

# Opioid Stewardship and Safety in the Outpatient Setting: Practice-Based Research

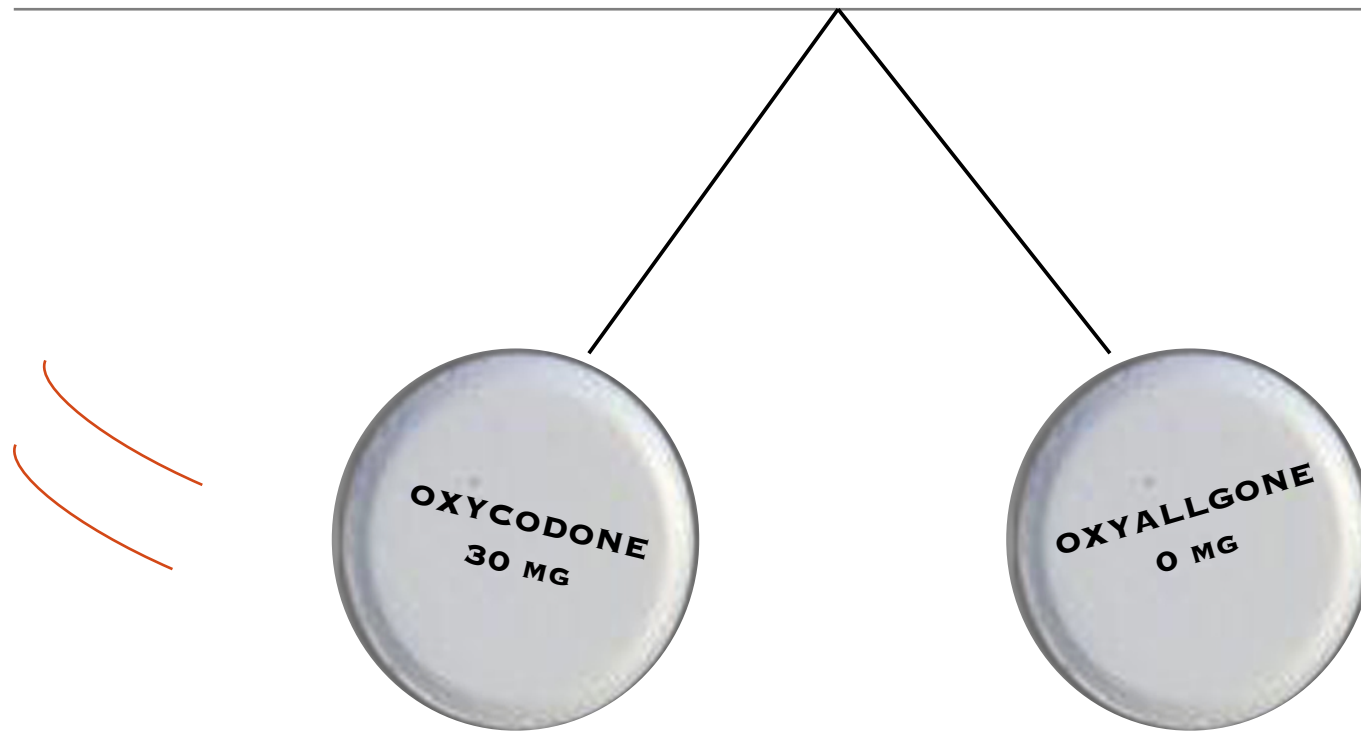
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JENNIFER COCOHOBA, PHARMD, MAS  
PROFESSOR OF CLINICAL PHARMACY, UCSF SCHOOL OF PHARMACY



# Chasing the pendulum

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# Opportunities to fill the gaps

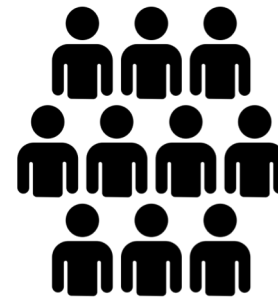
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# Comparative effectiveness

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Setting	Primary care
Research Question	Are opioid medications preferable for improving pain-related function in adults with severe chronic back, hip, or knee pain?
Study Design	Randomized active comparator trial (n=240)
Summary	<ul style="list-style-type: none"><li>• No significant difference in pain-related function x 12m</li><li>• Pain intensity significantly better in nonopioid group</li><li>• Higher dropouts due to side effects in opioid group</li><li>• Escalation to tramadol in non-opioid group = 11%</li></ul>



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# Opioid stewardship

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Setting	Kaiser Permanente Southern California
Research Question	Can a comprehensive health system initiative transform the way that chronic pain is viewed and treated?
Study Design	Retrospective pre-post evaluation of program (2010-2015) <ul style="list-style-type: none"><li>• Dispensing/prescribing policies</li><li>• Monitoring &amp; integration with electronic health record</li></ul>
Summary	<ul style="list-style-type: none"><li>• 30% reduction in high dose opioid</li><li>• 90% decrease in opioid + benzodiazepine or Soma combos</li><li>• 72% reduction in extended release opioid products</li><li>• 95% reduction in brand name opioid combination pills</li></ul>



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# Opioid stewardship

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Setting	3 primary care practices at U Penn
Research Question	Can an EMR based protocol improve adherence to best practice standards for opioid prescribing?
Study Design	Program description and evaluation (pre-post) <ul style="list-style-type: none"><li>• Development of EMR protocol &amp; education of staff</li><li>• Academic detailing, monetary incentives</li></ul>
Summary	<ul style="list-style-type: none"><li>• 145% increase in urine drug screens</li><li>• 424% increase in documentation of a pain problem in EMR</li><li>• Significant increases in role adequacy, support, job satisfaction, and others</li></ul>



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# Innovative programs

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Setting	Primary care practices
Research Question	Impact of an interdisciplinary behavioral intervention vs. SOC on pain impact (PEG).
Study Design	Effectiveness-implementation hybrid pragmatic clinical trial <ul style="list-style-type: none"><li>• Clusters of patients/providers will be randomized</li></ul>
Summary	Pending results



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# Innovative programs

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Setting	Two primary care clinics within the Veteran's Health Administration
Research Question	Can group visits vs. SOC improve overdose education and naloxone distribution in a primary care setting?
Study Design	Quality improvement intervention <ul style="list-style-type: none"><li>• One clinic implemented intervention, other was SOC</li></ul>
Summary	<ul style="list-style-type: none"><li>• High risk patients attending group visits more likely to obtain naloxone (27% vs. 3%)</li><li>• Patients were satisfied with group visits</li></ul>





# Impact of policies on providers/care

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Setting	6 safety net primary care clinics in SF
Research Question	Exploration of acceptability of naloxone co-prescribing for patients on long-term opioid therapy
Study Design	Cross sectional survey (n=111)
Summary	<ul style="list-style-type: none"><li>• 79.3% prescribed naloxone, 99.1% likely to rx in future</li><li>• High likelihood of prescribing to most patients</li><li>• Concerns: time, payor logistics</li></ul>



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# Understanding patients & populations

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Setting	3 primary care systems in Colorado
Research Question	Patient perspectives on tapering chronic opioid therapy
Study Design	Qualitative (n=24)
Summary	<ul style="list-style-type: none"><li>• Patient belief in low risk of overdose</li><li>• Belief about ineffectiveness of non-opioid medications</li><li>• Fears around uncontrolled pain and withdrawal</li><li>• Social support and trust in healthcare provider helped tapering process</li></ul>

# Opportunities to fill the gaps

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Describe, evaluate, disseminate practice innovations

Collaborate with other organizations

Partner with patients

