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

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