

**THE EFFECTIVENESS OF OPTIMUM HEALTH PROGRAM
ON DECREASING DOSE OF OPIOID ANALGESICS IN
CHRONIC PAIN**

(Consultation Liaison Approach Research)

Santi Yuliani¹, Barkah Sutiono², Heri Setiawan², Adi Cahyono², Rini Kurniawati², Faridatul Mutingah², Ni Made Ratna P³, Nurina Rysanti⁴

- ¹ Consultation Liaison Psychiatrist, Prof. Dr. Soerojo Magelang Psychiatric Hospital, Central Java, Indonesia
- ² Consultation Liaison Nurse, Prof. Dr. Soerojo Magelang Psychiatric Hospital, Central Java, Indonesia
- ³ Consultation Liaison Psychologist, Prof. Dr. Soerojo Magelang Psychiatric Hospital, Central Java, Indonesia
- ⁴ General Practitioner, Prof. Dr. Soerojo Magelang Psychiatric Hospital, Central Java, Indonesia

Address for Correspondence: serviceheb@gmail.com

Background: Chronic pain is associated with profound negative effects on personal, social and psychological condition, which can reduce productivity and increase morbidity. The treatment goals for chronic pain are pain relief, improve quality of life and enhanced the function ability. The common error is to use inadequate doses of opioid analgesics, doctors have expressed concern over increasing use of analgesic. The number of prescriptions for opioids and other controlled substances increases dramatically in recent years. In line with that, rates of misuse, overuse, diversion, abuse and addiction also increase. The Optimum Health Program (OHP) is the result of years of research which builds on individual strength and promote self-efficacy and hope. OHP can be conducted as group or individually by trained people over a number of weeks. OHP offers a framework that supports a conversation about wellbeing rather than illness and the opportunity to reflect, write down ideas and respond to an individual's needs without having to give solutions. This program implementation in this research is expected to enhanced individual strength on facing and dealing with their pain and could reduce the dose of their analgesic consumption.

Aims: To measure the effectiveness of Optimum Health Program on decreasing dose of opioid analgesics and pain score in chronic pain.

Methods: Experimental study with pretest and post test control design. Study subjects are 24 chronic pain patients, divided into two groups, the OHP group and deep breathing group. Each group was given 6 weeks of intervention. Study tools are pain score instrument, OHP module, and deep breathing technical manual and patients dosage journal. The decrease of pain score and opioid's dose result were measured with data comparison before and after intervention. Analisis technique is using F-test and χ^2 -test, with $\alpha = 5\%$.

Result: Optimum Health Program was significantly decreased the pain score , (pain score -32,8%; p = 0,0002) compared to the Deep Breathing group (pain score – 18,5 %). This program significantly decreased

the dose of opioid analgesics consumption (dose -25,4% ; $p = 0,0002$) compared to the Deep Breathing group (dose -12,2%)

Conclusion: This program is indeed, enhanced individual strength on facing and dealing with their pain and effective on decreasing dose of opioid analgesics on chronic pain.

Keywords: OHP, Opioid Analgesics, Chronic Pain

References

-----NA-----

Access this Article Online	
http://heb-nic.in/cass-studies	Quick Response Code:
Received on 11/09/2019 Accepted on 29/09/2019@HEB All rights reserved	