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Change of quality of life in patients with chronic pain with prescription opioid usage after opioid detoxification

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Background

- Long-term use of opioids for pain management leads to a range of adverse effects, including tolerance, dependence, and a decline in overall quality of life (QoL)
- Opioid use is associated with physical and psychological health risks, as well as significant societal costs
- Despite these challenges, there is limited research on detoxification and its impact on the QoL for patients dependent on prescription opioids



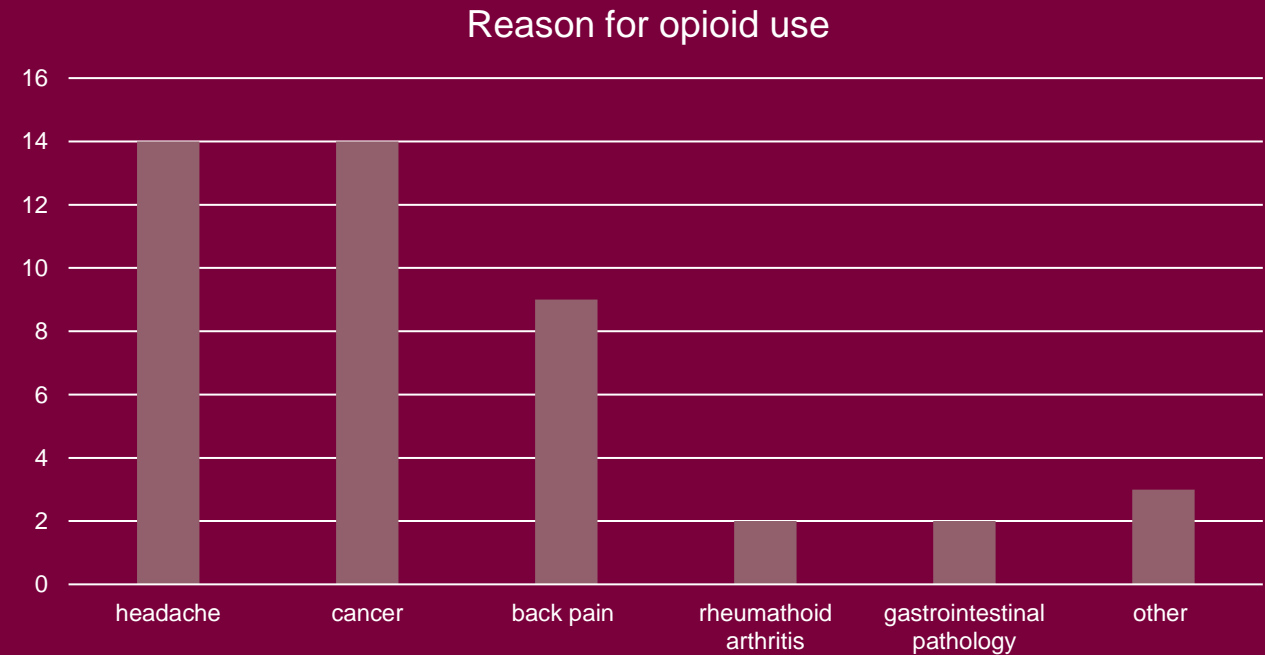
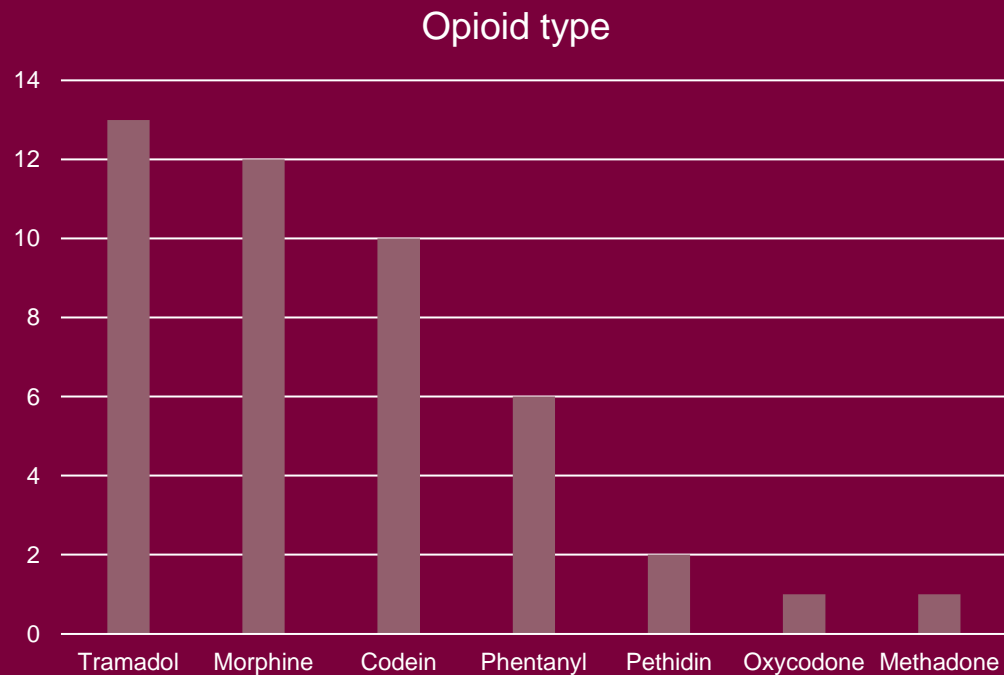
Aim of the study

- To investigate the hypothesis that detoxification treatment can enhance the QoL for patients who are dependent on prescription opioids for chronic pain management
- By measuring changes in QoL, this research aims to provide valuable insights into the potential benefits of detoxification as a therapeutic option for this patient population
- To inform and improve the management of opioid dependence in individuals with chronic pain while enhancing their overall well-being



Material and Methods I

- This 2019–2023 study included 45 patients who underwent elective detoxification from prescription opioids at the Toxicology Center of the Republican Vilnius University Hospital in Lithuania



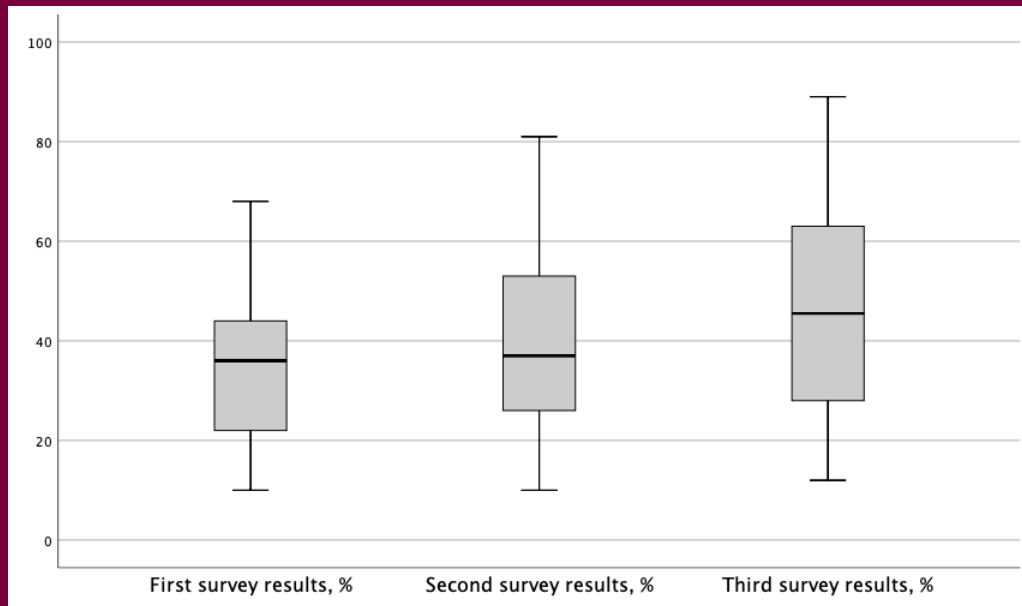
Material and Methods II

- In 41/45 case detoxification was completed
- QoL was assessed with SF-36v2™ questionnaires before detox, in the day of discharge and remotely at least 6 months after detoxification
- Full follow-up after the treatment was completed in 30/45 cases

Prescribed opioids usage and outcomes of detoxification	
Age (years)	53.6 ± 12.8
Length of detoxification (days)	9.2 ± 3.2
Length of prescribed opioid usage (months)	36 [12 - 96]
Dose of prescribed opioid, mg/d	100 [36 - 255]
Successfully ended detoxification	91.1% (41)

Results I

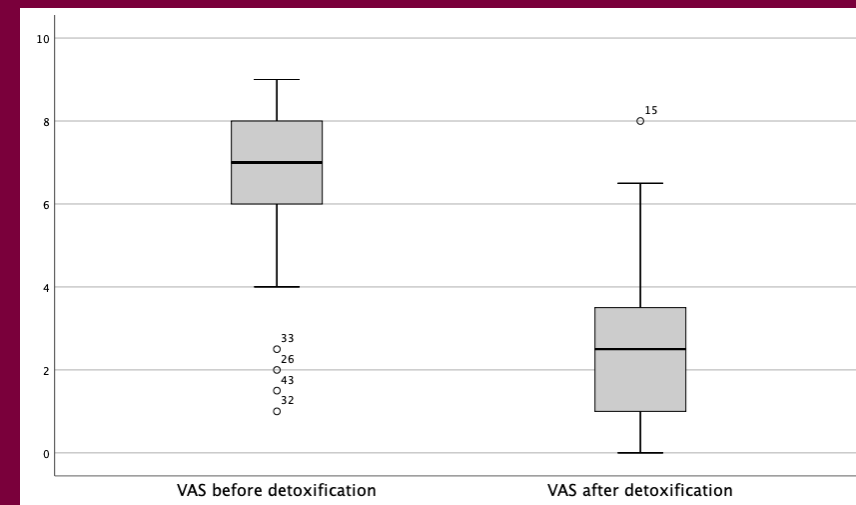
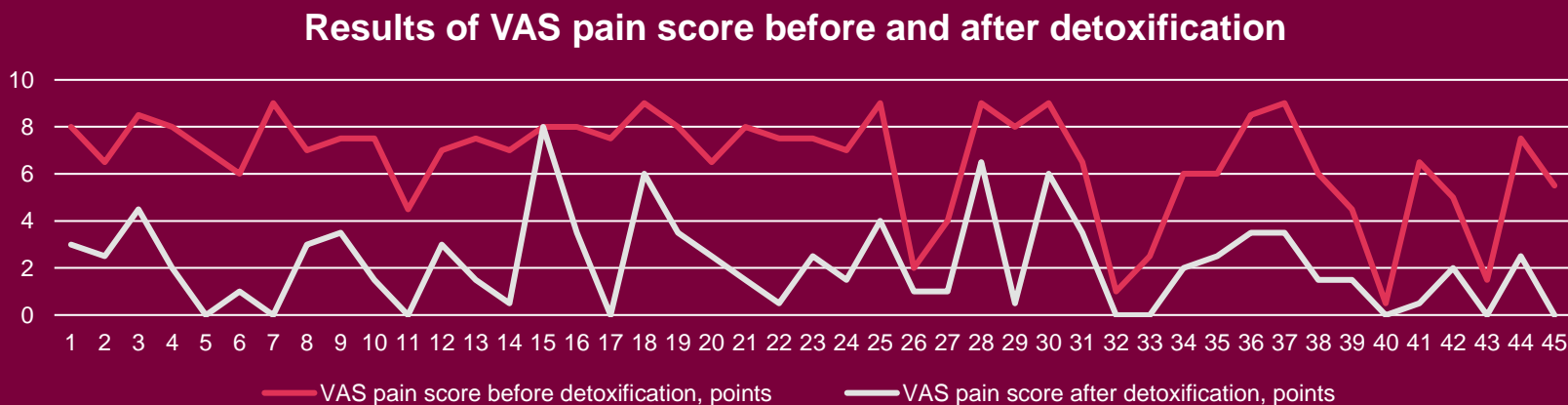
- There is a statistically significant difference between the estimates of the first and second questionnaires ($p = 0.004$) and between the first and third questionnaires ($p < 0.001$) and between the second and third questionnaires ($p = 0.025$)



	I QoL	II QoL	III QoL	QoL average
I QoL	-	$p=0.004$	$p<0.001$	$35\pm 14\%$
II QoL	$p=0.004$	-	$p=0.025$	$42\pm 19\%$
III QoL	$p<0.001$	$p=0.025$	-	$48\pm 22\%$

Results II

- There is a statistically significant difference between VAS pain scores before and after detoxification ($p < 0.001$):
 - VAS before detoxification 6.57 [1 - 9] points
 - VAS after detoxification 2.17 [0 - 8] points



Conclusions

After opioid detoxification in the majority of patients with chronic pain were observed:

- QoL improvement (I $35 \pm 14\%$; II $42 \pm 19\%$; III $48 \pm 22\%$)
- significant pain reduction (down 4.4 points on average)
- opioid usage cessation (41/45 patients (91.1%))

This leads us to believe that such a treatment can be safely administered and appropriated.



Success is a science; if you have the
conditions, you get the result.

— *Oscar Wilde* —



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