



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

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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

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

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

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/>