

# **Measuring How Well Whittier Health Clinic is Managing Patients with Opioid Use Disorder and/or Opioid Dependence**

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# Background

Opioid Use Disorder (OUD) is a chronic relapsing condition associated with significant morbidity and mortality.

## **United States:**

- In 2016, ~2.1 million Americans 12+ years and older suffered from OUD.
- 47,000 Americans died from opioid overdoses in 2017.

## **Minnesota:**

- 343 opioid overdose-related deaths in 2018
- An increasing number of these deaths is due to fentanyl and its related compounds
- Majority of people who died from opioid overdose were 25-64 years old

Medication-assisted therapy (MAT) with methadone, buprenorphine, and naltrexone decreases opioid use and cravings.

# Aim Statement

To qualitatively measure how well WHC patients with opioid use disorder and/or opioid-dependence are being managed.

## Methods: PICO

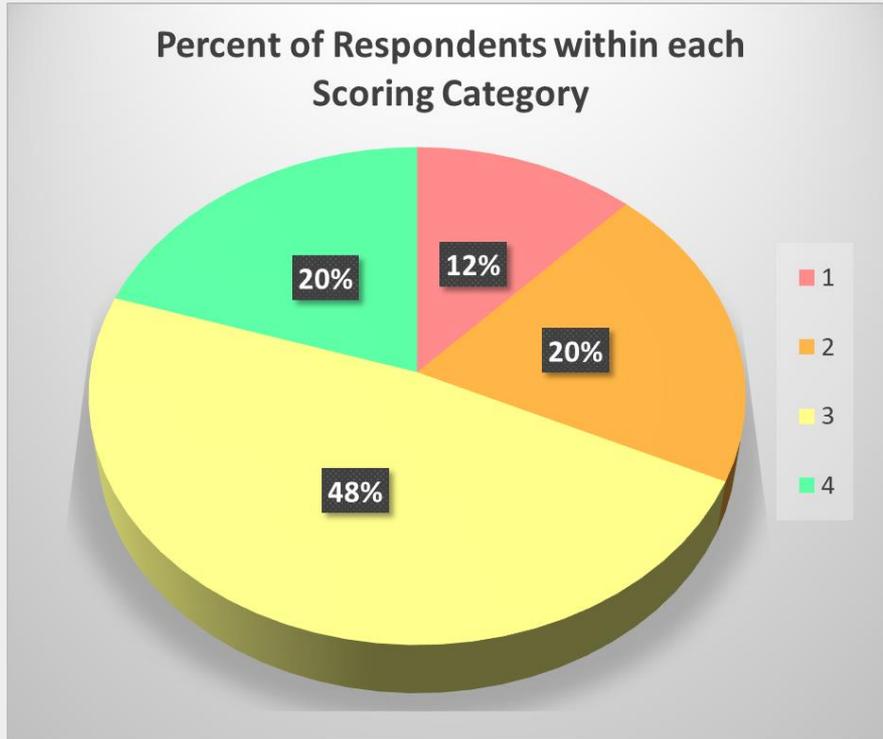
- Population studied: Adult patients visiting WHC from 10/1/2021 to 12/31/2021 with at least of the following diagnoses: Opioid use Disorder, Opioid Dependence (n = 42).
- Intervention: perform assessments via telephone
- Comparison: patients on MAT vs. not on MAT
- Outcome measure: presence or absence of cravings

# Methods: Assessment and Scoring

- “Are you on MAT?”
- “Are you having cravings?”

<b>KEY</b>	
1	No MAT + cravings
2	MAT + cravings
3	MAT, no cravings
4	No MAT, no cravings

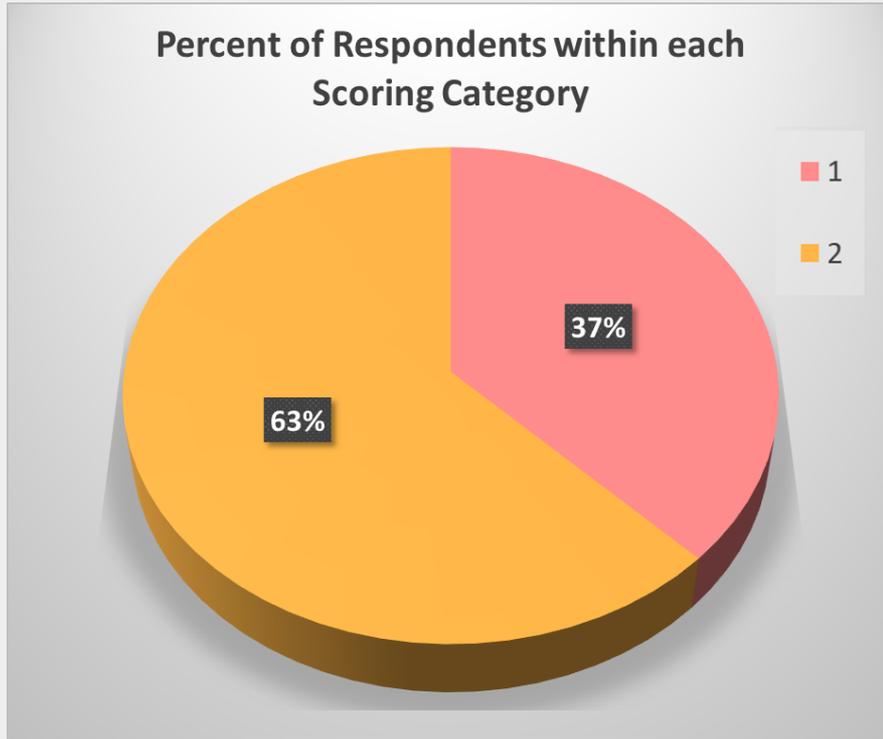
# Results



- 68% of all patients are not experiencing cravings (Score 3 + 4 combined).
- 32% of patients are experiencing cravings (Score 1 + 2 combined).

<b>KEY</b>	
1	No MAT + cravings
2	MAT + cravings
3	MAT, no cravings
4	No MAT, no cravings

# Results



- Out of all patients experiencing cravings, 37% are not on MAT (Score 1).
- Out of all patients experiencing cravings, 63% are on MAT (Score 2).

KEY	
1	No MAT + cravings
2	MAT + cravings
3	MAT, no cravings
4	No MAT, no cravings

# Summary:

## Conclusions:

- *The majority of patients with Opioid-dependence are not experiencing cravings (68%).*
- 63% of patients with cravings are undertreated.
- This system can be used to identify targets for intervention with MAT (37% of patients with cravings are not on MAT).

## Next Steps:

- Schedule visits for those scoring 1 and 2 to introduce and reassess MAT regimen respectively.
- Repeat this for 1/1/2022-3/31/2022.

# References

- Riblet, NB et al. (2020) Associations between medication-assisted therapy services delivery and mortality in a national cohort of veterans with posttraumatic stress disorder and opioid use disorder. *J Dual Diagn.* 16(2):228-238.
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