

The collaboration of the North Cumbria Opioid workstream

Background

This project started in 2018 following a patient death. A multidisciplinary groups collaborative approach around a identified common problem, meeting in a safe space with the patient at heart.

What we did

The group identified the high volume of opioid prescribing in North Cumbria. The workstream has overseen a number of projects extending across different parts of the healthcare system, pioneering shared decision making, implementing guidelines and improving patient care.

- Audits
- Data provision
- Educational sessions
- Health pathway input
- Personalised care agenda
- Digital technology – Sound Dr
- North Cumbria Persistent Physical Symptoms service (PPSS)

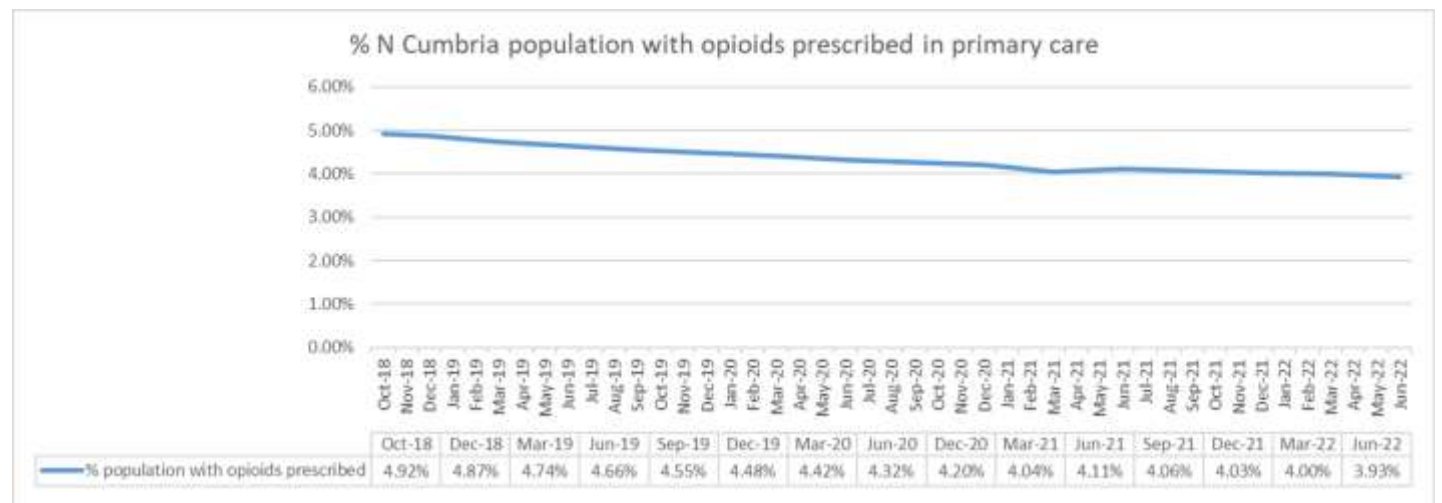
Successes

From 2018 the number of people taking opioids in North Cumbria has decreased. The group have been shortlisted for a CLIC award 2022

Open prescribing data:
The high dose opioid items as a % of regular opioids- % reduction over time for Cumbria, the national median line is where we can aim to work towards since there is little evidence that opioids are helpful in long term pain, and the risk of harm increases significantly without much increase of benefit.
The high dose opioids per 1000 patients- Cumbria has reduced towards the national median indicating the successful management of patients pain.

The graph below shows the % reduction over time in North Cumbria primary care population prescribed opioids

Scan for open prescribing data graphs



Conclusion and discussion

We continue to meet, innovate and improve

Acknowledgements:

All the members from various organisations who contribute to the North Cumbria Opioid Workstream group