Assessing and Addressing the Clinical Needs of Patients with Chronic Pain and Opioid Use Disorder

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NIH HEAL 11 April 2022

Funded by NIH (K23 DA024050; R01DA024695; U01 HL150596; RM1 DA055310)

No conflicts of interest
Needs Assessment Studies

Patient Factors

• High prevalence rates
• Substance use, psychological distress, clinical vulnerabilities
• High interest in receiving integrated treatment

Clinician Factors

• Challenging
• High interest in being trained on integrated treatment

Barry et al., 2009, J Clin Psychiatry; Barry et al., 2012, Am J Addict;
Beitel et al., 2017 Pain Med; Oberleitner et al., 2016, J Addict Med
Randomized Clinical Trials

- Setting
  - Methadone Clinic
- Sample Size
  - 40
- Opioid Medication
  - Methadone
- Counseling
  - CBT
  - Drug Counseling

- Setting
  - Office-based
- Sample Size
  - 90
- Opioid Medication
  - Buprenorphine/naloxone
- Counseling
  - Physician Management (PM)
  - PM + CBT
  - PM + Health Education

Barry et al., Drug Alc Dep 2019
Group Treatments for Chronic Pain and Opioid Use Disorder

• Examined feasibility and acceptability
  • Exercise groups
    • Tai Chi
    • Wii Fit
    • Walking meditation
    • CBT psychoeducation with exercise goal setting

• Stress Reduction groups
  • Relaxation training
  • Auricular acupuncture
  • Group singing

Barry et al., 2014, J Addict Med
DiMeola et al. 2021, J Addict Med
Current HEAL Studies

• Collaboration Linking Opioid Use Disorder and Sleep (CLOUDS)
  • Klar Yaggi, Nancy Redeker, Dustin Scheinost, Declan Barry

• Integrative Management of Chronic Pain and Opioid Use Disorder for Whole Recovery-Yale and Organizations United (IMPOWR-YOU)
  • William Becker, David Fiellin, Declan Barry

https://medicine.yale.edu/intmed/genmed/addictionmedicine/research/impower-you-research-center/