

# Medication for Opioid Use Disorder: Continuous Quality Improvement

Presenters:

Lynda Bascelli, MD (she, her)

Brian Colangelo, LCSW, CADC (he, him)

- Disclosures

No financial disclosures to report

# CQI Objectives

- Documentation
- Access
- Workflow
- ***Measuring outcomes***

- What we would like you to take away from this:
  - There are some fairly simple measures that you can use at a programmatic level to evaluate the quality of care that you provide
  - Be deliberate and considerate in determining what data you really need, how to collect and analyze it
  - Ultimately ‘success’ is how you and your patients define it, so measure what matters and work to reduce harm...

IOM DIMENSIONS	ADDICTION MEDICINE EXAMPLES
<b>Safety:</b> Avoid allowing the system of care to cause injury to the patient	Access to care, delays in appointment scheduling, or medication errors
<b>Effectiveness:</b> Provide evidence-based treatment to all patients and avoid services with limited patient benefits	Use of addiction medications; screening and brief intervention in primary care, case management, and posttreatment aftercare; and offer psychological interventions such as structured family therapy, motivational interviewing, or contingency management
<b>Patient centered:</b> Provide care that is based on and guided by patient needs, preferences, and values	Establish clear two-way expectations; include family and friends in treatment process, or work with clients to create treatment plans
<b>Timely:</b> Reduce waits and delays for both the patients and staff alike	Establish walk-in hours; offer interim services; add additional groups
<b>Efficient:</b> Evaluate the process of care to create an efficient process that reduces waste and conserves resources	Eliminate excessive paperwork, reassign tasks, cross-train staff, or develop a process for a seamless transition across treatment providers
<b>Equitable:</b> Ensure that processes of care are consistently applied across gender and racial/ethnic groups	

- Outcomes

- IHI Quadruple Aim

- Reduction in cost
    - Improvement in the health of the population/health equity
    - Improved clinician experience
    - Improved patient experience → Recovery

# What is Recovery?

Sustained recovery and an improved quality of life should be the expected goal of treatment for substance use disorders

A broadly representative group of experts convened by the Betty Ford Institute in 2007 defined recovery as “a voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship.”



The American Society of Addiction Medicine (ASAM) defined recovery as “a process of sustained action that addresses the biological, psychological, social, and spiritual disturbances inherent in addiction. This effort is in the direction of a consistent pursuit of abstinence, addressing impairment in behavioral control, dealing with cravings, recognizing problems in one’s behaviors and interpersonal relationships, and dealing more effectively with emotional responses. Recovery actions lead to reversal of negative, self-defeating internal processes and behaviors, allowing healing of relationships with self and others. The concepts of humility, acceptance, and surrender are useful in this process.”

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery from mental disorders and substance use disorders as, “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

- Know your purpose
  - What piece of the puzzle are you?
  - What is the objective of your intervention?
  - What will your actions accomplish?
  - How do you demonstrate effectiveness?
  - What is your setting?



How are addiction pharmacological medications used?



## What is the function of Naltrexone (Vivitrol/Revia)?

- To reduce cravings for euphoric producing substances
- To create antagonistic effects against opioids

## What is the function of Naloxone (Narcan)?

- To reverse the effects of opioid overdose
- What else?????

## What is the function of Buprenorphine?

- To reduce the cravings for opioids
- To prevent symptoms of opioid withdrawal
- To block the effects of illicit opioid use
- To prevent the opioid overdose

## What is the function of Methadone?

- To reduce the cravings for opioids
- To prevent symptoms of opioid withdrawal



- Are you prescribing MAT as an evidence-based treatment?
- How long is the wait for treatment?
- Are you retaining patients in care?
  - 3 months
  - 6 months
  - >6 months

- UDS c/w abstinence
- UDS c/w use of buprenorphine
- % engaged in treatment for Hep C/HIV
- % engaged in behavioral health treatment

- Programmatic:
  - # of waived prescribers
  - # of patients in treatment
  - # of new patients/month
  - Time from first engagement to treatment
  - Retention rate

## Common Measures of Quality in Addiction Treatment

- Average wait times for program admission
- Attrition rate / rate of successful patient treatment completion (discharge not against medical/program advice)
- Rate of patient readmission to treatment
- Periods of patient abstinence determined through:
  - biological monitoring *in treatment* and *following treatment*
  - treatment readmissions
- Periods of patient relapse determined through:
  - biological monitoring *in treatment* and *following treatment*
  - treatment readmissions

## Common Measures of Quality in Addiction Treatment

- Use of recovery support services (e.g. linkage to 12-step programs)
- Connection to/coordination with primary care clinicians prior to discharge
- Follow-up with the patients, families and primary care physicians
- Substance-related emergency department visits
- Substance-related hospital admissions
- Substance-use related illness/disease (HIV, Hepatitis C)
- Substance-related accidents (e.g. workplace, motor vehicle crashes)
- Substance-related arrests / incarceration

- Patient-centered – through a harm reduction lens
  - What is your patient's goal?
    - Abstinence
    - Reduction in use
    - Employment
    - Relationship repair
  - Patient satisfaction

- Improved provider experience
  - Reduction in burnout or ‘moral injury’

- Questions
- Case Discussion
- Contact Information

[Bascelli-Lynda@cooperhealth.edu](mailto:Bascelli-Lynda@cooperhealth.edu)

[Colangelo-brian@cooperhealth.edu](mailto:Colangelo-brian@cooperhealth.edu)