

A GEnder- and Sex-sensitive primary care intervention for patients with Chronic non-cancer

pain receiving long-term Opioid therapy (GESCO)



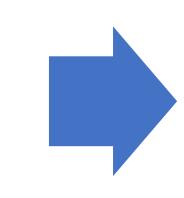
Here we grow.

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Bundesministerium für Gesundheit

Background

Sex and gender differences in the **prevalence** of pain¹



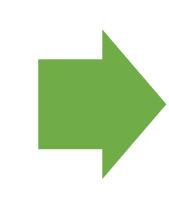
Sex and gender differences in the experience and expression of pain¹



Sex and gender differences in the drug effect of pain medicine¹



Dyadic structures influence the communication between healthcare providers and patients and the therapy¹



To develop and pilot a sex- and gendersensitive intervention for patients with chronic non-cancer pain (CNCP) receiving long-term opioid therapy (LTOT)

Aim

Methods



In Phase I of the study, a literature review was conducted, followed by workshops with stakeholders, including GPs, patients, and other experts. Additionally, guideline-based interviews were carried out with GPs and CNCP patients undergoing LTOT. The development of a Theory of Change method took place during two workshops.

Results Phase I Chronic pain Pharmacology Toolbox therapy Gender differences in the Gender Medicine perception and sensation of Define common goals with Narrative Medicine and patient's empowerment patients⁵ Gender differences in the Consider non-drug Multimodal pain therapy pharmacokinetics, treatment approaches⁵ pharmacodynamics, effects Positive Health and side effects of opioids^{1,5} Ressource Management Social Network Diagnosis Comorbidities Social systems Gender differences in Positive influence on pain prevalence of common through: Good social integration and involvement psychological comorbidities of relatives in treatment such are depression, substance use disorders and • Negative influence on pain: Handbook anxiety⁴ Stressful environment with little social support • Biological differences between the sexes and social influence of gender Chronic pain management Guidelines Communication • Sex and gender differences in CNCP (Chronic Non-Cancer Pain) National and international • Gender differences in the Pharmacological sex differences in the effects of opioids guidelines for the treatment presentation of pain history Geriatric patients of CNTP⁵ and satisfaction with the Deprescribing therapy No recommendations of a Differences in the, diagnostic gender specific treatment approaches and course of treatment across different dyads (same-sex vs. opposite-sex)

Conclusions

- In Phase II of the study, the developed instruments will be evaluated using a single-arm, pre-post design. The novel intervention will undergo pilot testing with a sample of 40 CNCP patients and 10 GPs on LTOT.
- A novel approach to integrate the sex- and gender-specific knowledge in everyday praxis analyzing how the existing knowledge on sex- and gender-sensitive pain therapy affects medication intake, therapy acceptance and patient satisfaction

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