



Premier Health's Buprenorphine (MAT) Self-Start Program Implementation Overview

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Educational Overview

Overview:

Premier Health's Emergency Departments are launching a Buprenorphine Self-Start program.

When? February 8, 2023

Why? Often patients in the ED with OUD are not ready for MAT induction.

Who? ED patients with OUD interested in MAT but are not yet in significant withdrawal.

How? Provide specific patient education, provide a 3-day prescription for Buprenorphine, and confirm a follow-up appointment with a community AoD provider.

What is MAT?

The use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of Opioid Use Disorder.

MAT operates to normalize brain chemistry, block the euphoric effects of opioids, relieve physiological cravings, and normalize body functions without the negative and euphoric effects of the substance used.

(Substance Abuse and Mental Health Services Administration, 2022)

Why MAT?

The Benefits of MAT include:






- Improved patient survival
- Treatment retention
- Decreased illicit opiate use and other criminal activity
- Increased ability for patients to gain and maintain employment
- Improved birth outcomes



The Self-Start Guide

Buprenorphine Instructions

Once you are ready, follow these instructions to start the medication.

DAY 1: 8-16 mg of Buprenorphine				DAY 2: 16 mg of Buprenorphine (unless otherwise specified)	
Step 1		Step 2		Step 3	
Take the first dose.	Wait 45 minutes	Still feel sick? Take next dose.	Wait 6 hours	Check one based on prescription	
				<input type="checkbox"/> Take 8 mg twice daily <input type="checkbox"/> Other _____ <input type="checkbox"/> Appointment _____	
<ul style="list-style-type: none"> Put the tablet or strip under your tongue. Keep it there until fully dissolved (about 15 min.). Do NOT eat or drink while taking. Do NOT swallow the medicine. 		Most people feel better after two doses. $8 + 8 = 16 \text{ mg}$		Continue this daily dose until your next follow-up appointment.	
		If your withdrawal symptoms are not getting better, 		Call OneFifteen (937) 535-5115 for Telehealth visit with a provider. Open 24 hrs, 7 days a week. OR Return to the Emergency Room.	
		Stop after 2nd dose. Do not take more than two doses (total of 16 mg) on Day 1.			

IF YOU HAVE QUESTIONS, PLEASE CALL (937) 535-5115 AND ASK FOR HELP WITH THE ER SELF-START BUPRENORPHINE PROGRAM. DOWNLOAD THE APP USING THE QR CODES BELOW.

IT IS IMPORTANT TO KEEP YOUR FOLLOW-UP APPOINTMENTS.



OneFifteen Apple Appstore



OneFifteen Playstore

Patient Guide: Beginning Self-Start Buprenorphine Treatment

Before you begin, you want to feel **VERY SICK** from your withdrawal symptoms. Your Subjective Opiate Withdrawal Scale (SOWS) score should be 17 or higher.

It should be at least...

- 24-36 hours since you last used Fentanyl
- 12-24 hours since you last used Heroin
- 12-24 hours since you last snorted pain pills (Oxycotin)
- 12-24 hours since you last swallowed pain pills (Hydrocodone, Oxycodone)
- 36 hours since you last swallowed Oxycotin
- 72 hours or more since you last used Methadone

You should feel at least three of these symptoms. Refer to SOWS, if needed.

- Restlessness
- Anxiety
- Body aches
- Goosebumps
- Heavy yawning
- Increased tears
- Cravings
- Tremors/twitching
- Stomach cramps, nausea, vomiting or diarrhea
- Enlarged pupils
- Sweating
- Chills
- Hot flashes
- Runny nose
- Irritable
- Feel like using now

Subjective Opiate Withdrawal Scale (SOWS)

Before you begin Buprenorphine, you want to feel **VERY SICK** from your withdrawal symptoms.






- If you are not sure if you are sick enough, try adding up your SOWS score.
- When your score is 17 or higher, you may begin Buprenorphine.

Instructions: For each symptom, write a number from 0-4 about how you feel **right now**. Use this scale to determine when to take the first dose of Buprenorphine. After your first day of Buprenorphine treatment, you no longer need to use the SOWS tool. SCALE 0 = not at all 1 = a little 2 = moderately 3 = quite a bit 4 = extremely

Date					
Time					
SYMPTOM	SCORE	SCORE	SCORE	SCORE	SCORE
1. I feel anxious.					
2. I feel like yawning.					
3. I am perspiring (sweating).					
4. My eyes are tearing.					
5. My nose is running.					
6. I have goosebumps.					
7. I am shaking.					
8. I have hot flashes.					
9. I have cold flashes.					
10. My bones and muscles ache.					
11. I feel restless.					
12. I feel nauseated.					
13. I feel like vomiting.					
14. My muscles twitch.					
15. I have stomach cramps.					
16. I feel like using now.					
TOTAL					

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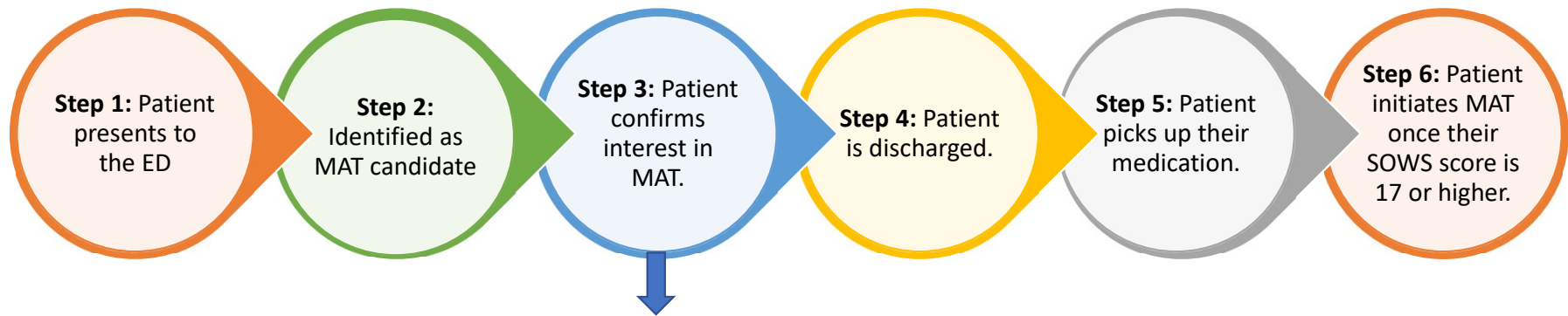
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Premier Health Process and Workflows



Step 3A: SUN/SW

1. Engages patient
2. Makes follow-up appointment with MAT provider for patient for long term treatment.
*Warm hand-off to treatment provider is done when possible.
3. Teaches patient to download telehealth app from OneFifteen.
4. Points out QR codes are available on the bottom of the patient education.

Step 3B: Provider

1. Uses Order Set for ED System Buprenorphine Phase II and Self-Self Start which includes:
 - 3-day prescription for MAT.
 - Link to print Self-Start Guide.
 - Reminder for patient to be sent home with Narcan.

Step 3C: Provider educates the patient on MAT Self Start Education/handout and goes over the following:

1. When and how to take the SOWS assessment
2. Advise the patient what to do if symptoms worsen: Call OneFifteen first and then use their app as guided by the OneFifteen provider OR return to the emergency department.
3. Communicate the plan for self-start BUP to nursing team
4. Place MAT treatment information on discharge instructions.
5. Give diagnosis associated with OUD.

Step 3D: Nurse then assures the following prior to/at discharge:

1. Give patient AVS Summary with MAT education
2. Confirm patient has a copy of the MAT Self Start Guide.
3. Confirm patient received a Narcan Kit
4. Ask if there are any additional questions.



Roles and Responsibilities



Substance Use Navigator/ Social Services Role

1. Patient engagement and motivational interviewing
2. Identify patients who may benefit from MAT
3. Facilitate communication with providers and nursing
4. Provide copy of Buprenorphine Self -Start Guide to patients
5. Provide additional education on Buprenorphine Self- Start Guide
6. Assure that patient is aware of how to access resources
7. Assist patient with downloading the OneFifteen Telehealth app
8. Make follow up appointment for long-term buprenorphine treatment, using the Telehealth tablet for warm-hand off when available
9. Give pharmacy list for MAT products [pharmacy list here](#)
10. Offer wrap around services: medication assistance, food, housing, clothing, etc.



Roles and Responsibilities



Nursing Role

1. Identify patients who may benefit from MAT
2. Confirm patients are discharged with the Self-Start Guide
3. Add MAT education to the AVS as discharge
4. Confirm patient was given a Narcan kit with their prescription for Buprenorphine
5. Assure all of patient's questions are answered



Roles and Responsibilities

NEED HELP FROM AN EXPERIENCED PROVIDER?

CALL ONEFIFTEEN PROVIDER ON CALL
AT 937-535-5115 AND ASK FOR HELP WITH BUP
INDUCTION OR THE SELF-START PROGRAM.

Provider Role

1. Use ED System Buprenorphine/ OUD order set
2. Coming soon- Self Start section of order set with link to print Self-Start Guide. Printed copies will also be in the stations
3. Educate patients on Buprenorphine Self Start Program
4. Communicate to nursing, social work and substance use navigators the plan for Self-Start at home
5. Order Narcan kit to be given to the patient
6. Ensure the patient has a follow up appointment scheduled with 3 days
7. Prescribe a 3-day prescription for MAT
8. Add MAT information in the discharge navigator/AVS
9. Include the appropriate diagnosis at discharge to reflect the patient's condition. Examples: OUD/opioid withdrawal/opioid overdose

Educate the patient using the Self-Start Guide as a reference

1. How to calculate the SOWS score and when to start MAT
2. How to take the prescribed medications
3. What to do if they feel worse (precipitated or complicated withdrawal.)
 - Advise patient to call OneFifteen for telehealth appointment OR return to the emergency room.



HOW TO REACH THE SUN

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HOW TO REACH THE SUN



Brooke Sampsel
UVMC



Jessica Auxier
MVHN & MVH



Brandy Watkins
AMC



Jill Browder
MVH



Regina Reeder
MVHN



Alexia Chandler
MVH





Thank you
for your
support with
this initiative!

We recognize that everyone has an important role to play with supporting our patients with Substance Use and Opioid Use Disorders.

By supporting this workflow, you can support someone on their journey to a healthier lifestyle and make a difference in their life.

