

**South East London Area Prescribing Committee
Formulary recommendation**

Reference	033
Intervention:	Ivabradine (5mg and 7.5mg film coated tablets) for the treatment of Postural Orthostatic Tachycardia Syndrome (POTS)/Inappropriate Sinus Tachycardia (IST) (Ivabradine is a pure heart rate lowering agent that acts by selective and specific inhibition of the cardiac pacemaker I_f current that controls the spontaneous diastolic depolarisation in the sinus node and regulates heart rate).
Date of Decision	May 2015, reviewed November 2017 – re-categorisation from red to amber 3
Date of Issue:	June 2015, revised version issued January 2018
Recommendation:	AMBER 3 – initiation and first 3 months supplied by the specialist cardiology clinic
Further Information	<ul style="list-style-type: none"> • Postural Orthostatic Tachycardia Syndrome (POTS) is an abnormal increase in heart rate on becoming upright due to an abnormality of functioning of the autonomic (involuntary) nervous system. • Inappropriate Sinus Tachycardia (IST) is a condition in which an individual's resting heart rate is abnormally high – greater than 100 beats per minute or rapidly accelerates to over 100 beats per minute without an identifiable cause; although small amounts of exercise, emotional or physical stress are triggering factors. • Ivabradine is accepted for use in the treatment of POTS and IST and must be initiated by the specialist cardiology at either KCHfT or GSTfT. • In line with the Transfer of care process, the specialist clinic will supply treatment for the first 3 months. Details on consultant and GP responsibilities can be found in the guidance document. • Ivabradine is not licensed* for the treatment of POTS or IST. • Ivabradine may be considered where: <ul style="list-style-type: none"> – the predominant presenting symptom is tachycardia AND – the patient has failed simple measures such as fluids, exercise and compression clothing AND – A beta-blocker has failed to control the heart rate or is not appropriate for the patient e.g. due to a contraindication or poor tolerability. • Ivabradine should be prescribed in accordance with the Trust's care pathway for patients with POTS/IST. • The dose of ivabradine used to treat POTS/IST will not exceed 15mg daily. • In some cases where low blood pressure is also present as part of the condition's symptomology, ivabradine may be co-prescribed with midodrine (see APC Recommendation 032). <p>SEL wide guidance and a Transfer of care process have been developed to support this recommendation.</p> <p><small>*Ivabradine is licensed for the symptomatic treatment of chronic stable angina pectoris and the treatment of chronic heart failure (NYHA II to IV class).</small></p>
Shared Care/ Transfer of care required:	Yes, guidance and Transfer of Care process to be followed.

Cost Impact for agreed patient group	<p>It is estimated that there could be approximately 50 patients eligible for treatment with ivabradine per year in SEL.</p> <p>If it is assumed that treatment will be at a dose of 7.5mg twice daily and a cost of £523 (exc. VAT) per patient per year, this will have a total cost implication of approximately £26,150 (exc. VAT) per year.</p>
Usage Monitoring & Impact Assessment	<p>Acute Trusts:</p> <ul style="list-style-type: none"> • Monitor usage on a 6-monthly basis and report back to APC. Audit use upon request to ensure use is in line with this recommendation. <p>CCGs:</p> <ul style="list-style-type: none"> • Monitor E pact data • Exception reports from GPs if inappropriate transfer of prescribing to primary care is requested
Evidence reviewed	<p>References (from evidence evaluation)</p> <ol style="list-style-type: none"> 1. http://www.stars.org.uk/patient-info/conditions/pots accessed on 05/05/2015 2. http://www.potsuk.org/medication_overview accessed on 05/05/2015 3. Ptaszynski P et al. Metoprolol vs Ivabradine in the treatment of Inappropriate sinus tachycardia in patients unresponsive to previous pharmacological therapy. <i>Europace</i> 2013; 15; 116-21 4. Ptaszynski P et al. Ivabradine in the treatment of inappropriate sinus tachycardia in patients after successful catheter ablation of atrioventricular node slow pathway. <i>PACE</i> 2013; 36: 42-49 5. Ptaszynski P et al. Ivabradine in combination with metoprolol succinate in the treatment of Inappropriate Sinus tachycardia. <i>J Cardiovasc Pharmacol Therapeutics</i> 2013 18(4): 338-344 6. De la Cruz E et al. Long term outcomes in a case series of patients diagnosed of inappropriate sinus tachycardia treated with ivabradine. <i>J Interv Card Electrophysiol.</i> 2013; 36 Suppl 1. S91 (n=21) 7. Benezet-Mazuccos J et al. Long term outcomes of ivabradine in inappropriate sinus tachycardia patients. appropriate efficacy or inappropriate patients. <i>PACE</i> 2013 Jul;36(7):830-6 8. Adler A et al. Ivabradine for the prevention of inappropriate shocks due to inappropriate sinus tachycardia in patients with an implanted cardioverter defibrillator. <i>Europace</i> 2013; 15: 362-365 9. Cappato R et al. Clinical Efficacy of Ivabradine in patients with inappropriate sinus tachycardia: a prospective, randomised, placebo-controlled, double-blind, crossover evaluation. <i>J Am Coll Cardiol.</i> 2012; 60: 1323-9 10. Zellerhoff S et al. Ivabradine in patients with inappropriate sinus tachycardia. <i>Naunyn-Schmied Arch Pharmacol.</i> 2010; 382: 483-486 11. Calo L et al. Efficacy of ivabradine administration in patients affected by inappropriate sinus tachycardia. <i>Heart Rhythm</i> 2010; 7: 1318-1323 12. Kaplinsky E. Efficacy of Ivabradine in four patients with inappropriate sinus tachycardia: a three month long experience based on electrocardiographic, Holter monitoring, exercise tolerance and quality of life assessments. <i>Cardiology J</i> 2010;17: 166-171 13. Rakovec P. Treatment of inappropriate sinus tachycardia with ivabradine. <i>Wien Klin Wochenschr</i> 2009; 121(21-22):715-8 14. Summary of Product Characteristics (SPC) ivabradine 5mg tablets accessed via www.medicines.org.uk/ on 05/05/2015

NOTES:

- a) Area Prescribing Committee recommendations and minutes are available publicly on member CCG websites.
- b) This Area Prescribing Committee recommendation has been made on the cost effectiveness, patient outcome and safety data available at the time. The recommendation will be subject to review if new data becomes available, costs are higher than expected or new NICE guidelines or technology appraisals are issued.
- c) **Not to be used for commercial or marketing purposes. Strictly for use within the NHS.**