

Memantine Monitoring

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Aim: To assess if Newtown House Older Persons Mental Health Team is compliant with Southern Health NHS Foundation Trust guidance of monitoring renal function annually in patients prescribed memantine⁽¹⁾.

Background: Memantine is recommended by NICE in the management of severe Alzheimer's disease or in moderate Alzheimer's disease where there is intolerance or contraindications to acetylcholinesterase inhibitors. Caution is advised in patients with renal impairment as memantine is predominantly excreted unchanged via the kidneys. Baseline screening, to exclude other causes of cognitive impairment, including eGFR, should be carried out by primary care before referral. At Newtown House when triaging memory clinic referrals, bloods should be checked and if missing, be requested from the GP or by the secondary care prescriber wishing to consider memantine. Whilst on caseload it is the responsibility of the prescriber to request eGFR monitoring at least annually.



Current BNF guidance⁽²⁾:

If eGFR >39mL/min/1.73m² → Maintenance dose of 20mg

If eGFR 30-49mL/min/1.73m² → Reduce maintenance dose to 10mg/day and if well tolerated after 7 days increase to 20mg in increments of 5mg per week

If eGFR 5-29mL/min/1.73m² → Reduce maintenance dose to 10mg/day

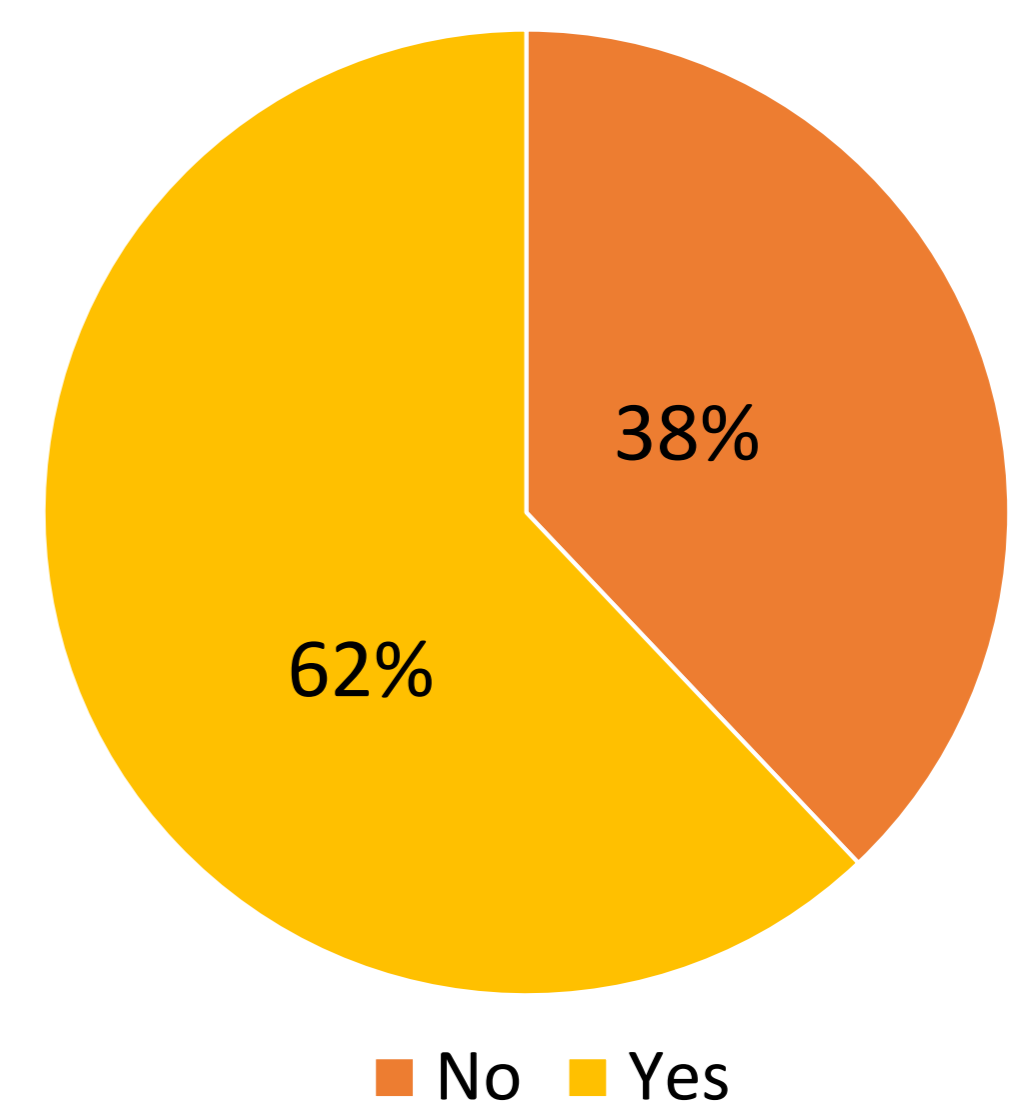
If eGFR <5mL/min/1.73m² → Avoid memantine

Method: On the 09/09/2019 patients prescribed memantine at Newtown House were audited. Their electronic mental health records on RIO and their primary care CHIE records were reviewed. The following data was then collected: Current dose of memantine; who initiated memantine; start date; whether a baseline eGFR was performed; date and result of last eGFR and which service had requested the latest eGFR.

Results:

- 58 patients were on memantine at Newtown House on 09/09/2019.
- Memantine had been started by the service at Newtown House in 39 patients (67.2%).
- A baseline eGFR had been recorded in 62% of these patients. Baseline eGFR ranged from 20-88mL/min/1.73m².
- At the time of the audit 39 patients were on 20mg of memantine, 4 patients on 15mg, 14 patients on 10mg and 1 patient on 5mg.
- 31 patients (53.4%) had had their latest eGFR requested by Newtown House.
- 22 patients (37.9%) had not had their eGFR checked in the past 12 months despite being prescribed memantine and on the caseload at Newtown House.

Fig 1. eGFR checked in the last year?



Conclusion: This omission could negatively impact a patient's physical health and may affect whether memantine can be prescribed going forward. In order to address this, a memantine database on Excel has been created recording all the information audited. Every patient on the caseload on memantine is now added to the database following their first memory clinic review. The database is then updated as required. A memantine proforma for the initial prescribing point and one for reviewing memantine at 6 months has also been created. This is to be added to RIO for patients on memantine. Following creation and implementation of the database and proforma, a reaudit against the same standards is planned in Summer.