

# Medication Assisted Treatment of Opioid Addiction

Our experience at Open Door



# outline

- Disclaimers
- Our history with buprenorphine
  - Early days with heroin addicts
  - Prescription drug abusers
  - Patients on chronic pain medications
- Our current pathway
- Current state of our program
- Our experience with chronic pain
- Future Directions
  - working with hospitals and specialists
  - Working with ER's
  - Encouraging community partners
- Summary and Conclusions

# Disclaimers (Hesitations)

- You all may be further along than we are in this
- We hope that in 10 years we don't look back and say this is a big mistake.

# Early days

- Began with heroin addicts
- No local methadone program
- Amazing transformations with our first few patients
- Getting away from the idea that buprenorphine detox is short term treatment

# Prescription drug addicts

- College kids on oxycontin
- Patients who started on pain meds and got out of control
  - “those pills started taking me”

# Chronic pain

- Current exhortations from experts to wean down and off opioids
- Confusing mix of addiction and pain
- Different sort of demographic with different needs

# Current pathway

- Intake meeting with RN (and drug counselor)
- Physical exam with physician
  - Review relevant history
- Induction by RN
  - Patient in withdrawal
  - Fentanyl bridge

# Current pathway (cont)

- Phase 1
  - Weekly (at least) group meeting with drug counselor
  - Weekly MD visit to adjust dosing
- Phase 2
  - Every two week group and MD visit
  - Advancing to monthly visits if doing well
- Phase 3
  - After 6 months, ongoing monthly visits



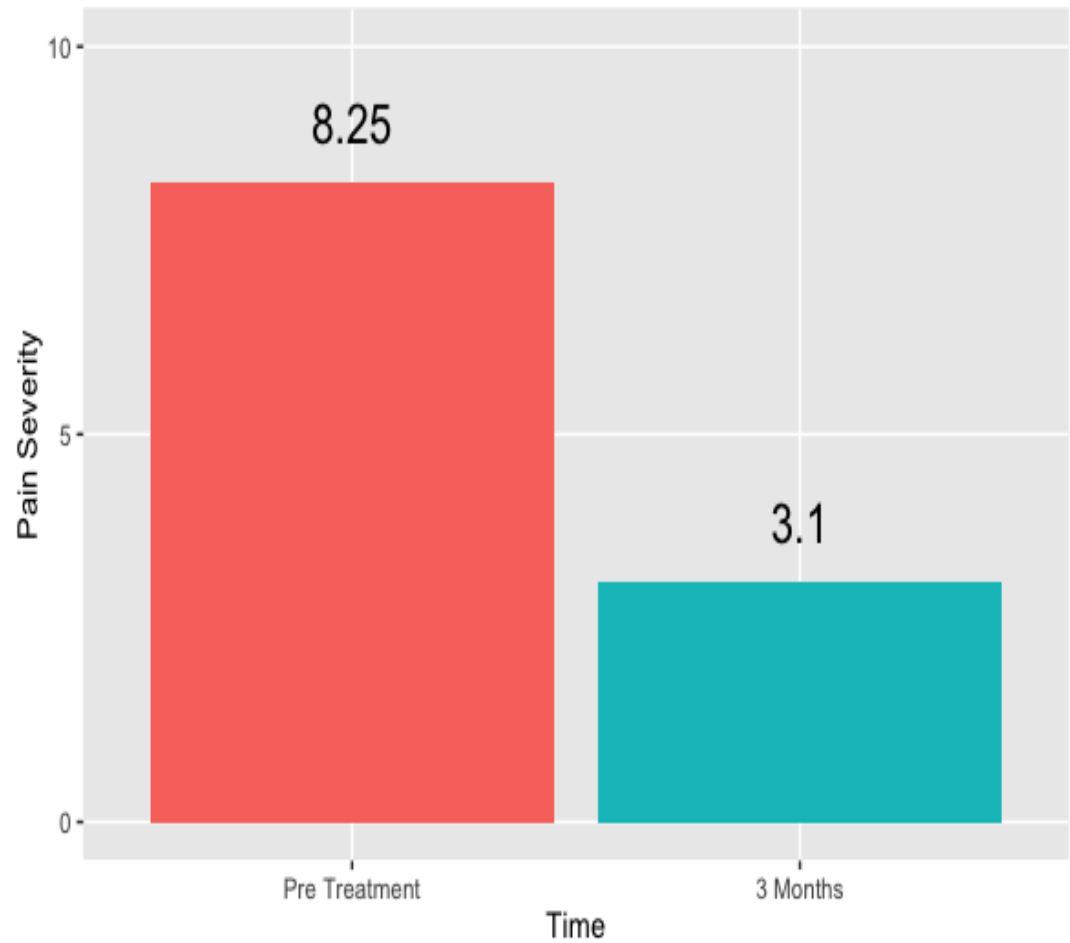
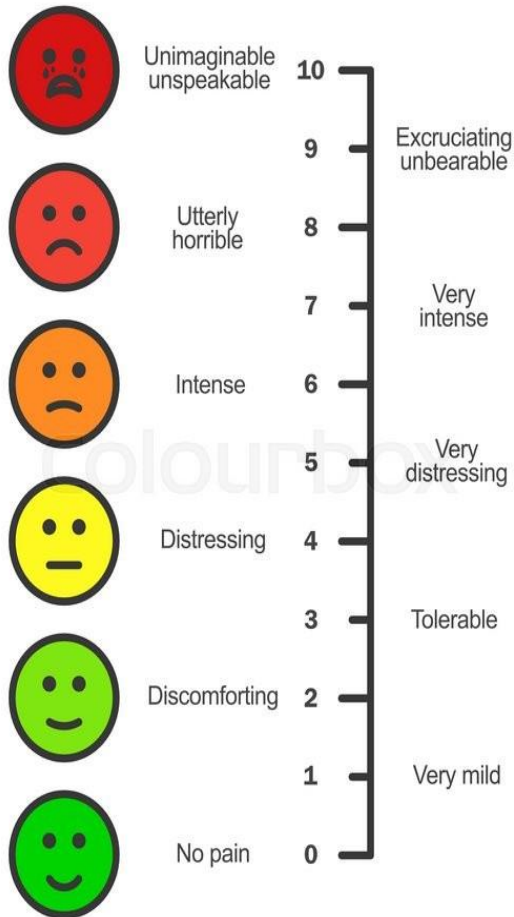
# Current state of our program

- 11 prescribing physicians
- In excess of 400 patients currently on burprenorphine
- Waiting list worked down
- Increasing emphasis on chronic pain

# Our experience with chronic pain

- Alternative pathway as opioids are withdrawn and tapered
- Option for patients with serious pain issues who are considered high risk for opioids

# Pain



# Function



American Chronic Pain Association

## Quality Of Life Scale

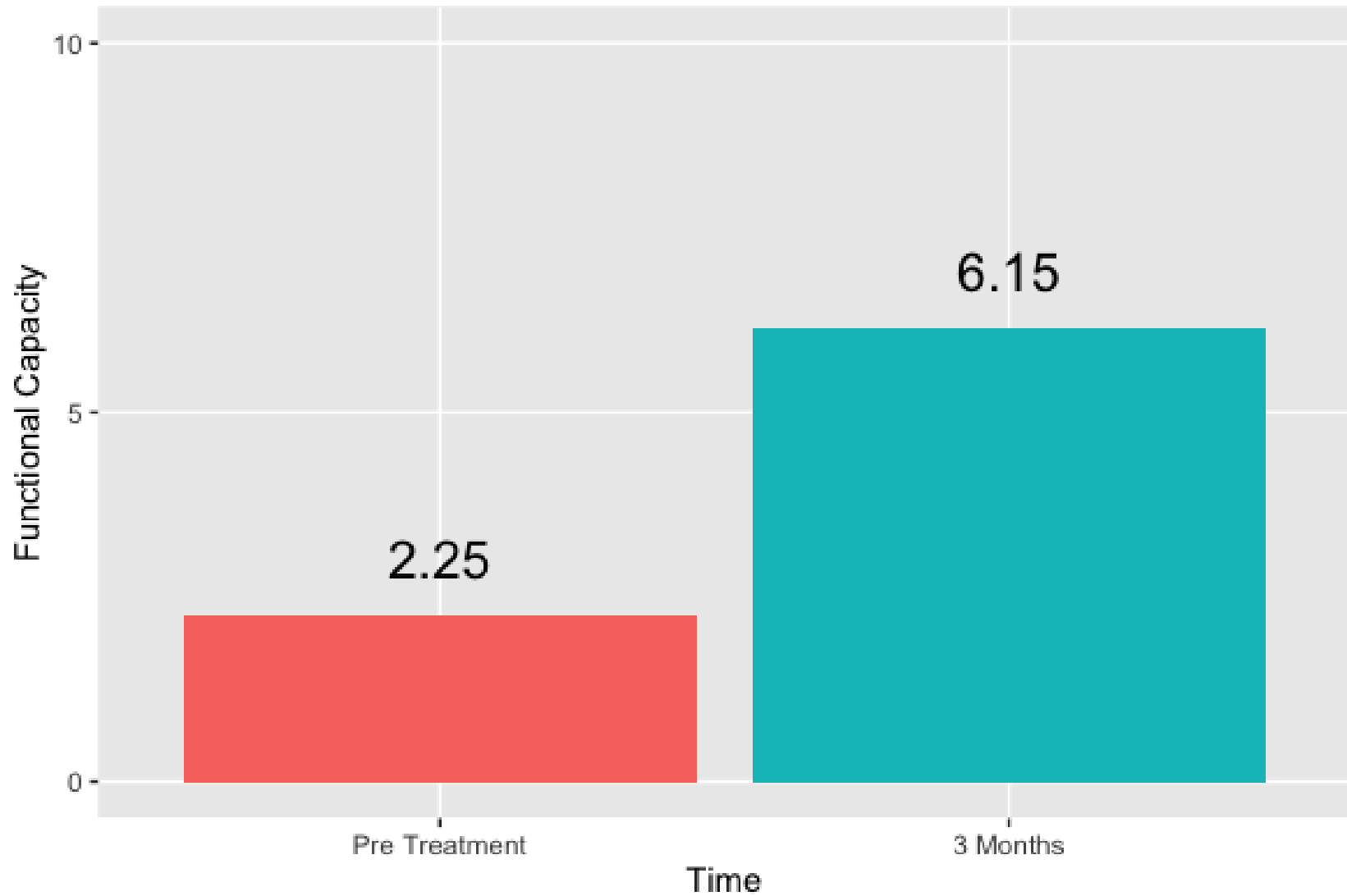
A Measure Of Function  
For People With Pain

Non-functioning

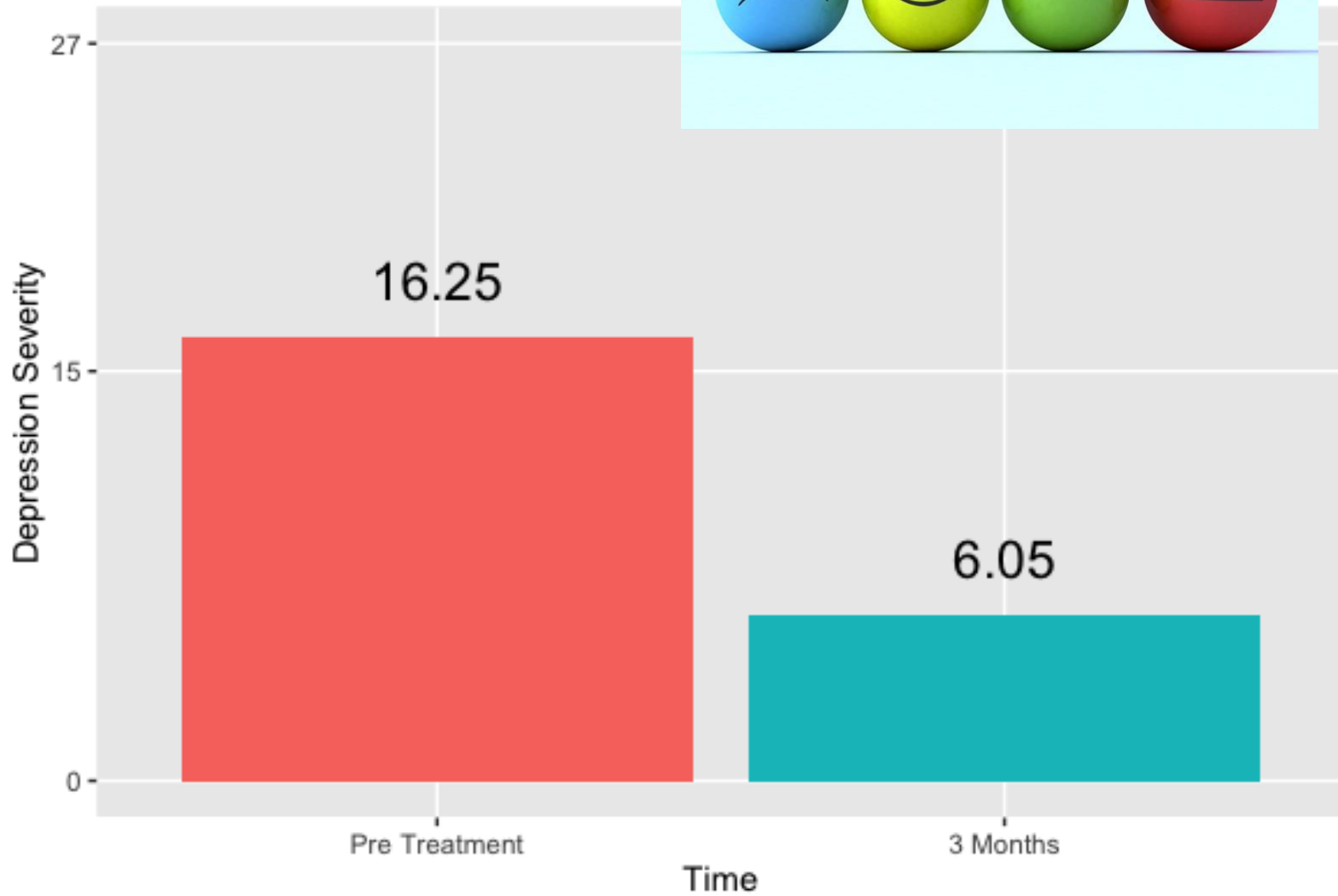
0		Stay in bed all day. Feel hopeless and helpless about life.
1		Stay in bed at least half the day. Have no contact with outside world.
2		Get out of bed but don't get dressed. Stay at home all day.
3		Get dressed in the morning. Minimal activities at home. Contact with friends via phone, email.
4		Do simple chores around the house. Minimal activities outside of home two days a week.
5		Struggle but fulfill daily home responsibilities. No outside activity. Not able to work/volunteer.
6		Work/volunteer limited hours. Take part in limited social activities on weekends.
7		Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends.
8		Work/volunteer for at least six hours daily. Have energy to make plans for one evening social activity during the week. Active on weekends.
9		Work/volunteer/be active eight hours daily. Take part in family life. Outside social activities limited.
10		Go to work/volunteer each day. Normal daily activities each day. Have a social life outside of work. Take an active part in family life

Normal Quality of Life

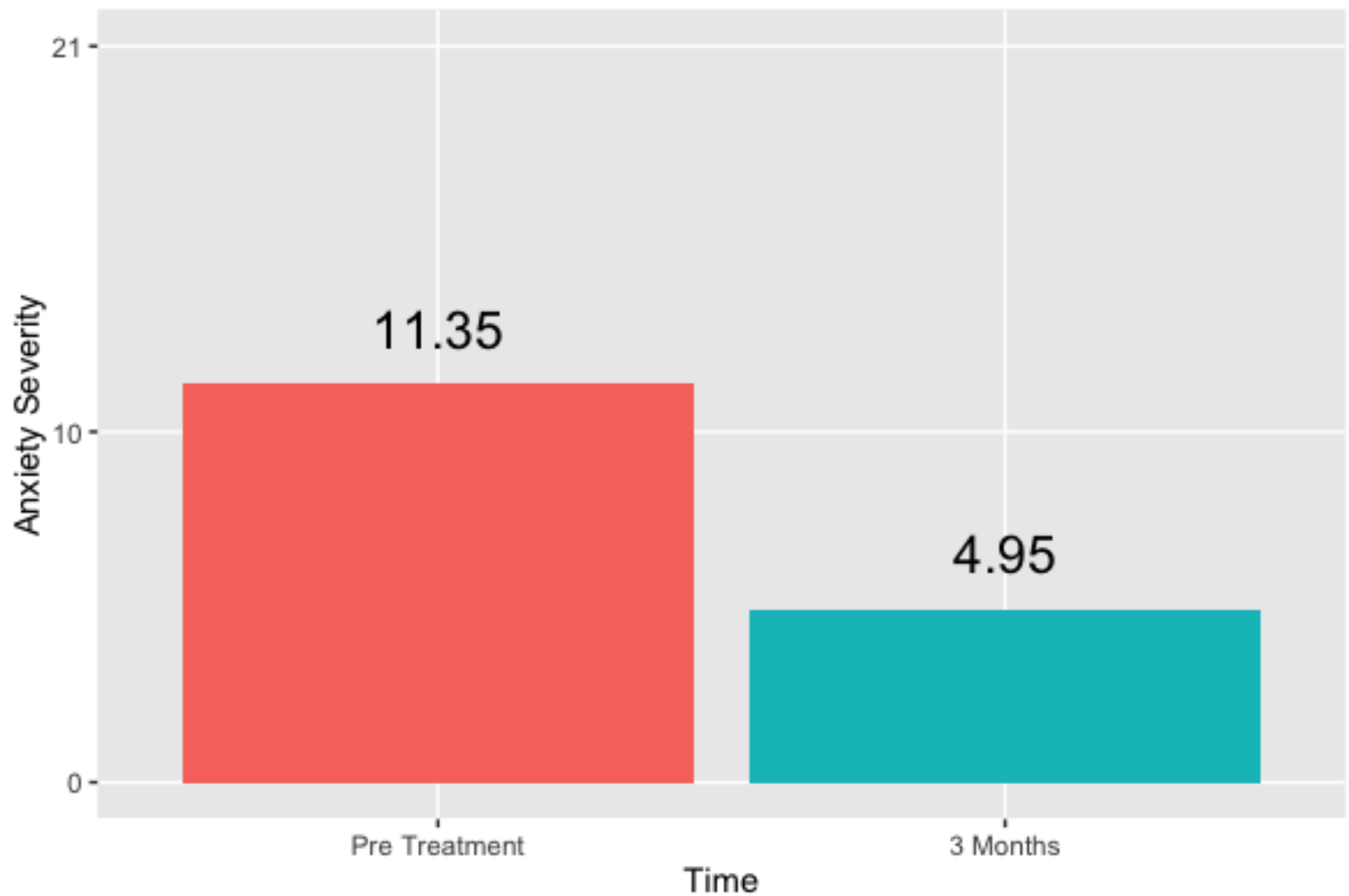
# Function



# Depression



# Anxiety



# Quality of Life



## Patient Global Impression of Change

## Scale

No change (or condition has gotten worse)

1

Almost the same, hardly any change at all

2

A little better, but no noticeable change

3

Somewhat better, but the change has not made any real difference

4

Moderately better, and a slight but noticeable change

5

Better and a definite improvement that has made a real and worthwhile difference

6

A great deal better and a considerable improvement that has made all the difference

7



# Future Directions

- Working with hospitals and specialists
- Working with ER's
- Encouraging community partners

# Questions?

Bill Hunter, MD

[whunter@opendoorhealth.com](mailto:whunter@opendoorhealth.com)