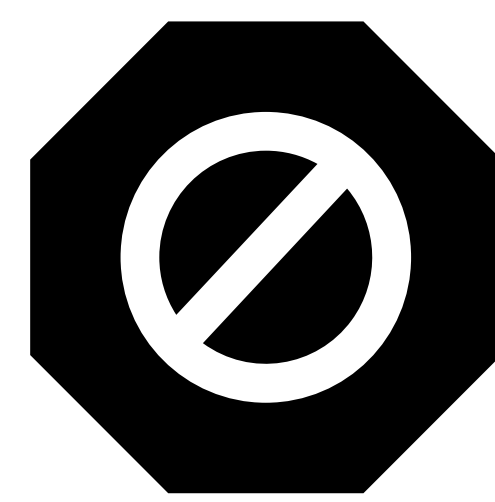


Longitudinal Treatment Pathways Following Opioid Use Disorder Diagnosis Among Commercially-Insured Beneficiaries in the U.S.

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Why study opioid use disorder (OUD) trajectories?



Up to 40–50% of patients with OUD discontinue medications for OUD (MOUD), most within a month after diagnosis



12 months of treatment may indicate a minimum threshold for quality treatment and is critical to shaping patients' outcomes^{1,2}

Key Findings

Figure 1. Treatment assignment period → first 3 months after index date; these trajectories are later summarized to create treatment assignment period **month 0**

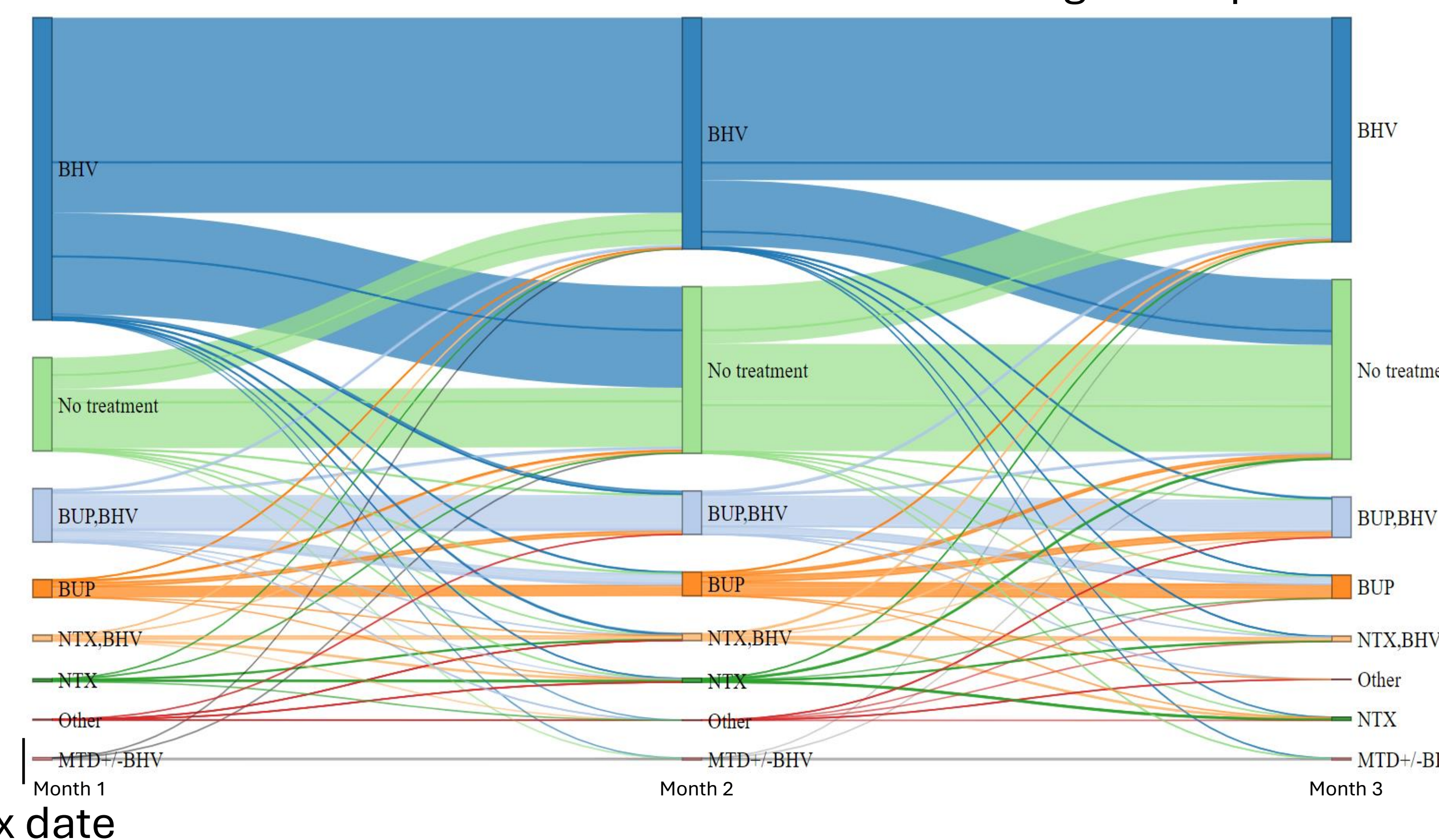
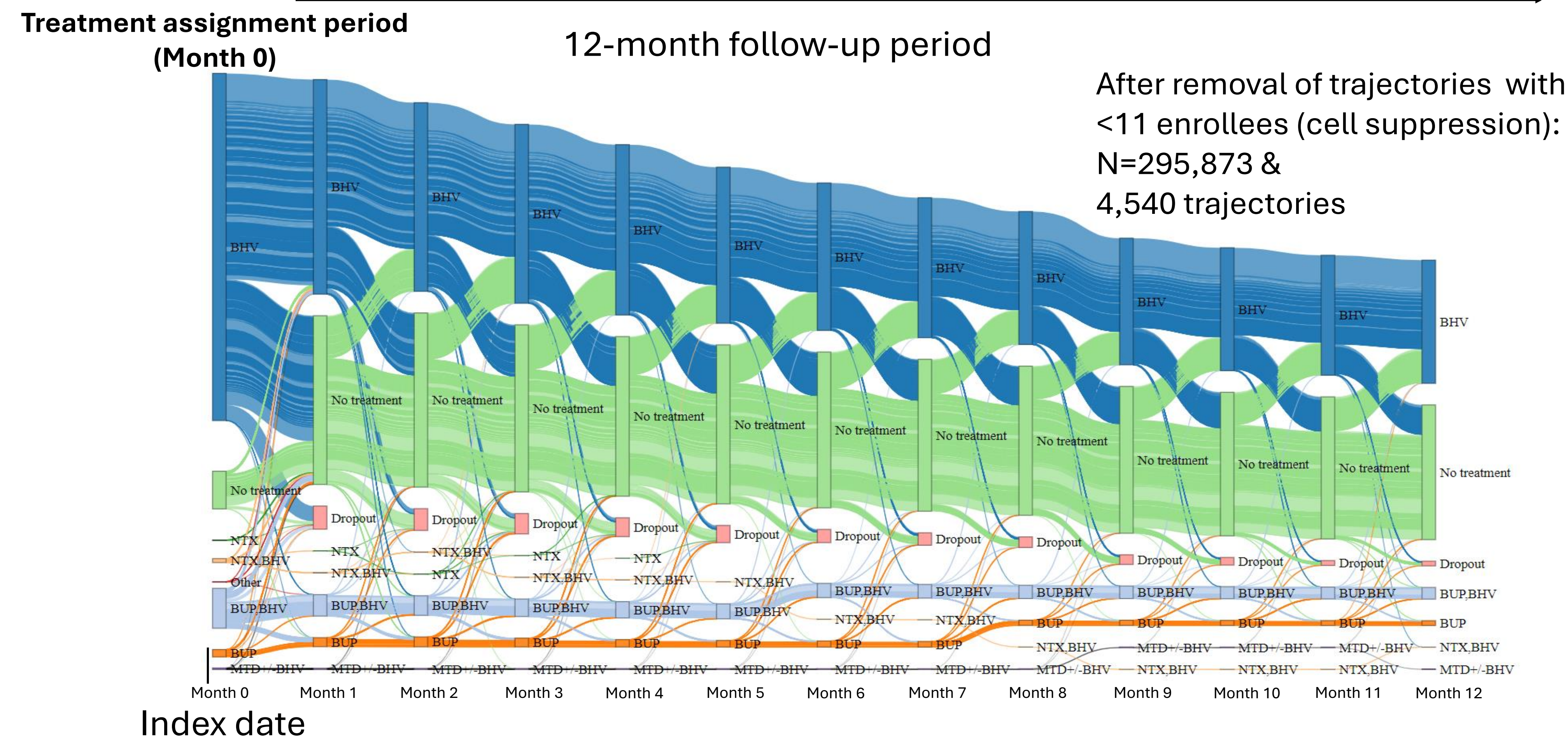


Figure 2. 12-month Sankey → treatment assignment period + 12-month follow-up

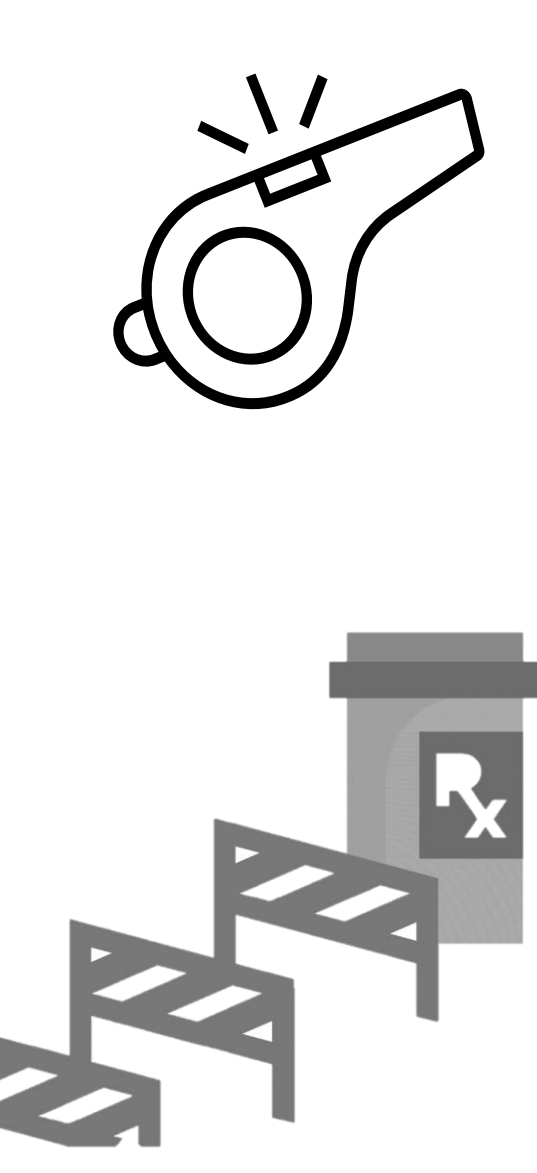


Conclusions

- Preliminary analysis uncovered great variation in longitudinal treatment pathways for OUD over time
- The initial treatment exposure plays a critical role in defining 1-year treatment pathways

Implications for practice and policy

Efforts intended to promote initial and long-term access to adequate treatment for OUD should consider the critical period upon diagnosis



Data and cohort

- **Data:** IBM MarketScan® (now Merative®) 2010 – 2019 Commercial and Medicare Supplemental Databases
- **Study Design:** Retrospective longitudinal descriptive cohort
- **Sample:** Adults 18-85 years old with a diagnosis of OUD (no prior diagnosis), January 2010 through December 2019, continuously insured in the 6 months before and 3 months after first OUD diagnosis date (*index date*)
- **Dependent variable:** Granular OUD treatment (MOUD +/- psychotherapy) pathway

Initial OUD treatment (treatment assignment period) was measured in the 90 days after the OUD diagnosis date (*index date*)

Assignment Period Treatment Categories			
Behavioral (BHV)	Buprenorphine (BUP)	Buprenorphine & Behavioral (BUP+BHV)	Methadone with or without Behavioral (BHV+/-MTD)
Naltrexone (NTX)	Naltrexone & Behavioral (NTX+BHV)	No treatment	Other

- **Study Aim:** Summarize the 12-month trajectories for all 8 categories of initial treatment assignment using Sankey diagrams which visualize pathways of treatment over time

The most common trajectory for commercially-insured beneficiaries with OUD involved the same treatment in the 12 months following assignment period (except for naltrexone categories, which experienced greater dropout or no treatment)

References

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2. Samples H, Williams AR, Crystal S, Olfson M. Impact Of Long-Term Buprenorphine Treatment On Adverse Health Care Outcomes In Medicaid. *Health Aff (Millwood)*. 2020;39(5):747-755.

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