びユーザーテストの報告書をもって、適正かどうか審査を行う。MHRAは、基本的には、ユーザーテスト実施自体には関与しないということであったが、ユーザーテストを行っている会社に対し、テスト期間中に、抜き打ち的に立ち入り検査を行い、適正に行われているか調査・指導を行うことがある。

PILについては、以下のような事項をチェックする。

- PIL最終版のデザイン、レイアウト、フォントをチェック
- 安全性に関するキーメッセージが適切に設定されているか
- 情報を見つけ、その対応（行動）がとれるか
- 専門用語が使われていないか、わかりやすい言葉で書かれているか

ユーザーテストの報告書については、下記のような観点から審査を行う。

- テストのプロセス（フローチャート）をチェック
- 特に安全性に関して質問は十分か。

オープンクエスチョン形式が用いられているか。

- 結果はどうだったか（約8割の人が理解し、どのような対応が必要かを言えて合格）。
- 被験者のコメントを読み、それがPILに反映されているか。

その他

- イラストや絵は、見る人により捉え方が違う場合があるので注意する必要あり。
- 副作用に副作用名（専門用語）は使用しない。わかりやすい症状を記載。

ユーザーテストのブリッジングについて

- 同じ成分で用法違いや同じ薬効グループの場合など、ブリッジングが可能
- しかし、現実には少ない（違う会社間では難しい）

Ⅳ．ユーザーテスト会社担当者との面談

Cambridge Regulatory Services Ltdの User Testing Project Manager Alison McGuire氏と副代表のKaren James氏と面談した。Karen James氏の夫Mike James氏（代表）とも薬剤師で、Mike James氏はMHRAに勤務していた経験があった。ユーザーテストの実情について話を伺った。

Ⅳ－1．ユーザーテストに関する業務内容

・2005年に英国では48,000件もの製品に関してテストが行われた。

・当該のテスト会社は毎年約100件のユーザーテストを行っている。そのユーザーテストは、90%が合格しているという実績である。

・現在、テストに通常8－9日を要し、料金は約8,000ポンド程度である。3,000ポンドを下回ると採算がとれない。ただ、競争激化で価格は当初と比べて下降気味で、現在チェコなどには2,500ユーロでテストを引き受ける会社もある。

Ⅳ－2．ユーザーテストの対象者

このエリア（会社のあるCambrigeエリア）に住む約1,000人から成るパネルを有しており、年齢、教育水準などに関してさまざまなバックグラウンドの人を集めている。パネルには高齢の人や何らかの疾患を持った人も含む。

被験者となる人はその薬が適応される病気に罹患している必要はないが、その病気にかかったらどうなるかという想像力が必要である。

Ⅳ－3．インフォームドコンセントについて

- インフォームドコンセントは"Confidentiality agreement and statement of understanding"という様式を用いて、被験者から承諾を得ている。

Ⅳ－4．テストの概要と評価

- ユーザーテスト（報告書作成も含む）の所要時間は最長で4週間程度である。しかし、フォーマットやスペリングがすでに確立としていてほとんど修正が必要ない場合は、早ければ2.5週間で対応可能な場合もある。
- 被験者がPIL等を読むのに要する時間は長くても10分程度である。

  PILのリーフレットを読むには、リテラシーレベルとして8－9歳児レベルの読解力が必要。
- Plain English Campaign（分かりやすい英語の普及を推進する組織）によって発行されるcrystal marksは、リーフレットが水準をクリアしたと認定されるともらえる。
- 被験者一人あたりのテスト所要時間は約30分で、最長でも45分程度である。
- 質問は、15項目あるが、薬の種類に応じて短くなることもある。質問に対し、理解しているかどうかを確認する場合、被験者が理解せずに単に書いてあることをそのまま読んでいるようにみえる場合は、違う言葉で言い換えさせる。
- 被験者が正しく理解しているのかどうかをどう判断するか、何か客観的な基準はあるか？

  テンプレート（インタビュアーが持っている書式）にすでに記載されている期待される答えと照らし合わせて判断される。特に自由記述形式でない回答に関しては、被験者が本当に理解しているかどうかは比較的はっきりと分かる。被験者からのコメントは有用である。
- テストの録音を希望する製薬企業もあるが、被験者は録音されることを嫌がるケースが多い。もし製薬企業がテストの様子を知りたいのであれば、テストをやっているところに来てもらうことを承諾している。
- インタビュアーの訓練は、会社の設立にかかった18か月の期間を用いてOJTで行った。インターンを受け入れることもある。

Ⅳ－5．テスト後、その他

- リーフレットがテストをクリアしたら、通常それが最終版となり、製薬企業は中身を変えることは原則ない。
- それぞれの企業は独自のテンプレート（すでに合格実績あり）を持っていることが多いので、このような企業が申請してきたリーフレットが不合格となり再テストとなることはめったにない。
- 被験者は12ポンドの旅費のみを支払われる（それ以外の報酬はなし）。
- リテラシーについては、リーフレットを読むには8－9歳児レベルの読解力

が必要である。

- Plain English Campaign（分かりやすい英語の普及を推進する組織）によって発行されるcrystal marksは、リーフレットが水準をクリアしたと認定されるともらえる。
- レビューアーの訓練は18か月のセットアップの期間を用いてOJTで行った。インターンを受け入れることもある。

D．考察

今般、英国における患者向け医薬品情報であるPILのユーザーテストについて、ガイドラインの調査とあわせて、英国MHRAおよびユーザーテスト実施機関においてインタビュー調査を行い、実施方法について調査した。

英国では、すべての医薬品についてPILが用意されている。また、医療用医薬品とOTC医薬品の情報説明書の6項目は全く同じである。医薬品に関する患者向け情報については、これまで様々な試みが行われ、フォーマットが確定してきた。そのフォーマットが、患者にとって読みやすく理解しやすいものでなおかつ安全性を確保するのに役立つものかといった検証プロセスがユーザーテストである。

このテストの導入には、かなりの年月や業界や患者団体、アカデミアとの話し合いや交渉が持たれたようだ。しかし、グローバルな流れの中で、患者向け情報であるPILの重要性の認識や社会的責任の高まりから、全ての医薬品について作成されるにいたった。PILの記載項目など基本のフォーマットは決まっていたが、会社それぞれのフォーマットをもっており、かなり自由度があるようである。

医薬品は英国では、患者は処方箋を医師からもらい、それを薬局に持っていくと、日本のようにバラの錠剤やカプセルで患者に提供されるのではなく、基本は箱単位で提供される。したがって、箱ごとにPILが梱包されており、その状態で患者に手渡されるので、必ず患者の手元にPILが届けられることになる。

しかし、PILがどの程度実際に活用されているかといった調査は行っていないとMHRAの担当者は話していた。また、ユーザーテストの会社のスタッフも、英国では、薬を処方された場合、診察を受けたのだからその薬を使っても大丈夫と医師によって判断されたとみなして、箱のパッケージに印刷されたラベルだけを読む人が、現実には多いのではないかということであった。しかし、ユーザーテストに参加した人は、以前よりPILのリーフレットをよく読むようになったとも話していた。

現在、日本では約2万種類の医薬品が販売されているが、患者向医薬品ガイドは全ての医薬品では作成されていない[7]。しかし、リスク管理計画においてリスク最小化活動の一つとして位置付けらており、新規医薬品については作成対象となると考えられる。

また、ユーザーテストは、被験者のリクルート、インタビューガイドの作成、インタビューの実施と報告書の作成まで、いずれも詳細にガイドラインに定義されており、それに則ってユーザーテストが実施されなければならない。しかし、ユーザーテストの会社によっては、Webアンケートで済ませているところもあるようだ。

患者の安全性確保のために、国内における患者向医薬品ガイドが利活用されるためには、どのようなフォーマットが読みやすく、理解しやすいのかを、まずは、ユーザーテストの手法を参考にしながら検証していくというプロセスが必要と考える。さらに、各医薬品について、どのような安全性メッセージをどのように記載することにより、患者の安全性が確保できるかということをエビデンスとして実証できる意義は大きいと考える。そのためには、実施に向けた環境整備が必要であり、被験者パネルの構築に向けた国民の理解と協力ならびに、医薬品のリスク管理の観点から患者向け医薬品ガイドの充実についての製薬企業の理解と協力も必要である。

E．結論

英国におけるPILのユーザーテストについて、導入の経緯、実施方法や課題などについてインタビュー調査を行った。患者向け医薬品情報のリーフレットの利活用に際して患者が有効に安全に使用するための検証プロセスとしてユーザーテストを行うことの意義は大きいと思われた。しかし、今後、国内での実施に向けて、検討すべき課題もあり、国内の状況に考慮したユーザーテストが実施される必要がある。

≪謝辞≫

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F．健康危険情報

なし

G．研究発表

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H．知的財産権の出願・登録状況

1．特許取得

なし

2．実用新案登録

なし

3．その他

なし

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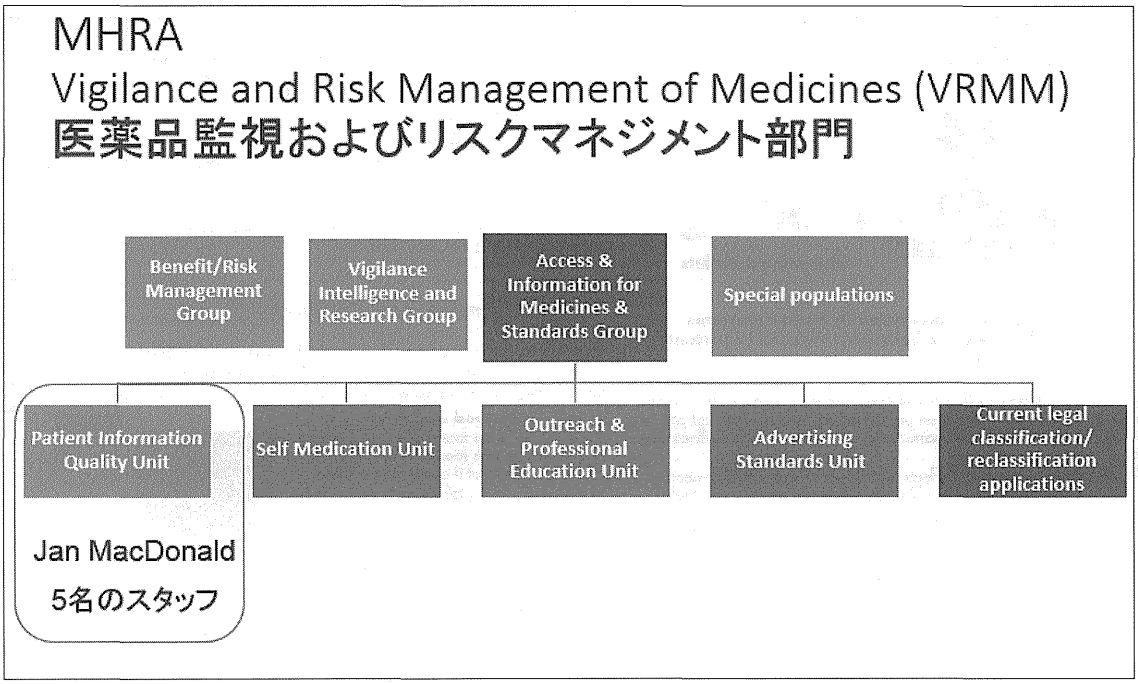


図1．MHRA（Medicines and Healthcare products Regulatory Agency）における PIQU

MHRA の 9つの部局の一つである医薬品監視およびリスクマネジメント部門 Vigilance and Risk Management of Medicines（VRMM）の中の Patient Information Quality Unit（PIQU）が患者向医薬品情報（PIL）を担当している

Package leaflet: Information for the patient

Actonel® 30mg

risedronate sodium

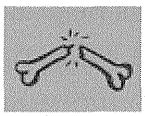
film-coated tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet

1. What Actonel is and what it is used for

What Actonel is



Actonel belongs to a group of non-hormonal medicines called bisphosphonates which are used to treat bone diseases. It works directly on your bones to make them stronger and therefore less likely to break.

Bone is a living tissue. Old bone is constantly removed from your skeleton and replaced with new bone. Paget's disease occurs when this process, called remodeling, happens too quickly and in a disordered way. The new bone that is produced is weaker than normal and the affected bones may become enlarged, painful and may fracture. Actonel changes the bone remodeling process back to normal, returning the strength to the bone structure.

What Actonel is used for

Treatment of Paget's disease of the bone (osteitis deformans).

2. What you need to know before you take Actonel

Do not take Actonel
- If you are allergic to risedronate sodium or any of the other ingredients of this medicine (listed in section 6)
- If your doctor has told you that you have a condition called hypocalcaemia (a low blood calcium level)
- If you may be pregnant, are pregnant or planning to become pregnant
- If you are breast feeding
- If you have severe kidney problems.

Warnings and precautions

Talk to your doctor or pharmacist before taking Actonel
- If you are unable to stay in an upright position (sitting or standing) for at least 30 minutes.
- If you have abnormal bone and mineral metabolism (for example lack of vitamin D, parathyroid hormone abnormalities, both leading to a low blood calcium level).
- If you have or have had problems in the past with your oesophagus (the tube that connects your mouth with your stomach). For instance you may have or have had pain or difficulty in swallowing food or you have previously been told that you have Barrett's oesophagus (a condition associated with changes in the cells that line the lower oesophagus).
- If you have been told by your doctor that you have an intolerance to some sugars (such as lactose).
- If you have had or have pain, swelling or numbness of the jaw or a "heavy jaw feeling" or loosening of a tooth.
- If you are under dental treatment or will undergo dental surgery, tell your dentist that you are being treated with Actonel.

Your doctor will advise you on what to do when taking Actonel if you have any of the above.

Children and adolescents

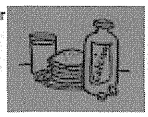
Risedronate sodium is not recommended for use in children below age 18 due to insufficient data on safety and efficacy.

Other medicines and Actonel

Medicines containing one of the following lessen the effect of Actonel if taken at the same time:
- calcium
- magnesium
- aluminium (for example some indigestion mixtures)
- iron.

Take these medicines at least 30 minutes after your Actonel tablet. Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Actonel with food and drink



It is very important that you do NOT take your Actonel tablet with food or drinks (other than plain water) so that it can work properly. In particular do not take this medicine at the same time as dairy products (such as milk) as they contain calcium (see section 2, "Other medicines and Actonel").

Take food and drinks (other than plain water) at least 30 minutes after your Actonel tablet.

Pregnancy and breast-feeding

Do NOT take Actonel if you may be pregnant, are pregnant or planning to become pregnant (see section 2, "Do not take Actonel"). The potential risk associated with the use of risedronate sodium (active substance in Actonel) in pregnant women is unknown. Do NOT take Actonel if you are breast-feeding (see section 2, "Do not take Actonel").

Driving and using machines

Actonel is not known to affect your ability to drive and use machines.

Actonel contains a small amount of lactose (see section 2, "Warnings and precautions").

3. How to take Actonel

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Recommended dose:

Take ONE Actonel tablet (30 mg of risedronate sodium) once a day.

The recommended treatment duration is usually 2 months.

For your convenience, the days of the week are printed on the blister foil to help you remember to take your medicine.

WHEN to take the Actonel tablet

IT IS BEST to take your Actonel tablet at least 30 minutes before the first food, drink (other than plain water) or other medicine of the day.

If in particular instance you are unable to take your Actonel tablet at this time, you may take it on an empty stomach, at the same time every day, in one of the following ways:
- EITHER
  Between meals: at least 2 hours after your last food, drink (other than plain water) or other medicine. Do not eat or drink (other than plain water) for 2 hours after taking the tablet.
- OR
  In the evening: at least 2 hours after your last food, drink (other than plain water) or other medicine of the day. Actonel should be taken at least 30 minutes before going to bed.

HOW to take the Actonel tablet

- Take the tablet whilst you are in an upright position (you may sit or stand) to avoid heartburn.
- Swallow it with at least one glass (120 ml) of plain water.
- Swallow it whole. Do not suck or chew it.
- Do not lie down for 30 minutes after taking your tablet.

Your doctor will tell you if you need calcium and vitamin supplements, if you are not taking enough from your diet.

Please turn over...

100007/07

図２．Patient Information Leaflet（カラーやイラストを使った）例（1）

If you take more Actonel than you should
If you or somebody else has accidentally taken more Actonel tablets than prescribed, drink one full glass of milk and seek medical attention.

If you forget to take Actonel
If you have forgotten to take your tablet at your regular time, you can take it at the next possible time according to the instruction above (i.e. before breakfast, between meals, or in the evening).
Do NOT take two tablets in one day to make up for the tablet you missed.

If you stop taking Actonel
Please talk to your doctor if you consider stopping treatment before the end of prescribed duration.
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects
Like all medicines, this medicine can cause side effects, although not everybody gets them.

Stop taking Actonel and contact a doctor immediately if you experience any of the following:
- Symptoms of a severe allergic reaction such as:
  - Swelling of the face, tongue or throat
  - Difficulties in swallowing
  - Hives and difficulties in breathing
- Severe skin reactions that can include blistering of the skin.

Tell your doctor promptly if you experience the following side effects:
- Eye inflammation, usually with pain, redness and light sensitivity.
- Bone necrosis of the jaw (osteonecrosis) associated with delayed healing and infection, often following tooth extraction (see section 2, "Warnings and precautions").
- Symptoms from oesophagus such as pain when you swallow, difficulties in swallowing, chest pain or new or worsened heartburn.

Unusual fracture of the thigh bone particularly in patients on long-term treatment for osteoporosis may occur rarely. Contact your doctor if you experience pain, weakness or discomfort in your thigh, hip or groin as this may be an early indication of a possible fracture of the thigh bone.

However in clinical studies the other side effects that were observed were usually mild and did not cause the patient to stop taking their tablets.

Common side effects (may affect up to 1 in 10 people)
- Indigestion, feeling sick, stomach ache, stomach cramps or discomfort, constipation, feelings of fullness, bloating, diarrhoea.
- Pain in your bones, muscles or joints.
- Headache.

Uncommon side effects (may affect up to 1 in 100 people)
- Inflammation or ulcer of the oesophagus (the tube that connects your mouth with your stomach) causing difficulty and pain in swallowing (see also section 2, "Warnings and precautions"), inflammation of the stomach and duodenum (bowel draining the stomach).
- Inflammation of the coloured part of the eye (iris) (red painful eyes with a possible change in vision).

Rare side effects (may affect up to 1 in 1,000 people)
- Inflammation of the tongue (red swollen, possibly painful), narrowing of the oesophagus (the tube that connects your mouth with your stomach).
- Abnormal liver tests have been reported. These can only be diagnosed from a blood test.

During post-marketing experience, the following have been reported (unknown frequency):
- Hair loss
- Liver disorders, some cases were severe

Rarely, at the beginning of treatment, a patient's blood calcium and phosphate levels may fall. These changes are usually small and cause no symptoms.
The additional following adverse events has also been observed in a clinical study in patients with Paget's disease: vision difficulties, breathing difficulties, coughing, inflammation of the large intestine, surface of the eye damage, cramps, dizziness, dryness of the eye, flu-like symptoms, muscle weakness, abnormal growth of cells, a frequent need to pass water at night, unusual lumps or swellings, chest pain, rash, runny nose, ringing in the ears and weight loss.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. How to store Actonel
Keep this medicine out of the sight and reach of children.
Do not use this medicine after the expiry date which is stated on the carton and blister after EXP. The expiry date refers to the last day of that month.
This medicine does not require any special storage conditions.
Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information
What Actonel contains
The active substance is risedronate sodium. Each tablet contains 30 mg risedronate sodium, equivalent to 27.8 mg risedronic acid.
The other ingredients are:
Tablet core: lactose monohydrate (see section 2), crospovidone, magnesium stearate and cellulose microcrystalline.
Film coating: hypromellose, macrogol, hydroxypropylcellulose, silicon dioxide and titanium dioxide (E171).

What Actonel looks like and contents of the pack
Actonel 30 mg film-coated tablets are oval white tablets with the letters "RSN" on one side and "30 mg" on the other side. The tablets are supplied in blister packs of 1x3, 1x14, 28 (2x14) tablets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer
Warner Chilcott UK Limited,
Old Belfast Road,
Millbrook,
Larne,
County Antrim,
BT40 2SH

Manufacturer:
Warner Chilcott Deutschland GmbH,
Dr.-Otto-Röhm-Str. 2–4,
64331 Weiterstadt,
Germany

This medicinal product is authorised in the Member States of the EEA under the following names:
Belgium: Actonel 30 mg filmomhulde tabletten,
Actonel 30 mg comprimé pelliculé,
Actonel 30 mg Filmtabletten
Denmark: Actonel 30 mg filmovertrukne tabletter
Finland: Actonel 30 mg kalvopäällysteiset tabletit
France: Actonel 30 mg comprimé pelliculé
Germany: Actonel 30 mg Filmtabletten
Greece: Actonel 30 mg επικαλυμμένα με λεπτό υμένιο δισκία
Ireland: Actonel 30 mg film-coated tablets
Italy: Actonel 30 mg compresse rivestite con film
Luxembourg: Actonel 30 mg comprimé pelliculé
Malta: Actonel 30 mg film-coated tablet
The Netherlands: Actonel 30 mg omhulde tabletten
Norway: Actonel 30 mg filmdrasjerte tabletter
Portugal: Actonel 30 mg comprimido revestido por película
Spain: Actonel 30 mg comprimidos recubiertos con película
Sweden: Actonel 30 mg filmdragerade tabletter
United Kingdom: Actonel 30 mg film-coated tablets

This leaflet was last approved in: December 2012

10000707

図２．Patient Information Leaflet（カラーやイラストを使った）例（2）

Package Leaflet: Information for the user

Equasym® XL, 10 mg, 20 mg and 30 mg

modified-release capsules, hard

Methylphenidate hydrochloride

The name of your medicine is Equasym XL. It contains the active substance 'methylphenidate hydrochloride'. The name 'methylphenidate' will also be used in this leaflet.

Important things you need to know about your medicine

This medicine is used to treat ADHD

- The full name for ADHD is 'Attention Deficit Hyperactivity Disorder'.
- The medicine helps with your brain activity. It can help improve your attention, help you concentrate, and make you less impulsive.
- You need to have other treatments for ADHD as well as this medicine.

Read Section 1 for more information.

Before you take this medicine, talk to your doctor if:

- You have heart, circulation, or mental health problems - you may not be able to take this medicine.
- You are taking any other medicines - this is because methylphenidate can affect how other medicines work.

Read Section 2 for more information.

While taking this medicine:

- See your doctor regularly. This is because your doctor will want to check how the medicine is working.
- Do not stop taking the medicine without first talking to your doctor.
- Your doctor may stop your medicine to see if it is still needed, if you take it for more than a year.
- The most common side effects are feeling nervous, not being able to sleep or having a headache.

Read Sections 3 and 4 for more information.

Talk to your doctor straight away if any of the following happen:

- Your mood and how you feel changes.
- You feel any problems with your heart.

Read Section 4 for more information.

The rest of this leaflet includes more detail and other important information on the safe and effective use of this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects worry you, or if you notice any side effects not listed in this leaflet, tell your doctor or pharmacist.

The leaflet has been written in sections:

– Sections 1 to 6 are for parents and carers (sometimes called 'your guardians').
– The last section is a special section for a child or young person to read.

However, all sections are written as though the child or young person taking the medicine is reading them.

The sections are:

Now read the rest of this leaflet before you start taking this medicine.

1 What Equasym XL is and what it is used for

What it is used for

Equasym XL is used to treat 'attention deficit hyperactivity disorder' (ADHD).

- It is used in children and young people between the ages of 6 and 18.
- It is used only after trying treatments which do not involve medicines. Such as counselling and behavioural therapy.

Equasym XL is not for use as a treatment for ADHD in children under 6 years of age or in adults. It is not known if it is safe or of benefit in these people.

How it works

Equasym XL improves the activity of certain parts of the brain which are under-active. The medicine can help improve attention (attention span), concentration and reduce impulsive behaviour.

The medicine is given as part of a treatment programme, which usually includes:

- psychological
- educational and
- social therapy.

It is prescribed only by doctors who have experience in children or young people's behaviour problems. ADHD can be managed using treatment programmes.

About ADHD

Children and young people with ADHD find it:

- hard to sit still and
- hard to concentrate.

It is not their fault that they cannot do these things.

Many children and young people struggle to do these things. However, with ADHD they can cause problems with everyday life. Children and young people with ADHD may have difficulty learning and doing homework. They find it hard to behave well at home, at school or in other places.

ADHD does not affect the intelligence of a child or young person.

2 Before you take methylphenidate

Do not take methylphenidate if:

- you are allergic (hypersensitive) to methylphenidate or any of the other ingredients of Equasym XL (listed in Section 6)
- you have a thyroid problem
- you have increased pressure in your eye (glaucoma)
- you have a tumour of your adrenal gland (phaeochromocytoma)
- you have an eating problem when you do not feel hungry or want to eat - such as 'anorexia nervosa'
- you have very high blood pressure or narrowing of the blood vessels, which can cause pain in the arms and legs
- you have ever had heart problems - such as a heart attack, uneven heartbeat, pain and discomfort in the chest, heart failure, heart disease or were born with a heart problem
- you have had a problem with the blood vessels in your brain - such as a stroke, swelling and weakening of part of a blood vessel (aneurysm), narrow or blocked blood vessels, or inflammation of the blood vessels (vasculitis)
- you have mental health problems such as:
  – a 'psychopathic' or 'borderline personality' problem
  – abnormal thoughts or visions or an illness called 'schizophrenia'
  – signs of a severe mood problem like:
    o feeling like killing yourself
    o severe depression, where you feel very sad, worthless and hopeless
    o mania, where you feel unusually excitable, over-active, and un-inhibited.

Do not take methylphenidate if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before you take methylphenidate. This is because methylphenidate can make these problems worse.

Information for children and young people

This info is to help you learn the main things about your medicine called Equasym XL.

If you don't enjoy reading, someone like your mum, dad or carer (sometimes called 'your guardian') can read it to you and answer any questions.

It may help if you read small bits at a time.

Why have I been given this medicine?

This medicine can help children and young people with 'ADHD'.

- ADHD can make you:
  – run about too much
  – not be able to pay attention
  – act quickly without thinking about what will happen next (impulsive).
- It affects learning, making friends and how you think about yourself. It is not your fault.

While you are taking this medicine

- As well as taking this medicine you will also get help with ways to cope with your ADHD such as talking to ADHD specialists.

図３．Patient Information Leaflet（重要事項を頭出しした）例（1）

太枠で囲ったところが、各見出し項目に対する重要事項が患者向医

Shire

Check with your doctor or pharmacist before treatment if:

- you have liver or kidney problems
- you have had fits (seizures, convulsions, epilepsy) or any abnormal brain scans (EEGs)
- you have ever abused or been dependent on alcohol, prescription medicines or street drugs
- you are a girl and have started your periods (see the 'Pregnancy, breast-feeding and contraception' section below)
- you have hard-to-control, repeated twitching of any parts of the body or you repeat sounds and words
- you have high blood pressure
- you have a heart problem which is not in the 'Do not take' section above
- you have a mental health problem which is not in the 'Do not take' section above. Other mental health problems include:
  - mood swings (from being manic to being depressed - called 'bipolar disorder')
  - starting to be aggressive or hostile, or your aggression gets worse
  - seeing, hearing or feeling things that are not there (hallucinations)
  - believing things that are not true (delusions)
  - feeling unusually suspicious (paranoia)
  - feeling agitated, anxious or tense
  - feeling depressed or guilty.

Tell your doctor or pharmacist if any of the above apply to you before starting treatment. This is because methylphenidate can make these problems worse. Your doctor will want to monitor how the medicine affects you.

Checks that your doctor will make before you start taking methylphenidate

These checks are to decide if methylphenidate is the correct medicine for you.
Your doctor will talk to you about:

- any other medicines you are taking
- whether there is any family history of sudden unexplained death
- any other medical problems (such as heart problems) you or your family may have
- how you are feeling, such as feeling high or low, having strange thoughts or if you have had any of these feelings in the past
- whether there is a family history of 'tics' (hard-to-control, repeated twitching of any parts of the body or repeating sounds and words)
- any mental health or behaviour problems you or other family members have ever had. Your doctor will discuss whether you are at risk of having mood swings (from being manic to being depressed - called 'bipolar disorder'). They will check your mental health history, and check if any of your family have a history of suicide, bipolar disorder or depression.

It is important that you provide as much information as you can. This will help your doctor decide if methylphenidate is the correct medicine for you. Your doctor may decide that other medical tests are needed before you start taking this medicine.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.
Do not take methylphenidate if you:

- are taking a medicine called a 'monoamine oxidase inhibitor' (MAOI) used for depression, or have taken an MAOI in the last 14 days. Taking an MAOI with methylphenidate may cause a sudden increase in your blood pressure.

If you are taking other medicines, methylphenidate may affect how well they work or may cause side effects. If you are taking any of the following medicines, check with your doctor or pharmacist before taking methylphenidate:

- other medicines for depression
- medicines for severe mental health problems
- medicines for epilepsy
- medicines used to reduce or increase blood pressure
- some cough and cold remedies which contain medicines that can affect blood pressure. It is important to check with your pharmacist when you buy any of these products
- medicines that thin the blood to prevent blood clots.

If you are in any doubt about whether any medicines you are taking are included in the list above, ask your doctor or pharmacist before taking methylphenidate.

Having an operation

Tell your doctor if you are going to have an operation. You should not take methylphenidate on the day of your surgery if a certain type of anaesthetic is used. This is because there is a chance of a sudden rise in blood pressure during the operation.

Drug testing

This medicine may give a positive result when testing for drug use. This includes testing used in sport.

Taking methylphenidate with alcohol

Do not drink alcohol while taking this medicine. Alcohol may make the side effects of this medicine worse. Remember that some foods and medicines contain alcohol.

Pregnancy, breast-feeding and contraception

It is not known if methylphenidate will affect an unborn baby. Tell your doctor or pharmacist before using methylphenidate if you are:

- having sex. Your doctor will discuss contraception with you
- pregnant or think you may be pregnant. Your doctor will decide whether you should take methylphenidate.
- breast-feeding or planning to breast-feed. It is possible that methylphenidate is passed into human breast milk. Therefore, your doctor will decide whether you should breast-feed while taking methylphenidate.

Driving or using machines

You may feel dizzy, have problems focussing or have blurred vision when taking methylphenidate. If these happen it may be dangerous to do things such as drive, use machines, ride a bike or horse or climb trees.

Important information about some of the ingredients of Equasym XL

This medicine contains sucrose (a type of sugar). If you have been told by your doctor that you cannot tolerate or digest some sugars, talk to your doctor before taking this medicine.

3 How to take Equasym XL

How much to take

Always take Equasym XL exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

- Equasym XL is a "modified release" form of methylphenidate which releases the medicine gradually over a time period corresponding to the school day (8 hours). It is intended to take the place of the same total daily dose of traditional (immediate release) methylphenidate taken at breakfast and lunchtime.
- If you are already taking traditional (immediate release) methylphenidate, your doctor may prescribe an equivalent dose of Equasym XL instead.
- If you have not taken methylphenidate before, your doctor will normally start treatment with traditional (immediate release) methylphenidate tablets. If your doctor feels it is necessary methylphenidate treatment may be started with Equasym XL 10 mg once daily before breakfast.
- Your doctor will usually start treatment with a low dose and increase it gradually as required.
- The maximum daily dose is 60 mg.

turn over

- This medicine should help you.
- You will need to go to your doctor several times a year for check ups. This is to make sure the medicine is working and that you are growing and developing OK.
- If you take the medicine for more than one year, your doctor may stop your medicine to see if it is still needed. This will probably happen in a school holiday.
- Do not drink alcohol. Alcohol may make the side effects of this medicine worse.
- Girls must tell their doctor straight away if they think they may be pregnant. We do not know how this medicine affects unborn babies. If you are having sex, please talk to your doctor about contraception.

Some people cannot have this medicine

You cannot have this medicine if:

- you have a problem with your heart
- you feel very unhappy, depressed or have a mental illness.

Some people need to talk to their doctor before they start having this medicine

You need to talk to your doctor if:

- you have epilepsy (fits)
- you are pregnant or breastfeeding

turn over

図３．Patient Information Leaflet（重要事項を頭出しした）例（2）

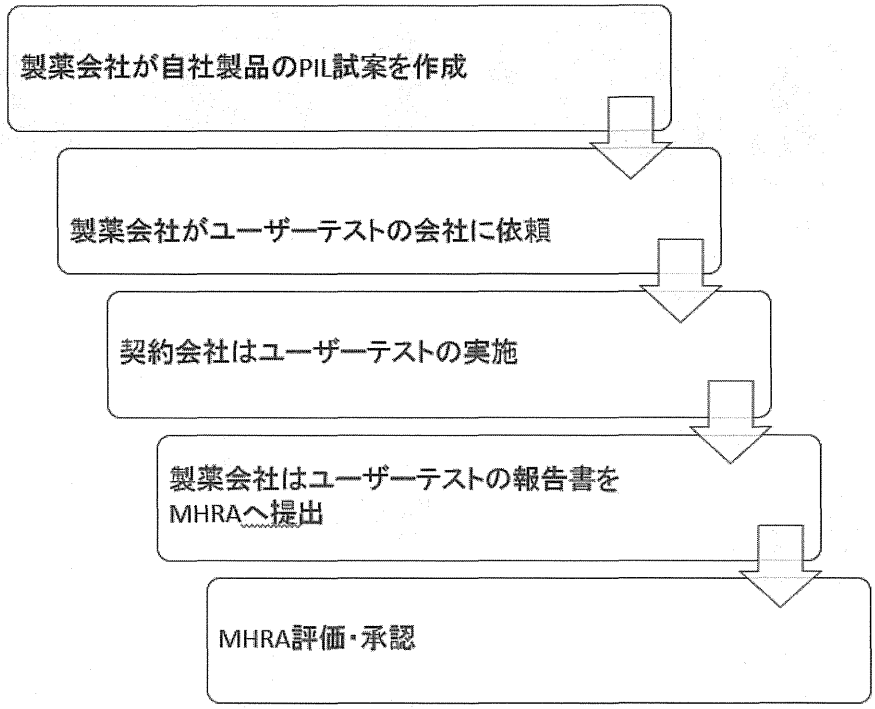
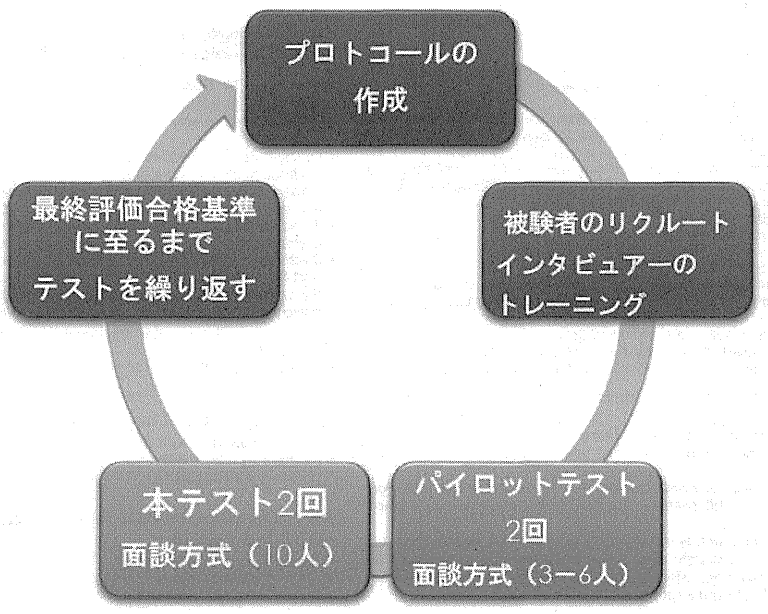


図４．Patient Information Leaflet 作成から MHRA による承認までのフロー



合格基準

面談（インタビュー）より、本テストで 90%が情報を見出すことができ、さらにそのうちの 90%が情報を理解できていることを確認する。

図５．Patient Information Leaflet のユーザーテストのフロー

添付資料１

Quality Review of Documents （QRD human product-information template version 8.3 ）

Package leaflet: Information for the <patient> <user>

{(Invented) name strength pharmaceutical form}

{Active substance(s)}

<Read all of this leaflet carefully before you start <taking> <using> this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your <doctor> <,> <or> <pharmacist> <or nurse>.

<- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.>

- If you get any side effects, talk to your <doctor> <,> <or> <pharmacist> <or nurse>. This includes any possible side effects not listed in this leaflet>.

<Read all of this leaflet carefully before you start <taking> <using> this medicine because it contains important information for you.

Always <take> <use> this medicine exactly as described in this leaflet or as your <doctor> <,> <or> <pharmacist> <or nurse> <has> <have> told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your <doctor> <,> <or> <pharmacist> <or nurse>. This includes any possible side effects not listed in this leaflet.
- You must talk to a doctor if you do not feel better or if you feel worse <after {number of} days>.>

What is in this leaflet

1. What X is and what it is used for

<You must talk to a doctor if you do not feel better or if you feel worse <after {number of} days>.>

2. What you need to know before you <take> <use> X

Do not <take> <use> X<:>

- <if you are allergic to {active substance(s)} or any of the other ingredients of this medicine (listed in section 6).>

Warnings and precautions

Talk to your doctor <or> <,> <pharmacist> <or nurse> before <taking> <using> X

Children <and adolescents>

Other medicines and X

<Tell your <doctor> <or> <pharmacist> if you are <taking> <using>, have recently <taken> <used> or might <take> <use> any other medicines.>

X with <food> <and> <,> <drink> <and> <alcohol>

Pregnancy <and> <,> breast-feeding <and fertility>

<If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your <doctor> <or> <pharmacist> for advice before taking this medicine.>

Driving and using machines

<X contains {name the excipient(s)}>

3. How to <take> <use> X

<Always <take> <use> this medicine exactly as your doctor <or pharmacist> has told you. Check with your <doctor> <or> <pharmacist> if you are not sure.>

<The recommended dose is...>

<Always <take> <use> this medicine exactly as described in this leaflet or as your <doctor> <,> <or> <pharmacist> <or nurse> <has> <have> told you. Check with your <doctor> <or> <,> <pharmacist> <or nurse> if you are not sure.>

<The recommended dose is...>

<Use in children <and adolescents>>

<The score line is only there to help you break the tablet if you have difficulty swallowing it whole.>
<The tablet can be divided into equal doses.>
<The score line is not intended for breaking the tablet.>

<If you <take> <use> more X than you should>

<If you forget to <take> <use> X>
<Do not take a double dose to make up for a forgotten <tablet> <dose> <...>.>

<If you stop <taking> <using> X>
<If you have any further questions on the use of this medicine, ask your <doctor> <,> <or> <pharmacist> <or nurse>.>

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

<Additional side effects in children <and adolescents>>

If you get any side effects, talk to your <doctor> <or> <,> <pharmacist> <or nurse>. This includes any possible side effects not listed in this leaflet.

5. How to store X

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the <label> <carton> <bottle> <...> <after {abbreviation used for expiry date}.> <The expiry date refers to the last day of that month.>

<Do not use this medicine if you notice {description of the visible signs of deterioration}.>

<Do not throw away any medicines via wastewater <or household waste>. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.>

6. Contents of the pack and other information

What X contains

- The active substance(s) is (are)...
- The other ingredient(s) <(excipient(s))> is (are)...

What X looks like and contents of the pack

Marketing Authorisation Holder and Manufacturer

{Name and address}
<{tel}>
<{fax}>
<{e-mail}>

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder:

België/Belgique/Belgien	**Luxembourg/Luxemburg**
{Nom/Naam/Name}	{Nom}
<{Adresse/Adres/Anschrift }	<{Adresse}
B-0000 {Localité/Stad/Stadt}>	L-0000 {Localité/Stadt}>
Tél/Tel: + {N° de téléphone/Telefoonnummer/ Telefonnummer}	Tél/Tel: + {N° de téléphone/Telefonnummer}
	<{e-mail}>

<{e-mail}>

България
{Име}
<{Адрес}
{Град} {Пощенски код}>
Тел.: + {Телефонен номер}
<{e-mail}>

Česká republika
{Název}
<{Adresa}
CZ {město}>
Tel: +{telefonní číslo}
<{e-mail}>

Danmark
{Navn}
<{Adresse}
DK-0000 {by}>
Tlf: + {Telefonnummer}
<{e-mail}>

Deutschland
{Name}
<{Anschrift}
D-00000 {Stadt}>
Tel: + {Telefonnummer}
<{e-mail}>

Eesti
(Nimi)
<(Aadress)
EE - (Postiindeks) (Linn)>
Tel: +(Telefoninumber)
<{e-mail}>

Magyarország
{Név}
<{Cím}
H-0000 {Város}>
Tel.: +Telefonszám}
<{e-mail}>

Malta
{Isem}
<{Indirizz}
MT-0000 {Belt/Raħal}>
Tel: + {Numru tat-telefon}
<{e-mail}>

Nederland
{Naam}
<{Adres}
NL-0000 XX {stad}>
Tel: + {Telefoonnummer}
<{e-mail}>

Norge
{Navn}
<{Adresse}
N-0000 {poststed}>
Tlf: + {Telefonnummer}
<{e-mail}>

Österreich
{Name}
<{Anschrift}
A-0000 {Stadt}>
Tel: + {Telefonnummer}
<{e-mail}>

Ελλάδα
{Όνομα}
<{Διεύθυνση}
GR-000 00 {πόλη}>
Τηλ: + {Αριθμός τηλεφώνου}
<{e-mail}>

España
{Nombre}
<{Dirección}
E-00000 {Ciudad}>
Tel: + {Teléfono}
<{e-mail}>

France
{Nom}
<{Adresse}
F-00000 {Localité}>
Tél: + {Numéro de téléphone}
<{e-mail}>

Ireland
{Name}
<{Address}
IRL - {Town} {Code for Dublin}>
Tel: + {Telephone number}
<{e-mail}>

Ísland
{Nafn}
<{Heimilisfang}
IS-000 {Borg/Bær}>
Sími: + {Símanúmer}
<{Netfang }>

Polska
{Nazwa/ Nazwisko:}
<{Adres:}
PL – 00 000{Miasto:}>
Tel.: + {Numer telefonu:}
<{e-mail}>

Portugal
{Nome}
<{Morada}
P-0000–000 {Cidade}>
Tel: + {Número de telefone}
<{e-mail}>

România
{Nume}
<{Adresă}
{Oraş} {Cod poştal} – RO>
Tel: + {Număr de telefon}
<{e-mail}>

Slovenija
{Ime}
<{Naslov}
SI-0000 {Mesto}>
Tel: + {telefonska številka}
<{e-mail}>

Slovenská republika
{Meno}
<{Adresa}
SK-000 00 {Mesto}>
Tel: + {Telefónne číslo}
<{e-mail}>

Italia
{Nome}
<{Indirizzo}
I-00000 {Località}>
Tel: + {Numero di telefono}>
<{e-mail}>

Κύπρος
{Όνομα}
<{Διεύθυνση}
CY-000 00 {πόλη}>
Τηλ: + {Αριθμός τηλεφώνου}
<{e-mail}>

Latvija
{Nosaukums}
<{Adrese}
{Pilsēta}, LV{Pasta indekss }>
Tel: + {Telefona numurs}
<{e-mail}>

Lietuva
{pavadinimas}
<{adresas}
LT {pašto indeksas} {miestas}>
Tel: +370{telefono numeris}
<{e-mail}>

Suomi/Finland
{Nimi/Namn}
<{Osoite/Adress}
FIN-00000 {Postitoimipaikka/Stad}>
Puh/Tel: + {Puhelinnumero/Telefonnummer}
<{e-mail}>

Sverige
{Namn}
<{Adress}
S-000 00 {Stad}>
Tel: + {Telefonnummer}
<{e-mail}>

United Kingdom
{Name}
<{Address}
{Town} {Postal code} – UK>
Tel: + {Telephone number}
<{e-mail}>

This leaflet was last revised in <{MM/YYYY}> <{month YYYY}.>

<This medicine has been given 'conditional approval'. This means that there is more evidence to come about this medicine.
The European Medicines Agency will review new information on this medicine at least every year and this leaflet will be updated as necessary.>

<This medicine has been authorised under 'exceptional circumstances'. This means that <because of the rarity of this disease> <for scientific reasons> <for ethical reasons> it has been impossible to get complete information on this medicine.
The European Medicines Agency will review any new information on this medicine every year and this leaflet will be updated as necessary.>

<Other sources of information>

Detailed information on this medicine is available on the European Medicines Agency web site: http://www.ema.europa.eu. <There are also links to other websites about rare diseases and treatments.>

<This leaflet is available in all EU/EEA languages on the European Medicines Agency website.>

添付資料２　Quality criteria for PILs

Quality criteria for PILs

Process indicators

Evidence of involvement of patients in development

- Score 1 for evidence available; 0 for none

Evidence that needs of special populations have been catered for

- Score 1 for discussion of special groups; 0 for none

User testing carried out/bridged

- Score 1 for yes; 0 for no

Leaflet indicators

a. Scores for presentation - text readability and ease of navigation

All scored on a scale of 0 for examples of poor practice, 1 for acceptable, with up to 3 bonus points for examples of best practice on any criteria (max. 1/criterion)

- Font choice, size and style
    - score 0 for difficult to read; 1 for clear and legible
- Use of text in capitals, italics, underlined, in boxes, etc.
    - score 0 for any example of poor use of these; 1 where these are not used
- Contrast between text and background, colour
    - score 0 for poor colour contrast; 1 where good contrast used
- Format and line spacing
    - score 0 for dense text; 1 for good use of white space
- Use of columns, justification and length of lines, sentences and paragraphs
    - score 0 any example of poor use otherwise score 1;
- Use of headers
    - score 0 for only the main headings as in the QRD template;
    - score 1 where subheadings are used
    - Bonus for use of clear and sensible headings that aid navigation
- Use of symbols and pictures,
    - score 0 where these are used badly without reference to patients; 1 for good use; bonus when these have good evidence to support their use or clear pictorial instructions for use are included