

Low Theoretical Fidelity Hinders the Effects of Health Coaching on Opioid Reduction: A Systematic Review

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Background

- In 2017, there were 47,600 deaths related to opioid use
- The CDC urged for alternative treatment options

No previous systematic review has looked at the efficacy of health coaching interventions on opioid reduction



Purpose

- Evaluate the **effects of health coaching** on patients' **reduction of opioid usage and opioid discontinuation**
- Investigate the effects of health coaching on **pain intensity, physical function, and quality of life**

Methods

Data Sources included PubMed, Embase, Scopus, and PsycINFO

Inclusion Criteria

- One aspect of health coaching
- Studies published in English, Portuguese, or Spanish
- Adults 18 and over currently using opioids



Outcomes

- Opioid usage before and after intervention
- Physical function, pain intensity, quality of life
- Predefined short, intermediate, and long term follow up



Quality Assessment

- Revised Cochrane risk-of-bias tool for randomized trials (RoB2)
- Grading of Recommendations, Assessment, Development, and Evaluation (GRADE)



Interventions

- Health coaching: a patient centered process that is based upon the behavior change theory and is delivered by health professionals with diverse backgrounds (Fig. 1)

Results

11 studies (n=4,516 participants), 64% male, mean age of 38 years
45.5% of studies had a high risk of bias

- Health Coaching vs. Treatment as Usual 6 studies**
- No significant differences in overdose risk behaviors
 - No significant differences in physical and psychological health (*6 months*)
 - Health coaching and CBT improved physical function (*12 months*)
 - Quality of evidence: low to very low**

- Health Coaching vs. Education 3 studies**
- Health coaching had greater reduction in opioid use (*6 months*)
 - Other studies reported no significant differences in opioid reduction
 - Quality of evidence: low**

- Health Coaching vs. Monthly Diaries 1 study**
- No significant differences between groups (*6 months*)
 - Quality of evidence: very low**

- Health Coaching vs. No Intervention 1 study**
- Health coaching had a significant reduction in substance use (*6 months*)
 - Quality of evidence: very low**

Conclusions

There is limited, **low to very low quality evidence** to conclude health coaching reduces opioid usage in opioid-dependent patients

Clinical Relevance

Further research should utilize **theoretically robust health coaching interventions** using all four of the theoretical constructs

Transtheoretical Model

Motivational Interviewing

Elements of Health Coaching

Positive Psychology

Fig. 1

Self-Determination Theory

Limitations

- Behavioral interventions are difficult to control
- All of the included studies only looked at motivational interviewing as a theoretical construct
- No included study investigated the effects of health coaching on pain intensity or quality of life

Acknowledgements / References

The authors would like to acknowledge the assistance of Karen Barton, medical librarian. For a full list of references and results, please visit:



SCAN ME



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