

Patients on opioids long-term: How can we help manage these patients in primary care?

At this event:

- Listen to a national expert
- Update your knowledge on the side effects of using opioids long-term
- Learn an evidence based approach to reducing opioid usage in your practice
- Network with your colleagues and share best practice
- Receive a certificate for your appraisal portfolio

Saturday 7th March 2020

9.00am-1.00pm

**John Innes Conference Centre
Norwich Research Park,
Norwich NR4 7UH**

Meet the Speakers ...

Professor Pali Hungin OBE MD FRCGP FRCP FRSA

Pali Hungin, Emeritus Professor of General Practice at Newcastle University, was formerly the Founding Dean of Medicine at Durham University and the President of the BMA in 2017.

He is a founding member of the UK and European Primary Care Societies for Gastroenterology and has served on the Scientific Committee of the European Gastroenterology Federation and as Chair of the Primary Care Committee of the Rome Foundation for Functional GI disorders.

He has a long research publication record in clinical gastroenterology, having worked in both general practice and hospital care in NE England and has a particular interest in ensuring evidence-based quality of care in the clinical setting.



David Southern DMS MBA

David Southern is Managing Director of market access consultancy Spirit Access. He has 20 years experience in the healthcare sector having worked across a wide range of roles including Associate Commercial Director of an acute trust in the East of England, Commissioner in London and Head of NHS Strategy for a pharmaceutical company.

David is widely published in leading academic journals for his work using data analysis and simulation to evaluate the impact that change has on health services. The innovative solutions he develops enable industry to describe the value that they add to the healthcare sector and thereby the value they add to the NHS and patients.



Your Learning Agenda ...

Patients on opioids long-term: How can we help manage these patients in primary care?

Opioids are very good analgesics for acute pain and pain at the end of life but there is little evidence that they are helpful for long-term pain. Despite this, they are widely prescribed for this reason – opioid prescribing more than doubled in the period 1998 to 2018 in England¹. This has been referred to as an “opioid epidemic” in the UK, similar but not at the same scale as the opioid crisis in the USA.

This study morning will show how opioid prescribing was successfully reduced in GP practices in a pilot project in Leicestershire.

In addition, there will be a focus on Opioid-induced constipation (OIC). OIC is a common, unpleasant and often difficult to manage complication of opioid therapy². Sub-optimal management of OIC can have serious negative consequences for the patient and lead to an increased burden on the NHS with increased, avoidable healthcare utilisation³.

This session will demonstrate how improving the care pathway for patients with OIC in line with NICE guidance may help improve patients’ quality of life and reduce the burden on clinicians and the health care system.

This programme will be led by Professor Pali Hungin and David Southern

Programme

09:00 – 09:30am	Registration and refreshments
09:30 – 11:00am	Part 1 – The “Opioid Crisis” – the scale of the problem and impact on patients – Professor Pali Hungin
11:00 – 11:30am	Coffee break
11:30 – 1:00pm	Part 2 – Evidence based approach for reducing opioid usage - Case Study - David Southern
1:00pm	Conference closes

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