**Opioid cessation** is associated with reduced pain and improved function in people attending specialist chronic pain services

We examined information provided at referral and at the end of treatment for **over 10,000 patients** with chronic pain, here's what we found...

**At referral**
- The average age was 49, 56% identified as female, & a third have had pain for over 5 years
- 62% were using opioids, with an average daily dose of 56.3mg
- All assessment scores for pain, physical function, mood, emotional function & cognition were worse for those taking opioids

**At treatment end**
- Treatment lasted around 175 days, almost two thirds had individual appointments, 34% were in group programs and 1% had procedures
- Almost half had either ceased opioids or reduced their dose by at least 50%
- Clinically significant improvement in assessment scores for all domains was greatest for those who had ceased opioids

Citation: Tardif, H., Hayes, C., & Allingham, S. Med J Aust 2021; 214 (9): 430-432. doi: 10.5694/mja2.51031