

# Living with persistent pain: A multi-method qualitative study of reducing opioids in the context of a pain review in primary care

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## Background



Opioids are often prescribed for persistent non-cancer pain yet evidence of long-term effectiveness is limited with increased risk of harm. Therefore, patients prescribed opioids should be reviewed regularly and supported to reduce opioids, where treatment goals are not met.

However, research suggests patients and healthcare professionals find discussing and reducing opioids challenging. Hence, there is a need to identify barriers and facilitators for discussions around opioids to develop an evidence-based pain review to support opioid tapering.

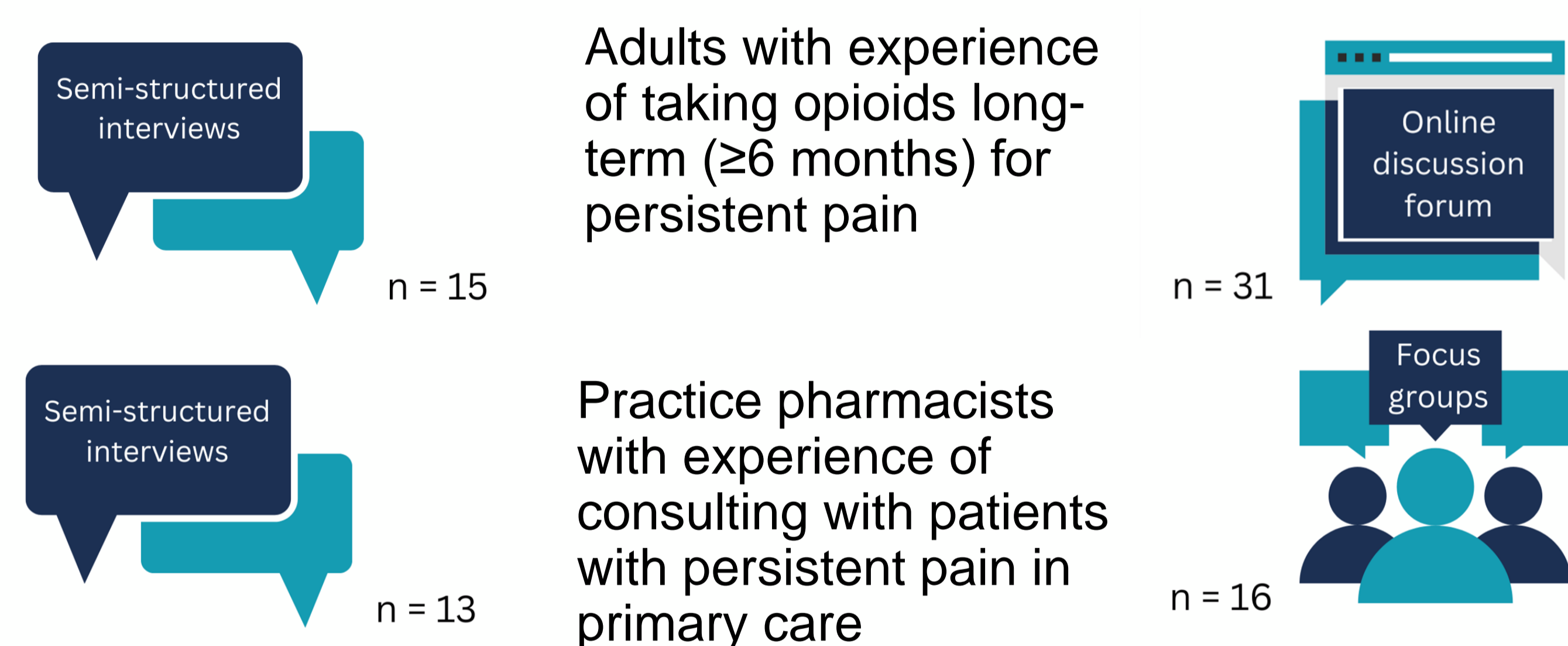
The PROMPPT research programme (**P**roactive clinical **R**eview of patients taking **O**pioid **M**edicines long-term for persistent **P**ain led by clinical **P**harmacists in primary care **T**eams) aims to develop and test a pharmacist-led pain review for patients with persistent pain in primary care: the **PROMPPT review**.

## Study Aims

This study forms part of an iterative process to develop the PROMPPT review and aims to identify facilitators and barriers for:

- Patients reducing opioids
- Delivery of the PROMPPT review to support opioid reduction

## Methods



## Data analysis

The 14 domain Theoretical Domains Framework (TDF) was used as a framework for thematic analysis:

- Deductive coding to TDF domains by a multidisciplinary research team
- Within-domain inductive analysis led to the development of specific facilitator and barrier themes
- Themes were compared and contrasted to create overarching themes

## Results

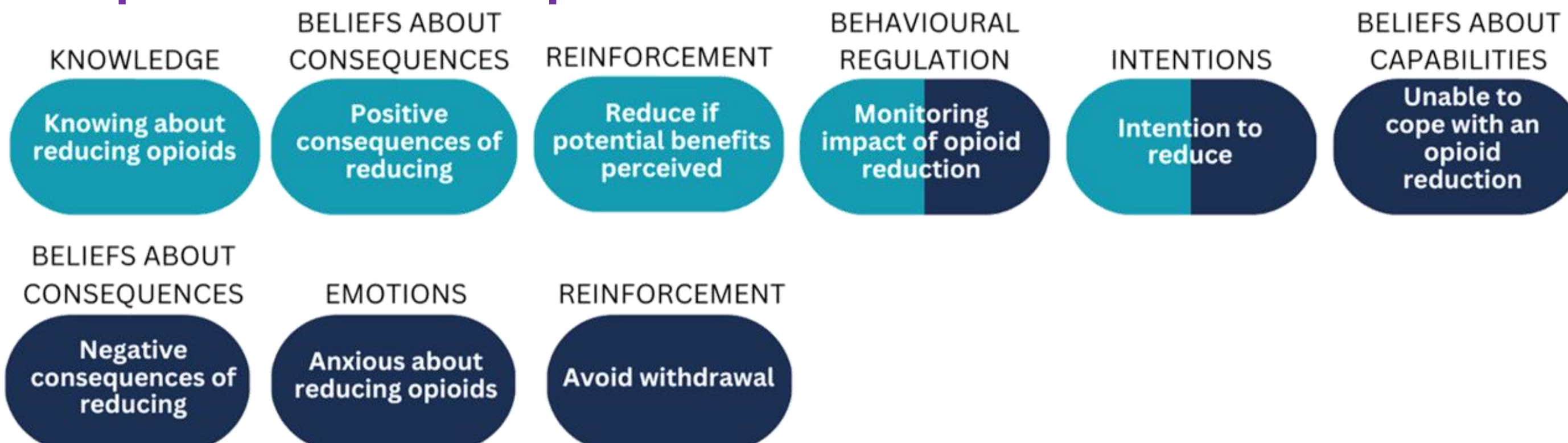
### a) Patients reducing opioids

We identified 3 overarching themes grouping 19 facilitator & barrier themes across 11 TDF DOMAINS.

#### 1. Learning to live with pain



### 2. Opioid reduction expectations



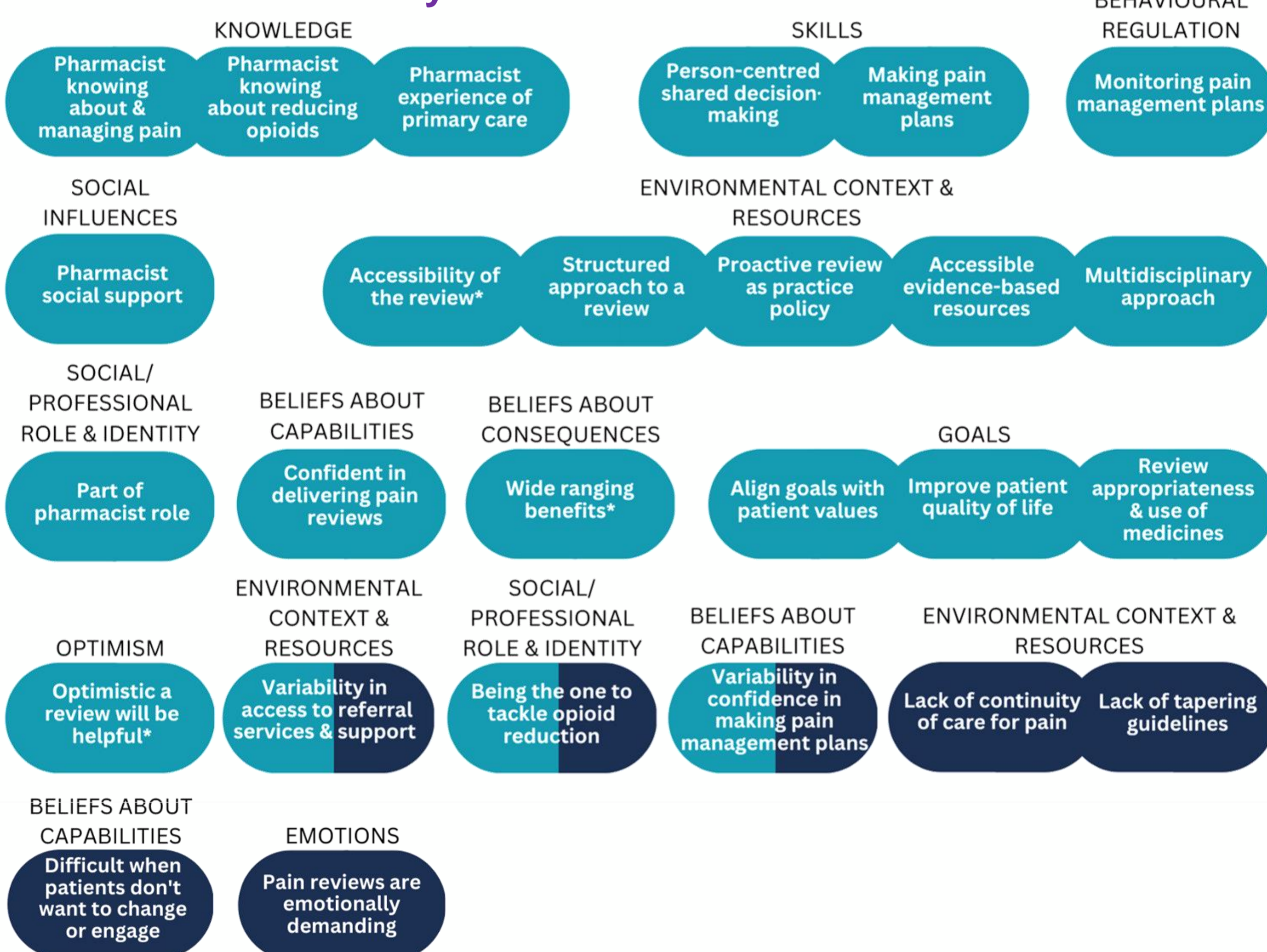
### 3. Assuming a medical model



### b) Delivery of the PROMPPT review to support opioid reduction

We identified 3 overarching themes grouping 41 facilitator & barrier themes across 13 TDF DOMAINS.

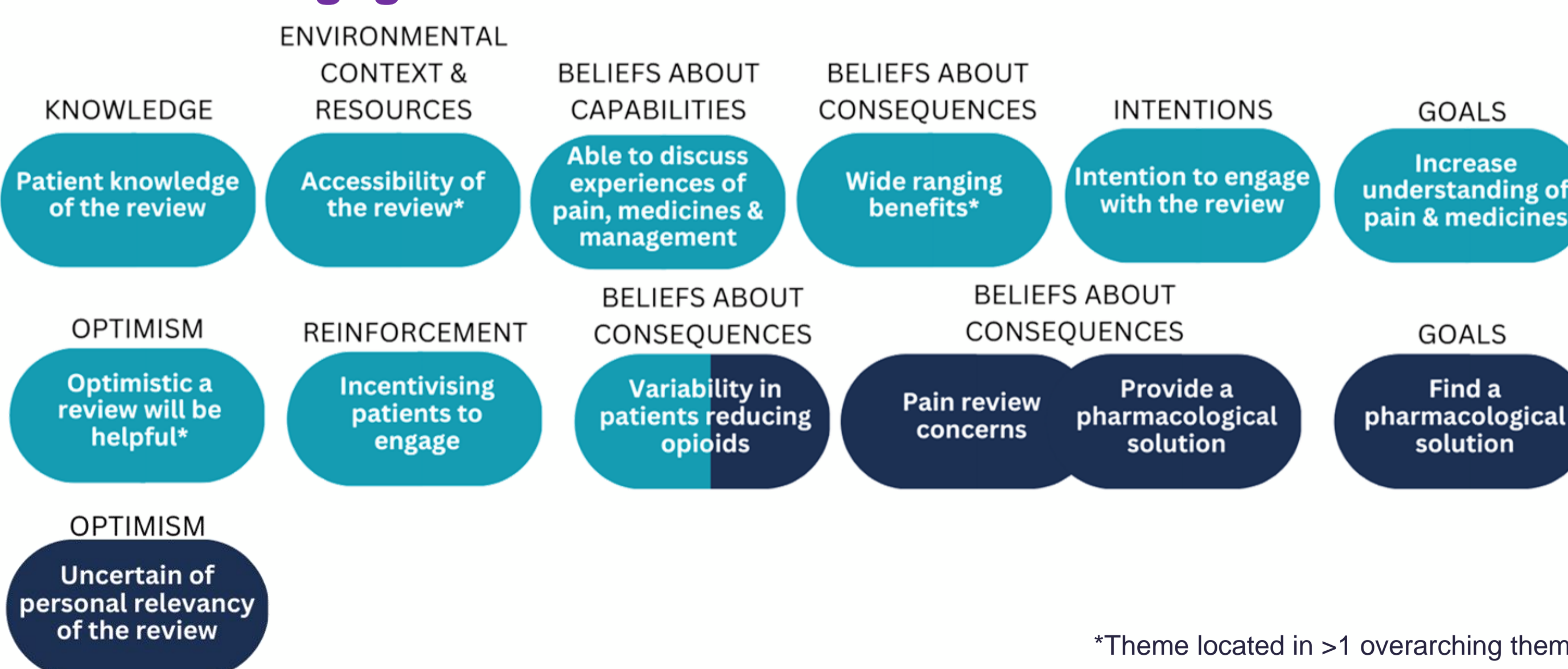
#### 1. Pharmacist delivery of the PROMPPT review



#### 2. Pharmacist-patient relationship



#### 3. Patient engagement



\*Theme located in >1 overarching theme

## Conclusion

Evidence for facilitators and barriers will be used to identify behaviour change techniques to guide development of a prototype PROMPPT review.