

Comparison of Depot Buprenorphine with Oral Opiate treatment in opiate dependent patients in rural Australian General Practice – a medical record audit of patient self-reported clinical and quality of life outcomes.

ANTHONY SOLOMON¹

¹North Coast Medical Centre Byron Bay, NSW, Australia, VMO Byron Central Hospital
Casual Academic appointment University of Sydney Advanced Trainee AChAM Addiction
Medicine Training Program

Presenter's email: ncmc.anthony@gmail.com

Introduction:

The aims of this naturalistic study are to demonstrate acceptability of depot buprenorphine as an alternative to oral opiate treatment and compare clinical and quality of life measures in a rural General Practice clinical setting.

Design and Methods:

This is a retrospective descriptive naturalistic study. 30 patients who self-selected to either depot buprenorphine or oral opiate replacement (oral methadone or sublingual buprenorphine) were followed up until they were stable. The two groups were then compared using the last three questions of the Australian Treatment Outcome Protocol (ATOP) which measures psychological health, physical health, and overall quality of life.

Findings:

This study finds that when comparing patient reported psychological, physical, and quality of life indicators depot buprenorphine is comparable to oral opiate replacement treatment for opiate dependence in the rural General Practice setting.

The comparison of group data for the three component scores was performed at a critical value of U at $p < 0.05$ of 63. There were no significant differences at $p < 0.05$ in the three comparisons.

Discussions and Conclusions:

This study is one of the first to demonstrate that depot buprenorphine is acceptable in a rural primary care setting with no significant difference in patient reported outcomes.

Implications for Practice or Policy:

Depot buprenorphine is an acceptable and comparable treatment option for opioid use disorders in rural areas where travel to treatment facilities is a barrier and access to service is limited. There is an opportunity for Australian General Practice to address some of this by offering depot buprenorphine for the treatment of opiate dependence.

Disclosure of Interest Statement:

Commercial or conflicts of interest – no grants were received in the development of this study.