

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

The Comprehensive Patient Assessment

Talia Carter, OT Reg(MB), MOT, CPSM Prescribing Practices Coordinator
created with **Dr. Morag Fisher**, MBChB, CCSAM, Lecturer Dept. Family Medicine



Disclosure of Commercial Support

- ↴ This program has received financial support from *The College of Physicians and Surgeons of Manitoba* in the form of *funding for payment of presenters and organizers*.
- ↴ This program has received in-kind support from *The College of Physicians and Surgeons of Manitoba* in the form of *logistical support*.
- ↴ Potential for conflict(s) of interest:
 - ↴ None identified



Faculty/Presenter Disclosure

↳ Faculty: **Talia Carter**

↳ Relationships with commercial interests:

↳ **None for either**

Learning Objectives

Upon completion of this session, you should be able to **perform a comprehensive assessment of an individual with Opioid Use Disorder** including:



- ↳ Understanding the science & art of history taking in addictions medicine
- ↳ Taking a sensitive social history
- ↳ Taking a history of substance use & recovery
- ↳ Assessing comorbid medical conditions & impact on treatment
- ↳ Conducting a focused physical examination
- ↳ Discussing treatment options



The Comprehensive Assessment

Opening

Social History

Addiction History

Substance Hx

Behavioural Hx

Treatment History

Medical History

Physical Health

Mental Health

Medication Review

Physical Exam

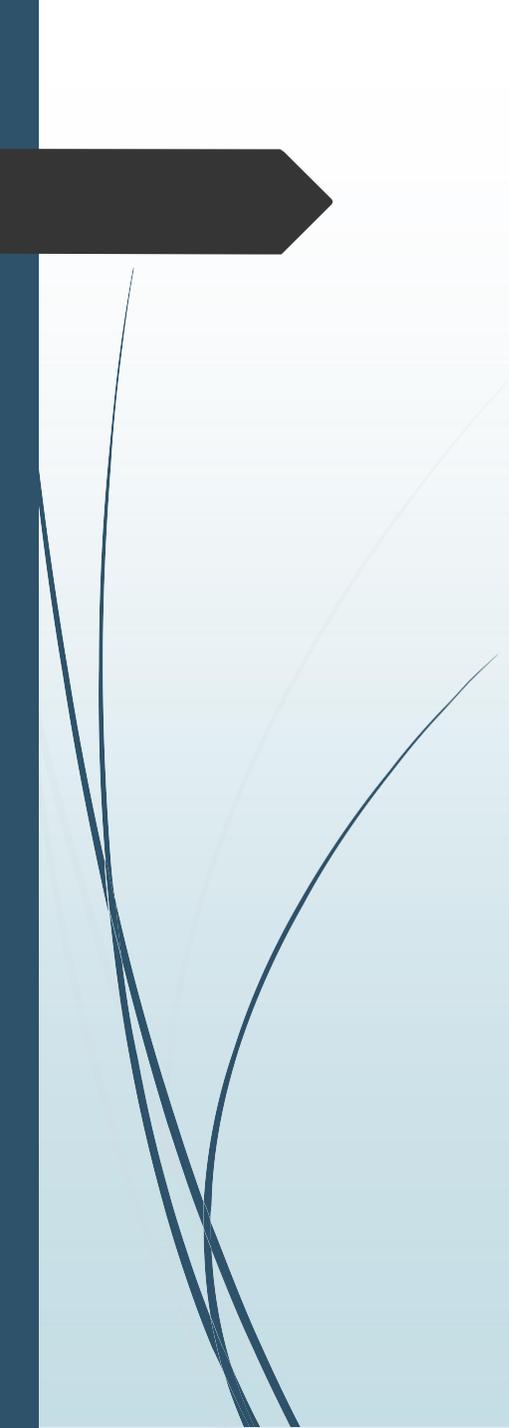
Lab Tests

Wrap Up & Plan

Opening The Interview



- ↳ Frames the Interaction & Expectations
- ↳ Gets you both on the same page for the work ahead



Opening The Interview

↳ Greeting & Welcoming

↳ Briefly review **why you think** they have come today

Doctor's referral, community agency referral, self-referral, walk-in

↳ Briefly review **why they** have come

Motivating factors? Referring doctor's idea? Withdrawal, illness, loss?

Child & family services or criminal justice pressure?

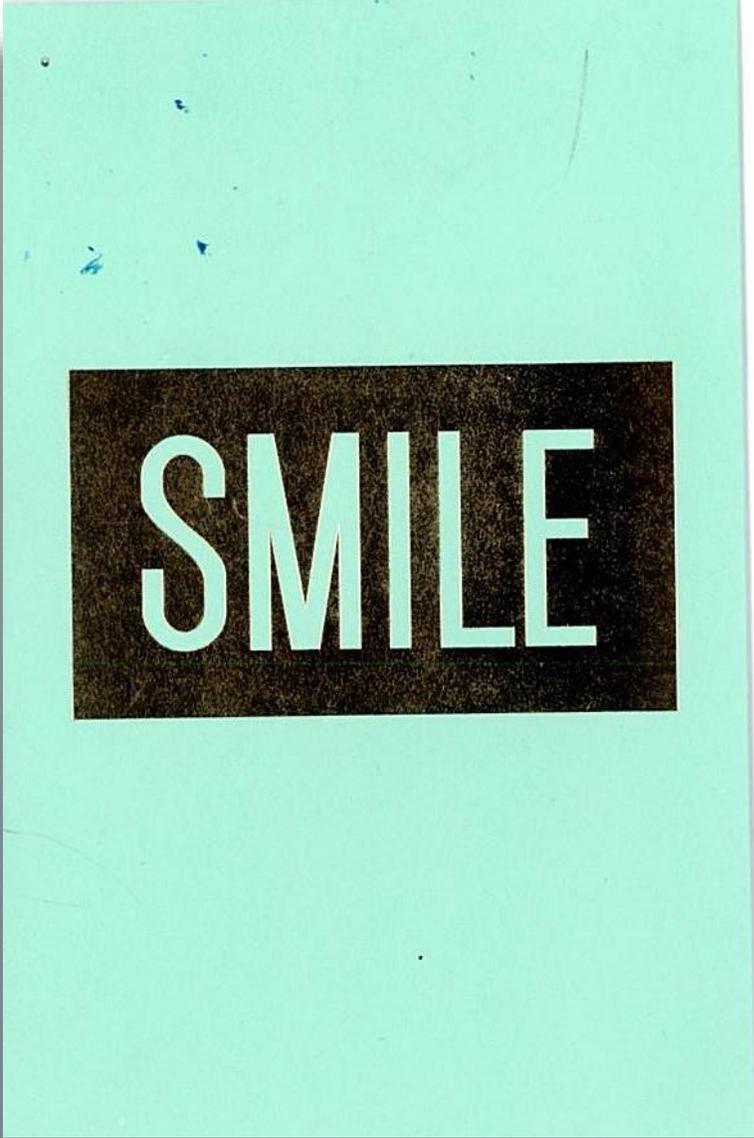
↳ Outline interview plan

“We have about 30 minutes today. I'm going to **ask you a bunch of questions**, about your life, substances you've used, and about your health. **Some questions might feel difficult or sensitive, but bare with me** – the more I learn about you, the better we can **work together** on a **treatment plan that makes sense for you**”



I JUST WANTED TO SAY THANK YOU
YOU'VE MADE MY STAY HERE ALOT
MORE COMFORTABLE AND YOU'VE
TREATED ME LIKE A HUMAN AND HAVE
NOT BEEN JUDGEMENTAL TOWARDS
ME UNLIKE ALOT OF OTHER
PEOPLE YOU'VE TREATED ME LIKE A
PERSON & NOT LIKE AN ADDICT
THAT JUST NEEDED HELP SO WITH
THAT I THANK YOU BOTH

SCIENCE & ART of Addiction Medicine



SMILE

Thank you all for caring for me at a very bad time in my life. a lot of people think being an alcoholic is a choice and they can be very mean and judgemental. Thank God for kind doctors and nurses like yourselves that save us in our time of need.



Workshop Objective...

“Appreciate the **value** of **sensitivity**, **understanding** and **commitment** in the delivery of **addictions medicine** in **clinical** or **pharmacy practice**.”

**“What unites people?
Armies? Gold? Flags?
Stories.**

There’s nothing **more powerful**
than a **good story.**”

Tyrion Lannister - Game of Thrones

Social Hx – Their Story

What do you ask?

What's important to know?



Social Hx – Their Story

↳ **Age**

↳ **Housing** (where, with who, stable, safe?)

↳ **Family & Relationships** (who's in their life? sober vs. users, safe, aware of problem, children in custody or care?)

↳ **Education** (level, literacy)

↳ **Work** (past, current, employer aware, LOA)

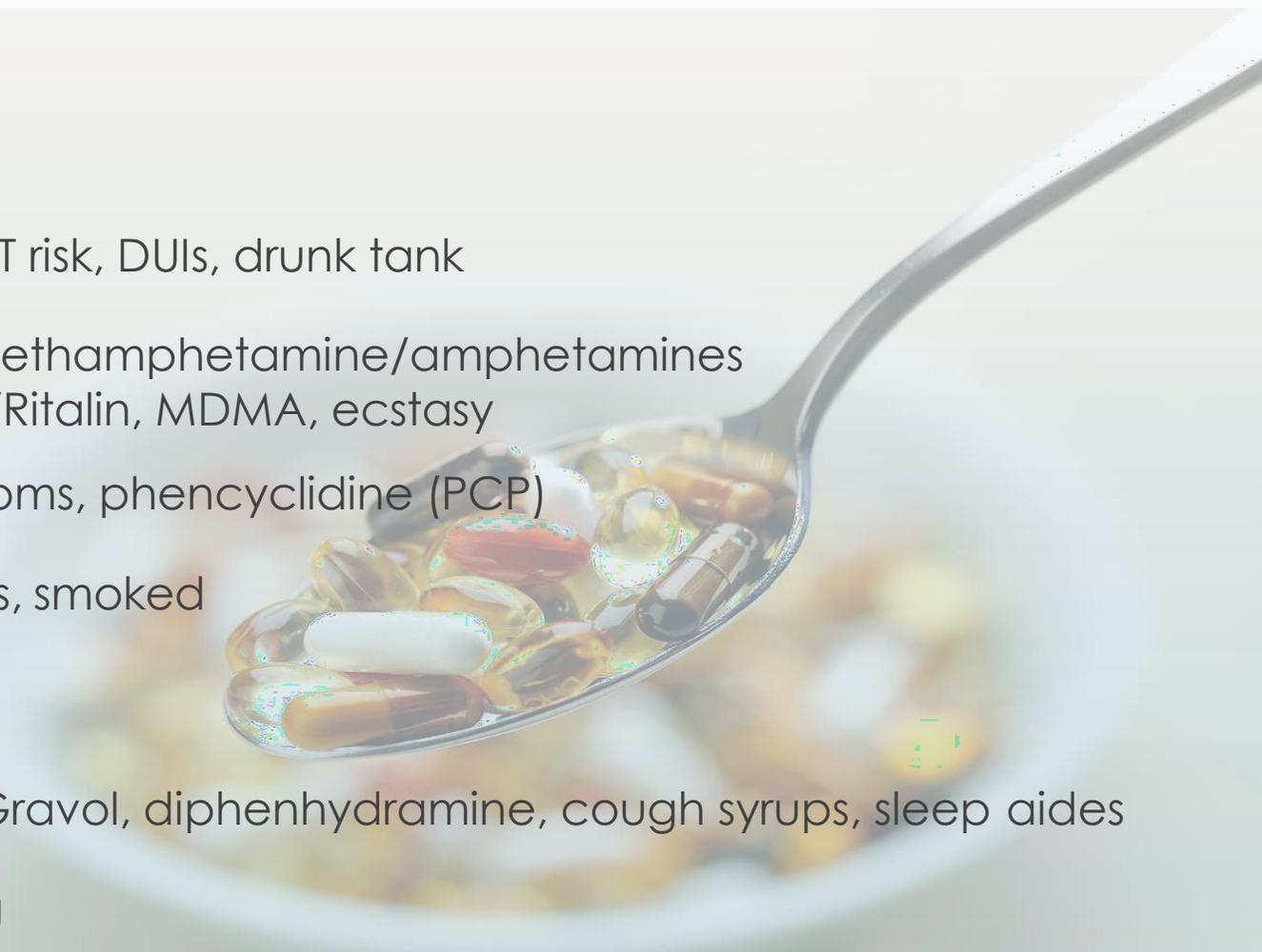
↳ **Finances** (income source, untraditional means, debt)



Social Hx – Their Story

- ↳ **Illicit activity** (dealing, stealing, prostitution, gang association)
- ↳ **Legal issues** (charges, court dates, warrants, DUIs, incarceration, CFS involvement)
- ↳ **Supports** (friends, family, (para)professionals)
- ↳ **Stressors** (typically manifest in above)
- ↳ **Childhood & Teens** (family dynamics, family addiction, abuse/trauma experience... depth dictated by patient)

Substance Hx Categories



Opioids	prescribed, illicit
Benzodiazepines	prescribed, illicit
Alcohol	type, seizure Hx, DT risk, DUIs, drunk tank
Stimulants	cocaine/crack, methamphetamine/amphetamines methylphenidate/Ritalin, MDMA, ecstasy
Hallucinogens	acid/LSD, mushrooms, phencyclidine (PCP)
Cannabis	illicit, legal, edibles, smoked
Solvents	
OTC	dimenhydrinate/Gravol, diphenhydramine, cough syrups, sleep aides
Nicotine	cigarettes, vaping
Other	steroids, gabapentin, baclofen, quetiapine, caffeine

The Substance Hx

What do you ask?

What's important to know?



The Substance Hx

↳ **Age first use**

↳ **Route** (oral, chew, insufflation, intravenous)

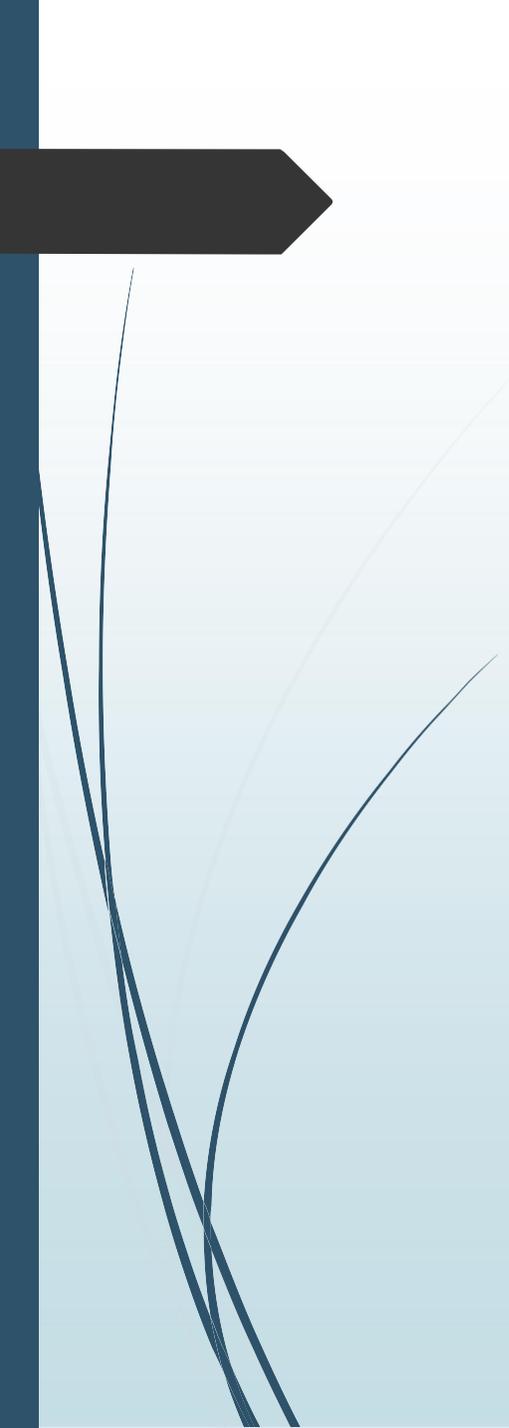
↳ **Pattern** (sporadic, intermittent, binge, weekly, daily)

If binge, how long does it last? If daily, how many times a day?

↳ **Amount** (g, oz, mLs, or points, rocks, or \$\$ spent)

Overdose experiences? Naloxone Kit & teaching?

↳ **Access** (prescribed, illicit, regular source, 'street' purchase)



The Substance Hx

- ↳ **Periods of abstinence** (duration, most recent, supports, relapses)
- ↳ **Last use** (relevant to withdrawal/intoxication/tolerance, discrepancies in pattern report, interpretation of UDS results)
- ↳ **Withdrawal Symptoms** (time before symptom onset, severity, symptom duration, time before need to use, seizure risks)
- **Life Consequences** (loss/damage to relationships, occupations, finances, health, freedom, etc.)

Remember **Polysubstance** is the **Norm...**

Stimulants ↑

Cocaine/Crack

Crystal meth

Amphetamines

Ecstasy/MDMA

Ritalin

Caffeine

Depressant/soothers ↓

Opioids

Alcohol

Benzodiazepines

Zopiclone

Barbituates

Hallucinogens

Acid

Mushrooms

PCP (phencyclidine)

Ecstasy/MDMA

DMT (dimethyltryptamine)

Ketamine

Cannabis

Quetiapine 25

Zopiclone 7.5

Diazepam 10

Temazepam 30

Crack cocaine

Alprazolam 1 mg

Shady 80

Morphine SR 200





DIAGNOSTIC SERVICES
MANITOBA

Health Sciences Centre
MS471A - 820 Sherbrook Street
Winnipeg MB R3A 1R9

CHEMISTRY



Health Sciences Centre
Winnipeg

A Partner Facility of DSM's
Provincial Diagnostic Network

Name:

Date of Birth:

Medical Record #

Location:

GB245 - ADDICTION CLINIC

Physician:

JAMES F SIMM

PHIN #

Lab # NE76654-2

Collected on 7 Jun 17 at 15:00

Your reference - NOT PROVIDED

Copies sent to: MS049 MEDICAL RECORDS

	RESULTS	REFERENCE	UNIT
COMPREHENSIVE URINE DRUG SCREEN			
	RESULT	CUT-OFF	
Ethanol (Urine)	Not Detected	neg <2.2	mmol/L
Cannabinoids	positive*	neg <50	ng/ml
Barbiturates	negative	neg <200	ng/ml

Drugs detected:

Zopiclone
Atenolol
Citalopram metabolite(s)
Methadone and metabolite(s)
Gabapentin
Clonazepam metabolite(s)
Morphine and metabolite(s)
Cocaine and metabolite(s)
Acetaminophen
Oxazepam
Temazepam
Quetiapine and metabolite(s)
Alprazolam
Hydromorphone
Lorazepam
Pseudoephedrine/Ephedrine

The general urine drug screen does not include salicylate, NSAIDs, diuretics, steroids, pesticides and antibiotics.

Results are for medical diagnostic purposes only. Test results are presumptive. No chain of custody in collection and transportation of sample for testing. Not suitable for employment or legal purposes or other statutory regulations.



Build your *Slang* library...

learn *Names & Trends*

snow **Coke**

gram

Restorilz

Blow Powder

point Dime bag

Xanies pams

JIB

bumps

Xanie Bars purples
peaches

ish

crack

rips bang

Crystal

rock

Louis Vuitton

80s

Suzy Qs

Smack Purple H

Reds Oxys

Addys

DOWN

Greys

30s

x e m

tar

China white

3s

Hydros

Molly

1s

Percs

Dillies

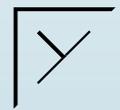
How you ask...

When is the last time you snorted cocaine or smoked crack?

How often do you smoke cannabis?

How much Hydromorph do you use in a day?

vs. Do you use cocaine?
Do you use crack?
Do you use cannabis?
Do you use opioids?



Got to ASK...



Behavioural Addiction

Gambling

Disordered Eating

Sex, pornography

Videogames

Social Media

Addiction Treatment Hx

- ↳ **Past experience with treatment** What substance?
Residential or Community
When, format, likes/dislikes, problems, successes, completion
Abstinence during or after
- ↳ **Past experience with OAT**
When, duration, likes/dislikes, abstinence from illicit use
Process & reason for cessation
- ↳ **Current treatment** agency involvement
- ↳ Past or current self-help groups



Medical Hx

↳ PMHx

↳ Current conditions

Chronic HIV, Hep C, diabetes, hypertension, cardiac issues, cirrhosis, COPD

Acute Pain, IE, PE, septicemia, cellulitis, osteomyelitis

↳ Doctors involved, hospitalizations, surgeries

↳ **Chronic Pain?**

Origin, mechanism, severity, impact on function, psychosocial contributors

Non-opioid management or alternative therapies trialed

↳ Allergies



Medical Hx - Mental Health

↳ Past psychiatric issues

↳ **Current conditions**

Predating substance use or precipitated by use/withdrawal cycle

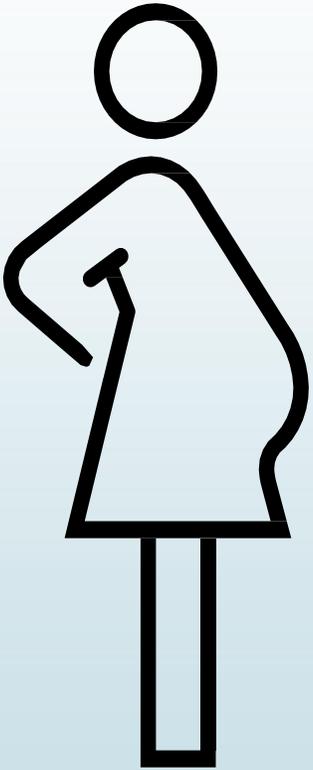
Stability Managed or unmanageable, impact on function

Acuity Suicide risk (ideation, plan, past attempts, self-harm)

↳ Previous treatments or hospitalizations

↳ Doctors involved, past or current psychiatrist

Medical Hx - Pregnancy



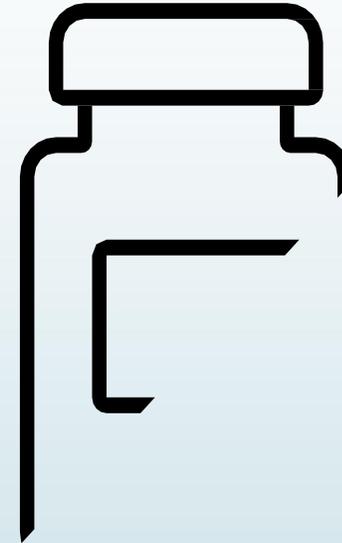
- ↳ Childbearing age? Take a menstrual history & ask about potential for pregnancy
- ↳ If any doubt send a pregnancy test
- ↳ OAT should be initiated ASAP in pregnancy for the wellbeing of mom & baby

So important – talk tomorrow!

Medical Hx – Medications

- ↳ Recent Medications
- ↳ DPIN review
- ↳ Link meds to problem list
- ↳ Attention to **Sedatives & Polypharmacy**

So important – own talk!





Examination

↳ **Focus Physical Exam**

Vitals Heart rate, BP, RR, Temp as applicable

Examine lung & heart function as applicable

Examine skin surface for injection marks, abscesses, cellulitis

Observe Signs & Symptoms of withdrawal or intoxication

↳ Pain Conditions?

Visual/physical exam of tenderness, ROM, functional mobility, observe for pain-related behaviours

↳ **Focused MSE** as applicable

Affect, mood, thought process, SI, evidence of psychosis, personality traits, cooperation, engagement, readiness



Examination – Lab Tests

- ↳ **Urine drug screen** Comprehensive vs Street
 - Does it match History given?
 - Are opioids present ? Are other drugs/meds present?
- ↳ HIV, Hepatitis B&C, other STBBIs, pregnancy
- ↳ CBC, LFTs, RFTs, Glucose
- ↳ ECG?
- ↳ All ideal, but does not have to delay OAT start if indicated



Goals

Discussing Treatment & Plan

↳ **Dx: Opioid Use Disorder?**

May need to sort out addiction from chronic pain & mental health d/o

↳ **Problem List**

What else can/needs to be addressed for quality care?

↳ **Do they want treatment?**

Willing & Able to participate in treatment? Readiness to change ?

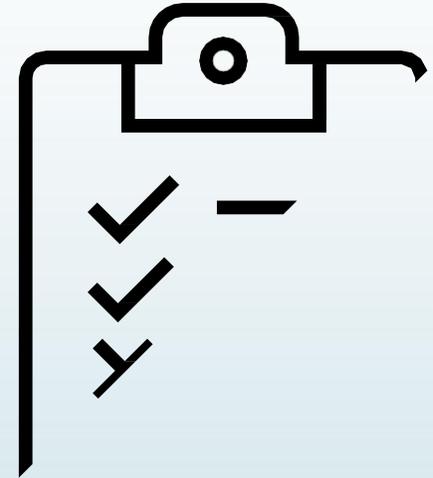
Educate about OAT vs Abstinence-based treatment

Buprenorphine/naloxone typically first line, methadone still useful for some

↳ **Can they safely start treatment in community?**

↳ In-hospital start provides closer supervision, stable dose achieved more quickly... may be indicated for some

Pregnancy, comorbid conditions, polysubstance/sedatives, rural commute



Interview Tips – Balanced Questions

Open-ended Questions

Do not have 1-2 word answers

More freedom to express thoughts

Less structured

“What’s it like where you are living?”

“Why do you think you first started using pain killers?”

“Tell me about your opioid use, what’s it like?”

“What other drugs have you experimented with?”

Closed-ended Questions

Can get specifics

Can tie-up loose ends

More structure

“Do you live alone?”

“How old were you when you first tried Oxy?”

“Do you use opioids every day?”

“Have you tried Fentanyl?”

“Do you inject?”

Balance Questions & Paraphrasing/Reflecting

Paraphrasing Content

Summarize, Synthesize, or Clarify
what you hear

Lets them know you hear them

Makes sure you are getting it right

“So you started school, really struggled with anxiety, then had to drop out.”

“You tried Percs, felt more confident, then all that worry you talked about was, like, gone.”

“Can you explain what you mean when you say ‘freaked out’?”

Reflect Feelings

Can be very validating, helps to
normalize

Lets them know you understand them

Makes sure you are getting it right!

“So every time you had a test, you felt doomed to fail”

“That must have been a relief, at first.”

“You must have felt so nervous, afraid even.”

“A lot of people feel that way under pressure.”

Take Home Message

It's a long road...

The **Art** is the **ability to connect with the patient**

RECOVERY is the **Big Picture** **OAT & Therapeutic Roles**
are key parts

There is NO MAGIC PILL
Therapeutic Relationships can be healing

“I’ve learned that people
will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.”

Maya Angelou
1928 - 2014

