

The Development of an Evidence-Based Clinical Practice Guideline for Deprescribing Opioid Analgesics

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BACKGROUND

WHO FLAGSHIP AREA: HIGH-RISK MEDICINES

- Overprescribing opioid analgesics is a major international public health problem.
- Current guidelines provide advice regarding opioid initiation, yet rarely address opioid reduction or discontinuation (deprescribing).

AIM

To develop an evidence-based opioid deprescribing guideline in accordance with methodologies outlined by the Australian National Health and Medical Research Council (NHMRC) & Canadian Bruyere Research Institute.

METHODS

Nominate guideline topic and scope

Establish multidisciplinary guideline group

Elicit stakeholder perspectives (healthcare professionals & consumers)

Refine key questions and outcomes

Synthesise & assess the certainty of evidence (GRADE approach)

Draft recommendations and guideline

Public consultation (60 days) and independent review

RESULTS & DISCUSSION

Guideline Questions

- i) Does opioid deprescribing result in benefits or harms?
- ii) How to deprescribe opioids?
- iii) Which interventions are effective for opioid deprescribing?

Qualitative Stakeholder Interviews

> Overview of Systematic Reviews

Evidence to Decision Framework

Balance of

effect

Certainty of Stakeholder evidence values

Feasibility

Resources Equity

- Multidisciplinary pain programs showed the greatest evidence for opioid reduction yet had poor implementability due to accessibility & resource barriers.
- Opioid deprescribing is a challenging area to develop guidance due to a lack of high certainty evidence & variability in stakeholders' values & preferences.
- This guideline may serve as a tool to standardise care and enable safe, effective & appropriate opioid deprescribing in clinical practice.

11 recommendations on when, how & for whom deprescribing should be considered. (predominantly low certainty evidence)

Acceptability