

**SOUTH AFRICAN PRIMARY HEALTHCARE LEVEL ESSENTIAL MEDICINES LIST  
CHAPTER 1: DENTAL CONDITIONS  
NEMLC RECOMMENDATIONS FOR MEDICINE MANAGEMENT (2020)**

**Medicine amendment recommendations, with supporting evidence and rationale are listed below.**

**Kindly review the medicine amendments in the context of the complete chapter for dental conditions.**

*Note: The PHC chapter has been updated to align to previous NEMLC recommendations as well as the recent NEMLC-approved Adult Hospital Level STGs and EML, 2019 edition.*

SECTION	MEDICINE / MANAGEMENT	ADDED/AMENDED/DELETED?RETAINED
<b>1.4 Herpes simplex infections of the mouth and lips</b>	Antivirals for herpes simplex: added as a therapeutic class	Added as a therapeutic class
	Aciclovir, oral	Retained as an example of class (listed in the STG)
	Valaciclovir, oral	Added as an example of class (therapeutic interchange database)
	Famciclovir, oral	Added as an example of class (therapeutic interchange database)

#### **1.4 HERPES SIMPLEX INFECTIONS OF THE MOUTH AND LIPS**

Antivirals for herpes simplex: *added as a therapeutic class*

Aciclovir, oral: *added as an example of class (listed in the STG)*

Valaciclovir, oral: *added as an example of class (therapeutic interchange database)*

Famciclovir, oral: *added as an example of class (therapeutic interchange database)*

Aligned with the Adult Hospital Level STGs and EML, 2019 edition:

**NEMLC had approved the recommendation to declare antivirals for herpes simplex, as a therapeutic class at the meeting of the 27 September 2018**

**Recommendation:** Aciclovir, oral 400 mg 12 hourly be recommended as an example of antivirals for laboratory-confirmed herpes simplex, with annual review for evaluation for continued suppressive therapy.

**Rationale:** Systematic review of low quality RCTs suggests that suppressive antiviral therapy with either aciclovir, valaciclovir or famciclovir in (immunocompetent and non-pregnant) patients experiencing at least four recurrences of genital herpes per year decreased the number of patients with at least one recurrence vs placebo". Furthermore, Network meta-analysis was underpowered to show superiority of one medicine over another. Aciclovir is the more affordable option and dosing aligned to Centers for Disease Control and Prevention, Sexually transmitted diseases treatment guidelines, 2015 that informed presumptive therapy recommendations in the PHC STGs and EML, 2018.

**Level of Evidence: II Systematic review of RCTs of low methodological quality<sup>1</sup>, Guidelines<sup>2</sup>**

<sup>1</sup> Le Cleach L, Trinquart L, Do G, Maruani A, Lebrun-Vignes B, Ravaud P, Chosidow O. Oral antiviral therapy for prevention of genital herpes outbreaks in immunocompetent and nonpregnant patients. Cochrane Database Syst Rev. 2014 Aug 3;(8):CD009036. <https://www.ncbi.nlm.nih.gov/pubmed/25086573>

<sup>2</sup> Workowski KA, Bolan GA; Centers for Disease Control and Prevention. Sexually transmitted diseases treatment guidelines, 2015. MMWR Recomm Rep. 2015 Jun 5;64(RR-03):1-137. Erratum in: MMWR Recomm Rep. 2015 Aug 28;64(33):924. <https://www.ncbi.nlm.nih.gov/pubmed/26042815>