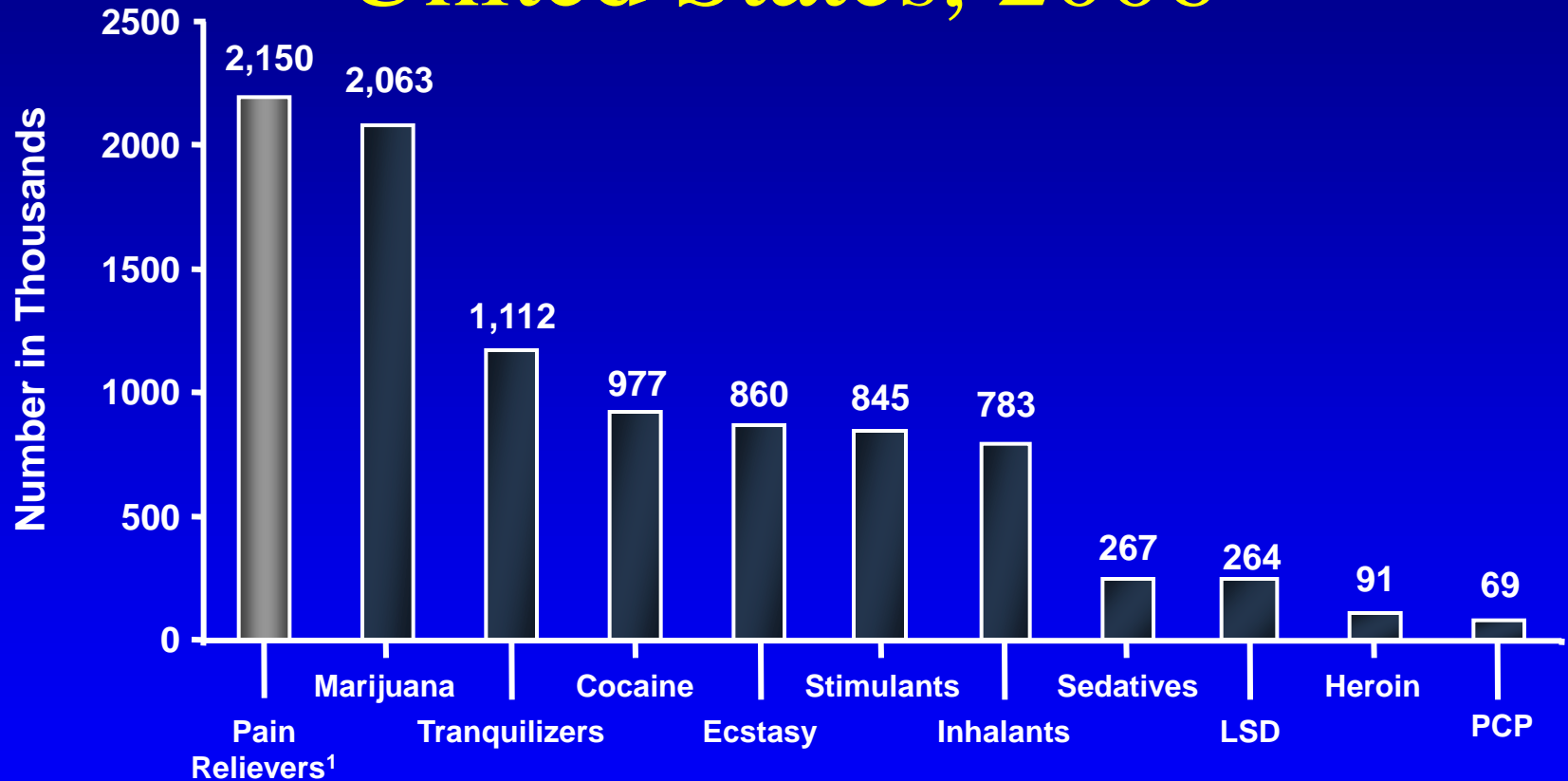


# RESEARCH

THE PAIN MANAGEMENT CENTER - BWH

# Illicit Drug Use United States, 2006



<sup>1</sup>533,000 new nonmedical users of OxyContin aged ≥12 years.

Substance Abuse and Mental Health Services Administration. 2006 National Survey on Drug Use and Health. Department of Health and Human Services Publication No. SMA 07-4293; 2007.

# Opioid Compliance Study

- Hypothesis:

Close monitoring (urine screens, compliance checklists, electronic diaries) and substance abuse education (worksheets, motivational counseling, group support) will improve compliance and reduce opioid misuse in high-risk pain patients.

# Study Design

Screening  
(SOAPP-R)

Low Risk

High Risk

(Randomized)

**Experimental**

**Control**

Electronic diaries

& compliance training

Electronic diaries only

Electronic diaries only

**(N=28)**

**(N=28)**

**(N=28)**

*(All subjects followed for 6 months)*

CI

# Study Design

- All subjects followed for 6 months
- All subjects completed baseline measures and monthly electronic diaries
- High Risk Experimental Group received monthly:
  - Urine screens
  - Opioid Compliance Checklists
  - Individual motivational counseling
  - Group educational counseling with handouts and worksheets

# Session Topics

- Medication adherence
- Avoiding drug use triggers
- Making lifestyle changes
- Abstinence from illicit substances
- Problem solving (managing thoughts, feelings, behavior)
- Pain management and drug dependence

# Outcome Measures

- Drug Misuse Index
  - Prescription Drug Use Questionnaire (PDUQ >11)
  - Physician-rated Addiction Behaviors Checklist (ABC  $\geq$  2)
  - Urine toxicology results (positive)
- Clinic dismissal (yes/no)

# Results

No differences were found between groups on baseline demographic data (*age, gender, pain site, pain duration, pain intensity, activity interference, mood, type of medication*).



# Baseline Data

<b>Variable PAIN</b>	<b>High-Risk Control (N=21)</b>	<b>High-Risk Experi- Mental (N=21)</b>	<b>Low-Risk Control (N=20)</b>	<b>F-value &amp; X<sup>2</sup></b>
<b>SOAPP-R</b>	<b>23.14</b>	<b>18.57</b>	<b>13.25</b>	<b>6.64**</b>
<b>COMM</b>	<b>13.80</b>	<b>9.86</b>	<b>7.20</b>	<b>4.88*</b>
<b>ABC (MD ratings)</b>	<b>2.60</b>	<b>2.52</b>	<b>0.70</b>	<b>3.03*</b>
<b>Abnormal urines (%)</b>	<b>39.1</b>	<b>37.0</b>	<b>5.5</b>	<b>9.38***</b>

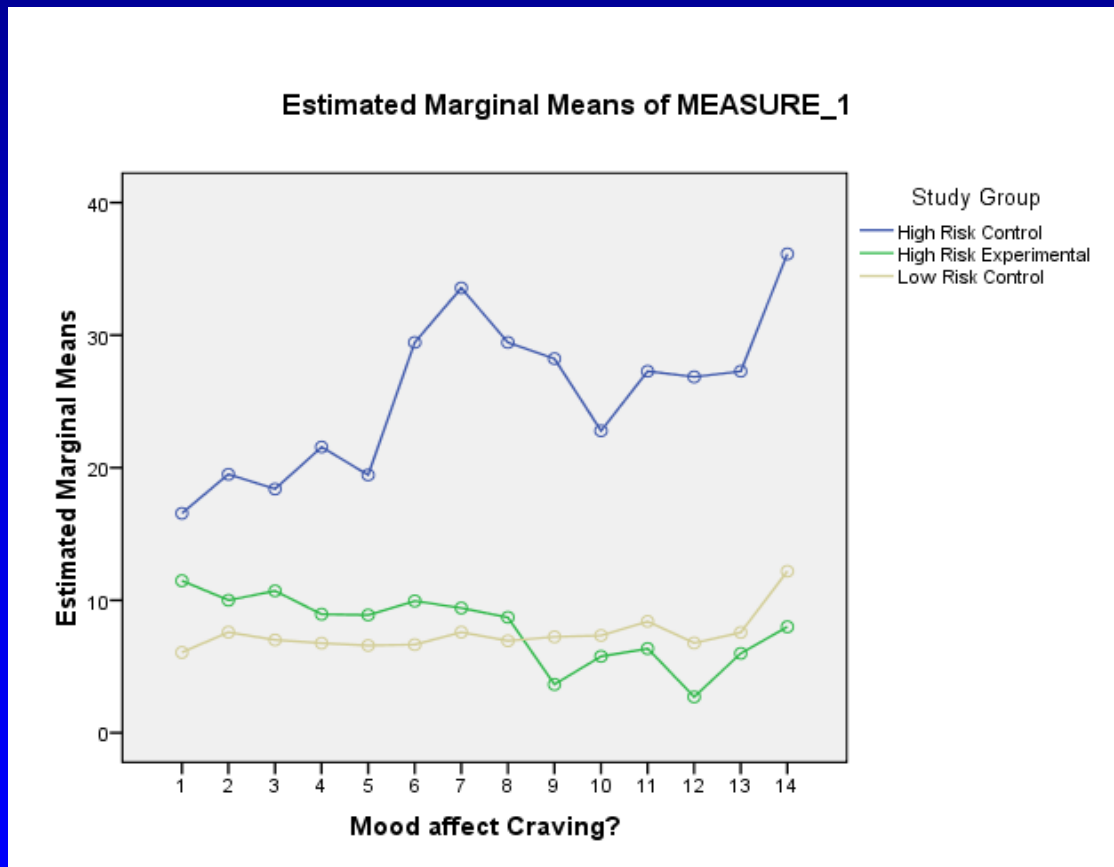
\*p<0.05  
\*\*p<0.01  
\*\*\*p<0.001

# Electronic Diary Craving Data

Over past 24 hours, (0-100)	High-Risk Control	High-Risk Experimental	Low-Risk Control	F-value
Mood affects urge to take more meds	<b>22.02<sup>a</sup></b>	<b>11.03<sup>b</sup></b>	<b>11.69<sup>b</sup></b>	<b>9.96***</b>
Craved your meds	<b>15.81<sup>a</sup></b>	<b>9.54<sup>b</sup></b>	<b>8.68<sup>b</sup></b>	<b>5.82**</b>
Thinking about your meds	<b>22.86<sup>a</sup></b>	<b>13.25<sup>b</sup></b>	<b>13.10<sup>b</sup></b>	<b>8.92***</b>
Urge to take more meds a-b p<0.05	<b>26.51<sup>a</sup></b>	<b>14.32<sup>b</sup></b>	<b>13.47<sup>b</sup></b>	<b>12.80***</b> **p<0.01 ***p<0.001

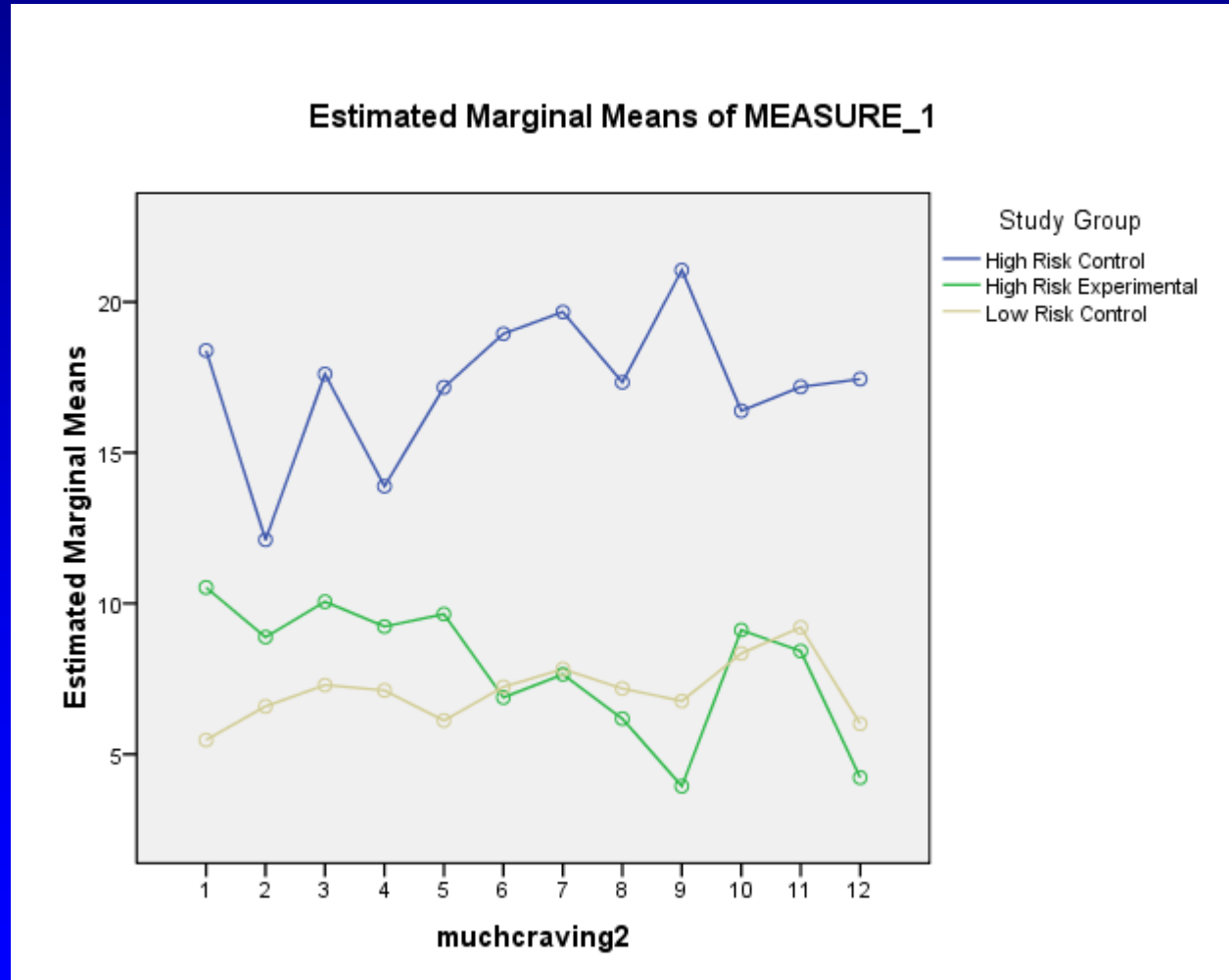
# At-Home Electronic Diaries

How much has your mood affect your urge to take more medication?



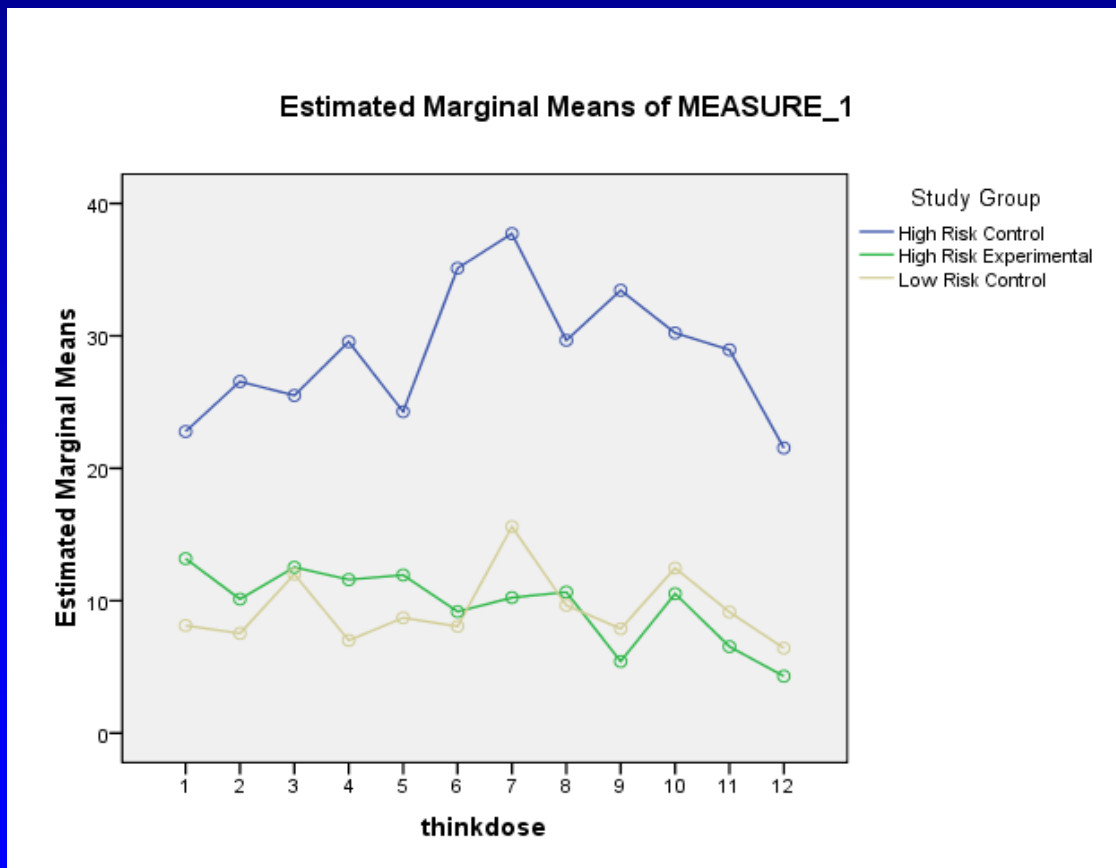
# At-Home Electronic Diaries

How much have you craved your pain medication?



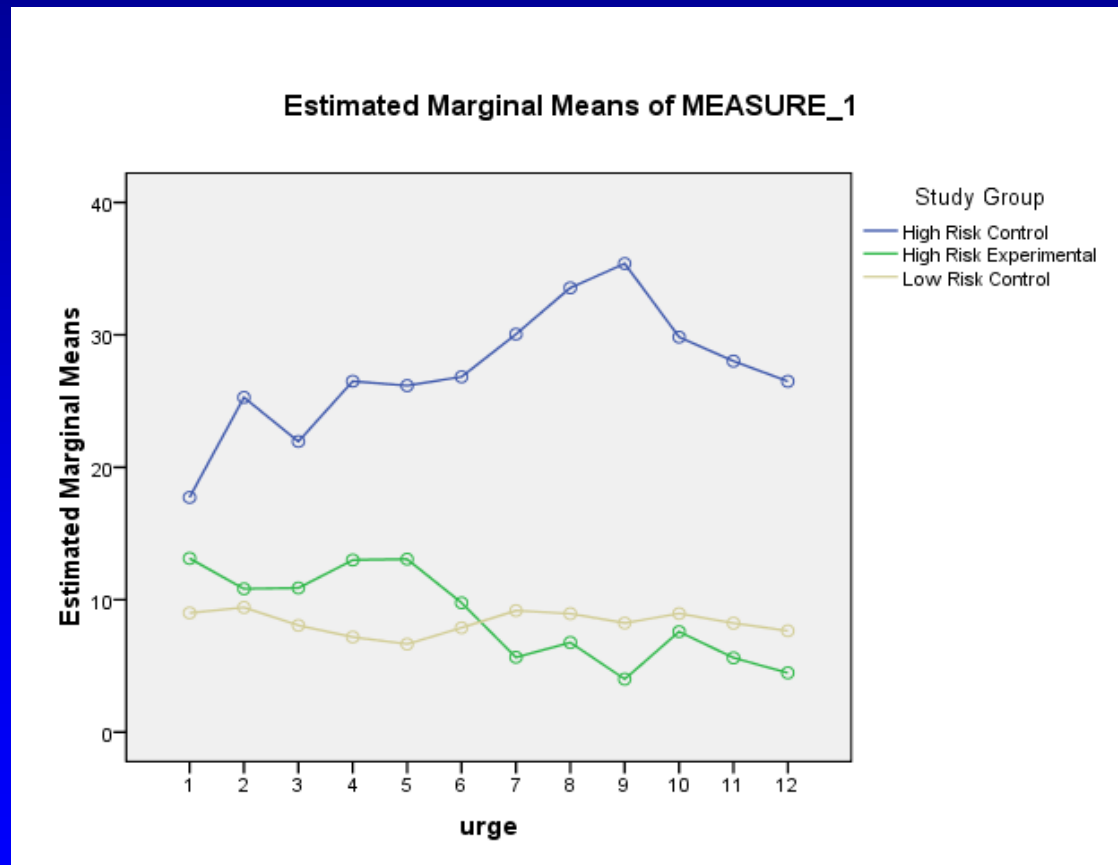
# At-Home Electronic Diaries

How often been thinking about your next dose?

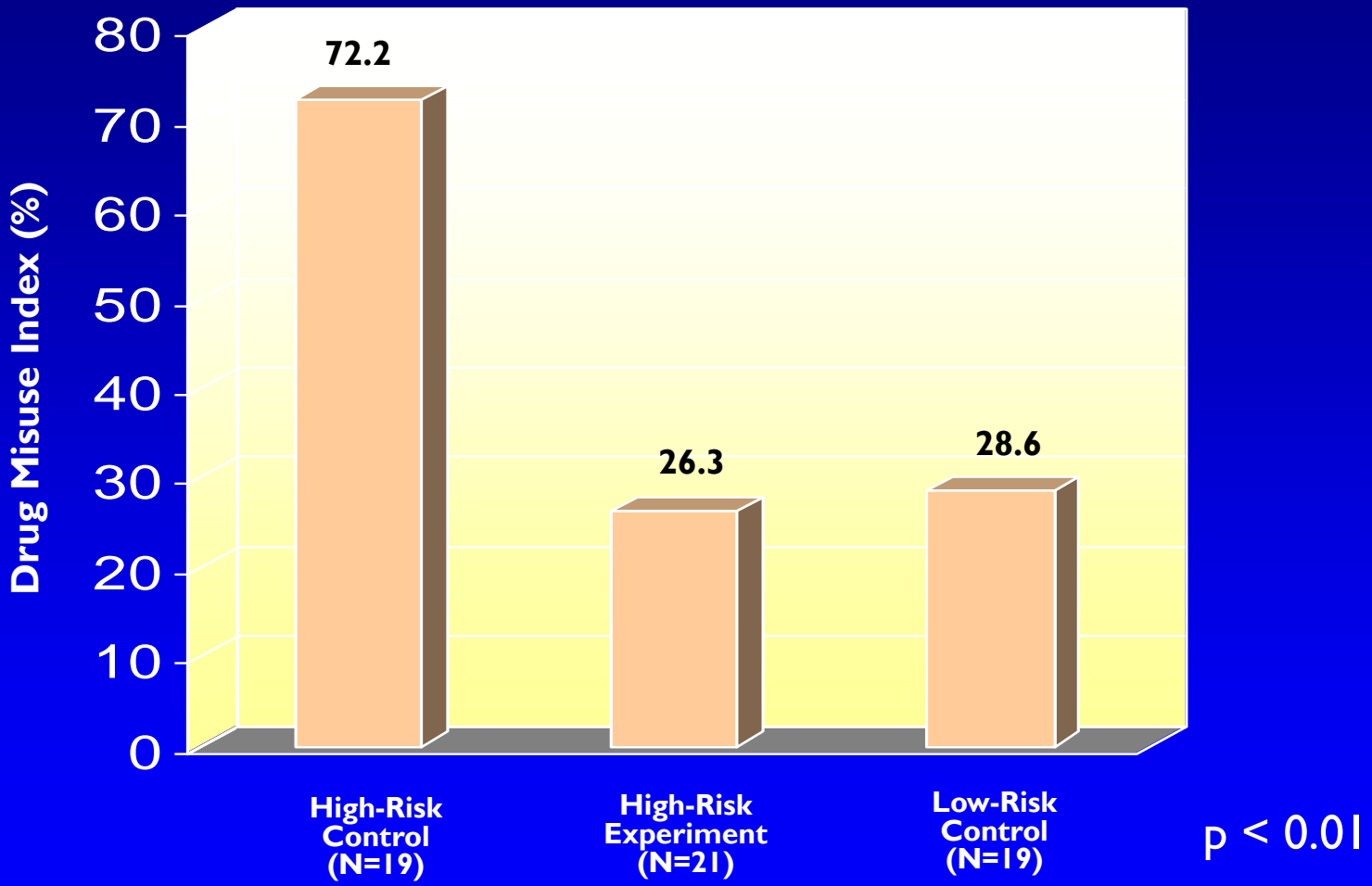


# At-Home Electronic Diaries

## How strong is your urge to take more medication than prescribed?



# Drug Misuse Index



# Discharge Results

None of the subjects were discharged from the clinic.



Thanks