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Respiratory Pharmacology

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Pharmacology

φάρμακον
pharmakon

Medicine Poison Magic Spell

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Pharmacology is derived from a Greek word (pharmakon). The Greeks used this word to mean a medicine, a poison or a magic spell.

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Clinical Pharmacology

Pharmacokinetics Pharmacodynamics

CL

V

E_{max}

C₅₀

Dose

Concentration

Effect

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Clinical pharmacology describes the effects of drugs in humans. One way to think about the scope of clinical pharmacology is to understand the factors linking dose to effect. Drug concentration is not as easily observable as doses and effects. It is believed to be the linking factor that explains the time course of effects after a drug dose. The science linking dose and concentration is pharmacokinetics. The two main pharmacokinetic properties of a drug are clearance (CL) and volume of distribution (V). The science linking concentration and effect is pharmacodynamics. The two main pharmacodynamic properties of a drug are the maximum effect (E_{max}) and the concentration producing 50% of the maximum effect (C₅₀).

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Respiratory Disease and Pharmacology

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Objectives

- Be familiar with the principal diseases of the respiratory system and the common medicines used to treat respiratory disease
- Learn the mechanism of action, clinical benefits and adverse effects of common medicines

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Lectures are intended to highlight main mechanisms of disease and actions of common medicines. Disease and pharmacological mechanisms can often be found on Wikipedia. Adverse effects are often complex and may relate to interaction of several medicines used at the same time. Consult MedSafe (<http://www.medsafe.govt.nz/>) or NZ Formulary (<http://nzformulary.org/>) for details.

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Respiratory Diseases

- Asthma & Allergic Rhinitis
- Infection (URTI)
- Coughs and colds
- Chronic Obstructive Pulmonary Disease (COPD)
- Cystic fibrosis

URTI=upper respiratory tract infection

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What are the principal respiratory diseases that are treated with medicines?

Malignant diseases such as lung and throat cancer and antibacterial/antiviral/antifungal treatment of respiratory tract infections are not covered in this lecture.

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PHARMACY SELF CARE

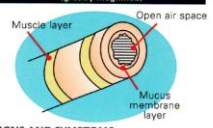
Newton Pharmacy
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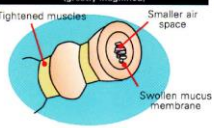
Asthma

Asthma is a common condition that affects the lungs. Your lungs have thousands of tiny breathing tubes for carrying air. When you have asthma, the linings of these tubes swell and become inflamed. They become sensitive and react to things to which other people's breathing tubes do not. Mucus (phlegm) may clog the insides of the tubes, and muscles around the tubes tighten. They narrow so that less air is able to pass through, and it is harder to breathe in and out.

Normal breathing tube
(greatly magnified)



Breathing tube with asthma
(greatly magnified)



SIGNS AND SYMPTOMS


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PHARMACY SELF CARE

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Hay fever

Hay fever is the common name for a condition called allergic rhinitis. It is an allergic reaction of the nose, throat and eyes. The allergy-causing substances (or allergens) are commonly pollens from plants.

For most people hay fever usually occurs about the same time each year, often in spring or summer. This is when a lot of pollen is in the air because many grasses, weeds and trees are flowering. Hay fever at this time usually is referred to as seasonal allergic rhinitis.

However some people get hay fever all year round. This is called perennial allergic rhinitis and the allergens responsible include animal hair, house-dust mites and mould spores. Hay fever can be made worse by things that irritate an already-sensitive nose - things such as smoke, chemical fumes and sudden changes in temperature.

SIGNS AND SYMPTOMS

For people prone to allergies, when allergens enter the nose, throat or eyes, their immune systems cause special cells (mast cells) to become active (like a volcano erupting). These cells release many substances, including histamine, that cause symptoms such as:

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Allergic Disease


- Asthma (“wheeze”) and allergic rhinitis (“hay fever”)
- Caused by allergy to inhaled antigens
 - » e.g. pollen, house dust mite
- Typically reversible without treatment
- Medicines are largely symptomatic

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Coughs and Colds

The common cold affects most people at some stage in their lives. Colds can last from 5-7 days although some symptoms, such as a cough, can last much longer.

Young children get more colds than adults because their immune systems are still developing.

Elderly people, and those with chronic (long term) illness, are also more likely to catch a cold easily.

CAUSES

The common cold is an infection of the nasal passages (nose) and throat. It is caused by viruses.

Cold viruses are always changing from year to year. This is why you can get a new cold each year, or even more frequently, and why it is difficult to develop a cure. Cold viruses are spread by saliva droplets that are sprayed through the air by talking, sneezing and coughing, and by direct hand contact with nasal secretions from infected people or objects.

SIGNS AND SYMPTOMS

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Coughs and Colds Sore Throats

- Symptoms of allergy and/or infection
- Usually viral infection
 - » Choryza – the common cold
 - » Influenza
 - » Infectious mononucleosis – glandular fever
- No proven place for use of medicines
 - » Exception – Streptococcal infection


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Common symptoms. Mainly self limiting.
https://en.wikipedia.org/wiki/Vitamin_C_and_the_common_cold
Vitamin C use is controversial. A profitable placebo for pharmacists?
Limited benefit of anti-virals (e.g. oseltamivir (Tamiflu)) in influenza.
<https://en.wikipedia.org/wiki/Oseltamivir>
"A 2014 Cochrane review concluded that oseltamivir does not reduce hospitalizations, and that there is no evidence of reduction in complications of influenza"
Cough cures? <http://www.webmd.com/cold-and-flu/features/cough-relief-how-lose-bad-cough#1>
Medicines have little objective benefit.
Symptomatic remedies (steam inhalation, hot shower, whisky etc)
https://en.wikipedia.org/wiki/Streptococcal_pharyngitis
Penicillin to reduce risk of rheumatic fever

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COPD

WHAT IS COPD?

COPD stands for Chronic Obstructive Pulmonary Disease - a long-term (chronic) lung condition that results in restricted airflow (airflow obstruction). Over time the condition gets worse and eventually results in permanent lung damage.

A number of different breathing problems come under the general term of COPD. They include chronic asthma, chronic bronchitis, chronic bronchiolitis and emphysema, all of which result in breathing tubes that have lost their elasticity.

Your doctor needs to confirm the diagnosis, and determine how severe the condition is. This is done by measuring how much and how quickly your lungs can be filled and emptied of air, indicating how well your lungs are working. The test is called spirometry; the machine a spirometer. Spirometry can identify early disease 10-20 years before you experience major symptoms.

COPD symptoms are very similar to adult-onset asthma, but the causes, treatment and management of these two conditions is very different. This means

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COPD

Chronic Obstructive Pulmonary Disease

- Complex cause
 - » Long standing allergy (late stage asthma)
 - » Chronic irritation (smoking)
 - » Recurrent infections (acute bronchitis)
- Airway obstruction only partially reversible
- Infection difficult to eradicate

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Acute exacerbations can be difficult to distinguish from asthma and heart failure. Progressive disease. No medicines known to slow progression of obstructive features. Late stage disease may require domiciliary oxygen.

Mucolytics have little objective benefit. Mainly placebo effect.

<https://en.wikipedia.org/wiki/Mucokinetics>:

"Many mucokinetic drugs are available, including Sodium citrate or Potassium citrate, Potassium iodide, Guaiphenesin, Tolu balsam, Vasaka, Ammonium chloride.

Many mucolytic drugs are available, including acetylcysteine, ambroxol, carbocisteine, erdosteine, mecysteine, and domase alfa".

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Cystic Fibrosis

- Genetic cause
 - » 1 in 3000 newborns affected
 - » CFTR - cystic fibrosis transmembrane conductance regulator protein
- Symptoms may start in infancy
 - » Respiratory (frequent infections)
 - » Intestinal (malabsorption)
- Lifelong management

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https://en.wikipedia.org/wiki/Cystic_fibrosis:

"cystic fibrosis transmembrane conductance regulator protein (CFTR)"

"CFTR is involved in production of sweat, digestive fluids, and mucus. When CFTR is not functional, secretions which are usually thin instead become thick."

Many clinical teams (respiratory, gastrointestinal, nutritional, psychological). Multiple medicines. Lots of potential interactions.

Challenge for everyone to stay alert to medicine interactions and adverse effects.

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Allergy Mechanism

- Inflammation
 - » Swelling
 - » Itching
 - » Liquid exudate
- Mediators
 - » Mast cells
 - » Eosinophils
 - » Histamine
 - » Cytokines

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Allergy Treatment

- Bronchodilators (asthma, COPD)
 - » salbutamol, tiotropium
 - » theophylline, magnesium sulphate (hospital)
- Anti-inflammatory steroids (asthma)
 - » beclomethasone, prednisone
- Mast cell stabilizer/leukotriene receptor antagonist (asthma)
 - » cromoglicate, montelukast
- Antihistamine (hay fever)
 - » fexofenadine
- Vasoconstrictor (hay fever, croup)
 - » oxymetazoline, nebulized adrenaline (pseudoephedrine, cocaine)

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NZ Formulary management of asthma

(http://nzf.org.nz/nzf_1692,

http://nzf.org.nz/nzf_1688)

Bronchodilators are generally rapid in onset "relievers"

Anti-inflammatory steroids are generally slow in onset "preventers"

https://en.wikipedia.org/wiki/Cromoglicic_acid
"cromolyn sodium. This drug prevents the release of inflammatory chemicals such as histamine from mast cells."

<https://en.wikipedia.org/wiki/Montelukast>
"it blocks the action of leukotriene D4 (and secondary ligands LTC4 and LTE4) on the cysteinyl leukotriene receptor CysLT1 in the lungs and bronchial tubes by binding to it.

This reduces the bronchoconstriction otherwise caused by the leukotriene and results in less inflammation."

Antihistamines are not used to treat asthma because they have no effect on bronchoconstriction.

Fexofenadine (non-sedating H1-histamine receptor antagonist) is effective by suppressing histamine induced acute irritation and exudation.

Vasoconstrictors reduce exudate by reversing inflammatory cytokine and histamine induced vasodilatation.

http://nzf.org.nz/nzf_6107

"Symptoms of nasal congestion associated with the common cold can be relieved by the short-term use (usually not longer than 7 days) of decongestant nasal drops and sprays. These all contain sympathomimetic drugs which exert their effect by vasoconstriction of the mucosal blood vessels which in turn reduces oedema of the nasal mucosa. They often give rise to rebound congestion (rhinitis medicamentosa) on withdrawal, due to a secondary vasodilation with a subsequent temporary increase in nasal congestion. This in turn tempts the further use of the decongestant, leading to a vicious cycle of events. "

Mechanism

- Beta2-adrenoceptor agonists
 - » salbutamol (short acting beta agonist)
 - » salmeterol (long acting beta agonist)
 - » activate beta-receptors which leads to bronchial smooth muscle relaxation
- Muscarinic cholinergic antagonists
 - » tiotropium, ipratropium
 - » Block acetyl choline (bronchoconstrictor)

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Slow acting beta agonists (SABA) have high affinity for receptor and partition into cell membrane near receptor. Long action may be due to slow dissociation from receptor and/or depot slow release from membrane to receptor.

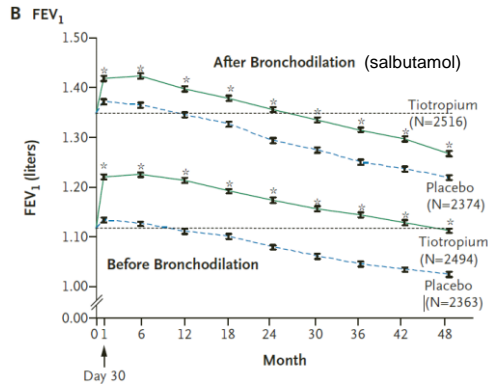
LABAs (salmeterol, formoterol) only in severe asthma (see NZ formulary

http://nzf.org.nz/nzf_1706#nzf_1710)

Olodaterol is an ultra-long-acting β adrenoreceptor agonist (ultra-LABA) used as an inhalation for treating patients with chronic obstructive pulmonary disease (COPD), manufactured by Boehringer Ingelheim.
<https://en.wikipedia.org/wiki/Olodaterol>

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COPD Progression and Treatment



Tashkin DP, Celli B, Senn S, Burkhardt D, Kesten S, Menjoge S, et al. A 4-Year Trial of Tiotropium in Chronic Obstructive Pulmonary Disease. *N Engl J Med.* 2008;359(15):1543-54.

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The FEV1 is a measure of airway resistance. Tiotropium is an inhaled anti-cholinergic bronchodilator. FEV1 was measured before and after bronchodilatation with inhaled salbutamol (albuterol). Patients with chronic obstructive pulmonary disease (COPD) treated with placebo or with tiotropium show an initial symptomatic response which appears to be maintained in the tiotropium treated group. There is no indication of a disease modifying effect. Before bronchodilatation, the annual rates of decline were the same in the tiotropium group and the placebo group: 30 ± 1 ml per year. After bronchodilatation, the annual rate of decline was 40 ± 1 ml per year in the tiotropium group, as compared with 42 ± 1 ml per year in the placebo group. Note the much bigger response to beta-agonist bronchodilator than to tiotropium.

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Mechanism

- Anti-inflammatory Steroids
 - » Inhaled (topical)
 - Beclomethasone
 - » Systemic (oral)
 - Prednisone (or prednisolone)
- Intra-cellular glucocorticoid receptor
 - » Slow turnover of proteins which lead to release of inflammatory cytokines
 - » Slow onset of action and persistent effect

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https://en.wikipedia.org/wiki/Glucocorticoid_receptor
Prednisone has short half-life (2-4 h). Doses given once a day or event alternate days. Prednisone and prednisolone are interconvertible in the body. No real differences in the clinical pharmacology of these 2 molecules.
<https://en.wikipedia.org/wiki/Prednisone>
<https://en.wikipedia.org/wiki/Prednisolone>
PKPD of inhaled corticosteroids
<http://www.atsjournals.org/doi/full/10.1513/pats.200403-025MS>

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Theophylline Target Concentration

Clin. Pharmacokinet. 25 (6): 495-505, 1993

Theophylline Target Concentration in Severe Airways Obstruction – 10 or 20 mg/L?
A Randomised Concentration-Controlled Trial

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- How can a target concentration of 10 mg/L be maintained?

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A study of the effects of theophylline in patients with severe airways obstruction was carried out at Auckland Hospital. It showed that the target concentration is 10 mg/L. Higher concentrations had little extra benefit but substantially more toxicity e.g. nausea and vomiting. If the target concentration is known what dose rate is needed to maintain the concentration at the target?

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Clearance

Clearance describes the relationship between concentration and the rate of elimination of drug from the body

$$\text{Rate Out} = CL \times \text{Concentration}$$

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The definition of clearance (CL) links drug concentration to the rate of elimination (rate out).
Note that elimination and clearance are NOT the same thing.

Because the definition of clearance is linked directly to concentration it is important to know in what fluid the concentration is obtained. Most commonly drug clearance is based on drug concentration in plasma or serum. For all practical purposes there is no difference between plasma and serum concentrations.

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Maintenance Dose Rate

- At Steady State:

$$\text{Rate Out} = \text{Rate In}$$

- Therefore

$$\text{Rate Out} = CL \cdot \text{Concentration}$$

$$mg/h = L/h \cdot mg/L$$

$$30 mg/h = 3 L/h \cdot 10 mg/L$$

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Maintenance dose rate can be predicted if the target concentration and the drug clearance are known.

Steady state drug concentrations are maintained when the rate of drug administration (rate in) is equal to the rate of elimination (rate out).

Using the definition of clearance we can predict the steady state rate in.

Note the units of clearance are typically L/h and concentration is mg/L. Maintenance dose rates are then readily predicted with units of mg/h.

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Adverse Effects

- Beta agonists
 - » Tachycardia, tremor
 - » Arrhythmias, hypokalaemia
- Steroids
 - » Acute courses – very few adverse effects
 - » Mouth/throat infection (“thrush”)
 - » Growth slowing (children)
- Theophylline
 - » Nausea (vomiting)
 - » Tachycardia (arrhythmias – heart, brain)

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Pulmonary Toxicity of Medicines and Poisons

- Pulmonary Fibrosis
 - » Amiodarone (anti-arrhythmic)
 - » Nitrofurantoin (antibiotic)
 - » [Methysergide (anti-migraine)]
 - » Paraquat (weed killer)

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<https://en.wikipedia.org/wiki/Methysergide>
<https://en.wikipedia.org/wiki/Paraquat>
https://en.wikipedia.org/wiki/Pulmonary_toxicity

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Monitoring Treatment

- Asthma
 - » Peak Expiratory Flow Rate meter
 - » Patient symptom diary
 - » Theophylline target concentration intervention
 - NZ formulary out of date and misleading
 - Target is 10 mg/L (55 umol/L)
 - Sample in middle of dosing interval

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http://nzf.org.nz/nzf_1756

“Therapeutic drug monitoring plasma-theophylline concentration for optimum response 55–110 micromol/litre (10–20 mg/litre); measure theophylline concentration 4–6 hours after a dose (sampling times may vary—consult local guidelines), and at least 5 days after starting oral treatment, and at least 3 days after any dose adjustment”
There is no point in waiting 5 days after starting treatment. Steady state is typically reached after 2 days.
Blood sampling in the middle of the dosing interval is closest to steady state average conc and thus most useful for estimating clearance.

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