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Psychosocial interventions in opioid use - Where is the evidence?

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Statement of problem: Opioid epidemic is engulfing North America. The help meted out usually is embroiled in red tape. The interventions most times involve mandatory counselling. The psychosocial interventions also may involve "right patient selection".

Methodology & Theoretical Orientation: I would like to examine the evidence for psychosocial intervention with opioid use. I would also like to present the structure of a "low threshold clinic" in rural Canada without mandatory counselling or psychosocial interventions.

Findings: Various metaanalyses conclude that psychosocial interventions for opioid use disorder do not add to the efficacy. Methadone and Buprenorphine on their own, work well with opioid use.

Conclusion: The undue emphasis on unproven psychosocial interventions is not only unnecessary but also incurs huge cost and distressing wait for people who need imminent help.

Biography

Sanjay Siddhartha Worked at Horizon Health Network and Miramichi Regional Hospital. He is also an assistant professor at Dalhousie University in Canada.

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