Correlates of indicators of potential extra-medical opioid use in people prescribed opioids for chronic non-cancer pain

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Thank you & Disclosure of Interest

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## Background & Aims

### Background

**ORBIT Scale measures indicators of potential extra-medical opioid use**

- Divergent or unexpected behaviours in people prescribed opioids
- Includes 10 items that measure *recent* (past 3 month) behaviours

### Aims

Use the ORBIT Scale to examine…

- **Frequency** of specific indicators
- **Correlates** of reporting any indicators

...in a large, community sample of people prescribed opioids for **CNCP**
Methods

Participants
• Pain and Opioid IN Treatment (POINT) Study
• Prescribed strong opioids for CNCP > 6 weeks
• Recruited from community pharmacies across Australia

Analysis
• Multivariable Logistic Regression
• Outcome: $\geq 1$ indicators in the past 3 months $= \text{ORBIT Score} \geq 1$
Proportion of POINT participants with ORBIT Score ≥ 1 (n=1,505)

<table>
<thead>
<tr>
<th>ORBIT Scale Question</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asked for an increase in my dose</td>
<td>21.3%</td>
</tr>
<tr>
<td>Asked for an early prescription renewal</td>
<td>12.4%</td>
</tr>
<tr>
<td>Saved opioid medication for later use</td>
<td>8.0%</td>
</tr>
<tr>
<td>Altered dose (i.e. cutting patches/pills in half)</td>
<td>6.4%</td>
</tr>
</tbody>
</table>
Correlates of reporting one or more indicators…

<table>
<thead>
<tr>
<th>Significant Correlates in Multivariable</th>
<th>AOR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong> (Continuous)</td>
<td>0.97 (0.92, 0.99)</td>
</tr>
<tr>
<td><strong>Male</strong></td>
<td>1.53 (1.15, 2.04)</td>
</tr>
<tr>
<td>Lifetime Pharmaceutical Opioid <strong>SUD</strong> (ICD-10)</td>
<td>1.87 (1.31, 2.66)</td>
</tr>
<tr>
<td>Lifetime Illicit Drug SUD (ICD-10) (Heroin, amphetamine, cannabis etc.)</td>
<td>1.72 (1.18, 2.52)</td>
</tr>
</tbody>
</table>

*Adjusted for significant univariable associations…

- Employment status
- Opioid **dose**, **benzodiazepine** use
- **Alcohol** use disorder, **mental disorders** (anxiety & depression)
- **Pain** intensity/interference, pain self-efficacy
Conclusions

**Frequency**
- Over **one-third** of this community sample reported any indicators in the past 3 months
  - ‘Less risky’ more common

**Correlates** (Younger, male, lifetime SUD)
- Consistent with…
  - Recent systematic review
  - Clinical guidelines

**Future Research**
- Do indicators (ORBIT items) **predict** adverse outcomes in people prescribed opioids for CNCP?