OPAL

The first placebo-controlled trial of opioid analgesia for acute spinal pain

What is the Study Treatment Period?

- Up to 6 weeks

Which Patients?

- Acute **Low Back Pain** and/or **Neck Pain**
- Pain duration **no more than 12 weeks**

What Treatment?

- **Oxycodone/Naloxone** (Targin®) up to 20mg/day VS placebo for up to 6 weeks

What are the Study Aims?

Primary: Does short course oxycodone **reduce pain severity in** acute low back pain or neck pain?

Secondary: Improvement of physical functioning and quality of life, global improvement, time to recovery, tolerability, cost effectiveness, and opioid misuse

What's involved for GPs?

- Initial training session with OPAL study researcher

For Each Participant:

- Screening/Baseline visit:
  - Explain study → Obtain consent → Initial prescription
- Follow up appointments **every week for up to 6 weeks**
  - Assess participant → Guideline care/advice →Prescription if required

What's involved for Patients?

- Collect study medication from an affiliated nearby pharmacy
- Take study medication daily for up to 6 weeks
- Follow up visits to GP every week for up to 6 weeks
- Complete a baseline questionnaire by phone with a George Institute researcher (30 mins)
- Complete a daily pain & medication diary until recovery or for a maximum of 12 weeks (1 min)
- Complete a phone or online questionnaire with a George Institute researcher at 2, 4, 6 weeks and 3, 6,12 months (15min)

The George Institute for Global Health Australia