

Appropriate Use of Chronic Pain Medications: A Pre-post Intervention Comparison

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Abstract

Objective: To assess the effectiveness of a Chronic Pain Management Program (CPMP) on reducing inappropriate opioid use among patients.

Methods: We conducted a retrospective chart review of patients at one outpatient clinic who had a chronic pain syndrome diagnosis and were currently using opioids or seeking to restart a prescription. We assessed total morphine equivalent dose per day (MED) and type of prescription using pre-vs-post-implementation and cohort designs. We examined MED and percentage of patients on appropriate MED and/or appropriate type of prescription using Wilcoxon sign ranked test, Kruskal-Wallis, McNemar's test, and Chi Square. We examined the effect of CPMP involvement on MED and percentage of patients on appropriate MED using logistic regression.

Results: Two-hundred and forty CPMP patients [Co-management:112(46.7%); Consultation: 128(53.3%)], and 54 patients with no CPMP participation were included. The majority of patients was middle-aged, female, and used Medicare. Among CPMP patients, MEDs were significantly reduced (pre-CPMP median = 50mg/day; post-CPMP median 37.5mg/day; $p=0.0001$). Opioid cessation was significantly related to level of CPMP involvement (Co-management = 8%; Consultation = 25.8%; $p=0.001$). Patients involved in CPMP were significantly more likely to be on the appropriate type of prescription (Co-management = 92%; Consultation = 85.9%; No participation = 48.1%; $p=0.0001$).

Conclusions: This CPMP was successful in helping patients reduce and/or cease opioid use.

Key Words: Chronic pain syndrome; Opioid use; Morphine equivalent dose per day (MED)