



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

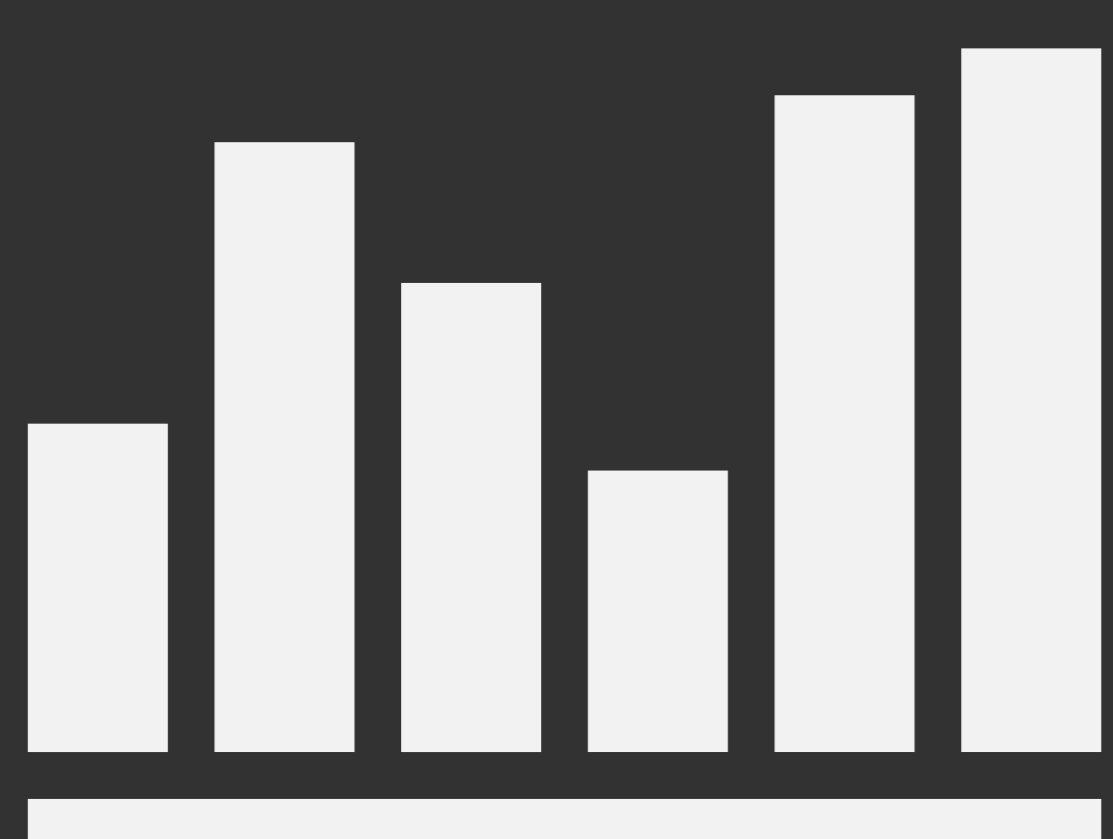


The average age was 49, 56% identified as female, & a third have **had pain for over 5 years**

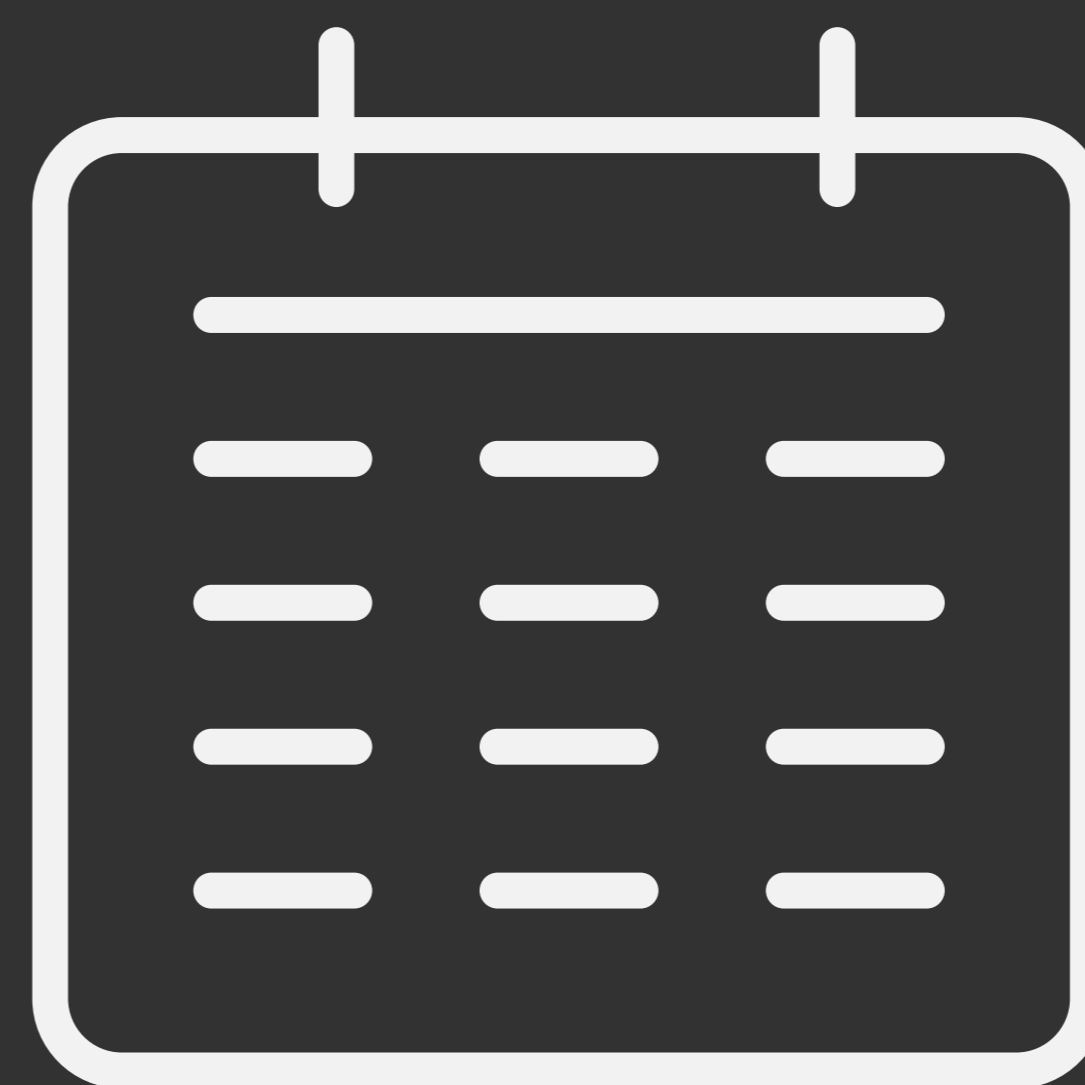
62% were using opioids, with an average daily dose of 56.3mg



All **assessment scores** for pain, physical function, mood, emotional function & cognition **were worse** for those taking opioids

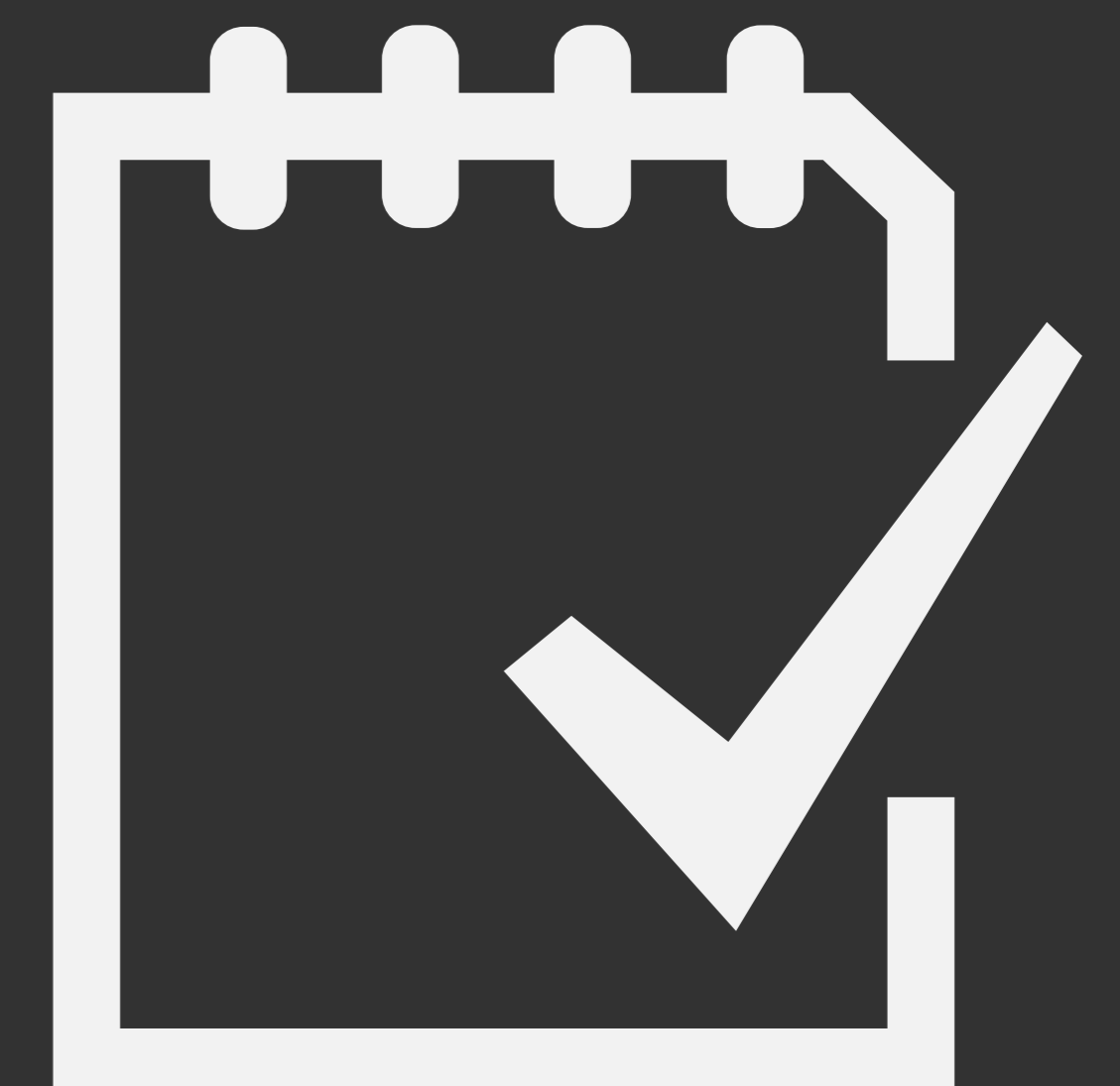


At treatment end



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**



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