The Patient's Guide to Buvidal

A Service Improvement of a Digital Repository of Patient Information for Patients taking Buvidal in Wales

Mx Devon Ward, Medical Student at Cardiff University, Wales

Aim: *To create a series of informative videos answering important questions for patients taking Buvidal.*
Videos are available on YouTube (The Patient's Guide to Buvidal— tinyurl.com/72mv63pc)

Introduction

Buvidal is a prolonged-release injection of Buprenorphine (partial opioid receptor agonist) currently used in Wales to treat opioid dependence. Patients receiving Buvidal during the COVID-19 pandemic have demonstrated lower levels of anxiety and cravings, but holistic support for these patients needs to be developed further. This support should be multi-faceted, and one suggestion is improving patient understanding of the information within the patient information leaflet (PIL). Although 97% of patients nowadays are aware of the PIL, only 35% of patients read even part of the leaflet, perhaps due to the inclusion of unessential information and length. Following the success of the use of videos in patient education in the management of ulcerative colitis, a similar video repository for patients taking Buvidal may be useful in providing holistic support for their recovery journey.

Methods

Participants were chosen using voluntary response sampling from Cardiff Royal Infirmary and assigned to two groups: patients taking Buvidal and prescribers. Data was collected from a questionnaire regarding how useful participants found the patient information leaflet (PIL), which topics on the PIL they thought were the most important, and their opinion on a digital repository of informative videos.

A series of animated videos was created covering the topics identified as most important from the initial questionnaire. The two participant groups then answered a second questionnaire assessing the usefulness of the videos and the participants' opinions of them in comparison to the PIL.

Results

SAMPLE: 10 participants took part in the questionnaires. 100% of the sample was of white ethnicity, 60% were male, and the mean age group was 26-45.

INITIAL QUESTIONNAIRE:
Prescribers placed more importance on patients understanding the restrictions of taking Buvidal, whereas patients rated the administration and dosage of Buvidal as more important. 90% of participants preferred animated videos to presentations or recordings. 60% of participants said they preferred several short videos to one long video.

VIDEOS: 5 videos were created on broad topics, including 12 questions that at least 50% of the participants rated "very important".

SECOND QUESTIONNAIRE:
Prescribers reported an increase in confidence in 9 out of the 12 questions, whereas patients saw an increase in 7 questions. Confidence decreased in both groups for the topics that weren't covered in the videos.

100% of patients enjoyed the videos and preferred the videos to the PIL. 33.3% of participants reported the videos didn't cover enough topics, and one patient requested further information on "the legal standpoint of driving whilst on Buvidal".

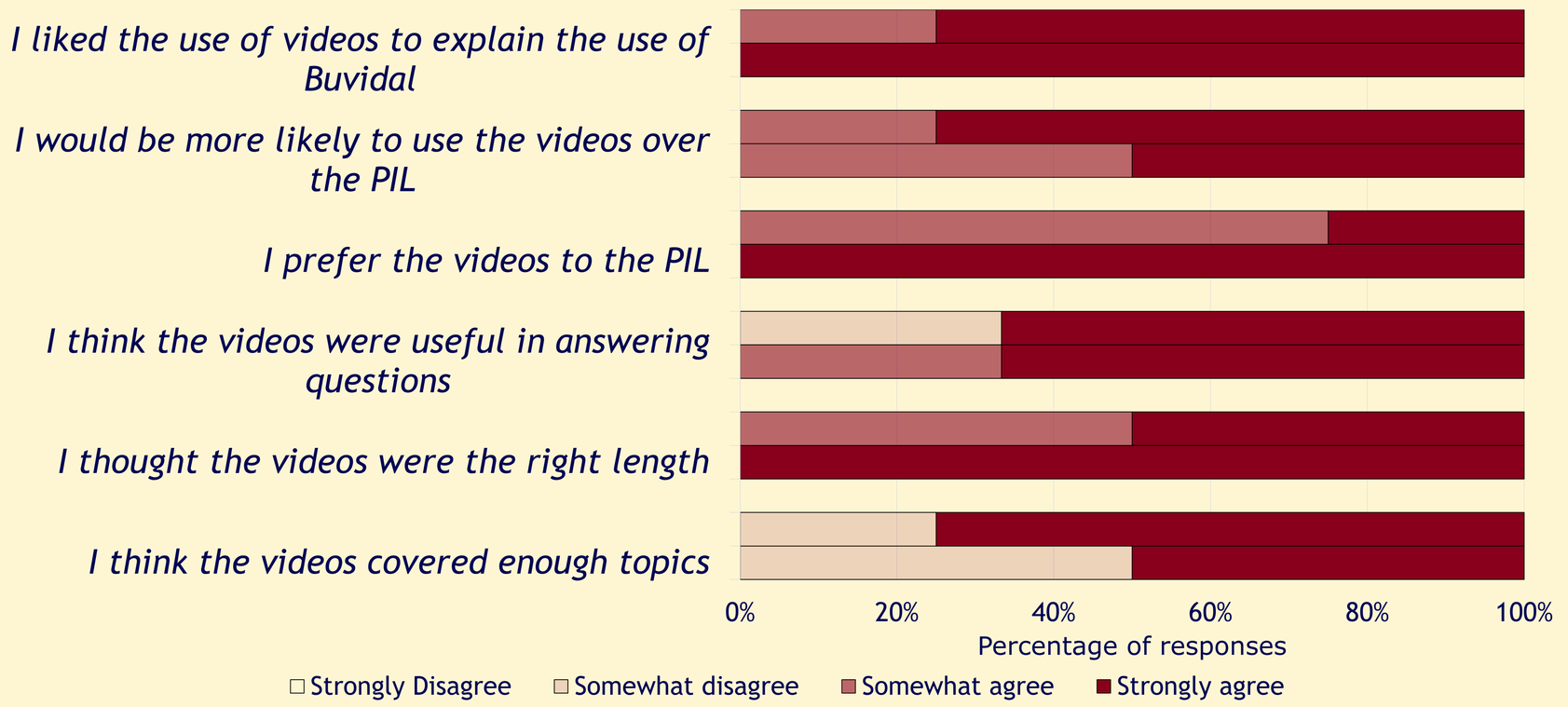

Chart displaying the responses of participants. The top bar for each category represents the prescribers' responses, and the bottom bar represents the patients' responses.

Discussion

The 3 topics that weren't included in the videos saw a decrease in confidence as these topics weren't explained in the series. To improve the repository, it would be prudent to include these areas for completeness.

This study has been encouraging in its initial response to this digital repository but has drawbacks due to the small sample size, voluntary sampling method and lack of control measure. Stratified sampling of a larger sample group could be used to generate a more representative sample with better generalisability. This sample could be split into two groups, one using the videos and PIL, and one just using the PIL to compare the efficacy of the videos in improving patient understanding.

"Additional similar, more detailed videos purely for professionals would also be useful."

A suggestion from one prescriber following watching the videos.

Conclusion

This service improvement was made to create a series of informative videos. With all participants reporting that these videos were useful, these videos could be beneficial in supporting patients with opioid dependence. These videos should be distributed amongst a bigger sample size of patients with further research into their efficacy, with a potential view to create video series for other medications.