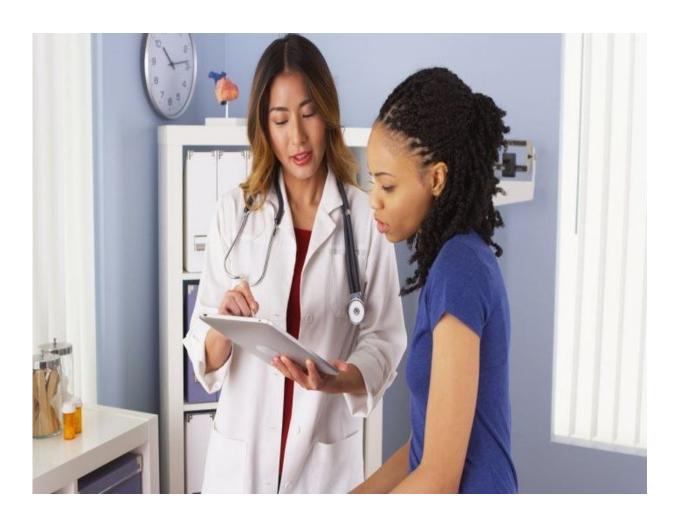


Tips offered for patient-provider opioid tapering talks

December 29 2017



(HealthDay)—Helping patients understand individualized reasons for



opioid tapering and encouraging them to provide input into the process are key for patient-provider communications, according to a study published in the November issue of the *Journal of Pain*.

Marianne S. Matthias, Ph.D., from the Indiana University School of Medicine in Indianapolis, and colleagues qualitatively analyzed patient-physician communications to understand communication processes related to opioid tapering in order to identify best practices and opportunities for improvement. As many as three clinic visits per patient were audio-recorded, and interviews with patients and their providers were conducted.

The researchers identified four major themes from these conversations: (1) explaining—patients needed to understand individualized reasons for tapering in addition to general, population-level concerns; (2) negotiating—patients needed to have input, even if it was just related to the rate of tapering; (3) managing difficult conversations—when patients and providers failed to reach a shared understanding, difficulties and misunderstandings arose; and (4) nonabandonment—patients needed to know that their providers would not abandon them throughout the tapering process.

"Although <u>opioid</u> tapering can be challenging, helping patients to understand individualized reasons for tapering, encouraging patients to have input into the process, and assuring <u>patients</u> they would not be abandoned all appear to facilitate optimal <u>communication</u> about tapering," the authors write.

More information: Abstract

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Citation: Tips offered for patient-provider opioid tapering talks (2017, December 29) retrieved 8 May 2024 from https://medicalxpress.com/news/2017-12-patient-provider-opioid-tapering.html

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