acute/ Specialist Services
Neuromuscular Disorders			
Neuroprotective Drugs			
	Riluzole	⊕	✓

3.1 Muscular Dystrophy			
Drugs for Neuromuscular Disorders			
3.2 Myasthenia Gravis and Lambert-Eaton Myasthenic Syndrome			
Anticholinesterases			
	Pyridostigmine bromide	⊕	✓
Antimuscarinics			
	Propantheline bromide	⊕	✓
3.3 Myotonic Disorders			
Drug for Neuromuscular Disorders			
3.4 Nocturnal Leg Cramps			
Nocturnal Leg Cramps			
	Quinine sulphate	✓	✓
<p>Comment: Quinine is not recommended for routine treatment of leg cramps due to its potential toxicity. Quinine should only be used when non-pharmacological treatments have not worked (e.g. passive stretching exercises); the cramps are very painful or frequent and cause regular disruption to sleep.</p> <p>Other treatable causes of cramp should be excluded.</p> <p>Quinine sulphate 200-300mg at bedtime can be trialled for up to 8 weeks. If there is no benefit after 8 weeks then treatment should be stopped.</p> <p>In long-term use, patients should be monitored for adverse effects and it is recommended treatment should be interrupted at intervals of 3 months to assess the ongoing need for treatment.</p>			
3.5 Spasticity			
Muscle Relaxants – Centrally Acting			
	Baclofen (1 st line)	✓	✓
	Diazepam (short term use)	✓	✓
	Tizanidine (2 nd line)	⊕	✓
	Dantrolene (3 rd line)	⊕	✓

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4. Pain and Inflammation in Musculoskeletal Disorders		Primary Care	Acute/ Specialist Services
Non-steroidal Anti-inflammatory Drugs			
	Ibuprofen (1 st line)	✓	✓
	Naproxen (1 st line)	✓	✓
	Celecoxib (2 nd line)	✓	✓
Rubefaciants, Topical NSAIDs			
	Algesal®	✓	✓
	Ibuprofen gel	✓	✓

5. Soft Tissue and Joint Disorders		Primary Care	Acute/ Specialist Services
5.1 Local Inflammation of Joints and Soft Tissue			
Corticosteroids, Inflammatory Disorders			
	Methylprednisolone acetate (Depo-medrone®, Depo-medrone® with lidocaine)	✓	✓
	Triamcinolone acetonide (Kenalog®)	✓	✓
	Triamcinolone hexacetonide		✓
5.2 Soft Tissue Disorders			
Enzymes			
	Hyaluronidase		✓

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