


Conducted in conjunction with MD Anderson Cancer Center in Houston, this study had three aims: 1) evaluate the efficacy of Lucid Lane's platform to engage postoperative head/neck surgical patients; 2) examine the extent to which this telehealth program could prevent new persistent opioid use amongst opioid naive patients; and 3) determine the extent to which the telehealth program improves quality of life and reduces pain levels during the tapering process, thereby mitigating risk of chronic dependency.

The study was conducted at The University of Texas, MD Anderson Cancer Center, Houston by Lucid Lane's Maryam Hussain, Ph.D, Beau Norgeot, Ph.D and Ahmed Zaafran, MD; and MD Anderson's Salahadin Abdi, MD, Ph.D, CBA, Tayab Andrab, MD, Katy French, MD, Carol Lewis, MD, Uzundu Osuagwu, MD, Shannon



LUCID LANE

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Using a novel commercial telehealth platform to deliver pain management care and guided opioid tapering among post-operative head and neck cancer patients

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RATIONALE

- Pain control can be particularly challenging for cancer patients 1
- 85% of cancer patients report acute pain after surgery. Pain prevalence is especially high (72%) among head and neck cancer patients 2
- Opioids are the traditional approach to manage pain levels and provide adequate pain management 3
- opioids have known side effects (e.g., postoperative GI bowel issues, impaired mobilization, and sedation) 4
- correlation between exposure to postoperative opioids and long-term or chronic dependency on opioid use 5,7
- long-lasting and re-emerging social, cultural, and financial consequences, which contribute to the ongoing opioid epidemic in the United States 8
- Cognitive behavioral therapy (CBT) is effective for patients with chronic pain in e.g. pain reduction, lowering postoperative opioids and improve quality of life (QoL) 9
- with the ongoing COVID-19 pandemic, patients may not have access to traditional CBT resources 10
- advent of internet-based interventions, telehealth is a promising alternative to CBT delivered in-person, 11 and may be efficacious to delivering a much-needed intervention in the weeks following surgery

Therefore, we use a novel commercial telehealth platform to deliver pain management care and guided opioid tapering for head & neck cancer patients after surgery.

PURPOSE

AIMS:

- efficacy of the platform to engage postoperative head/neck surgical patients
- the extent to which this telehealth program could prevent new persistent opioid use amongst opioid new patients

PROCEDURES

Pre-Op → Head/Neck Cancer Surgery → Post-Op

In person at MDACC

1. Consent by coordinator at MDACC

2. Expectation set that patient will taper after surgery

3. Licensed therapist with expertise in CBT-facilitated tapering

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Popovich, MD, Anis Rashid, MD, FASA, and Dhanalakshmi Koyyalagunta, MD.

On average, 10% of all cancer surgery patients go on to develop an opioid dependency after surgery. Head/neck cancer patients experience high pain after surgery, putting them at risk for persistent postoperative opioid use. The study shows that reduction and cessation of new and persistent opioid use while improving pain and behavioral health after surgery is possible for head/neck cancer patients.

More specifically, the study indicates that using a comprehensive CBT-facilitated telehealth platform proved to adequately manage patients' pain after surgery, and ultimately taper 100% of patients off post-surgical opioids. Within the 4-week telehealth program, five of the six patients had completely tapered off their prescribed opioids, with the remaining patient completely tapered off by the 90 day follow-up. Furthermore, at the 90 day follow-up, patients report no pain, complete reduction in depression and anxiety symptoms, and a complete improvement in quality of life.

This ongoing study is being led by Maryam Hussain, Ph.D, Director of Clinical Research and Development for Lucid Lane. Dr. Hussain's research focuses on examining the psychosocial and cultural influences of high risk morbidities, such as substance use disorders and chronic pain. The company's additional research includes trials in collaboration with MD Anderson Cancer Center, Palo Alto Veterans Affairs, Stanford, and UT Health Sciences Center-Houston, among other institutions, to explore the efficacy of Lucid Lane's innovative telehealth and opioid tapering programs among diverse patient populations. These findings were presented at the Napa Pain Conference in Napa, CA in late August.

To read the abstract on Using a Novel Commercial Telehealth Platform to Deliver Pain Management Care and Guided Opioid Tapering Among Post-Operative Head and Neck Cancer Patients, please visit [researchgate.net](https://www.researchgate.net). To learn more about the larger accompanying study, Digital and Behavioral Tele-Health Tapering Program for Lowering Dependence on Opioids in Patients Undergoing Surgery, please visit the abstract at clinicaltrials.gov.

To find out how to enroll in this study, please contact Maryam Hussain at maryam.hussain@lucidlane.com.

ABOUT LUCID LANE

Lucid Lane is a digital health startup that combines teletherapy and technology to enable the prevention and reversal of unnecessary medication dependence and its many downstream problems. Lucid Lane works in partnership with physicians to provide a collaborative care system for patients, raising the standard of care. Patients experience a real time and personalized solution through the Lucid Lane method, which provides ongoing measurement and monitoring, personalized treatment planning and timely interventions. Simultaneously, the company's world class team of veteran technologists and practicing physicians are also conducting prolific research aimed at finding novel solutions to help mitigate today's opioid

epidemic. Lucid Lane is based in Los Altos, California.

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