



▶ CLASSact Transition to adalimumab biosimilar

CLASSact is a knowledge assessment and guided reflection activity based on CLASStime content.

You will need to read the CLASStime article before undertaking CLASSact. If this topic is meaningful to you or your peer group, you may wish to suggest the associated CLASSmates activity for your next peer group meeting. All CLASSmates resources can be found on pharmacytoday.co.nz under CLASS.

CLASSact objectives:

- ▶ Build knowledge of biological medicines
- ▶ Reflect on how competence standards have been met in practice
- ▶ Consider how new knowledge can be implemented in practice
- ▶ Prepare for a peer group meeting on this topic

Completing this CLASSact worksheet may allow you to fulfil some or all of the following elements of your Pharmacy Council annual recertification requirements:

Keeping up to date – go to MyRecert (myrecert.pharmacycouncil.org.nz), select the “Keeping up to date” page of your portfolio, then enter a description of this activity.

Reflection on practice – complete this CLASSact worksheet, scan or save the PDF, then upload it to the “Reflection on practice” page of your portfolio on MyRecert.

Assess your knowledge

After reading CLASStime, assess your knowledge of this topic by selecting the appropriate answer(s) for each multiple-choice question. Correct answers can be found on page 6.

1. Which THREE of the following statements regarding changes to adalimumab funding and availability are correct?
 - A. New patients prescribed adalimumab will be started on the biosimilar medicine Amgevita.
 - B. Patients can choose to change to Humira after they have trialed Amgevita for 12 months.
 - C. Patients with Crohn disease or uveitis may remain on Humira after 30 September 2022 at the clinician’s discretion.
 - D. Stable patients currently on Humira can be transitioned to Amgevita in primary care.

2. The nocebo effect is a decrease in subjective benefit, a worsening of symptoms or onset of adverse effects due to an expectation or perception of harm associated with a treatment. True or False?
 - A. True
 - B. False

3. Which ONE of the following conditions is adalimumab NOT indicated to treat?
 - A. Crohn disease
 - B. Plaque psoriasis
 - C. Prostate cancer
 - D. Psoriatic arthritis
 - E. Rheumatoid arthritis



- 4.** Which TWO of the following statements about biological medicines are recommendations from the New Zealand Formulary?
- A.** Pharmacists can make automatic substitutions when dispensing.
 - B.** Record the batch number when dispensing, to ensure the batch is traceable.
 - C.** They should be prescribed by brand name rather than generic name.
 - D.** They should be prescribed by generic name rather than brand name.
- 5.** Which THREE of the following statements about adalimumab are correct?
- A.** Adalimumab is a tumour necrosis factor alpha monoclonal antibody that inhibits inflammatory and immune responses.
 - B.** Amgevita is a biosimilar version of the reference biological medicine, Humira.
 - C.** Amgevita is available in the same dose and delivery options as Humira.
 - D.** Significant differences have been shown to exist between Humira and Amgevita in terms of efficacy and safety.
- What knowledge gaps did you identify, and how will you strengthen your knowledge?



Write your reflection

The CLASStime article is a resource that can be used to assist you to write a reflection.

Two sets of reflective prompts are provided, depending on whether you would like to focus your writing on a competency (below) or an experience (page 5) – complete one or both.

1. Use knowledge gained from CLASStime to reflect on your practice against competency O1.5 – Access, evaluate and provide medicines information – which includes the following behaviours:

- ▶ **O1.5.1** – Understands basic concepts and terminologies required to critically analyse clinical information
- ▶ **O1.5.2** – Uses a systematic approach to clarify and evaluate requests for information to determine if able to provide information or need to refer
- ▶ **O1.5.3** – Differentiates between information sources regarding reliability and ensures resources are sufficient and appropriate
- ▶ **O1.5.4** – Assesses and reconciles divergent or conflicting information to form a professional opinion
- ▶ **O1.5.5** – Interprets and integrates information for provision to colleagues, other health professionals and patients in a clear, cohesive and objective manner

Use the following prompts to reflect on how you have demonstrated competency O1.5 in practice.

Depending on where you are in your journey, select the prompt(s) most relevant to you.

- How do you help patients gain the most benefit from their biological medicine?
 - How do you provide support to alleviate patient discomfort about changing medicines?
 - How do you balance patient medicine preferences with funding and availability issues?
 - How do you promote the rational use of biological medicines?
 - What methods and resources can you use to educate patients about their biological medicines?
 - What can you do to enhance a patient's adherence to their biological medicine?
 - How do you collaborate with other providers to optimise decisions about treatment with biological medicines?
 - What can you do to ensure continuity of care and smooth transition from Humira to Amgevita?
 - What monitoring and evaluation do you provide patients taking biological medicines?
 - What can you do to enhance a patient's understanding of how biological medicine helps their condition?
 - How do you identify, manage and report adverse reactions to biological medicines?
 - How do you support prescribers in decision-making and review of treatment with biological medicines?
- ▶ Reflect on these prompts, evaluating what you have done well and what you need to develop



▶ From your reflection, identify a goal for changing or improving your practice

▶ What action(s) will you take to achieve this goal? Prioritise these as needed

▶ Intended goal achievement date

▶ Date goal achieved





2. Use knowledge gained from CLASStime to reflect on an experience.

▶ Did reading CLASStime make you think of an interaction or experience with a person being prescribed, or wanting to know about, biological medicines? Describe what happened, focusing on the positives and negatives of the situation

▶ Based on what you read in CLASStime, why do you think things went well/badly?



► Using your new knowledge, what else could you have done to improve the outcome?

► What action(s) will you take if you are faced with a similar situation again?

Answers to knowledge assessment:

1. A, C, D, 2. A, 3. C, 4. B, C, 5. A, B, C.





► Use this space to continue your reflections or to add outcomes at a later date

When you have finished this CLASSact worksheet, remember to upload this PDF to MyRecert (myrecert.pharmacycouncil.org.nz) as evidence of meeting Pharmacy Council recertification requirements

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