Barriers to Initiating Naltrexone at Hospital Discharge in Adults with Alcohol Use Disorder


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- The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.
Conflicts of Interest

- Alkermes provided one of the medications (injectable naltrexone) for this study
  - There was no charge to study participants for the medication
- No other relevant conflicts of interest
Background

- 40% of general medical hospital admissions are alcohol-related
- Alcohol use disorder (AUD) rarely addressed in inpatients
- AUD pharmacotherapy rarely prescribed at discharge, despite efficacy
Aim

- Evaluate why general hospital inpatients may be ineligible to start naltrexone (NTX) for AUD treatment at time of discharge

2.https://www.thefix.com/content/vivitrol-naltrexone-addiction-craving8033?page=all
Methods

- Prospective descriptive study of data collected in the course of implementing a randomized clinical trial
  - Patients with AUD
  - Daily oral vs. monthly extended-release NTX
- Research staff identified likely eligible patients to approach by a limited medical record review
Eligibility Determination

- Research interviews
- Medical record review
- Nurse assessment
Inclusion Criteria

- Have AUD
  - DSM-5 AUD (AUD & Associated Disabilities Interview Schedule-5 (AUDADIS-5))
- At least one heavy drinking day in the last month prior to the hospitalization
- Adult inpatient on a hospital general medical service
- English fluency
- Willingness to name at least two contacts for follow-up visits
Exclusions

▪ Numerous

▪ Grouped:
  ▪ Clinical Exclusions (e.g. recent opioid use, elevated liver enzymes)
  ▪ Research Exclusions (e.g. too few contacts to assist with follow-up)
  ▪ Logistical Exclusions (e.g. early discharge)
Analysis

- Descriptive
  - By participant characteristics and eligibility
  - Of exclusion criteria groupings for ineligible patients
    - Clinical
    - Research
    - Logistical
Results

1,079 inpatients were screened

- 821 inpatients met AUD criteria
  - 258 inpatients did not meet criteria for AUD
  - 303 inpatients eligible for study
  - 518 inpatients ineligible for study
## Results: Age & Gender

<table>
<thead>
<tr>
<th></th>
<th>Eligible (n=303)</th>
<th>Ineligible (n=518)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Female</td>
<td>19 (56)</td>
<td>25 (130)</td>
</tr>
<tr>
<td>Male</td>
<td>81 (247)</td>
<td>75 (388)</td>
</tr>
<tr>
<td>Age</td>
<td>52 ±11</td>
<td>55 ±12</td>
</tr>
</tbody>
</table>
Results: Race

- Eligible (n=303):
  - Black: 48%
  - White: 41%
  - Other/Refused: 11%

- Ineligible (n=518):
  - Black: 47%
  - White: 39%
  - Other/Refused: 9%
Results: Ethnicity

- Eligible (n=303):
  - Hispanic: 11%
  - Non-Hispanic: 89%

- Ineligible (n=518):
  - Hispanic: 9%
  - Non-Hispanic: 91%
Results: ≥1 Night Homeless

- Eligible (n=303):
  - ≥1 night homeless (past 3 mos.): 58%
  - ≤1 night homeless (past 3 mos.): 42%

- Ineligible (n=518):
  - ≥1 night homeless (past 3 mos.): 64%
  - ≤1 night homeless (past 3 mos.): 36%
Results: AUD Severity

- Eligible (n=303):
  - Mild: 10%
  - Moderate: 9%
  - Severe: 81%

- Ineligible (n=518):
  - Mild: 15%
  - Moderate: 15%
  - Severe: 70%
Results

- Exclusions Among Patients Ineligible (N = 518)
  - Clinical (35%)
  - Research (34%)
  - Logistical (32%)

>100% due to rounding
Results

Clinical (34.7%), Research (33.6%), And Logistical (31.7%) Exclusions Among Patients Ineligible For NTX Trial (N = 518)
Results

Top 5 Exclusions Among Patients Ineligible For NTX Trial (N = 518)

1) Early discharge
2) No heavy drinking days, past 30 days
3) Need for opioids within next 3 months
4) Not able/willing to provide ≥2 contacts for follow-up
5) Received short-acting opioid, past 24 hours
Limitations

- Generalizability
  - Single urban general hospital
  - English speaking only
  - Randomized clinical trial
Conclusions

- The majority of general hospital patients with alcohol use disorder have barriers to beginning naltrexone treatment at discharge.
- Most of these might be overcome with extra efforts to overcome logistical challenges in busy hospital settings.
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