Veilig en verantwoord voorchrijven van opioiden in de eerste lijn: percepties, barrières en facilitatoren focus: verband tss opioïdengebruik en # contacten huisarts

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Context: Around the world there has been a dramatic increase in the use of prescription opioids. At the forefront we currently find the United States, which is undergoing a crippling opioid epidemic. Disconcerning is the similiar trend observed in certain European countries. We aim to quantify the trends in opioid prescribing in Flemish Primary Care.

Onderzoeksvraag: This study aims on the one hand to map the evolution in the prescription of opioids in primary care in Flanders, distinguishing cancer and non-cancer populations, as well as populations with or without an orthopaedic diagnosis. On the other hand, prescription rates for short term use are compared to those for longer duration, as well as differences between tramadol and fentanyl use as the most prescribed weak and strong opioid respectively. At last it is looked into whether demographic or patient-related factors are linked to a higher prescription rate of opioids.

Methode: We obtained the prevalence of opioid prescriptions in the Flemish Primary Care between January 2005 and December 2015 using data from the Intego database. The proportion of patients per year receiving at least one opioid prescription, at least three opioid prescriptions and at least one tramadol or fentanyl prescription were calculated for different subgroups.

Resultaten: The yearly prevalence of opioid prescriptions significantly increased from 4.87% in 2005 to 6.54% in 2015 (chi-square p

Conclusie: The prescription of opioids in Flanders has consistently increased over the last years. The growth is clearly driven by the non-cancer population. Notable is the increase in tramadol en fentanyl prescriptions which is significantly higher than that of opioids in general. Additionaly it is clear that patients at increased risk for opioid misuse or abuse are more inclined to receive opioid prescriptions. Opioid management therefore needs to be given the proper attention by healthcare providers and health authorities.