Program to Reduce Opioid Use While Improving Perceived Quality of Life

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Abstract

Objective: In response to the United States opioid epidemic and the increasing costs attributed to its growing prevalence, Mayo Clinic created a pain rehabilitation program to reduce opioid use while improving participant perceived quality of life.

Background: The United States opioid epidemic continues to climb sharply, as over 20,000 individuals died from opioid overdose in 2015. The numbers are higher now.

Methods: Project Management Principles (PMBOK) were utilized to develop the program, including a project charter, definition of project scope, definition of roles and responsibilities along with sequencing of multiple stakeholders input into the program, including a project charter, definition of project scope, definition of roles and responsibilities along with sequencing of multiple stakeholders input into the program, including a project charter, definition of project scope, definition of roles and responsibilities along with sequencing of multiple stakeholders input into the program. The counter balance to the participant outcome and financial measures was participant satisfaction. Upon program completion, participant responded to an anonymous program satisfaction evaluation, utilizing a 7 point Likert scale with 7 representing high levels of satisfaction. These results indicated an 89% improvement.

Results: Approximately 1.16 million Americans experience chronic pain. This is compared to 24 million people who suffer from diabetes, 23 million people who suffer from coronary heart disease, and 12 million people who suffer from cancer.

Conclusions
- There are no randomized, controlled trials for use of chronic opioid therapy for greater than 3-4 months. Trials typically lasted less than 12 weeks. (McNicol et al., 2013; Kissin, 2013; Cochrane Database of Systematic Reviews, 2013).
- This study has demonstrated that participants who have completed the program to drastically reduce opioid use while improving perceived quality of life for participants with chronic pain.

References

5. CDC, National Center for Health Statistics; 2015.

Figure 1.

Figure 2.

Figure 3.

Figure 4.

Figure 5.

Figure 6.