

# Examination of Patient Reported Buprenorphine Dosing Regimens in patients with Opioid Use Disorder

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## INTRODUCTION

- Buprenorphine is a safe and effective medication for opioid use disorder (OUD). Sublingual buprenorphine is typically prescribed in concordance with FDA-approved instructions as a once-daily sublingual medication.
- However, clinical providers note that patients will often split their total daily dose to take it at multiple time points during the day.
- The association of buprenorphine dosing patterns with OUD treatment outcomes is unknown, leaving clinicians without evidence to guide their counseling and practices.
- As a critical first step to address this gap in knowledge, this study reports on the prevalence of patient-reported buprenorphine dosing patterns, and secondarily provider-documented regimens, among a sample of patients stabilized on buprenorphine in outpatient OUD treatment.

## METHODS

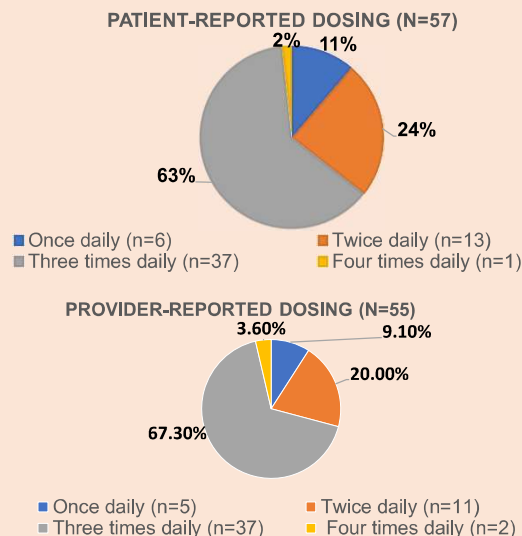
- This is a secondary analysis using cross-sectional data from an ongoing survey and medical record abstraction study being conducted at an outpatient addiction clinic.
- The parent study is currently enrolling non-pregnant females with OUD aged 18-45 who have been receiving buprenorphine for at least 6 weeks.
- Prior to survey completion, research staff conduct a verbal assessment inquiring about participants' buprenorphine administration in the preceding 28 days.
- Provider documented dosing regimens are abstracted from the participants' medical record.
- Descriptive statistics report on the prevalence of patient and provider-reported buprenorphine dosing patterns.

## RESULTS

Table 1: Sociodemographic Characteristics of Participants

Characteristic	N (%) or M (SD)
N=57	
Age	33.7 (8.7)
Race	
Black	21 (33.3%)
White	35 (55.6%)
Other	7 (11.1%)
Ethnicity	
Non-Hispanic or Latino	54 (85.7%)
Hispanic or Latino	4 (6.3%)
Length of time on buprenorphine (months)	24.0 (16.2)
Co-morbid pain conditions (% yes)	31 (49.2%)
Co-morbid psychiatric conditions (% yes)	61 (96.8%)
Past 28-day non-prescribed substance use (% yes)	44 (69.8%)
Nicotine	25 (39.7%)
Cannabis	13 (20.6%)
Alcohol	7 (11.1%)
Cocaine	3 (4.8%)
Amphetamines	1 (1.6%)
Sedatives	0 (0%)
Heroin/fentanyl	0 (0%)
Postpartum status (within 1 year) (% yes)	11 (17.5%)
Current caregivers (% yes)	40 (63.5%)
Buprenorphine type	
Suboxone films/tabs	57 (100%)

Figure 2 &3: Buprenorphine Dosing Patterns of Participants



## CONCLUSION

- Among a sample of women in treatment for opioid use disorder, patient-reported and provider documented buprenorphine dosing regimens indicate a high prevalence of split dosing.
- Notably, this is inconsistent with the current FDA-approved buprenorphine instructions for once daily dosing.
- Future studies should evaluate correlations of these dosing patterns with OUD treatment outcomes, and qualitatively assess patient-reported reasons and satisfaction with various dosing patterns.
- Limitations: generalizability restricted to 1 program and inability to establish cause and effect

## AUTHORS & DISCLOSURES

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Nothing to disclose

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