

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

Centre for Clinical Practice

Review of Clinical Guideline (CG51) –Drug Misuse: Psychosocial interventions

Background information

Guideline issue date: 2007

3 year review: 2010

National Collaborating Centre: Mental Health

Factors influencing the decision

Literature search

1. From initial intelligence gathering and a high-level randomised control trial (RCT) search clinical areas were identified to inform the development of clinical questions for focused searches. 24 studies were identified relevant to the guideline scope and were related to the following clinical areas within the guideline:
 - 1.1 Clinical effectiveness of using 12-step approach as one of the support therapies
 - 1.2 Clinical effectiveness of cognitive behaviour therapies (CBT) in opioid and cannabis dependence.
2. Two review questions were developed based on the clinical areas above, qualitative feedback from other NICE departments and the views expressed by the Guideline Development Group (GDG), for the more focused literature searches. In total, twelve studies were identified through the focused searches. There is insufficient evidence in the areas examined which may potentially change the current recommendation(s).

Guideline Development Group and National Collaborating Centre perspective

3. A questionnaire was distributed to GDG members and the National Collaborating Centre to consult them on the need for an update of the guideline. Three responses were received with two of them stating that there is insufficient variation in current practice supported by adequate evidence at this time to warrant an update of the current guideline. The respondents highlighted issues around 12-step approach, inadequate incorporation of contingency management into routine practice, impact of rolling-out of IAPT (Improving access to psychological therapies) workers and the Government's new drug strategy. The new drug strategy highlights:

3.1 The emphasis of the 'whole systems' approach that focused on abstinence and recovery rather than the current harm reduction approach.

3.2 The role of substitute prescribing (diamorphine/methadone) under the 'whole systems' approach

3.3 The forthcoming consultation on the replacement of the current National Service Framework.

4. The scope of Guideline was considered to be adequate in its exclusions.

5. There are two ongoing large clinical trials on contingency management, which results are likely to be published in early 2012 and 2013 respectively.

Implementation and post publication feedback

6. In total 19 enquiries were received from post-publication feedback, most of which were routine. One query received highlighted the inadequacy of 12-step approaches. This feedback contributed towards the development of the clinical question for the focused searches.

7. Qualitative feedback from the implementation team reported concerns over misuse of contingency management, lack of provision of brief interventions and family interventions, effectiveness of other psychological treatments and the availability of 12-step approach.

Relationship to other NICE guidance

8. NICE guidance related to CG51 can be viewed in [Appendix 1](#).

Summary of Stakeholder Feedback

Review proposal put to consultees:

The guideline should not be updated at this time.

The guideline will be reviewed again according to current processes.

9. Eleven stakeholders commented on the review proposal recommendation during the 2 week consultation period. There was mixed agreement as to whether the guideline should be updated. Of those who did agree that there is no significant amount of new evidence at this stage. They stated it might be prudent to review again in less than the 3 years with more evidence on contingency management and family based therapy likely to be published.

10. A number of respondents disagreed with the proposal, however, this was mainly on the basis that the guideline should put more focus on providing recommendations on service configuration and commissioning arrangements, which are outside the remit of the guideline.

11. In addition stakeholders highlighted areas to consider for review although current evidence is limited. This should be considered in any future update of the guideline including:

- Reconsider existing referral criteria for residential interventions
- More emphasis on 12-step approach
- The role of family/systemic therapy, residential psychosocial programme, self-help groups and peer support groups

12. Some stakeholders also pointed out that it may be prudent to wait for the results from the two ongoing large clinical trials on contingency management before the next review for update.

Anti-discrimination and equalities considerations

13. No evidence was identified to indicate that the guideline scope does not comply with anti-discrimination and equalities legislation. The original scope is inclusive of adults and young people who misuse opiates, cannabis, stimulants or those who misuse more than one of the above.

Conclusion

14. Through the process no additional areas were identified which indicated a change in clinical practice. There are no factors described above which would invalidate or change the direction of current guideline recommendations. The drug misuse: psychosocial interventions guideline should not be updated at this time.

Relationship to quality standards

15. This is being considered for inclusion in the scope of a quality standard on drug use disorders (over 16 years).

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Centre for Clinical Practice

March 2011, Amended May 2011

Appendix 1

The following NICE guidance is related to CG51:

Related NICE Guidance	Review Date
CG52 Drug Misuse; Drug detoxification [Issued 2007]	March 2011
TA114 Methadone and buprenorphine for the management of opioid dependence [Issued January 2007]	March 2010
TA115 Naltrexone for the management of opioid dependence. Technology Appraisal Guidance [Issued January 2007]	March 2010
Psychosis with substance misuse	Due to publish March 2011
CG77 Antisocial personality disorder [Issued January 2009]	July 2012
CG16 Self-harm: the short-term physical and psychological management and secondary prevention of self-harm in primary and secondary care [Issued July 2004]	Update due to publish November 2011
CG113: Generalised anxiety disorder and panic disorder (with or without agoraphobia) in adults [Issued January 2011]	January 2014
CG90 Depression in adults (update) [Issued October 2009]	October 2012
CG26 Post-traumatic stress disorder (PTSD): the management of PTSD in adults and children in primary and secondary care [Issued March 2005]	March 2012
CG31 Obsessive-compulsive disorder: core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder [Issued November 2005]	March 2011
TA97 Computerised cognitive behaviour therapy for depression and anxiety [Issued February 2006]	TBC
PH4 Interventions to reduce substance misuse among vulnerable and disadvantaged children and young people [Issued March 2007]	February 2011
CG115 Alcohol dependence and harmful alcohol use [Issued February 2011]	February 2014
PH24 Alcohol-use disorders - preventing harmful drinking [Issued	TBC

June 2010]	
CG100 Alcohol-use disorders: physical complications [Issued June 2010]	June 2013
CG76 Medicines Adherence: involving patients in decisions about prescribed medicines and supporting adherence [Issued January 2009]	January 2012