

A Randomised Controlled Trial testing a digital Opioid Safety Toolkit to increase opioid safety behaviours among people who are prescribed opioids

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Introduction: Australia has one of the highest rates of opioid prescribing and related harm in the world. People who are prescribed opioids often have limited knowledge about overdose prevention, and low rates of naloxone access, despite research demonstrating that naloxone provision is acceptable when it is offered. We developed and tested an Opioid Safety Toolkit to address these issues.

Method: The digital Opioid Safety Toolkit was co-designed and developed through seven iterative workshops with patients and healthcare professionals, and then underwent extensive user testing. A Randomised Controlled Trial (ACTRN12624000176561) comparing the Toolkit to an existing evidence-based consumer opioid education website was conducted. Participants completed surveys at baseline, immediately after accessing the intervention or control condition (T1) and at four weeks after the intervention (T2). The effect of the Toolkit was determined based on the following primary outcomes: (1) intentions to get naloxone at T1, (2) requesting naloxone at T2 and, (3) having sought information to support opioid safety from a healthcare provider at T2. Secondary outcomes relating to opioid safety knowledge and behaviours were also examined.

Results: We recruited 322 people who were currently prescribed opioids for pain. Participants were 23% male and with a mean age of 49 years (range 19-85). Preliminary analysis (n=274) found that, of those that did not have naloxone already, a significantly higher proportion of participants in the intervention group (68/103, 66%) intended to access naloxone compared to the control condition (27/117, 23%, $X^2=16.39$, $p < .001$) at T1.

Discussions and Conclusions: Preliminary results suggest that a digital Opioid Safety Toolkit can increase intentions to access naloxone for people who are prescribed opioids for pain. Collection of follow up data (T2) will be completed by August 2024, to determine the effect of the Toolkit on other primary outcomes.

Implications for Practice or Policy: The development of a co-designed toolkit with extensive consumer and health professional involvement may support greater access to naloxone and opioid safety information. A planned national dissemination campaign from September 2024-August 2025 will aim to maximise translation of the Toolkit.

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