



*Opioid Agonist Therapy 101:  
An Introduction to Clinical Practice Workshop*

# Lindy's Tool

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# Faculty/Presenter Disclosure

- **Faculty:** Marina Reinecke
- **Relationships with commercial interests:** None



# LEARNING OBJECTIVES

At the end of this educational activity, the learning will be able to:

- Discuss a practical tool for guiding a treatment conversation with an individual with opioid use disorder.
- List additional educational resources to further support decision making for your patient and his/her support people.



# Choices in Opioid Addiction

**1. Continue Using**

**2. Abstinence**

**3. Buprenorphine/Methadone**

Addiction:

1. Loss of control or fighting for control.
2. Craving and compulsion to find and use your drug – no longer interested in previous activities and work.
3. Negative consequences, but can't stop using.

# Choices in Opioid Addiction

1.

## Continue Using

Most often,

↑ Use

↓ Control

↑ Consequences

Harm to Relationships

2.

## Abstinence

Requires Time, Change, Practice

Requires:

- Knowledge of Self and Relationships
- Knowledge of Addiction
- New Habits and Coping Skill
- New Values and Perspective on Life
- May require Residential Treatment
- Taking care of yourself; service to others
- Practice and Learning
- Avoid Old/Slippery Friends, Places, Things, Habits, Alcohol, other Drugs

3.

## Methadone/Buprenorphine

Stay on Opioid Agonist Therapy for Months or Years

Choices after Time

Stay on Methadone or Buprenorphine Indefinitely at same or lower dose

Taper off Slowly

# Consider Abstinence When:

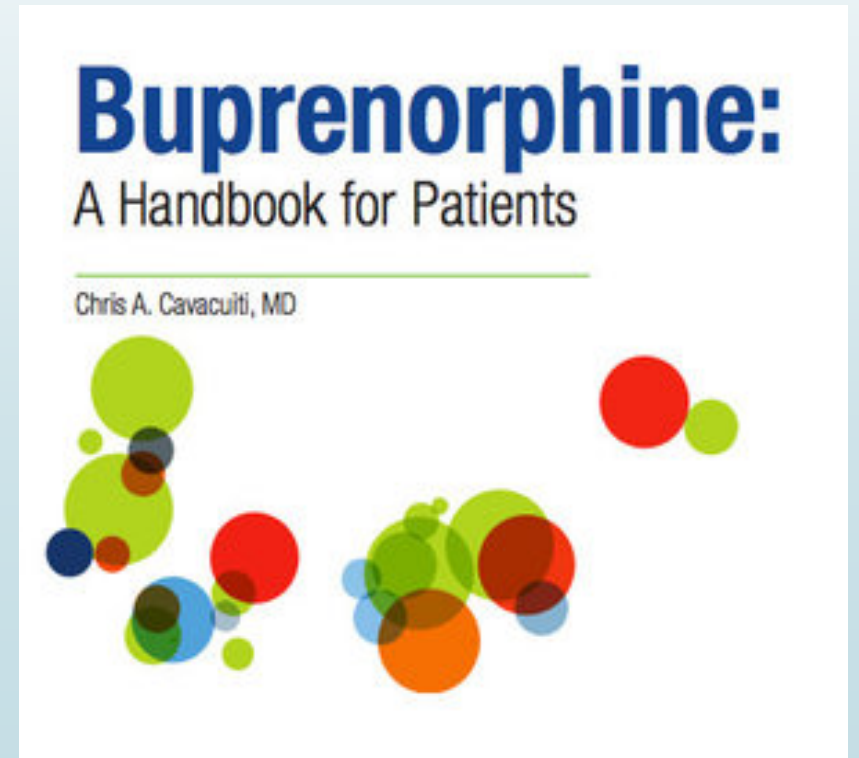
- Patient is young
- Oral opioids; no injection use
- Use < 6 -12 months
- Stable supportive family/work environment
- Patient's choice
- Patient's circumstances (finances, rural environment, etc.)
- < 30mgs of morphine equivalent per day

# Consider buprenorphine/methadone when:

- Relapses after past treatment
- Injection use
- Polysubstance abuse
- Social stressors and instability
- Chronic pain complicated by addiction
- Patient's choice/patient circumstances
- Significant physical health problems from drug abuse
- Pregnancy
- Addicted family members
- >/= 30mgs morphine equivalent

# RESOURCES

- ▶ 'Making the Choice, Making It Work; Treatment for Opioid Addiction' (CAMH)
- ▶ Buprenorphine/naloxone booklet – Chris A Cavacuiti, MD
- ▶ Buprenorphine/naloxone pamphlet  
and
- ▶ Treatment program pamphlet from  
Addictions Program, HSC



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➔ Questions?