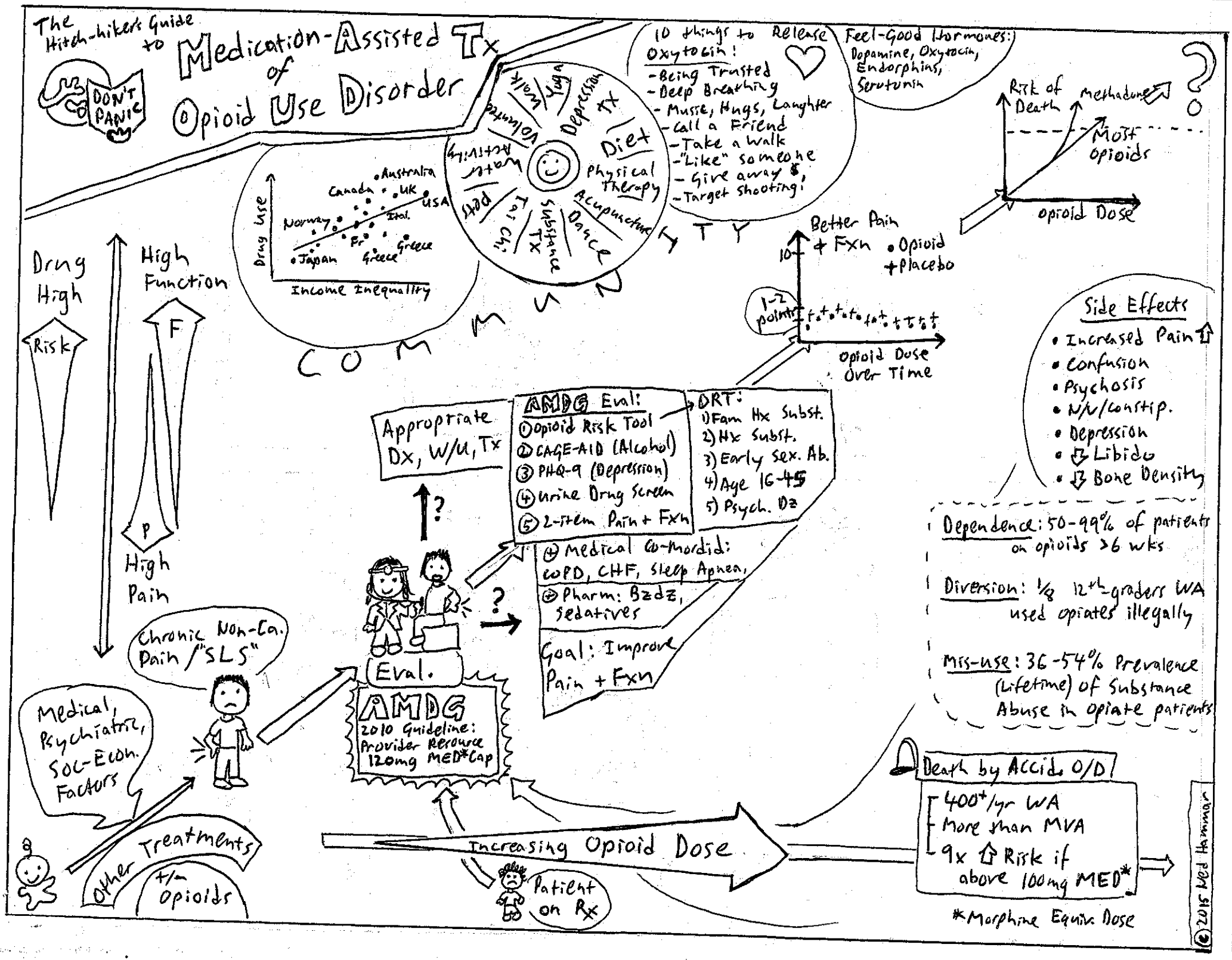
The Hitch-hiker's Guide to
Medication-Assisted Tx of Opioid Use Disorder
DON'T PANIC
10 things to Release Oxytocin!
- Being Trusted
- Deep Breathing
- Music, Hugs, Laughter
- Call a Friend
- Take a Walk
- "Like" someone
- Give away $
- Target Shooting!
Feel-Good Hormones: Dopamine, Oxytocin, Endorphins, Serotonin
Risk of Death
Methadone
Most opioids
opioid Dose
Drug Use
Income Inequality
Australia
Canada
UK
USA
Norway
Ital.
Fr
Japan
Greece
Greece
Walk
Yoga
Depression Tx
Diet
Physical Therapy
Acupuncture
Dance
Substance Tx
Tai Chi
Pets
Water Activity
Volunteer
COMMUNITY
Better Pain + Fxn
10
• Opioid + Placebo
1-2 points
Opioid Dose Over Time
Drug High
Risk
High Function
F
P
High Pain
Side Effects
• Increased Pain ⇧
• Confusion
• Psychosis
• N/V/constip.
• Depression
• ⇩ Libido
• ⇩ Bone Density
Appropriate Dx, W/U, Tx
AMDG Eval:
① Opioid Risk Tool
② CAGE-AID (Alcohol)
③ PHQ-9 (Depression)
④ Urine Drug Screen
⑤ 2-item Pain + Fxn
DRT:
1) Fam Hx Subst.
2) Hx Subst.
3) Early Sex. Ab.
4) Age 16-45
5) Psych. Dz
⊕ Medical Co-Mordid: COPD, CHF, Sleep Apnea,
⊕ Pharm: Bzdz, Sedatives
Goal: Improve Pain + Fxn
Dependence: 50-99% of patients on opioids >6 wks
Diversion: 1/8 12th-graders WA used opiates illegally
Mis-use: 36-54% Prevalence (Lifetime) of Substance Abuse in opiate patients
Chronic Non-Ca. Pain / "SLS"
Medical, Psychiatric, Soc-Econ. Factors
Eval.
AMDG
2010 Guideline: Provider Resource
120mg MED*Cap
Death by Accid. O/D
400+/yr WA
More than MVA
9x ⇧ Risk if above 100mg MED*
*Morphine Equiv. Dose
Increasing Opioid Dose
Other Treatments
+/- Opioids
Patient on Rx
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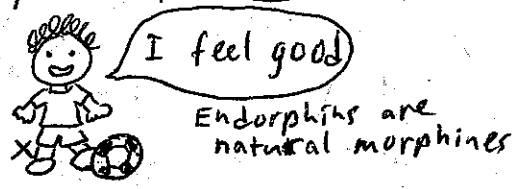
# Medication-Assisted Tx of Opioid Use Disorder

DON'T PANIC

## ① What is an opioid?

→ A natural/synthetic drug working on your body's Pain-Relief + Feel-Good Systems.




## ② What is addiction, or "Substance Use D/O"?

→ DSM-5 (Δ from DSM-4)

10. Withdrawal or
11. Tolerance

* (Physical Depend/Addiction)

+

1. More/longer
2. Desire to ⇩
3. ↑ Time to get
4. Craving (New)
5. Neglecting roles

1/5 "Addiction"

6. Continued use despite soc. harm
7. Use → Failure in work/school
8. Use → Physical Hazard
9. Use despite health harm

1/4 "Abuse"

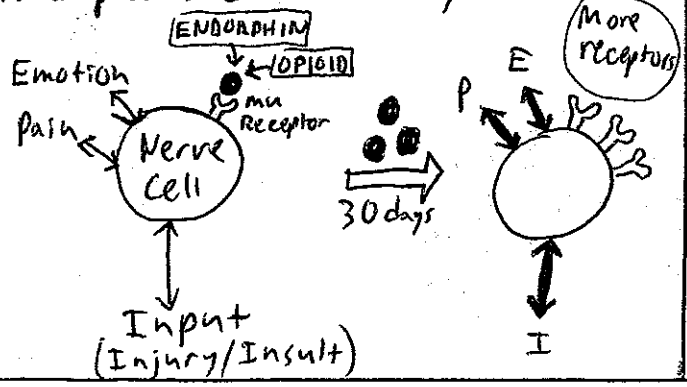
Legal Probs

↳ 2-3 = Mild, 4-5 = Mod, 6+ = Severe

* Not met for "taking solely under appropriate medical supervision"

## ③ How does this happen?

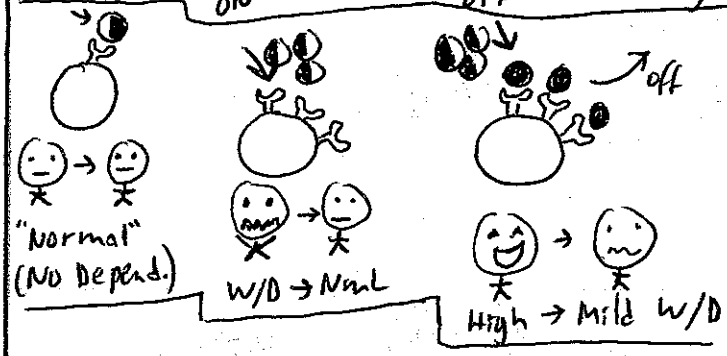
→ It's simple... and all too easy.




## ④ What is Suboxone

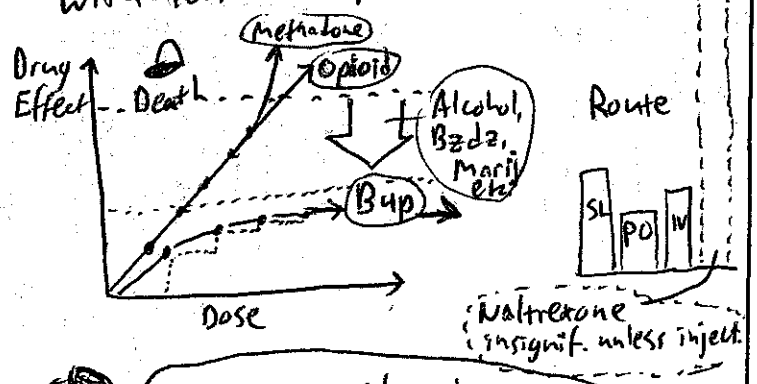
(Subutex = Buprenorphine, Suboxone = Bup. + Naltrexone) and how is it different?

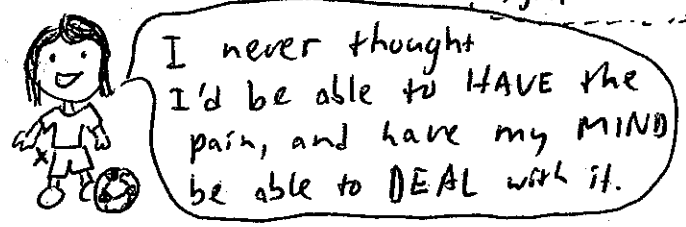
→ Partial Agonist / Partial Antagonist / Tight Binding




## ⑤ What does this difference mean in real life?

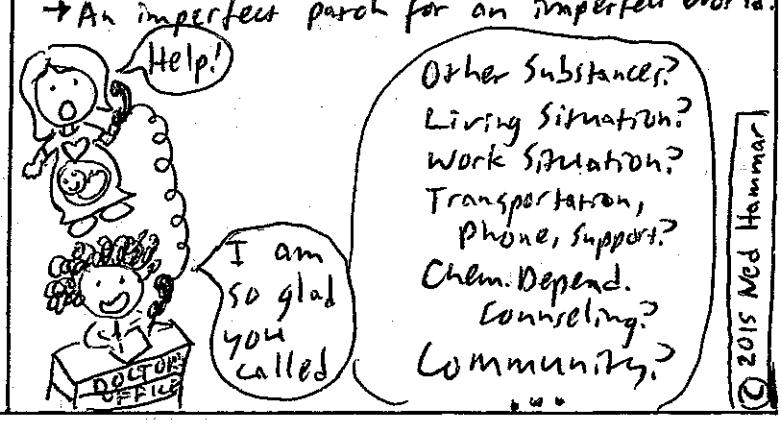
→ Safer, effective treatment of addiction (pain?) with less risk of harm.




## ⑥ What are Buprenorphine's limitations?

→ An imperfect patch for an imperfect world.

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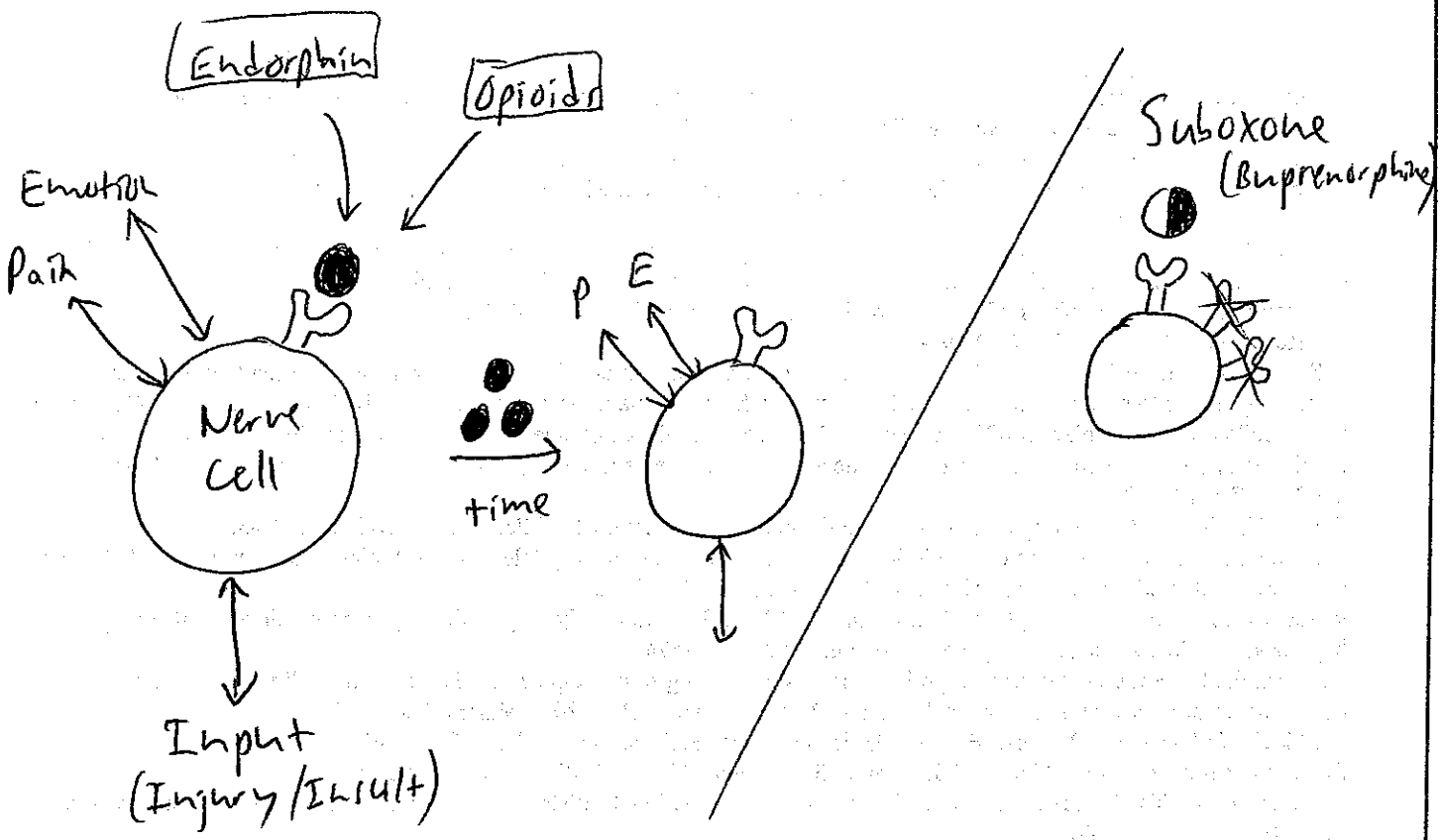
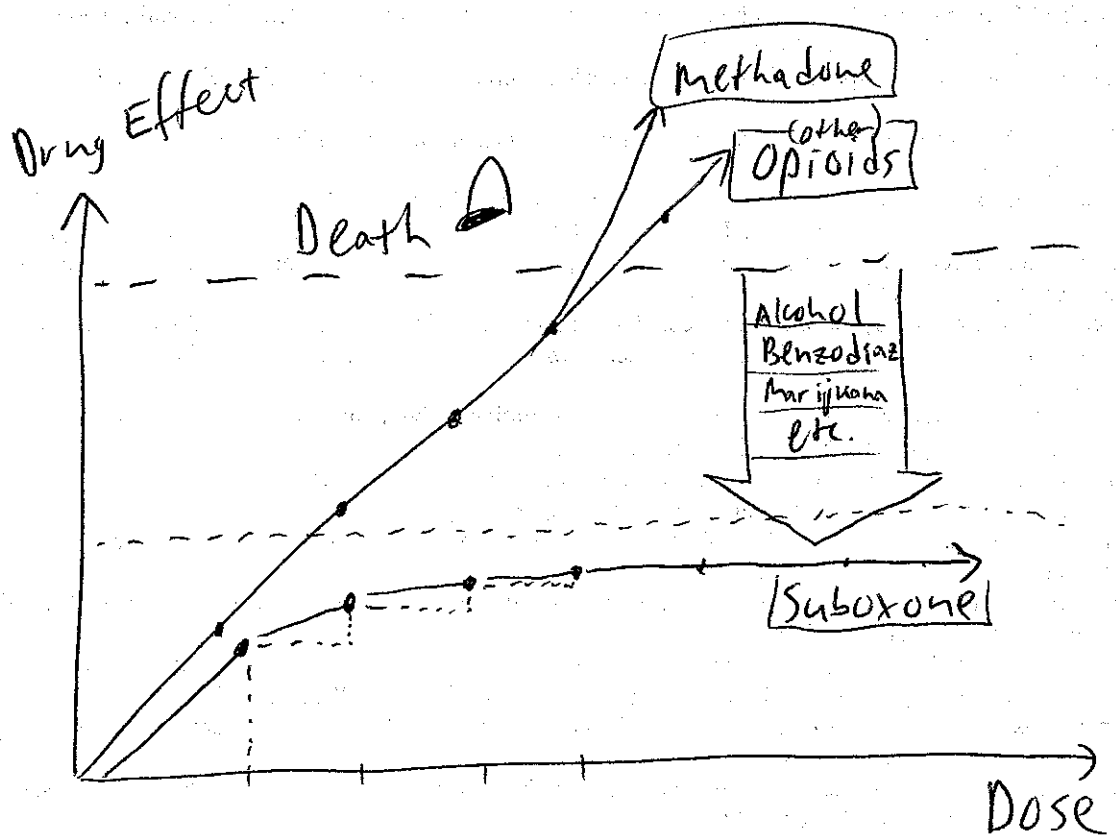

Endorphin
Opioids
Emotion
Pain
Nerve Cell
time
P
E
Input
(Injury/Insult)
Suboxone
(Buprenorphine)


Drug Effect
Death
Methadone
(other) Opioids
Alcohol
Benzodiaz
Marijuana
etc.
Suboxone
Dose

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