

# The PROMPPT Feasibility Study



## Proactive Review of patients taking Opioid Medicines for persistent Pain led by Pharmacists in primary care Teams

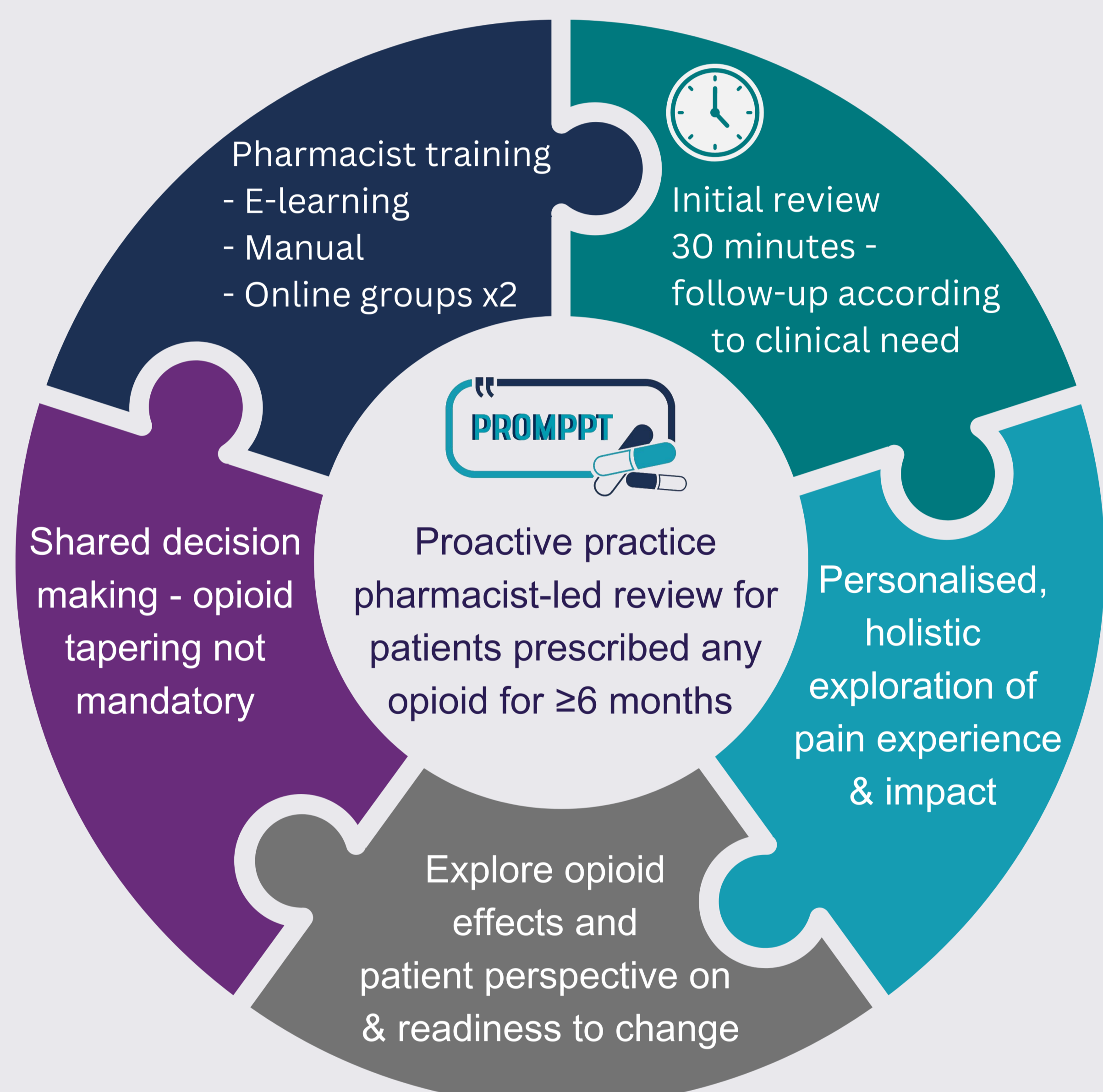
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### Introduction

In UK primary care, clinical pharmacists working in general practices ('practice pharmacists') play an increasing role in managing patients with long-term conditions and seem ideally placed to review patients who are prescribed opioids long-term for persistent non-cancer pain.

**This study aimed to** investigate the acceptability, credibility and feasibility of delivering a practice pharmacist-led intervention (PROMPPT review) that aims to support patients with persistent pain to safely reduce opioids, where appropriate, without increasing pain or pain-related interference.



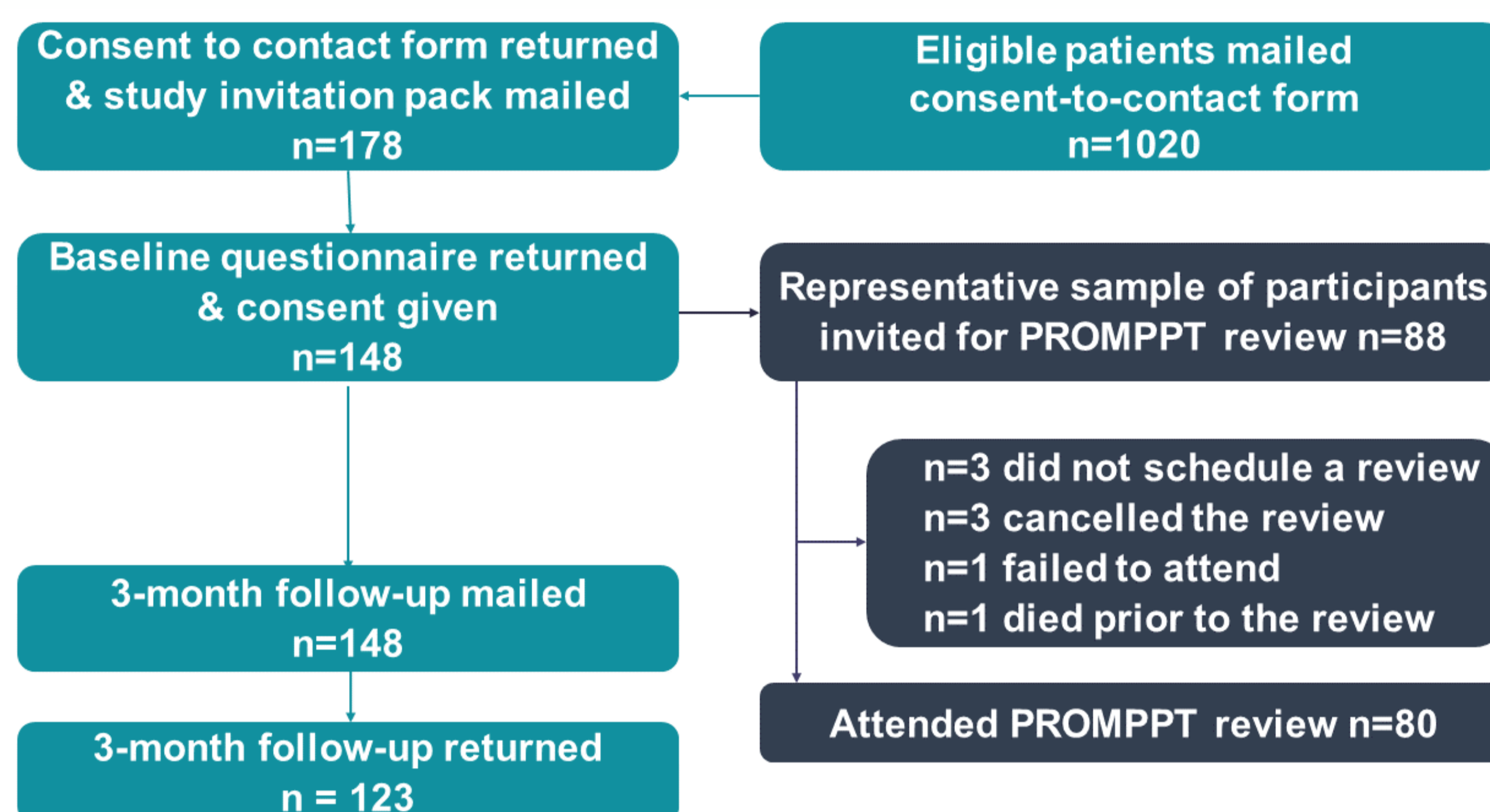
The PROMPPT review and training were co-designed with stakeholders (patients and healthcare professionals), using a person-based approach combined with best practice guidance and theory.

### Methods

- Non-randomised design, with mixed methods process evaluation
- Eligible patients, prescribed opioids for ≥ 6 months, identified from electronic records in four general (GP) practices in the West and East Midlands were invited to participate in a questionnaire study.
- A representative sample of questionnaire study participants were invited for a PROMPPT review with the practice pharmacist
- With consent, n=8 PROMPPT reviews were audio-recorded to check fidelity of review delivery in accordance with the training.
- Following the review, participants were sent an Acceptability Questionnaire and invited to consent to contact about an interview.
- Semi-structured telephone interviews were conducted with n=15 patients, n=4 practice pharmacists and n=4 GPs.
- Qualitative analysis used a framework approach, drawing on the Theoretical Framework of Acceptability.

### Conclusion

- PROMPPT practice pharmacist-led pain reviews were acceptable to patients, practice pharmacists and GPs. Study findings were used to:
  - Refine the PROMPPT review invitation and patient information, to reduce uncertainty and anxiety about the review.
  - Revise the pharmacist training package.
- A cluster randomised controlled trial evaluating the clinical and cost-effectiveness of the PROMPPT review is underway.



### Results

- 148 eligible patients were recruited to the questionnaire study between 26 Nov 2020 and 20 Apr 2021
- 123 (83%) completed 3-month follow-up
- Of 88 participants invited, 80 (90.9%) attended a PROMPPT review
- Due to the COVID-19 pandemic, 78 (97.5%) PROMPPT reviews were conducted by telephone.

Of 50 participants who returned an Acceptability Questionnaire



Patients interviewed had mixed feelings before the review:



- Following the review, patients with a clear plan for follow-up felt reassured about making changes to their pain medicines.
- Conversely, if the onus was on patients to arrange follow-up, some were less satisfied and/or confused about the plan.
- Overall, patients, pharmacists and GPs interviewed felt PROMPPT reviews were a good idea and considered practice pharmacists appropriate to conduct them.
- Patients & pharmacists expressed strong preference for face-to-face consultations where possible.

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