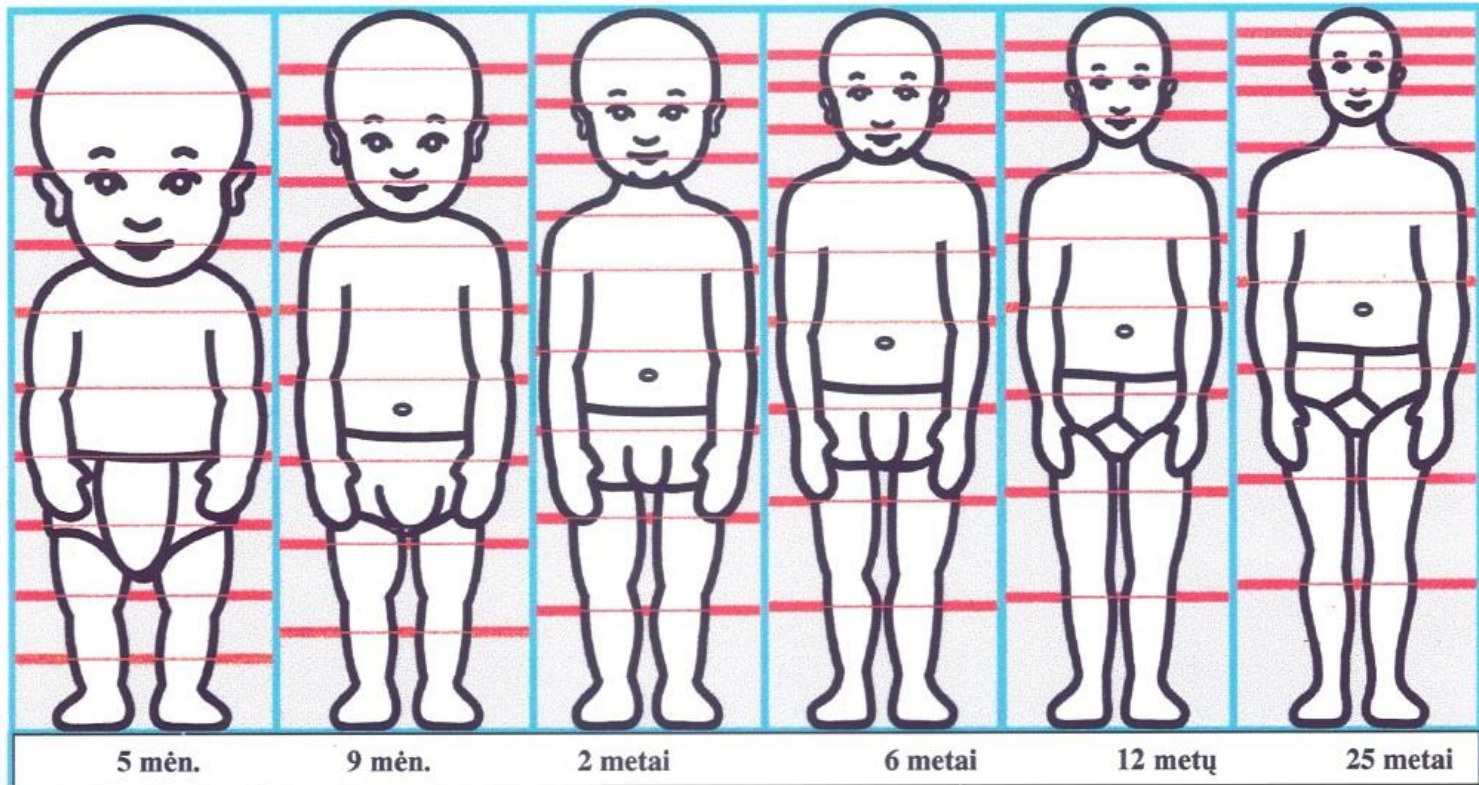


Vaikų klinikinė farmakologija

Prof. Dr. Jolanta Gulbinovič





Pav. Vaikas – tai ne suaugusio žmogaus maža kopija

Ar vaikai serga tomis pačiomis ligomis ir taip pat kaip suaugusieji?

Kaip gydyti vaikus?
Ar tinka suaugusiųjų vaistai vaikams?

Ar suaugusiųjų vaistai tokie pat efektyvūs ir saugūs vaikams?



Ar vaistai ištirti klinikiniuose tyrimuose?

Kokią dozę skirti?

Kokią vaisto formą skirti?

Kiek laiko gydyti?

Terapiniai našlaičiai

Editorial Comment: Therapeutic Orphans

Harry Shirkey, MD

<...> However, many of the drugs released since 1962 carry an “orphaning” clause, eg, “Not to be used in children . . . is not recommended for use in infants and young children since few studies have been conducted in this age group... clinical studies have been insufficient to establish any recommendations for use in infants and children . . . should not be given to children.”

Despite such clear cautions, many physicians have ignored the warnings and have prescribed the restricted drugs. It requires little imagination to wonder what a jury of laymen would decide after a defending physician admitted in court to the use of a drug despite such a clear warning.<...>

- Vaikams neskirti
- Nerekomenduojama skirti kūdikiams ir mažiems vaikams, nes šios grupės tirtos tik keliuose tyrimuose
- Klinikinių tyrimų duomenų nepakanka, kad galima būtų rekomenduoti vaikams
- Nepaisant rekomendacijų, vaikai gydomi neregistruotais vaistais (*unlicensed*) arba vaistais, vartojami ne pagal produkto informaciją (*off-label*)



1. VAISTINIO PREPARATO PAVADINIMAS

Xydalba 500 mg milteliai infuzinio tirpalo koncentratui

4. KLINIKINĖ INFORMACIJA

4.1 Terapinės indikacijos

Xydalba skirtas gydyti suaugusiųjų ūminėms bakterijų sukeltoms odos ir odos struktūrų infekcinėms ligoms (ŪBOOSIL) (žr. 4.4 ir 5.1 skyrius).

Būtina atsižvelgti į oficialias tinkamo antibakterinių vaistinių preparatų vartojimo rekomendacijas.

4.2 Dozavimas ir vartojimo metodas

Dozavimas

Vaikų populiacija

Dalbavancino saugumas ir veiksmingumas vaikams nuo gimimo iki 18 metų dar neištirtas. Turimi duomenys pateikiami 5.2 skyriuje, tačiau dozavimo rekomendacijų pateikti negalima.



Off-label Drug Use in Hospitalized Children

Samir S. Shah, MD; Matthew Hall, PhD; Denise M. Goodman, MD, MS; Pamela Feuer, MD; Vidya Sharma, MBBS, MPH; Crayton Fargason, Jr, MD; Daniel Hyman, MD, MMM; Kathy Jenkins, MD, MPH; Marjorie L. White, MD; Fiona H. Levy, MD; James E. Levin, MD, PhD; David Bertoch, MHA; Anthony D. Slonim, MD, DrPH

Objectives: To describe the magnitude of off-label drug use, to identify drugs most commonly used off-label, and to identify factors associated with off-label drug use in children hospitalized in the United States.

Design: Retrospective cohort study.

Setting: Administrative database containing inpatient resource utilization data from January 1 to December 31, 2004, from 31 tertiary care pediatric hospitals in the United States.

Participants: Hospitalized patients 18 years or younger.

Main Exposures: Institution and patient characteristics.

Main Outcome Measures: Off-label drug use was defined as use of a specific drug in a patient younger than the Food and Drug Administration–approved age range for any indication of that drug.

Results: At least 1 drug was used off-label in 297 592 (78.7%) of 355 409 patients discharged during the

study. Off-label use accounted for \$270 275 849 (40.5%) of the total dollars spent on these medications. Medications classified as central or autonomic nervous system agents or as fluids or nutrients, or gastrointestinal tract agents were most commonly used off-label, whereas antineoplastic agents were rarely used off-label. Factors associated with off-label use in multivariate analysis were as follows: undergoing a surgical procedure, age older than 28 days, greater severity of illness, and all-cause in-hospital mortality.

Conclusions: Most patients hospitalized at tertiary care pediatric institutions receive at least 1 medication outside the terms of the Food and Drug Administration product license. Substantial variation in the frequency of off-label use was observed across diagnostic categories and drug classes. Despite the frequent off-label use of drugs, using an administrative database, we cannot determine which of these treatments are unsafe or ineffective and which treatments result in substantial benefit to the patient.

Arch Pediatr Adolesc Med. 2007;161:282-290

Off-label kategorijos

Off-label kategorija	Apibūdinimas
Amžius	Vaistas nerekomenduojamas jaunesniems kaip tam tikro amžiaus asmenims (PCS)
Svoris	Vaistas nerekomenduojamas tam tikro svorio vaikams
Informacijos vaikams nebuvimas	Nėra informacijos apie vaisto skyrimą vaikams
Pediatrinių klinikinių tyrimų duomenų nebuvimas	Nurodyta, kad nėra informacijos apie vaisto efektyvumą ir saugumą vaikams
Kontraindikacijos	Nurodyta, kad vaistas kontraindikuotinas vaikams
Indikacijos	Vaistas skiriamas kitoms negu registruotos indikacijos
Vartojimo būdas	Vaistas vartojamas kitais negu registruota būdais



I

(Aktai, kuriuos skelbti privaloma)

EUROPOS PARLAMENTO IR TARYBOS REGLAMENTAS (EB) NR. 1901/2006

2006 m. gruodžio 12 d.

dėl pediatrijoje vartojamų vaistinių preparatų, iš dalies keičiantis Reglamentą (EEB) Nr. 1768/92, Direktyvą 2001/20/EB, Direktyvą 2001/83/EB ir Reglamentą (EB) Nr. 726/2004

(Tekstas svarbus EEE)

EUROPOS PARLAMENTAS IR EUROPOS SĄJUNGOS TARYBA,

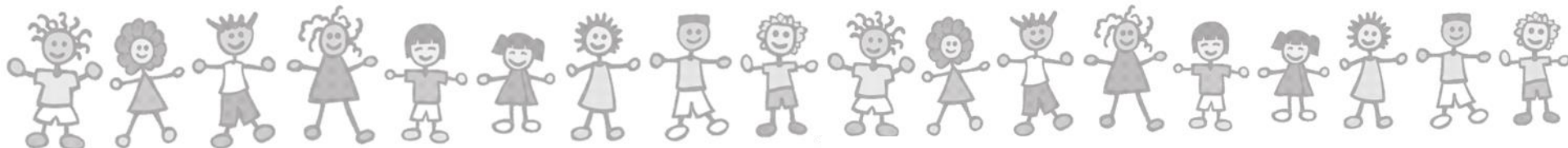
atsižvelgdami į Europos bendrijos steigimo sutartį, ypač į jos 95 straipsnį,

atsižvelgdami į Komisijos pasiūlymą,

atsižvelgdami į Europos ekonomikos ir socialinių reikalų komiteto nuomonę ⁽¹⁾,

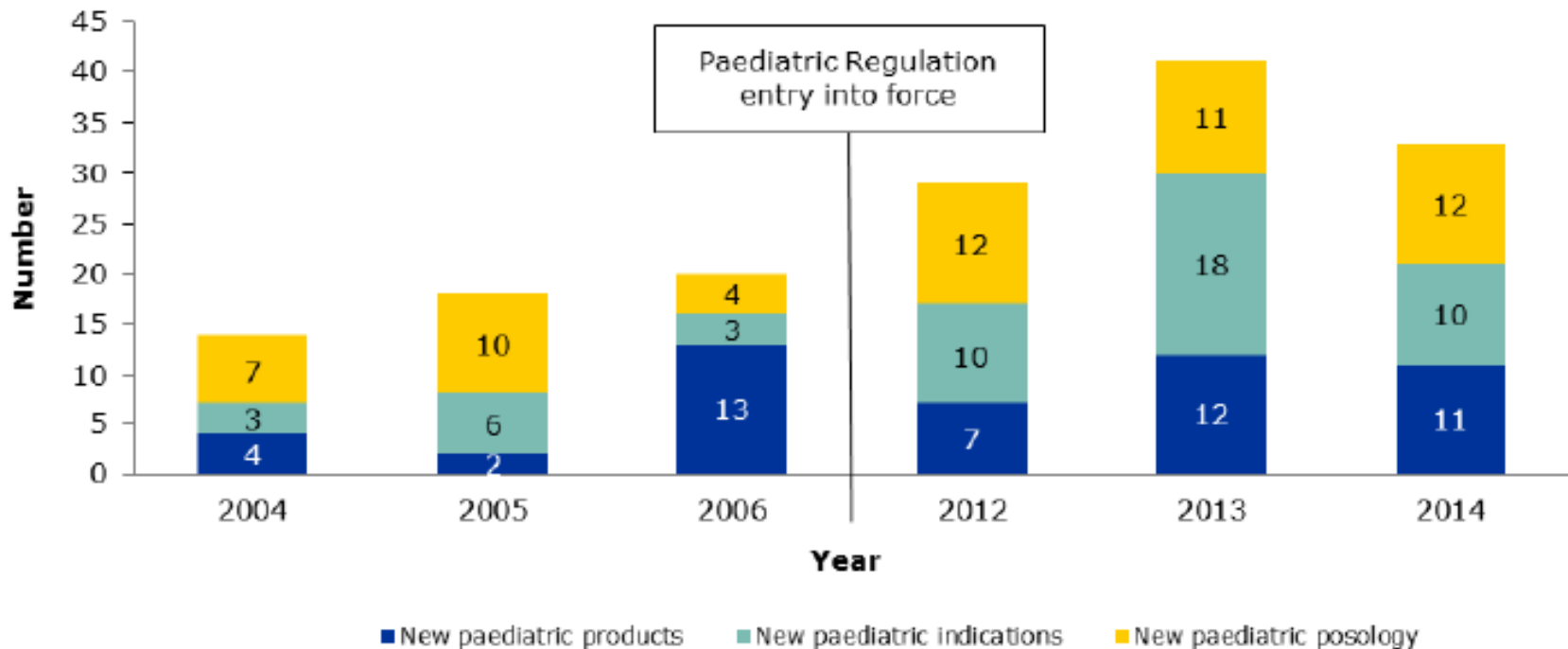
pasikonsultavę su Regionų komitetu,

- (4) Šio reglamento tikslas — palengvinti vaikų populiacijai skirtų vaistinių preparatų kūrimą ir jų prieinamumą, užtikrinti, kad dėl vaikų populiacijos gydymui vartojamų vaistinių preparatų būtų atliekami aukštos kokybės etiški moksliniai tyrimai, vaikų populiacijai vartoti skirtiems vaistiniams preparatams būtų išduoti tinkami leidimai prekiauti, ir pagerinti informacijos apie vaistinių preparatų vartojimą įvairioms vaikų populiacijoms teikimą. Šie tikslai turėtų būti pasiekti neįtraukiant vaikų populiacijos į bereikalingus klinikinius tyrimus ir išvengiant delsimo išduodant leidimus vaistiniams preparatams, skirtiems kito amžiaus gyventojų grupėms.



Centralizuotai registruoti vaistai vaikams

Number of new paediatric products, indications and posology
2004-2006 and 2012-2014



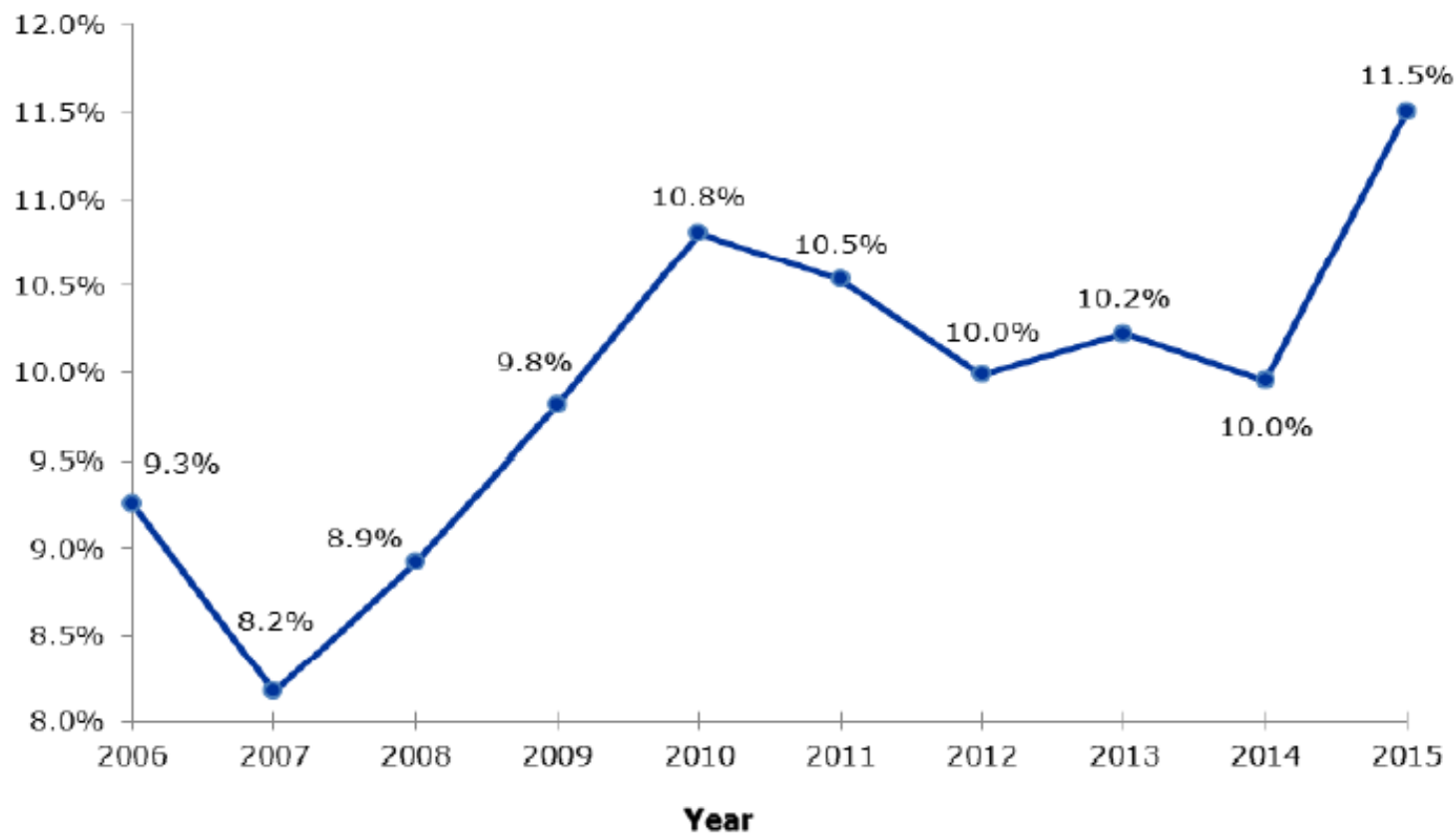
Source: EMA database (SIAMED)



Ref. Ares(2016)6395061 - 14/11/2016

Vaikų klinikinių tyrimų proporcija

Percentage of paediatric trials
(of all trials, by start year)



Note: A paediatric trial is a trial that includes at least one participant below 18 years of age.

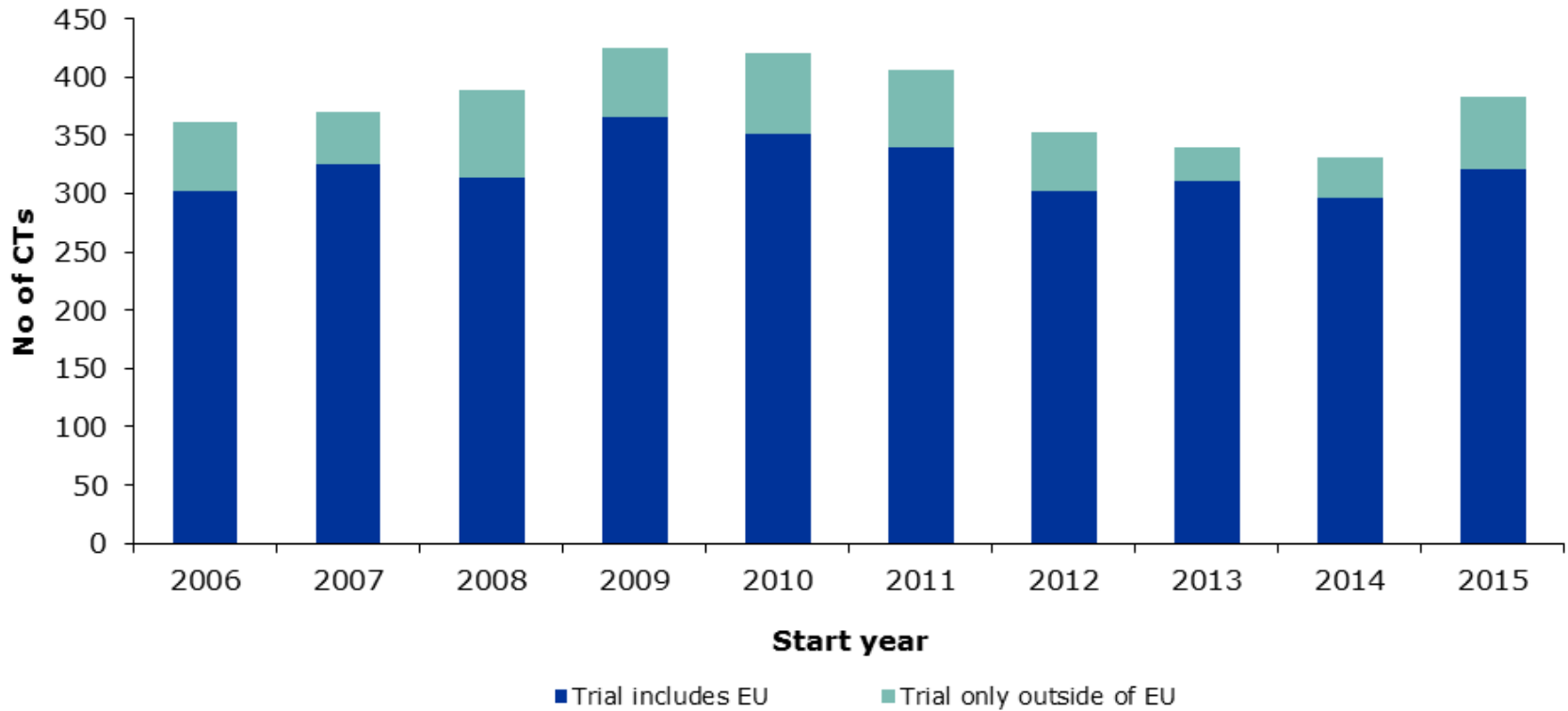
Source: EudraCT database



Ref. Ares(2016)6395061 - 14/11/2016

Patvirtintų vaikų klinikinių tyrimų skaičius

Number of authorised paediatric clinical trials
(inside/outside of EU)

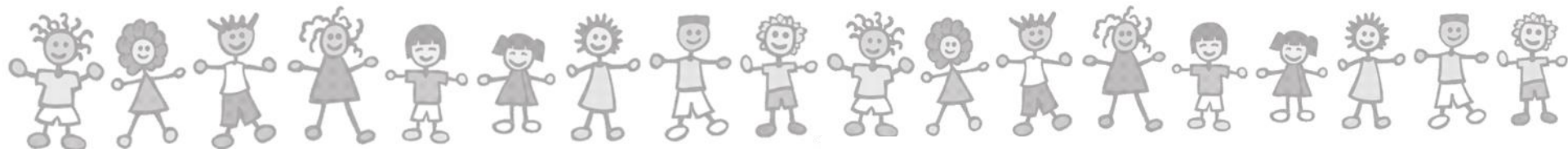


Ar problema išspręsta?



- Gydytojai vis dar neišvengiamai priversti vaikams skirti jiems neregistruotų vaistų
- Tokie vaistai sudaro apie 40% visų bendrosios praktikos gydytojų paskyrimų ir iki 90% paskyrimų ligoninėse
- Tai lemia suboptimalų gydymą, kelia vaikams galima perdozavimo, nepageidaujamų reakcijų riziką, taip pat nepakankamą efektyvumą dėl galimai per mažos dozės
- Be to, vaistą skiriantis gydytojas paliekamas nežinioje, jam sunku nurodyti tinkamą dozę jų pacientams

van der Zanden TM, et al. Arch Dis Child 2017;102:357–361



Klinikinis atvejis

- Neišnešiotas naujagimis, 32 sav. gestacinis amžus, 4 sav. 1,7 kg
 - Hospitalinė infekcija
 - Iš kraujo auga *Pseudomonas aeruginosa*, jautri piperacilinui su tazobaktamu
-
- Dozavimas (Preparato charakteristikų santrauka)

Vaikų populiacija (2–12 metų)

Dozė pagal svorį ir vartojimo dažnis	Indikacija/būklė
80 mg piperacilino/10 mg tazobaktamo/ kg kūno svorio/kas 6 valandas	Karščiuojantys vaikai, kuriems pasireiškė neutropenija, kurie karščiuoja, kaip įtariama, dėl bakterijų sukeltų infekcijų*.
100 mg piperacilino/12,5 mg tazobaktamo/kg kūno svorio/kas 8 valandas	Intraabdominalinės infekcijos komplikacijos*.

Vaistų dozavimas vaikams

Von Harnack lentelė

Amžius	Suaugusiojo dozės dalis
1 mėn.	1/10
6 mėn.	1/5
12 mėn.	1/4
3 metai	1/3
7 metai	1/2
12 metai	2/3

Dozės faktorius (mg/kg)

Amžius metais	Koeficientas
0-1	1,8
1-6	1,6
6-10	1,4
10-14	1,2
Suaugusieji	1,0

Article types
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- [Use of colistin for the treatment of multi drug resistant isolates in neonates.](#)
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- [Target attainment analysis and optimal sampling designs for population pharmacokinetic study on piperacillin/tazobactam in neonates and young infants.](#)
- 2. Chen Y, Lu J, Dong M, Wu D, Zhu Y, Li Q, Chen C, Li Z.
Eur J Clin Pharmacol. 2016 Dec;72(12):1479-1488. Epub 2016 Sep 19.
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- 3. Anwar M, Ejaz H, Zafar A, Hamid H.
J Pathog. 2016;2016:8603964. doi: 10.1155/2016/8603964. Epub 2016 Mar 30.
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- 4. Pineda LC, Watt KM.
Clin Perinatol. 2015 Mar;42(1):167-76. ix-x. doi: 10.1016/j.clp.2014.10.009. Epub 2014 Nov 27. Review.

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Population pharmacokinetics of piperacillin/tazobactam in neonates and young infants.

Li Z¹, Chen Y, Li Q, Cao D, Shi W, Cao Y, Wu D, Zhu Y, Wang Y, Chen C.

⊕ Author information

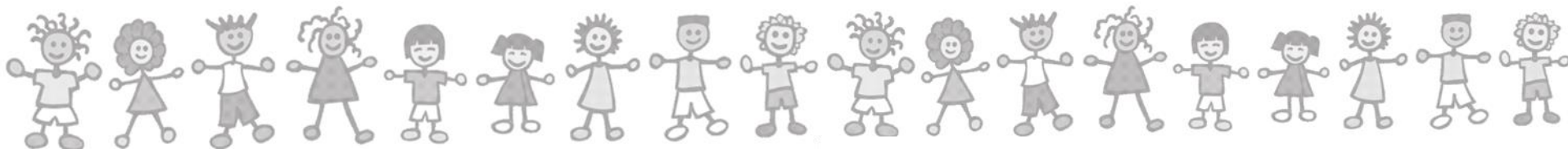
Abstract

OBJECTIVES: To develop population pharmacokinetic (PK) models for piperacillin/tazobactam in neonates and infants of less than 2 months of age in order to determine the appropriate dosing regimen and provide a rational basis for the development of preliminary dosing guidelines suitable for this population.

METHODS: A two-stage, open-label study was conducted in neonates and infants less than 2 months of age in the neonatal intensive care unit (NICU). A total of 207 piperacillin and 204 tazobactam concentration-time data sets from 71 patients were analyzed using a nonlinear mixed-effect modeling approach (NONMEM VII). PK models were developed for piperacillin and tazobactam. The final models were evaluated using both bootstrap and visual predictive checks. External model evaluations were made in 20 additional patients.

RESULTS: For neonates and young infants less than 2 months of age, the median central clearance was 0.133 and 0.149 L/h/kg for piperacillin and tazobactam, respectively. Postmenstrual age (PMA) was identified as the most significant covariate on central clearance of piperacillin and tazobactam. However, the combination of current bodyweight (BW) and postnatal age proved to be superior to PMA alone. BW was the most important covariate for apparent central volume of distribution. Both internal and external evaluations supported the prediction of the final piperacillin and tazobactam PK models. The dosing strategy 44.44/5.56 mg/kg/dose piperacillin/tazobactam every 8 or 12 h evaluated in this study achieved the pharmacodynamic target (free piperacillin concentrations >4 mg/L for more than 50 % of the dosing interval) in about 67 % of infants.

CONCLUSIONS: Population PK models accurately described the PK profiles of piperacillin/tazobactam in infants less than 2 months of age. The results indicated that higher doses or more frequent dosing regimens may be required for controlling infection in this population in NICU.



Vaikų vaistų žinynas (Nyderlandai)

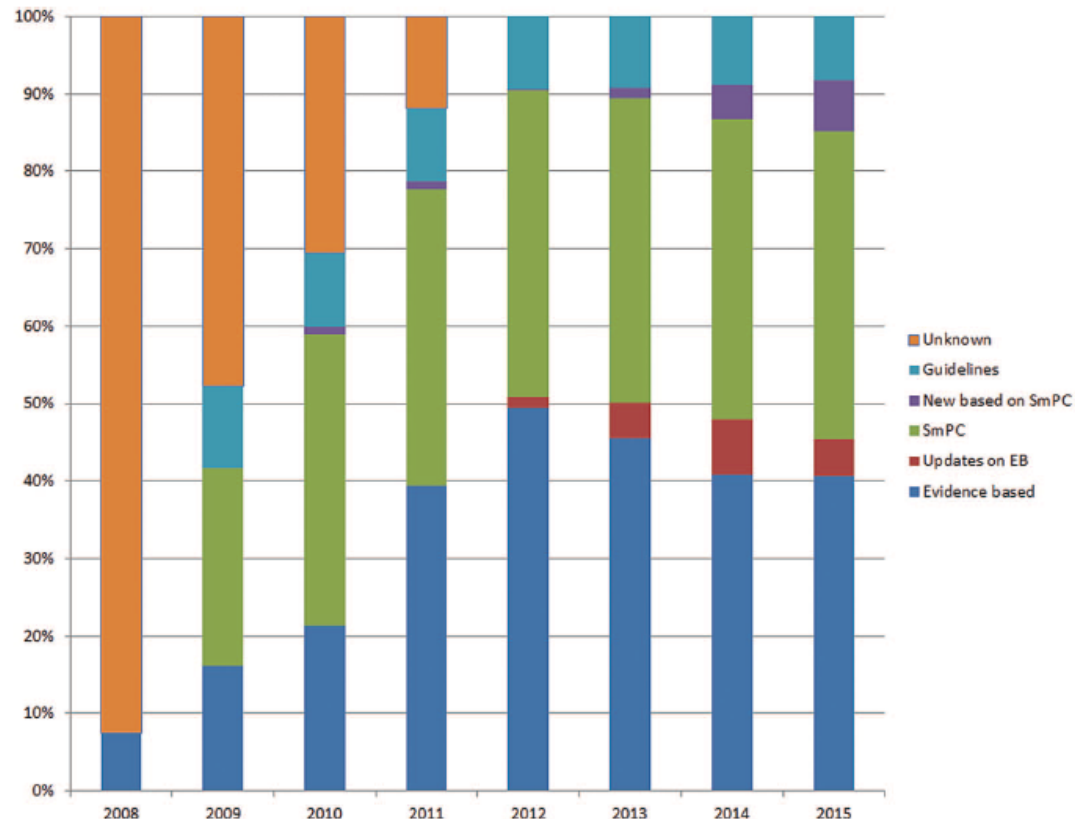


Figure 1 Improving the knowledge base. EB, evidence based; SmPC, Summary of Product Characteristics.

Vaistų poveikis vaikams – kintantis

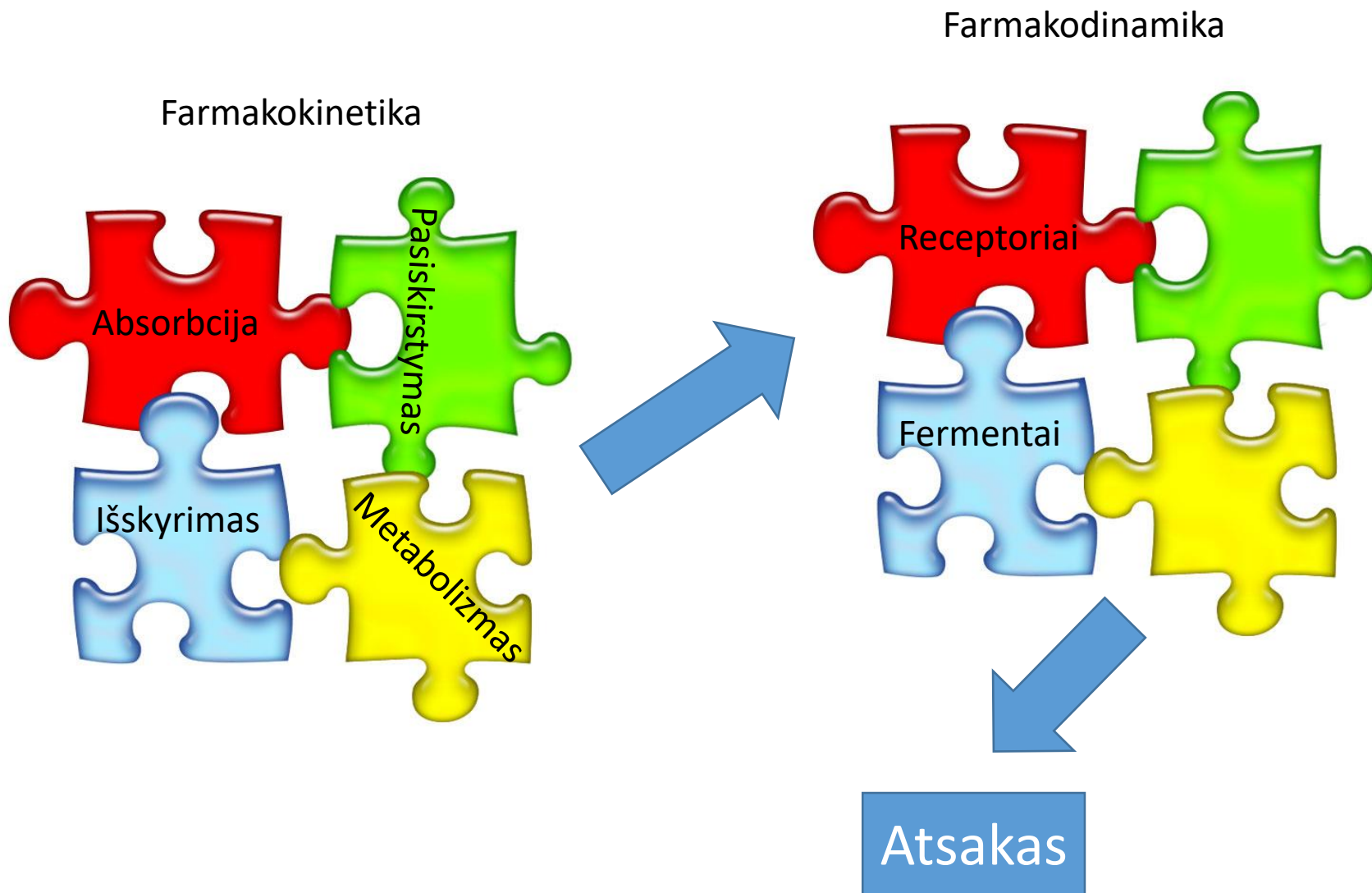


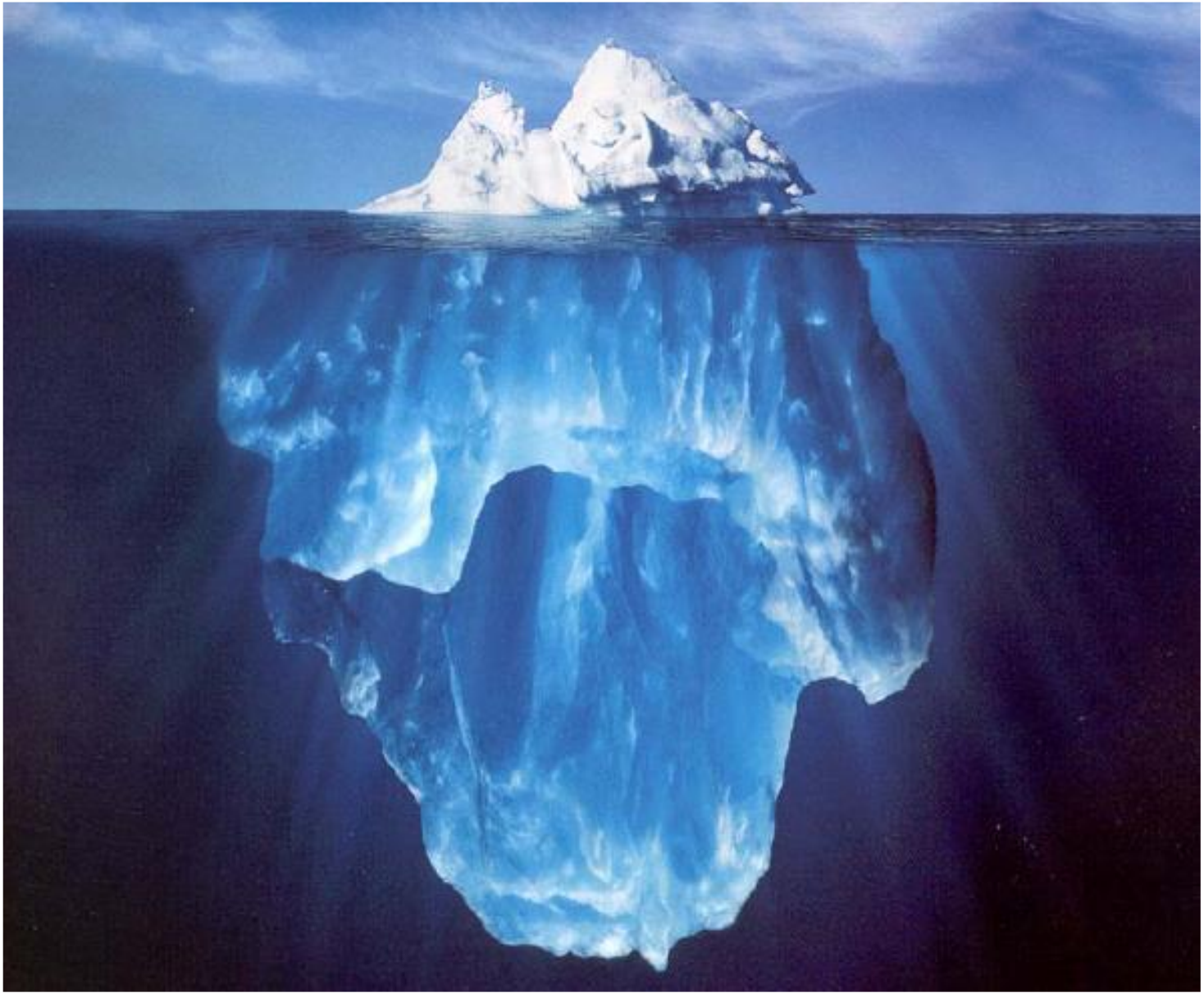
Ontgenezė

Farmakogenetika

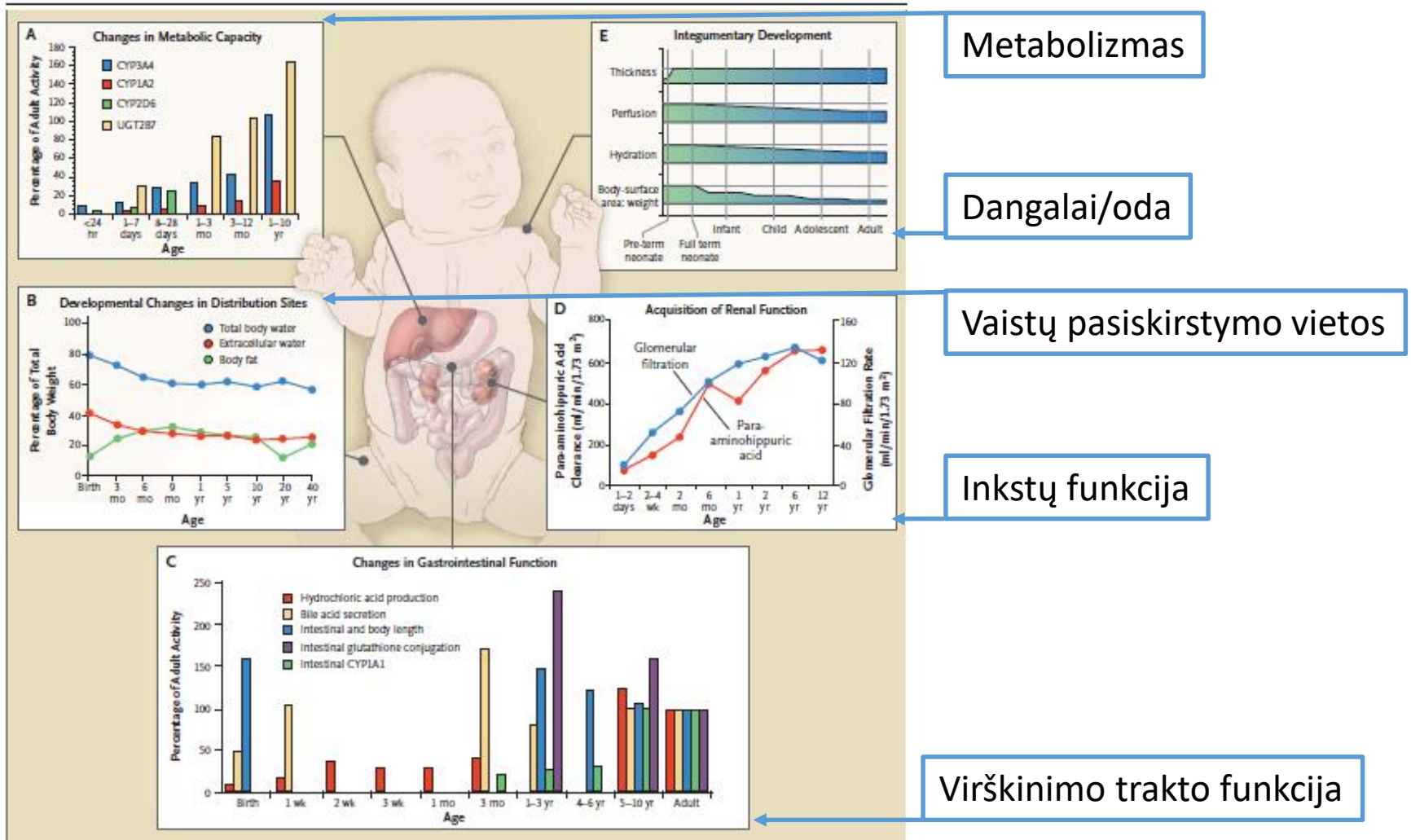


Vaistų poveikio įvairumas





Vaikų farmakoterapija „šaudymas į judantį taikinį“...



Metabolizmas

Dangalai/oda

Vaistų pasiskirstymo vietos

Inkstų funkcija

Virškinimo trakto funkcija



GI-system maturation (under construction)

	0-1 d	1 wk	2 wks	4 wks	6 wks	3-5 mo	9 mo	1y	2y	3Y	6Y	12y	18y
GI FUNCTION (general)	Most of the GI function development is complete by end of infancy												
STOMACH													
GASTRIC SECRETION													
Mucosa	Thin at birth												
Gastric pH	pH 4-6				pH 1.5 - 3				pH 1.5-2.5				
Hydrochloric acid	Reduced secretion												
Gastrin	Reduced production												
Pepsinogen/Pepsin						50%		100%					
Gastric lipase	Reduced production												
GASTRIC EMPTYING	Reduced												
GASTRIC ABSORPTION	Linked with high pH in neonates/infants-					dependent on type of food							
SMALL INTESTINE													
PERISTALTIC	Less frequent, relies on feeding patterns												
ABSORPTION	Slower but same total												
MUCOSA + IgG TRANSPORT	Higher mucosal permeability for macromolecules: specific (IgG and EGF) and non-specific endocytosis												
Maternal IgGs are also transferred to offspring in utero.													
CRYPT VILLUS PROLIFERATION	50%												
ENZYME ACTIVITY													
Lactase	Increased												
Alkaline phosphatase	Decreased												
LARGE INTESTINE													
ELECTROLYTE BALANCE	Na ⁺ -K ⁺ ATPase: sodium absorption and anion exchange reduced												
RECTAL CONTRACTIONS	Greater number of high-amplitude pulsatile contractions												



GI-system maturation (under construction)

	0-1 d	1 wk	2 wks	4 wks	6 wks	3-5 mo	9 mo	1y	2y	3Y	6Y	12y	18y
GI-TRACT													
MICROBIAL COLONIZATION													
Types of microbes present:	Coliforms and streptococci most common (E. coli, streptococci, bacteroides, and bifidobacteria)												
	Anaerobic bacteria such as bacteroides, bifidobacteria, and clostridia found as well												
Breast-fed infants	Mostly bifidobacteria (limit growth of pathogens by lowering instinal pH)												
Formula-fed infants	Mostly lactobacillus (limit growth of pathogens by lowering instinal pH)												
Solid foods	Solid foods: "obligate anaerobes" increase												
INTESTINAL ENZYMES													
CYP1A1	Increases over time to adult levels												
Glutathione-S-transferase	Decreases over time to adult levels												
Epoxide hydrolase and glutathione peroxidase	Little age dependence												
P-gp/MDR1	No data in children												
PANCREAS													
PANCREATIC ENZYMES													
No response to cholecystokinin or secretin	[Shaded area from 0-1 d to 6 wks]												
Lipase	[Shaded area from 0-1 d to 1y]												
Trypsinogen	[Shaded area from 0-1 d to 4 wks]												
Amylase	[Shaded area from 0-1 d to 6 wks]												
Enterokinase	[Shaded area from 0-1 d to 2y]												
Chymotrypsin	[Shaded area from 0-1 d to 2y]												
Carboxypeptidase	[Shaded area from 0-1 d to 2y]												

References:

- Kearns GL, Abdel-Rahman SM, Alander SW, Blowey DL, Leeder JS, Kauffman RE. Developmental pharmacology--drug disposition, action, and therapy in infants and children. *N Engl J Med.* 2003 Sep 18;349(12):1157-67. Review.
- Walthall K, Cappon GD, Hurtt ME, Zoetis T. Postnatal development of the gastrointestinal system: a species comparison. *Birth Defects Res B Dev Reprod Toxicol.* 2005 Apr;74(2):132-56.



Liver maturation

Age (after birth) and maturation period		1 month	2 months	3 months	4 months	5 months	6 months	12 months	15 months	2 years	5 years	
Phase I Enzymes	Hepato-biliary system and metabolic pathways											
	CYP3A4 (midazolam, itraconazole)	Active										
	CYP1A2 (caffeine, theophylline)	Active										
	CYP2D6 (dextromethorphan)	Active										
	CYP2C9/CYP2C19 (benzodiazepines, proton pump inhibitors)	Active										
	CYP2E1 (acetaminophen, halothane, ethanol)	Active										
Phase II Enzymes	FMO (chlorpromazine, promethazine)	Active										
	Glucuronidation UGT1A (acetaminophen)	Active										
	Glucuronidation UGT2B (chloramphenicol, morphine)	Active										
	Sulfation SULT1A1/SULT1A3 (acetaminophen; iodothyronines and catecholamines in foetus)	Active										
	NAT2 (caffeine, isoniazid)	Active										
Bile flow (reaching up to the adult levels)		Active										

Reference:

Mulberg AE, Silber SA, van den Anker JN; Paediatric Drug Development: Concepts and Applications; Developmental hepatic pharmacology in paediatrics; 2009; p. 243.



Renal system maturation

Renal system Function / Age subsets	0 – 1 year	1 – 2 years	2 – 3 years	Up to 18 years
Glomerular filtration rate (GFR)	Due to haemodynamic changes during and just after birth, GFR increases rapidly in the first two weeks of life. Afterwards, GFR corrected for body surface area increases more slowly to reach adult levels between 1 to 2 years of age .			
Tubular secretion	The renal tubular secretion capacity increases over the first months of life and then declines to reach the adult level (per unit of body area) at ~ 7 months to 1 year of age . The organic anion pathway matures faster than the organic pathway.			
Tubular reabsorption	The development and maturation of the glomerular permeability functions and the renal tubular reabsorption are gradual and continuous processes from birth to adolescence . The key stage of their maturation is at ~ 1 and 3 years of age .			

References:

1. Guideline on the investigation of medicinal products in the term and preterm neonate. CHMP and PDCO, EMEA, London 25 June 2009.
2. Paediatric Drug Development. Mulberg AE, Silber SA, Van den Anker JN. John Wiley & Sons, 2009.



Brain maturation

Brain/brain elements	Period of maturation (postnatal months and years of age)	1 m	6 m	12 m	18 m	24 m	3y	4y	5y	6y	7y	8y	9y	10 y	11 y	12 y	13 y	14 y	15 y	16 y	17 y	18 y	
Neural tube differentiation	Up to 1st month of age																						
Blood brain barrier	Until 6 th month of age																						
Proliferation and organization of synapses	50% at 2 yrs; 100% at 4 yrs																						
Myelination	50 % of corpus callosum at 18 months; up to 20-30 yrs																						
Brain size	80% at 2 yrs; 90% at 5 yrs; remodelling of white and gray matter up to 20-30 yrs																						
Cortical gray matter maturation (motor & sensory systems, memory, audio-visual input, object recognition)	1. Frontal lobe: 11 yrs girls & 12.1 yrs boys 2. Temporal lobe: 16.7 yrs girls & 16.2 yrs boys 3. Parietal lobe: 10.2 years girls and 11.8 yrs boys																						
Subcortical gray matter maturation (control of movement and muscle tone, higher cognitive functions, attention, affective states)	Nucleus caudatus size peak: 7.5 yrs girls & 10.0 yrs boys																						
Amygdala and hippocampus maturation (emotion, language, memory)	Between 4 yrs and 18 years																						
White matter maturation	1. Lobar white matter volumes increase up to 30 years 2. Corpus callosum: between 4 yrs and 18 years (integrating left & right hemispheres; unification of sensory fields, memory storage and retrieval, attention & arousal, enhancing language and auditory functions)																						
Prefrontal cortex maturation	Up to the late adolescence – 17-18 yrs																						
Neurotransmitter system maturation (NMDA receptors)	Up to 3 years of age																						
Cholinergic and serotonergic systems	Through childhood and adolescence, in individuals possibly into adulthood																						

1. Volpe JJ, Neurology of the newborn, 5th ed., Elsevier Health Sciences, Philadelphia 2008, p5

2. Benes F, The development of the pre-frontal cortex, the maturation of neurotransmitter systems and their interactions, in: Handbook of developmental cognitive neuroscience (Nelson CA, Luciana M, eds) , MIT press, 2001



Lung maturation (under construction)

Development of the Pulmonary System

		Fertilization										Birth							
Age subset		Embryogenesis		Foetal development								Neonate/ Infant		Child					
		0 w	5 w	10 w	15 w	20 w	25 w	30 w	35 w	40 w	1y	2y	3y	4y	5y	6y	7y	8y	
Stage	Embryonic																		
	Pseudo-glandular																		
	Canalicular																		
	Saccular																		
	Alveolar (proliferation)																		
	Microvascular maturation																		
	Alveolar (expansion) (Normal lung growth period)																		

References:

- [Zoetis T, Hurtt ME. Species comparison of lung development. Birth Defects Res B Dev Reprod Toxicol. 2003;68\(2\):121-4. Review.](#)
- [Zeltner TB, Burri PH. 1987. The postnatal development and growth of the human lung. II. Morphology Respirat Physiol 67:269-282.](#)
- [Burri PH. 1996. Structural aspects of prenatal and postnatal development and growth of the lung. In: McDonald JA, editor. Lung Growth and Development. New York: Marcel Dekker. p1-35.](#)
- [Thurlbeck WM. 1975. Postnatal growth and development of the lung. Am Rev Respir Dis 111:803-844.](#)
- [Dietert RR, Etzel RA, Chen D, Halonen M, Holladay SD, Jarabek AM, Landreth K, Peden DB, Pinkerton K, Smialowicz RJ, Zoetis T. 2000. Workshop to Identify Critical Windows of Exposure for Children's Health: Immune and Respiratory Systems Work Group Summary. Environ Health Perspect 108\(Suppl 3\):483-490.](#)

Vaistų klinikiniai tyrimai pediatrijoje

Problemos

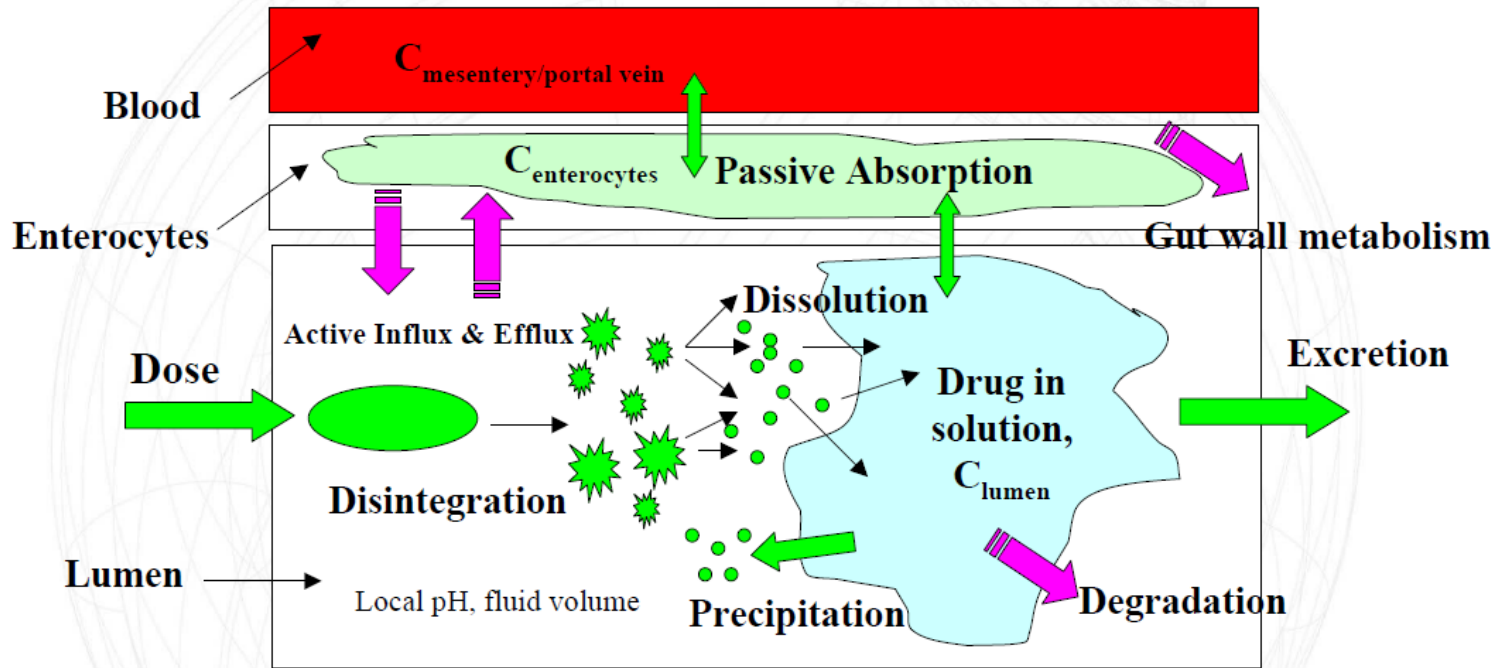
- Etinės problemos
- Nedidelis sergamumas
- Sunku surinkti reikiamą pacientų skaičių
- Reikia tirti visų amžiaus grupių pacientus
- Didelės išlaidos

Sprendimai

- Nemokamas mokslinis patarimas
- Patento pratęsimas
- Rinkos apsauga
- Nauji tyrimo metodai
 - Duomenų ekstrapoliavimas
 - Klinikinių tyrimų simuliacija



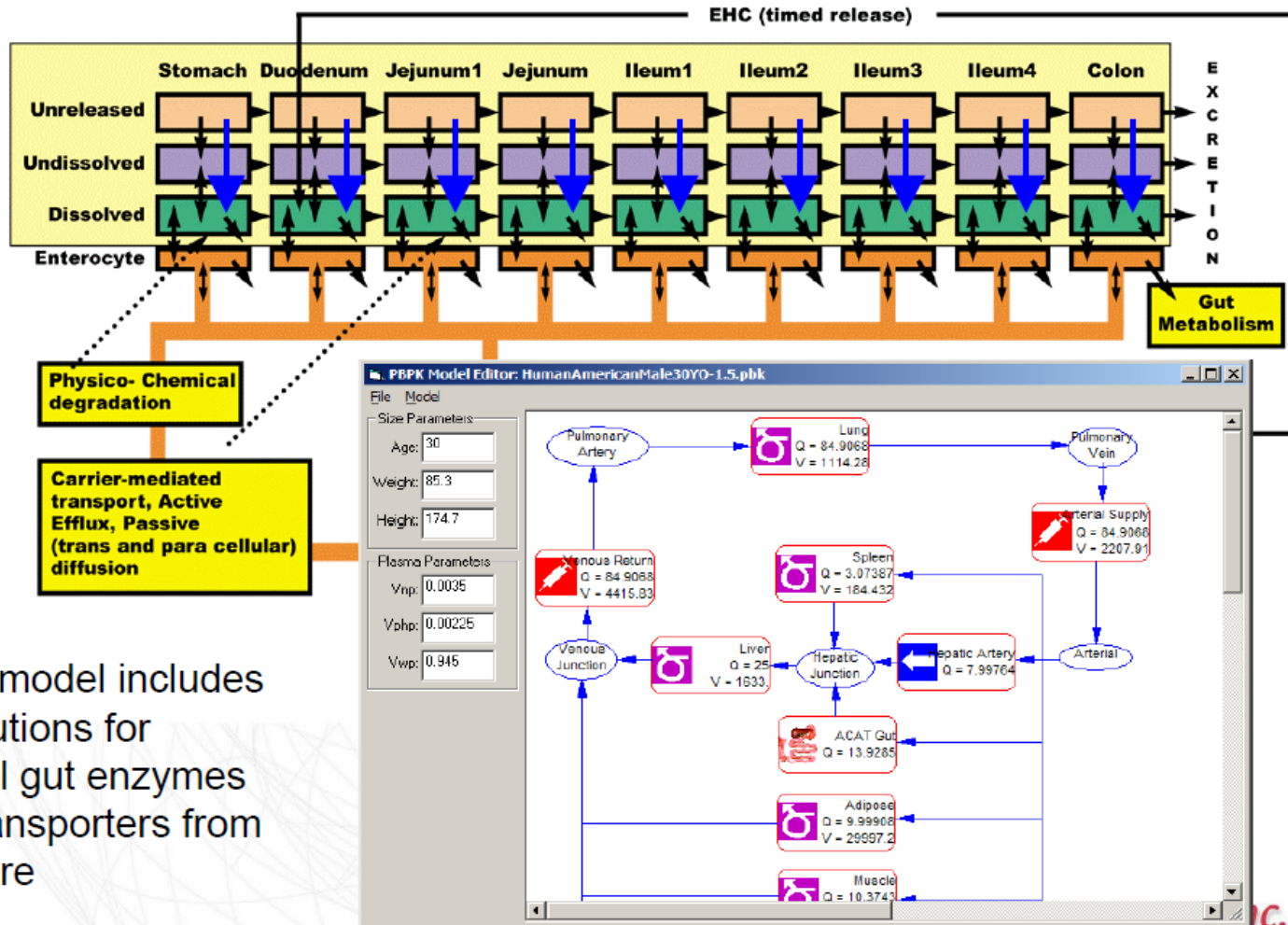
Processes Involved in Oral Absorption



These phenomena are repeated in each of the compartments of the gastrointestinal tract

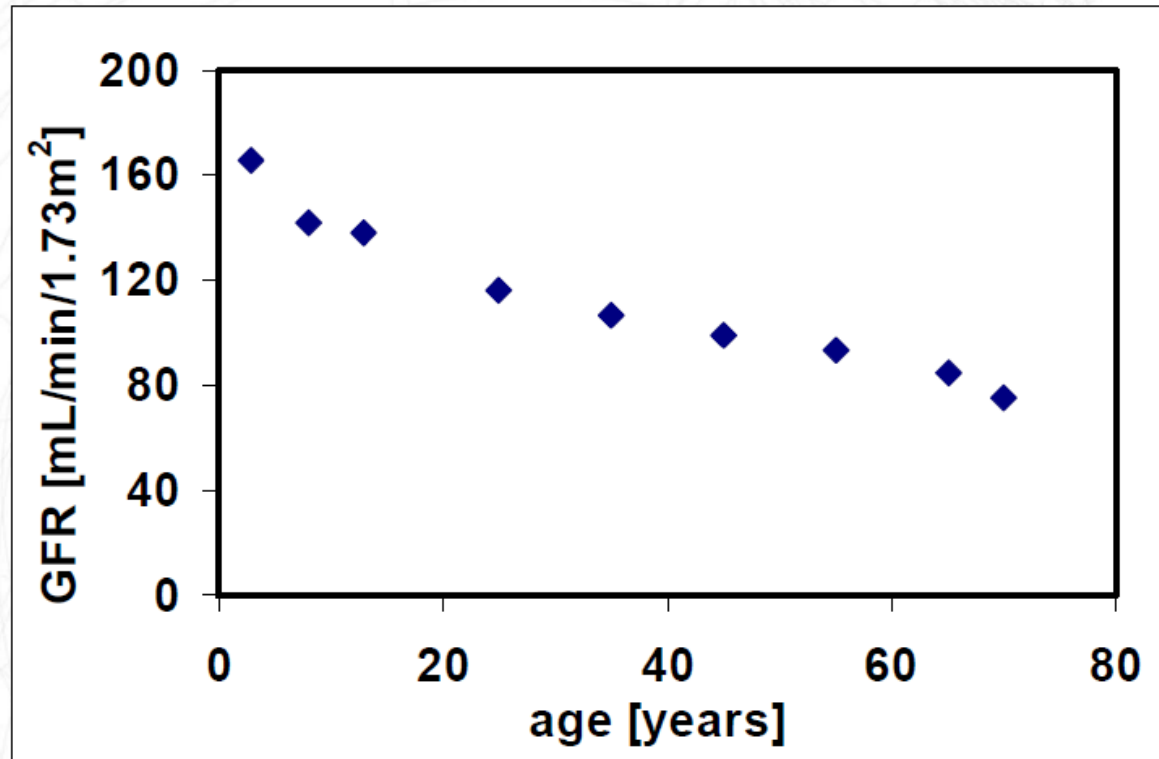


ACAT-PBPK Combined Model



ACAT model includes distributions for several gut enzymes and transporters from literature

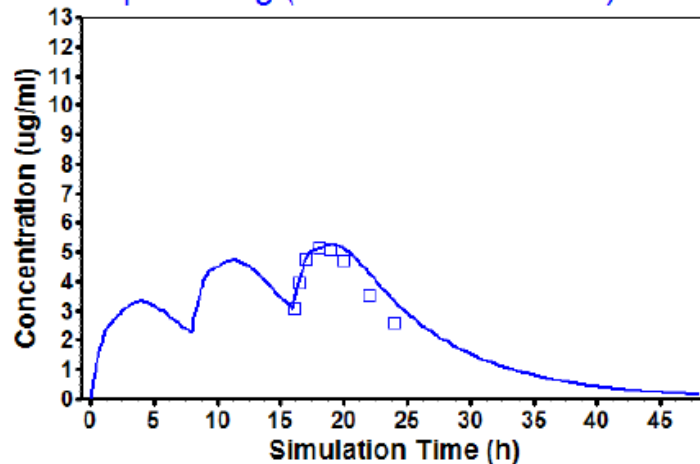
Gabapentin CL Modeled as Function of Glomerular Filtration Rate



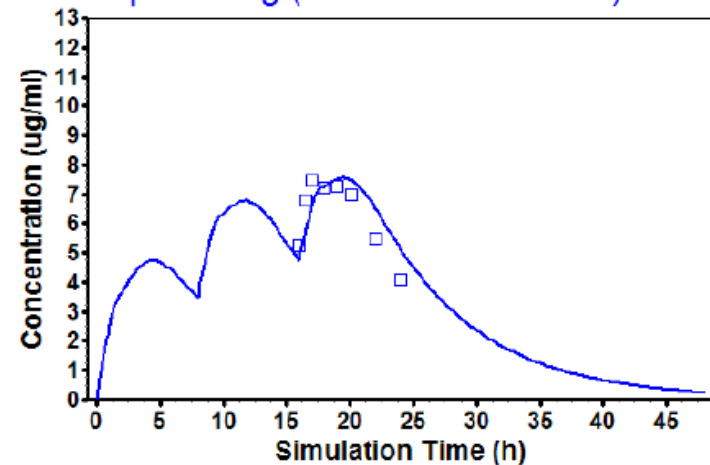
Mego S. 36th Annual Scientific Meeting of the Australian and New Zealand Society of Nuclear Medicine (poster)
Stevens L. FAQ about GFR Estimates (National Kidney Foundation publication)

Gabapentin Nonlinear Dose Dependence in Adults

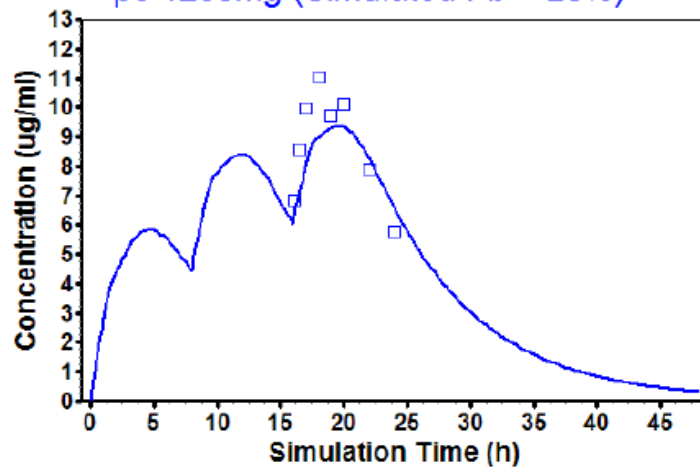
po 400mg (Simulated Fb = 46%)



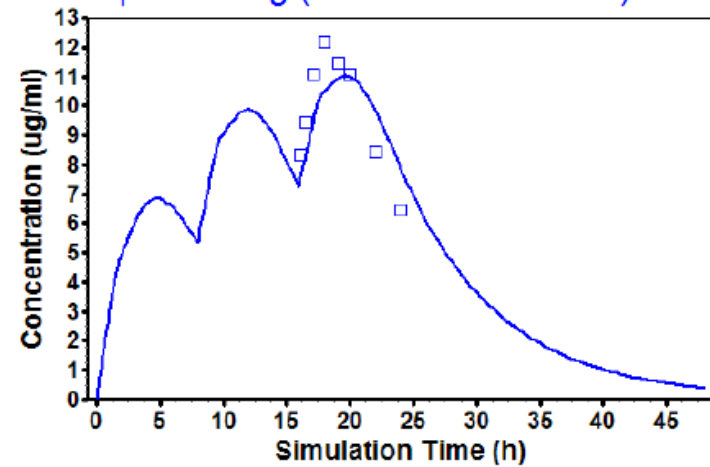
po 800mg (Simulated Fb = 34%)



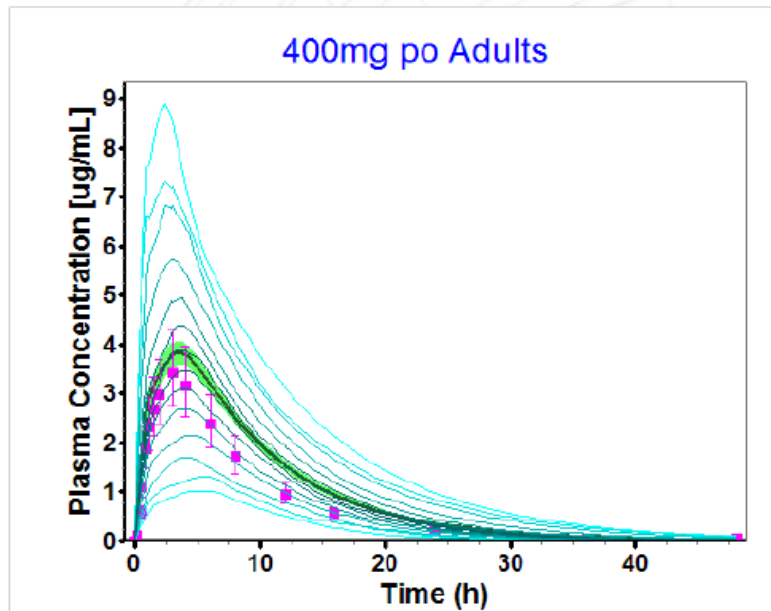
po 1200mg (Simulated Fb = 28%)



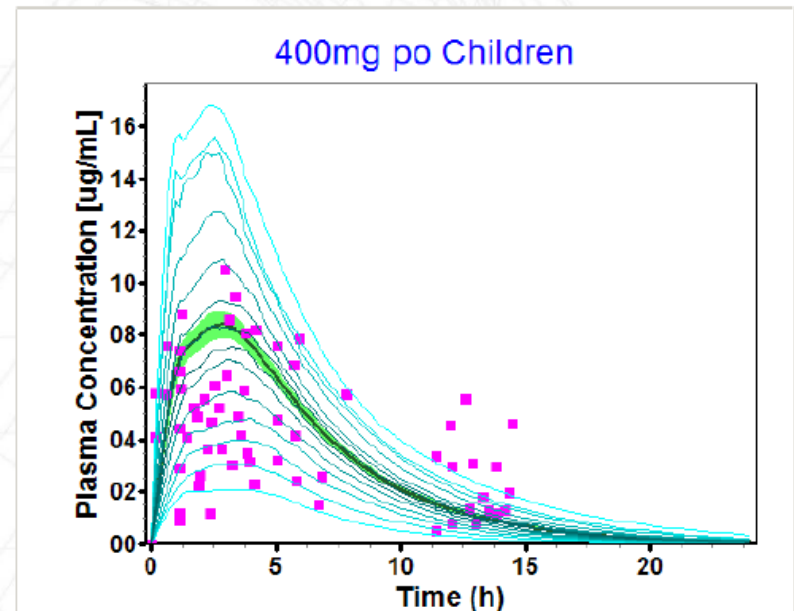
po 1600mg (Simulated Fb = 25%)



Adult and Pediatric Population Simulations



400 mg solution: 41 yo adult female



400 mg tablet, 7 yo children

Išvados

- Vaistų farmakokinetika ir farmakodinamika vaikams gali skirtis nuo suaugusiųjų (kitų amžiaus grupių vaikų) dėl skirtingos organų brandos
- Daugelio naujų (ir ne tik) vaistų poveikis vaikams nežinomas
- Skiriant neregistruotą vaistą vaikams, būtina įvertinti naudą ir riziką, stengti kuo tiksliau parinkti dozę atsižvelgiant į amžių, kūno masę, kūno paviršiaus plotą, inkstų funkciją, brandą, stebėti atsaką į vaistą
- Skirti vaikams tinkamą vaisto formą, vartojimo būdą
- Vengti polifarmacijos

