



Health
Hunter New England
Local Health District



151 Authorities

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Author Affiliations

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- Adrian Dunlop
 - Hunter New England Local Health District, NSW Ministry of Health and The University of Newcastle
 - The authors have no further declarations



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Ethics Approval

- Ethics approval was provided by Research Ethics and Governance, Hunter New England Local Health District AU201703-11.

Aims

- To examine the characteristics, treatment and treatment outcomes of a cohort of opioid dependent patients prescribed opioid agonist treatment by a Nurse Practitioner

Methods

- Retrospective clinical file audit
 - Medical records
 - CHIME
 - CAP
 - DMR
- Authorities approved for a Nurse Practitioner between 30/4/10-31/1/17
- John Hunter Hospital
 - Inpatients
 - Outpatients
- Newcastle Pharmacotherapy Unit



Data Collected

- Gender
- Age
- Income
- Accommodation
- Living arrangements
- Smoking status
- Co-morbidities
- Time in treatment
- Primary opioid
- Treatment type
- Reason for treatment
- Maximum doses used
- Exit status and exit reason



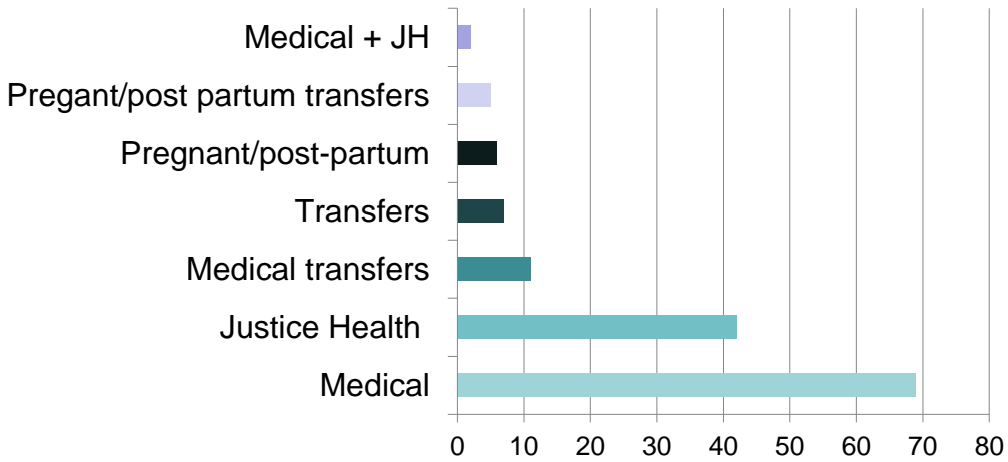
Patient Occasions and Authorities

- 137 patients
 - 5 patients re-treated
- 142 occasions of treatment
 - 9 patients changed treatment type
- 151 authorities

Demographics

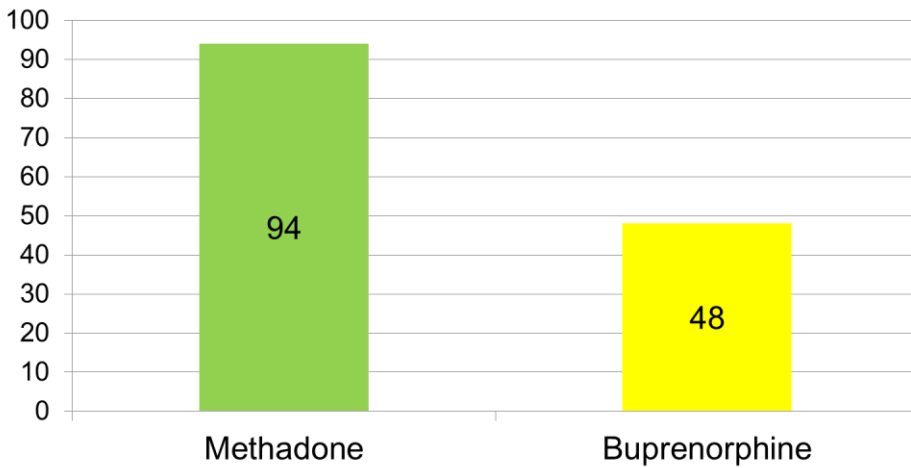
Gender (n=142)	Male	94 (66%)
	Female	46 (32%)
	Transgender	2 (1%)
Age 18-74 (mean 38 years)	<20-30	29 (21%)
	31-40	55 (39%)
	41-50	36 (26%)
	51-60	18 (12%)
	>60	4 (3%)
Income	Full time	6 (4%)
	Part time	4 (3%)
	Newstart	53 (37%)
	Pension	61 (43%)
	Other	13 (14%)
Accommodation	Private rental	35 (25%)
	Department of Housing	35 (25%)
	Own	17 (12%)
	Family/Friends	21 (15%)
	Homeless	11 (8%)
	Other	23 (16%)

Indication for Treatment



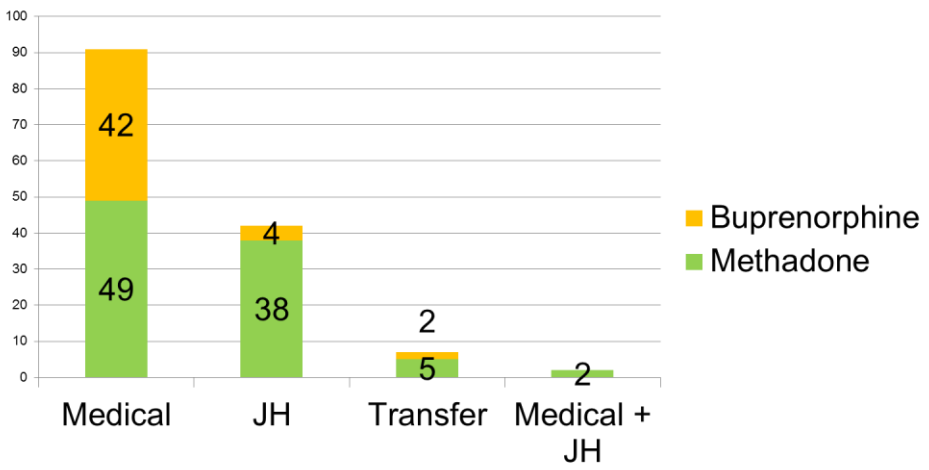
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Treatment Medication



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Treatment Medication, By Indication



Retention

- Bell et al, 2009
 - Methadone 271 days
 - Buprenorphine 40 days
- Burns et al, 2015
 - Methadone 240 days
 - Buprenorphine 51 days



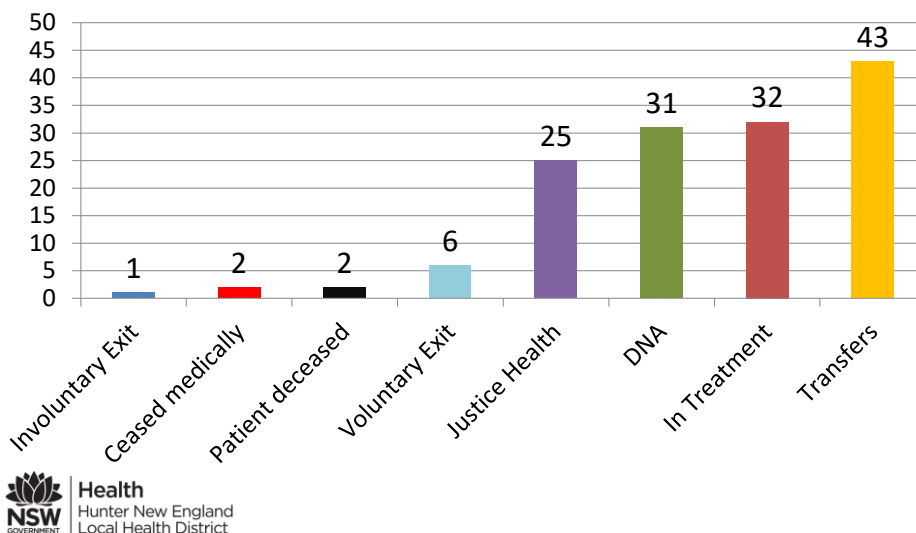
Retention

	All Patient Occasions <i>n</i> =142	Buprenorphine <i>n</i> =44	Methadone <i>n</i> =89	Changes <i>n</i> =9 5 M → B 4 B → M
Gender				
Male	94	19	69	6
Female	46	25	18	3
Transgender	2		2	
Age median (range)	38 (18-74)	37 (18-74)	38 (23-63)	43 (28-56)
Retention days median (range)	154.5 (0-1906)	115 (0-1906)	150 (0-1834)	230 (31-1230)
Dose				
Buprenorphine		12mg (0-32)		16mg (8-18)
Methadone			90mg (0-200)	50mg (30-80)

Key Differences

- Bell et al, 2009
 - First episode of treatment
 - Transfers included
 - Zero dose deleted
 - Treatment in prison deleted
 - Mean ages 29.6 years vs 39.3 years
- Burns et al, 2015
 - New entrants only
 - Transfers <7 days included as continuous

Audit Treatment Endpoint



Lower methadone retention?

- Transfers treated as exit
 - Transfers in – familiar with treatment expectations
- Pharmacotherapy clinic environment?
- Older population (Bell et al, 29.6 years)
- Buprenorphine less restrictive?
 - Shorter clinic dosing
 - More takeaways

Inpatient Commenced - Lower Retention

- Hospital population
 - Prepared to accept treatment whilst medically unwell only?
 - Doses therapeutic in hospital but not in the community?
 - Failure to address other contributing factors?

Other Health Related Conditions

- BBV
 - 38 known HCV RNA PCR detected
 - 7 HCV antibody reactive
 - 8 negative
 - 1 HIV positive
 - 4 chronic HBV
- Smoking
 - 124 smokers
 - 17 non-smokers
 - 1 ex-smoker

- Chronic medical condition
 - 106 patients with at least 1 co-morbid chronic health problem *
- Mental health comorbidity
 - 83 patients with a previous mental health diagnosis*
- 65 of these both*
 - * preliminary

Mortality

- 4 deaths
- 2 deaths in NP treatment
 - 1 Fall - acute alcohol intoxication (methadone)
 - 1 suicide (buprenorphine)

Conclusion

- Nurse Practitioners can safely prescribed opioid agonist treatment
- Patients managed by the Nurse Practitioner have multiple complex medical, psychological and social problems
- Treatment retention has been lower than expected for methadone
- Treatment retention has been higher than expected for buprenorphine

Thank You

- Kim Lloyd, Kylie Snaddon, Toni Sheridan
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