



Identification and Treatment of Opioid Use Disorders in Medical Settings

SC ACP Annual Meeting
October 25, 2019

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1

Disclosures

Grant Support

- National Institute on Drug Abuse
- Doris Duke Foundation
- SCDHHS/21st Century Cures (website and Project ECHO)

Committees

- BCBS Pharmacy & Therapeutics Committee

Clinical work

- Work in MUSCs Pain Rehabilitation Program
- No financial conflicts of interest**
- Will not discuss non-FDA indicated use of medications



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2

This lecture addresses the “prescribing and monitoring of controlled substances”

This lecture will review:

-monitoring procedures (including clinical signs/symptoms and validated scales) to identify opioid use disorder in patients on prescription opioids

-prescribing of buprenorphine and naltrexone for the treatment of opioid use disorder



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3

Outline

I. Identify signs, symptoms, and challenges in identifying Opioid Use Disorder (OUD) in medical settings

II. Discuss Medication-Assisted Treatment (MAT) for OUD, and challenges and opportunities utilizing MAT in medical settings

III. Review pilot initiatives that address barriers to utilizing MAT in medical settings and future directions of such initiatives

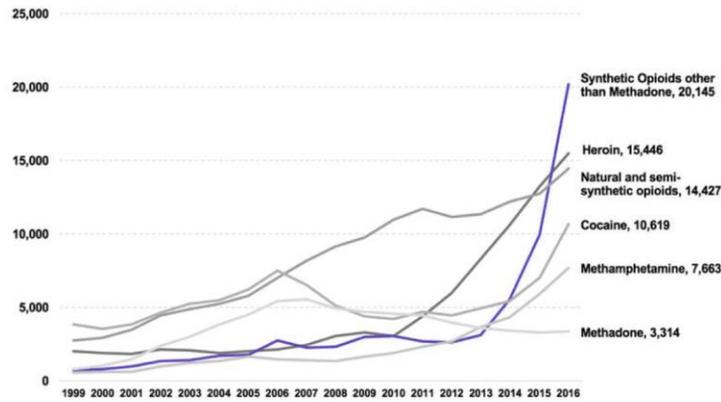


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4

Nationwide Opioid Crisis....Continued

Drugs Involved in U.S. Overdose Deaths, 2000 to 2016

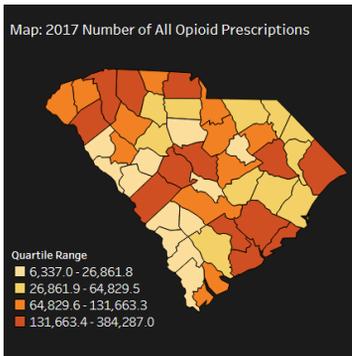
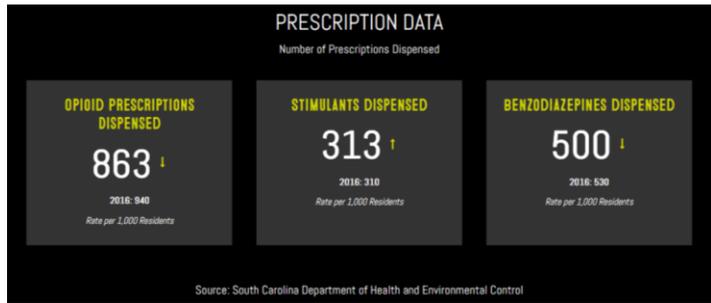


CDC, 2016

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5



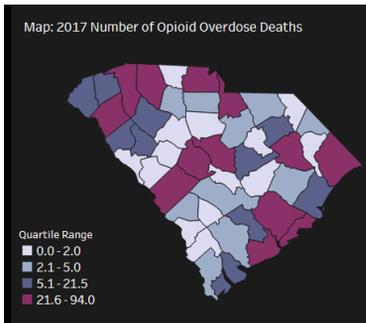
Despite decreasing opioid prescriptions...

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6



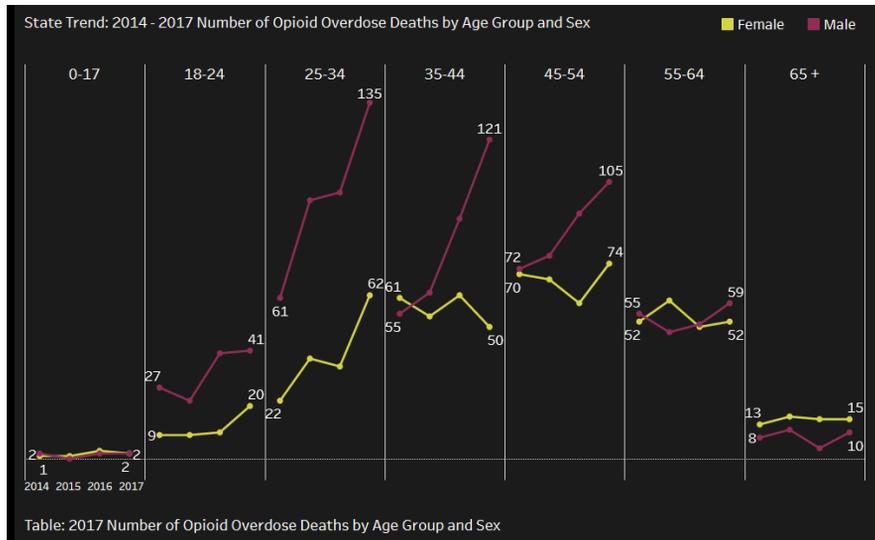
SC Drug Overdose Mortality Data



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7

SC Opioid Overdose Mortality Data



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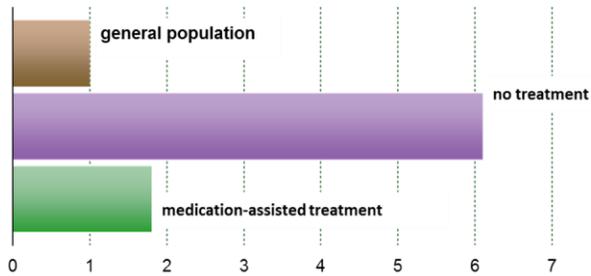
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9

Why Identify and Treat OUD? To Decrease Mortality

Death rates:



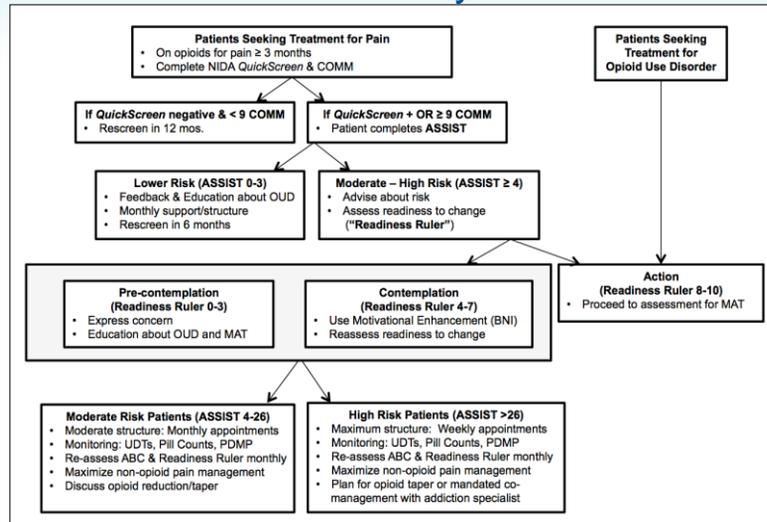
Dupouy et al., 2017
Evans et al., 2015
Sordo et al., 2017



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10

Diagnosing OUD in Medical Settings is Not Easy



11

How to Identify OUD in Medical Settings

Clinical Assessment

Poor Functioning

- › Emotional
 - › Depression/Anxiety
- › Physical
 - › Sedation/in bed/ED
- › Social
 - › Pt or family concern

Aberrant Behaviors

- › Running out early
- › Rx from another provider
- › Use of illicit

Screening scales

- NIDA Quick Screen
- COMM
- DAST
- SOAPP-R
- ORT

12

DDX for a Poorly-Functioning Pain Patient

Psychiatric co-morbidity

- › Depression
- › Anxiety, esp early-life trauma

Psychotherapy
+/- Meds

Psychologic co-morbidity

- › “Chemical coping”
- › Personality disorders

Psychotherapy

Opioid Use Disorder (OUD)

MAT

Pseudoaddiction

Tolerance/Withdrawal/OIH?

Maximize non-
opioids, ? taper

13

When does a poorly-functioning patient with pain “cross the line” to addiction?



14



15

RECOGNIZING OUD Aberrant Behaviors

More clear

- Forging
- Steal/borrowing
- IV use
- Obtained on street
- Abuse other drugs
- Multiple dose ↑
- Recurrent Rx loss

Less clear

- Request ↑ mg
- Hoarding
- Asking specific Rx
- “Doc shopping”*
- 1-2 dose ↑
- Rx another sx
- Psychic effects

(Passik & Portenoy 1998)

16

RECOGNIZING OUD

Signs

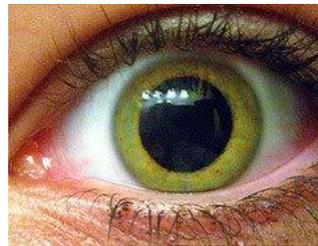
Intoxication

Euphoria
 Constricted pupils
 Slurred speech
 The “nods”



Withdrawal

Pain/Distress
 Dilated pupils
 GI upset/diarrhea
 Goosebumps



17

Risk Factors for Inadvertent Prescription Opioid Overdose

- Higher doses of opioids
 - 100mg morphine equivalent or higher
- Using with sedatives or alcohol
- Co-morbid mental health or medical issues
- Recent abstinence (recent hospital detox)
- Other substance abuse
- Aberrant behavior (running out early)
- Using alone

Bohnert, et al. JAMA. 2011;305(13):1315-1321

18

Screening Tools (all validated)

NIDA Single-Question Screener:

“How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?” (where a response of ≥ 1 is considered positive).

Quick, direct, effective, good for universal screening



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19

Opioid Risk Tool (ORT)

Opioid Risk Tool

This tool should be administered to patients upon an initial visit prior to beginning opioid therapy for pain management. A score of 3 or lower indicates low risk for future opioid abuse, a score of 4 to 7 indicates moderate risk for opioid abuse, and a score of 8 or higher indicates a high risk for opioid abuse.

Mark each box that applies	Female	Male
Family history of substance abuse		
Alcohol	1	3
Illegal drugs	2	3
Rx drugs	4	4
Personal history of substance abuse		
Alcohol	3	3
Illegal drugs	4	4
Rx drugs	5	5
Age between 16–45 years	1	1
History of preadolescent sexual abuse	3	0
Psychological disease		
ADD, OCD, bipolar, schizophrenia	2	2
Depression	1	1
Scoring totals		

Good at baseline for pts on opioids; most factors unchangeable; differentiates gender



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20

Screen & Opioid Assessment For Patients With Pain—Revised (SOAPP®-R)

Current Opioid Misuse Measure - COMM

- Longer scales (SOAPP=24, COMM=16 items)
- Ask some common themes, indirect
 - Concern/worry about meds
 - Use pain meds for other symptoms
 - Go to ER/friend for meds
 - Arguments/social discord
 - Other drug/alcohol problems
- Better for a group with some risk and for repeated measures



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21

DSM-V Opioid Use Disorder

Maladaptive pattern of use



leading to impairment or distress



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22

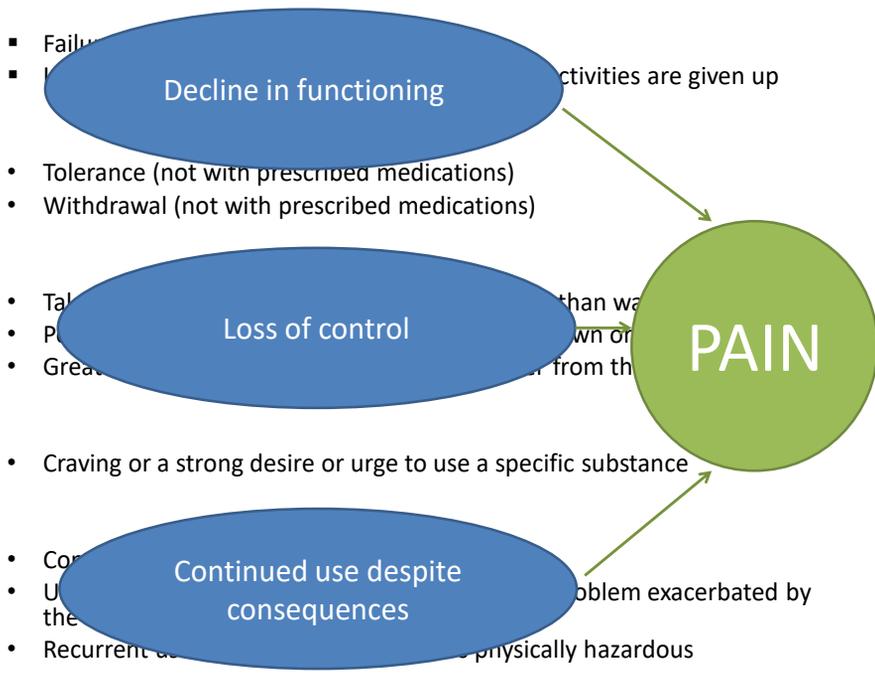
- Failure to fulfill important obligations that are given up
- Important responsibilities are given up
- Tolerance (not with prescribed medications)
- Withdrawal (not with prescribed medications)
- Taken in larger amounts or over longer periods than was intended
- Persistent desire to obtain the substance or control use
- Great deal of time spent in obtaining, using, or recovering from the substance
- Craving or a strong desire or urge to use a specific substance
- Continued use despite problems that are exacerbated by the substance
- Use despite knowledge of physical or psychological problems exacerbated by the substance
- Recurrent use in situations in which it is physically hazardous

Decline in functioning

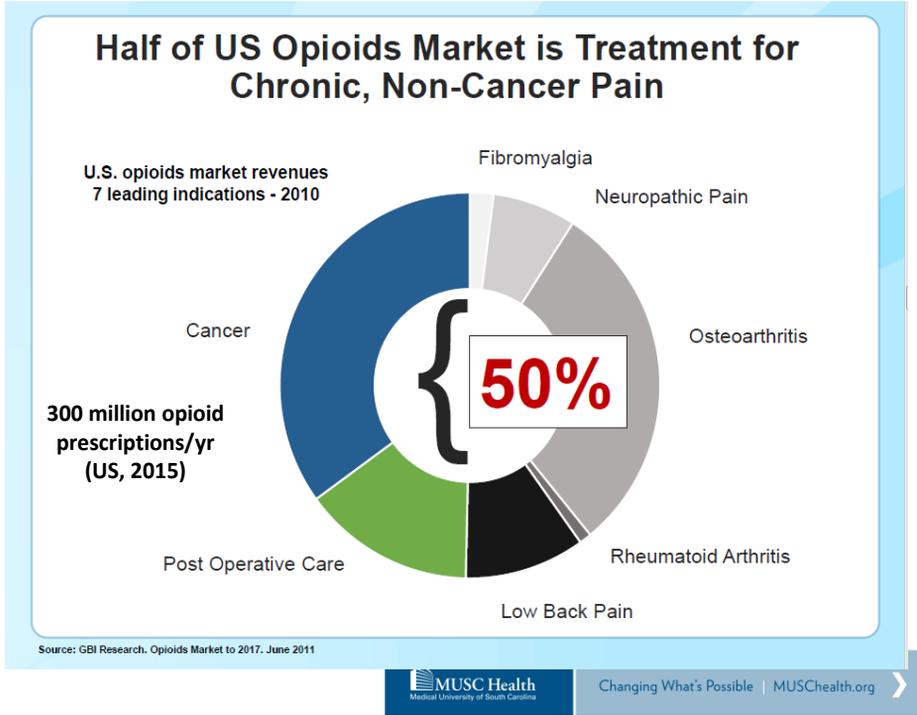
Loss of control

Continued use despite consequences

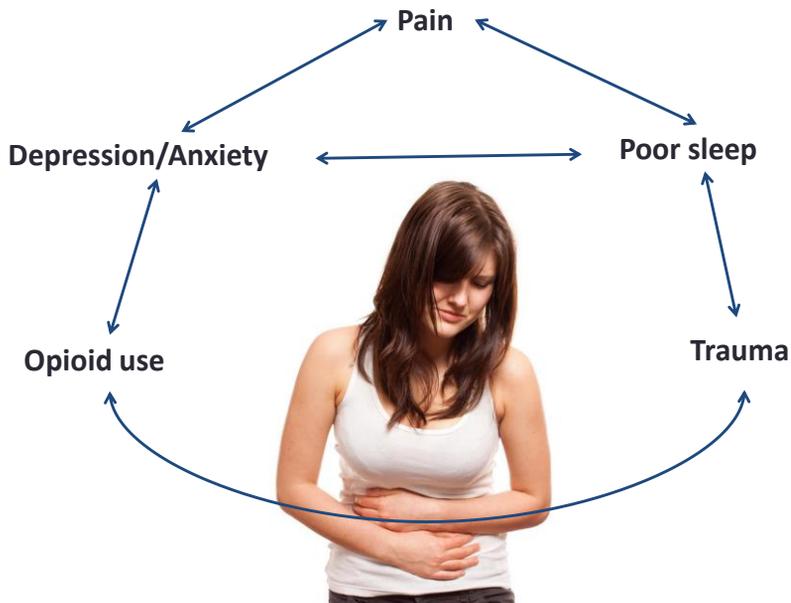
23



24



25



26

Dual Problem in Medical Settings:



27

Pain, Opioids, and Gender

- Women = 80% of chronic pain populations
(Croft P, 2002; Fillingim et al., 2009; Gerdle et al., 2008)
- Opioids (+ other pain medications) recommended for women > men
(Wandner et al., 2010; Hirsh et al., 2009, Fillingim 2009)
- Women have > rates of co-occurring mood & anxiety disorders
(Grella et al., 2009)
- Women (with OUD) report greater use of opioids to cope with negative emotion and pain
(McHugh et al., 2013)
- Women are more likely to receive benzodiazepine co-prescription with opioids
(Hwang et al., 2016)

28

SC females outpace males with opioid prescriptions received

Table: 2017 Number of All Opioid by Age Group and Sex

		0-17	18-24	25-34	35-44	45-54	55-64	65+	All Ages
South Carolina	Female	40,226	75,343	239,371	321,506	468,127	572,895	726,853	2,444,321
	Male	38,500	46,125	154,954	236,045	358,419	471,170	498,829	1,804,042
	All	99,059	123,649	400,626	566,363	839,363	1,059,501	1,245,208	4,333,770

The South Carolina Department of Health and Environmental Control (DHEC) made reasonable efforts to ensure that the information represented is up-to-date, accurate, and complete at the time of access. The information provided reflects the data as reported to DHEC. The user bears all responsibility for its subsequent use/misuse in any further analyses or comparisons. DHEC does not assume liability to the recipient, consumer or third persons, nor will DHEC indemnify the recipient/consumer for its liability due to any losses resulting in any way from the use of this data.

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29

Dual Problem:

Women are more likely to start opioid use in medical settings.



Women are less likely to enter traditional substance use treatment programs.



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30

Outline

- I. Identify signs, symptoms, and challenges in identifying Opioid Use Disorder (OUD) in medical settings
 - Men more likely to have OUD and OD but women more likely to present in medical setting
 - Major challenge is PAIN, pts treatment-seeking for pain are more likely to attribute symptoms to pain vs OUD, esp among women
- II. Discuss Medication-Assisted Treatment (MAT) for OUD
 - challenges and opportunities utilizing MAT in medical settings (focusing on primary care, ED and inpatient)
- II. Review pilot initiatives that address barriers to utilizing MAT in medical settings and future directions of such initiatives



31

CHALLENGE # 1: HAVING THE CONVERSATION WITH A PATIENT WITH SUSPECTED OUD

Empathy (pt is suffering)

Focus = safety & functioning

Professionally set boundary

Lifesaving tx available!



32

Approach to the Patient With Addiction + Pain

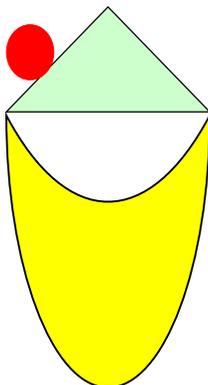
- Express Concern + Provide Feedback
 - “I am concerned about your health and safety.”
 - “This is the 3rd time you have run out of pain medications early.”
 - “You have been to the ED 6 times in the past 3 months.”
 - “I am concerned that you are showing several signs of addiction.”
- Validate Pain + Set Boundary
 - “I believe you are suffering/in pain. I can Rx non-opioid pain meds.”
 - “I cannot safely prescribe you opioids at this time.”
- Provide Education + Support
 - “I want you to know that there is excellent medication for opioid addiction that can help with pain and prevent withdrawal. We can try this.”
 - “I hope we can continue to work together to get you feeling better.”

33

LIFESAVING TREATMENTS

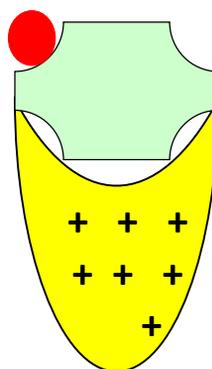
Naltrexone

Antagonist



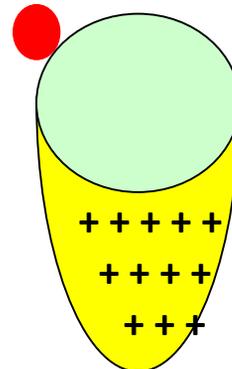
Buprenorphine

Partial Agonist



Methadone

Agonist



34

Medications for the treatment of opioid use disorder (MAT)

	Naltrexone (Vivitrol®, ReVia®)	Buprenorphine/ Naloxone (Suboxone®)	Methadone
<i>Mechanism</i>	Opioid antagonist	Opioid partial agonist/partial antagonist	Opioid agonist
<i>Availability</i>	Extended-release injection, tablet	Sublingual, Buccal, Implant, Injection	For treatment of OUD in a methadone clinic, usually in syrup form
<i>Prescribing Restrictions</i>	None – any prescriber can prescribe	Must receive a waiver to prescribe (MD/DO/NP/PA); 8-24 hours of training	Patients must obtain from a methadone clinic
<i>Initiation</i>	Must wait to initiate until patient has been free of opioids for 7 to 10 days	Must wait to initiate until after withdrawal symptoms have started to appear	May initiate immediately to avoid withdrawal
<i>Abuse Potential</i>	No abuse potential	Less likely than methadone: only a partial agonist; dissolution and injection may induce withdrawal	Low compared to other opiates Very low within methadone clinic
<i>Patient Population/ Other</i>	–Concomitant alcohol dependence –Highly motivated pts –Patients with mandated use (medical boards, etc)	–Improving insurance coverage –Can requires pre-authorization –Decreases mortality in heroin users	–Not yet covered by insurance in SC (~\$15/day) –Decreases mortality in heroin users

35

How can identification and treatment look in medical settings?

■ 54 yo F with PTSD & ETOH dependence in long-standing remission, very involved with AA

■ S/P total pancreatectomy with auto-islet cell transplant for non-alcoholic pancreatitis, 2009

■ Poor pain control, slowly escalating opioids (MEQ 320)

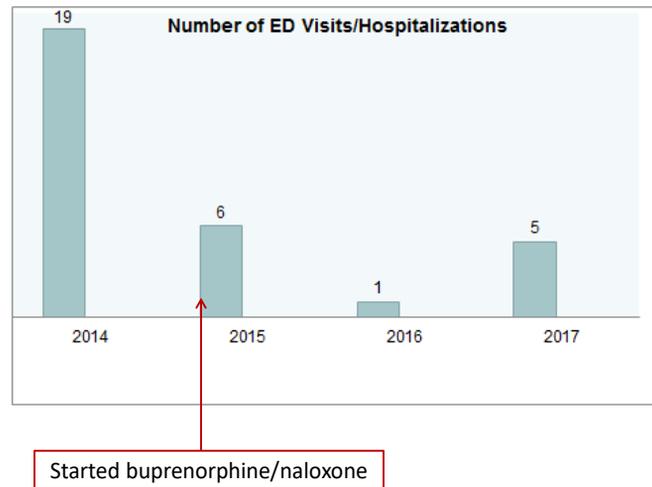
- Oxycodone ER 80 MG q 12h #60
- Oxycodone 10 mg 1-2 tabs q4 prn #180
- COMM=high, poorly-controlled pain

■ High medical utilizer, poorly-functioning:

- 2014: 19 ED/hospital admissions (DKA, pain)
- 1/21/15: took #115 oxycodone 10mg in 6 days after a break-up; went to ER in pain, received dilaudid
- Started buprenorphine/naloxone the following week

36

ED/Inpatient Utilization



37

Challenge # 2: Access to Care

- Mortality rate of those with OUD in a large university health system:
 - crude mortality rate: 48.6 per 1000 person-years
 - standardized mortality ratio: 10.3
- Effective, life-saving treatments for OUD exist
- Treatment capacity is lacking
 - Nearly 80% of Americans with OUD don't receive treatment¹
 - There are just > 3000 addiction specialists (ASAM)
 - Only 16% of 52,000 active psychiatrists had a waiver for buprenorphine in 2015
 - 60% of U.S. counties have no psychiatrists³
 - Most methadone treatment programs are already operating at 80% of capacity or greater⁴
- Training enough addiction medicine or psychiatric specialists would take years
- "To have any hope of stemming the overdose tide, we have to make it easier to obtain buprenorphine and naltrexone than to get heroin and fentanyl."²

38

Options for improving access to care for OUD

- **Emergency Departments**
 - High rate of opioid-related ED encounters :178/100k visits¹, 5 million/yr
 - ED is often the first point of health care contact for pts with OUD
 - Over 8k discharged from SC EDs/year without immediate access to treatment
- **Inpatient Hospitals**
 - Higher rate of inpatient opioid-related hospitalizations: 225/100k stays
 - Rates have doubled in past decade; estimated annual cost of \$700 million¹⁻³
 - related to ↑ opioid OD, opioid-related infectious endocarditis, skin/soft tissue infections, viral hepatitis⁴
- **Primary Care Practices**
 - More than 320,000 PCPs (Kaiser, 2017)
 - Plus a broad workforce of primary care NPs and PAs
 - “Mobilizing the PCP workforce to offer office-based buprenorphine treatment is a plausible, practical, and scalable intervention that could be implemented immediately.”²



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39

Published in final edited form as:

JAMA. 2015 April 28; 313(16): 1636–1644. doi:10.1001/jama.2015.3474.

Emergency Department–Initiated Buprenorphine/Naloxone Treatment for Opioid Dependence:

A Randomized Clinical Trial

Gail D’Onofrio, MD, MS,

Department of Emergency Medicine, Yale School of Medicine, New Haven, Connecticut

- 329 OUD pts in ED (mostly heroin)
- 1:1:1: RCT with primary outcome 30d treatment retention
 - Screening + treatment referral (SRT): 38/102 (37%)
 - SBIRT: 50/111 (45%)
 - SBIT with bup/nlx and “fast track” follow-up: 89/114 (78%)
 - P<.0001



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40

Barriers to MAT use in Emergency Department MUSC ED Focus Groups (n=9)

- Most commonly reported barrier to using MAT in ED:
 - Lack of hospital/institution endorsement
 - Addressed during pilot
 - Fears of being “flooded” with patients
 - Addressed before pilot with Grand Rounds + champion
- Most frequently cited facilitators to using MAT:
 - Receiving paid time off for training
 - Unnecessary for one-time dosing
 - Having availability of outpatient follow-up
 - Addressed during pilot – established “fast track providers”
 - Also, peer navigator is key player for follow-up



41

	Total since 12/17	Pilot Goals
# ED patients screened for substance abuse/misuse	4314	500
# ED patients screened positive for substance abuse/misuse	1444 (33%)	
# ED patients screened positive for OUD	476 (11%)	
# ED patients provided with naloxone kits	103	150
# ED patients determined eligible for buprenorphine	329	150
# ED patients inducted on buprenorphine	150	100
# (%) ED patients inducted that arrived to first appointment	121 (81%)	
# retained at thirty-day mark	65/106 (61%)	

ED MAT Project: Treatment & Retention Outcomes for 3 SC EDs



42

Original Investigation

August 2014

Buprenorphine Treatment for Hospitalized, Opioid-Dependent Patients
A Randomized Clinical TrialJane M. Liebschutz, MD, MPH^{1,2}; Denise Crooks, MPH¹; Debra Herman, PhD^{3,4}; et al[> Author Affiliations](#) | [Article Information](#)*JAMA Intern Med.* 2014;174(8):1369-1376. doi:10.1001/jamainternmed.2014.2556

- Patients with opioid-related hospitalizations rarely receive effective OUD treatment
- Similar barriers to ED initiation (need for follow-up care)
- Delayed OUD treatment in acute medical settings:
 - AMA discharges
 - Behavioral issues requiring added staff support and monitoring
 - Incomplete medical treatments
 - Increased risk for 30-day hospital readmission (50% more likely)
- Hospitalization represents a reachable moment for patients with OUD



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43

Inpatient Buprenorphine Induction for Medically Hospitalized Patients with Opioid Use DisorderSarah Oros, MD,¹ Skip Schumann, MD,² Rachel Perkins, MSW, Kelly Smith, MSW, Caitlin Kratz, MSW, LISW-CP,³ Kerri Holmes-Maybank, MD,¹ Carolyn Bogdon, FNP,² and Kelly Barth, DO,²

1. Department of Internal Medicine 2. Department of Psychiatry and Behavioral Sciences 3. Charleston County Department of Alcohol and Other Drug Abuse Services

- Brief 2-month pilot evaluation
 - Gen Med Service, funded pts
- 3 inducted on buprenorphine: 2 heroin, 2 Rx opioids
 - 2 followed-up (66%)
- Reasons for admission: Suicide attempt /bacteremia, Acute respiratory failure, Endocarditis, Intractable N/V/D

13 screened positive per NIDA Quick-Screen (65%)

8 eligible for buprenorphine induction for OUD (62%)

4 met criteria based on insurance status, brief negotiated interviews conducted

3 patients inducted on buprenorphine

2 patients attended follow up



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44

Opportunities for Inpatient OUD Treatment

- Established relationship with patient
 - If the inpatient provider is waived, do not need next day follow-up, can write a bridging prescription
 - We already have a number of waived inpatient providers
- Opportunity for detox + naltrexone induction for pts with length of stay 7+ days
- Also opportunity for quick induction for patients on high MEQ who destabilize while undergoing taper
- Need resources for unfunded patients
- These are high risk and expensive hospitalizations
 - If prevent one endocarditis readmission, can have huge impact
- Multiple opportunities as a site for upcoming RCTs



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45

Medscape Medical News > Conference News

Buprenorphine 'Underused' in Primary Care as Opioid Abuse Soars

Nancy A. Melville

May 20, 2016

81 comments



Print

EDITORS' RECOMMENDATIONS



Buprenorphine May Beat Opioids for Triad of Pain, PTSD, SUDs



CDC Opioid Guideline Lands, Controversy Continues

Pain Management News & Perspectives

RELATED DRUGS & DISEASES

AUSTIN, Texas — Despite being at the front lines in the nation's battle against opioid addiction as the first to treat chronic pain, and opioid overdose, few primary care and family physicians use the one drug available to them to treat addiction, buprenorphine, experts say.

"Sublingual buprenorphine is the only treatment for opioid addiction that can be provided by primary care providers [PCPs], yet it's rarely used by them and the demand for it is enormous," said Lucinda Grande, MD, from the University of Washington's Department of Family Medicine, in Seattle.

"Primary care is an ideal place for this drug to be used, with PCPs being the ones treating most of the chronic pain out

46

Barriers to MAT use in Primary Care MUSC PCP Focus Groups (n=46)

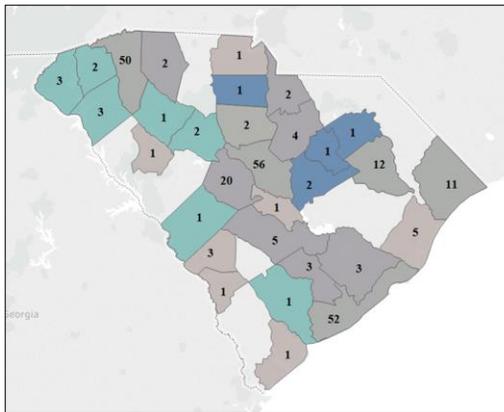
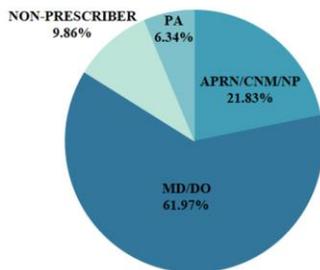
- **Need for education and training**
 - "I'm trying to understand how these are prescribed. What's the 8-hour training? Why does it take 8 hours? How involved is it? It sounds risky itself. Naltrexone sounded like it wasn't as risky. Is it a shot a month?"
- **Need for specialty support**
 - "So where is that specialist? Where are those systems to support us?"
- **Emotional challenge**
 - "...the vast majority of patients we're treating have chronic pain and that's why they are on opioids anyway, this conversation introduces an emotionally charged element that can halt your entire day and be very disruptive to practice as well. So just getting into that conversation there can be barriers there too."



47

Provide Training for Primary Care

- In the past year, we've provided the official 8-hour training course to prescribe buprenorphine to 227 providers in SC
 - Free of charge
 - 8 hours CME



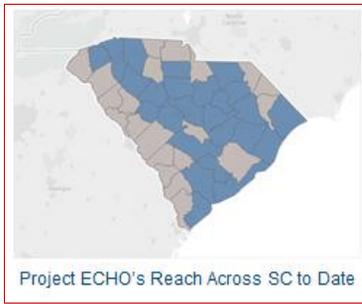
48

Addressing Need for Specialty Support & Emotional Challenge

**Project ECHO Opioid Use Disorder in South Carolina:
Amplifying Capacity for Evidence-Based Treatment**



Rachel Grater, MFA, MA¹, Caitlin Kratz, MSW, LISW-CP², Carolyn Bogdon, MSN, FNP-BC¹, Suzanne Lane, MSHI, Kelly Barth, DO^{1,3}
¹ Department of Psychiatry & Behavioral Sciences, ² Charleston County Department of Alcohol & Other Drug Abuse Services, ³ Department of Internal Medicine, Medical University of South Carolina

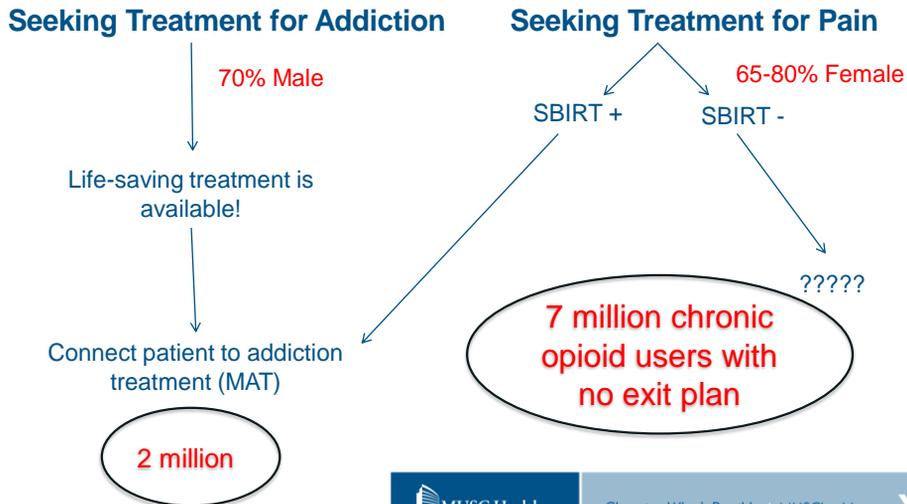


- 20 sessions to date
- 436 participants
- Average 22 participants/session
- One hour over lunch
- CME provided
- Website support

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49

What about Chronic Pain?



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50

MUSC Outcomes – Pain Rehabilitation

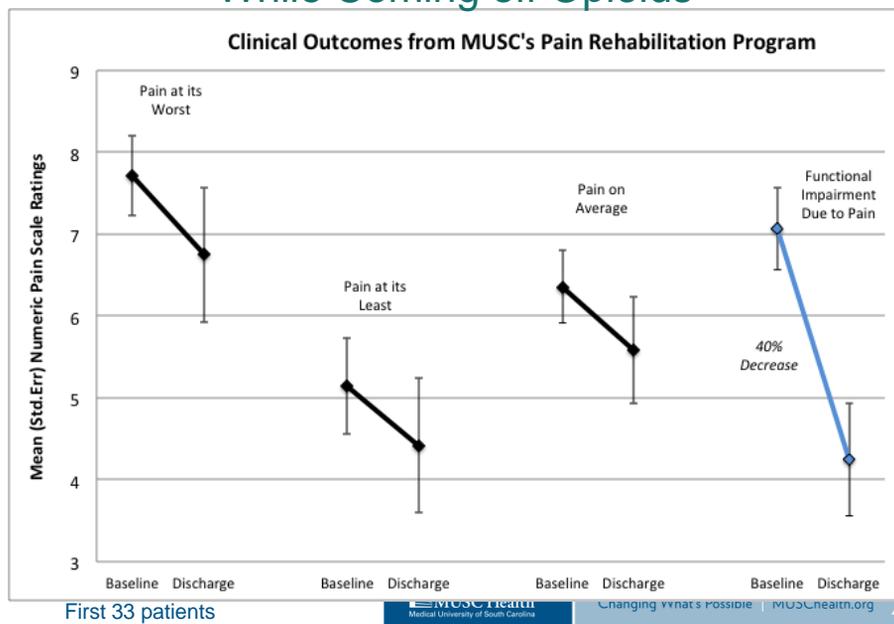
- **Operationalization**
 - Funded through Duke Endowment
 - Ribbon cutting March 5, 2018
- **Our Model**
 - 3 week intensive outpatient program, group setting
 - Incorporates PT, OT, medical management, psychotherapy
 - Psychotherapy is Acceptance-based
 - Opioid discontinuation is mandatory
 - Childcare & travel scholarships available
 - Epic Referral
- **Feasibility of Recruitment/Demonstration of Need**
 - 154 referrals (no formal advertising)
 - 76% female
 - Averaging 22 referrals/month
 - 17 counties
 - Payor mix: BCBS, Medicaid, Medicare – Now Covered by BCBS



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51

Decrease in Pain and Disability While Coming off Opioids



52

Gender differences in Pain Rehab Outcomes

Table 3

Benefit from the pain management for the total sample and for each sex.

	Benefit	SD	d	T	df	P
<i>PDI</i>						
Total sample	-7.64	11.58	.570			
Men	-5.89	10.30	.436	3.330	494	.001
Women	-9.32	12.48	.684			
<i>NRS minimum</i>						
Total sample	-.95	2.09	.410			
Men	-.76	1.83	.359	27,027	-2.348	.019
Women	-1.14	2.30	.451			
<i>NRS average</i>						
Total sample	-1.54	1.96	.911			
Men	-1.23	1.74	.758	25,873	-3.083	.002
Women	-1.83	2.12	1.045			
<i>NRS maximum</i>						
Total sample	-.87	1.73	.642			
Men	-.74	1.55	.549	28,421	-1.475	.140
Women	-.99	1.87	.741			

NRS = Numeric Rating Scale; PDI = Pain Disability Index; U = Mann-Whitney U test; Z = z statistic; T = paired t test; df = degrees of freedom; M = mean; SD = standard deviation; n = set of numbers; P = P value (2-tailed); d = Cohen d.

Pieh et al.,
2012

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53

Pharmacologic Therapies Chronic Low Back Pain

Drug	Pain		Function	
	Magnitude of Effect	Strength of Evidence	Magnitude of Effect	Strength of Evidence
NSAIDs	Small-Moderate*	Moderate	None-Small	Low
Opioids (full)	Small*	Moderate	Small	Moderate
Buprenorphine	Small*	Low	Unable to estimate	Insuf
Tramadol	Moderate*	Moderate	Small	Moderate
Duloxetine	Small*	Moderate	Small	Moderate
Pain Rehab	Moderate-Large	Low-Mod	Moderate-Large#	Low-Mod

- *Mean effect = 1 point or less on 0-10 pain scale across medications
- #Clinically meaningful (for women)

Chou et al., 2017
Pieh et al., 2012

54

Summary

- The opioid crisis is ongoing and evolving – and affecting SC
- Treating OUD decreases overdose mortality
- Medications for OUD include both opioid and non-opioid treatments
- Identifying and treating OUD with MAT is the most evidence-based intervention for those with chronic pain (most common presentation in medical settings)
- Addressing the evolving crisis requires multiple adaptable approaches, including addressing barriers and improving access to OUD care
- Mobilizing the ED, hospital and PCP workforce to treat OUD effectively is a plausible, practical, and scalable intervention that can be implemented immediately
- Providing training/education + support through tele-mentoring/ECHO are approaches that can be implemented now and be fluid/adaptable as the crisis evolves
- There are multiple SC initiatives to improve access to OUD care for patients in medical settings
- Free training and support is available for SC providers to treat OUD
- Pain rehabilitation is a highly effective treatment for poorly-functional patients with chronic pain, especially effective in females

55

Acknowledgments



56

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Upcoming topics for Project ECHO Opioid Use Disorder

Proposed ECHO schedule Sept-Dec 2018 (1st & 3rd Fridays 12:30-1:30)

Date	Topic	Presenter
9/21	Co-morbidities: Personality Disorders	Dr. Kelly Barth
10/5	Treatment of Perinatal Opioid Disorder	Dr. Constance Guille
10/19	Medication Update: Alpha agonists (clonidine, lofexidine) for opioid withdrawal	Dr. Dan McGraw
11/2	Methadone Maintenance Treatment	Caitlyn Kratz, MSW, LISW-CP, CAC-I
11/16	Urine Drug Testing	Dr. Kelly Barth
11/30	Counseling Techniques for Primary Care: Motivational Enhancement	Dr. Joe Schacht
12/14	Brain Stimulation Techniques for Pain and Opioid Use	Dr. Colleen Hanlon

For more information and/or to register, contact:

Rachel Grater, Program Coordinator
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57

Questions?

Slides, scales, and other practice tools are available on our website:

www.scmataccess.org

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58