Welcome & Introductions

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NURSE CARE MANAGER CORE SKILLS

SESSION 1
OBJECTIVES

• Identify core skills of nurses treating Opioid Use Disorder (OUD)

• Discuss the application of core skills throughout treatment and in different treatment settings

• Develop personal professional development plan to improve core skills
CORE BELIEFS

- Addiction Is Not a Moral Failure
- OUD Is Treatable
- People Get Better
- Relapse Is Expected
- Language Matters
PATIENT ENGAGEMENT

• Motivational Interviewing
  – Adopt the “MI spirit”
  – Partnership
  – Acceptance
  – Compassion
  – Evocation

• Empathy
• Flexibility
• Curiosity
Four Treatment Stages

1. Screening and Intake
2. Medical Induction
3. Stabilization
4. Maintenance
EVALUATING TREATMENT

• Evaluating medication effectiveness
  – Craving, withdrawal, administration

• Interpreting and responding to UDT results
  – Prescription Monitoring Database

• Identifying “progress in treatment”
• On-going evaluation for depression and anxiety
  – PHQ-9
  – GAD-7

• Suicide assessment & safety planning

• Evaluating goals with patient
  – Patient goals
  – Provider goals
INTERVENTIONS

Cognitive Behavioral Therapy (CBT)
Dialectical Behavior Therapy (DBT)
Sleep Hygiene
Chronic Pain Management
Relapse Prevention
Contingency Management
12 Step Facilitation
Harm Reduction
ADJUSTING TREATMENT

• Longer appointment intervals for stable patients
• Shorter appointment intervals
• Shorter prescriptions (weekly)

• Recovery support groups
• Behavioral health services
• Intensive outpatient treatment

• Daily observed dosing of buprenorphine at an OTP
• Inpatient treatment with buprenorphine
• Methadone maintenance treatment
ADJUSTING TREATMENT

• Team-based decision making
• Weekly team meetings for challenging cases
• Bridge patient until new treatment is established
• Warm hand-off
  – Continued contact through transition
• Patients with OUD may have co-occurring conditions
  – Pain
  – Mental health diagnosis
  – Hepatitis C
  – Endocarditis
  – Soft tissue infection

• Or the unexpected/expected happens:
  – Pregnancy
  – Surgery
  – Injury
- NCM may be coordinating care across systems and disciplines

- Systems may not be limited to healthcare:
  - Employment
  - Legal
  - Family Services
PROFESSIONAL DEVELOPMENT

Create a professional development plan

- Identify your mentors
- Identify areas of competence
- Identify your resources
- Identify areas for professional development
Prompt
1. Write down any big ideas from this session.
WHY WORRY ABOUT POLYSUBSTANCE USE IN PATIENTS BEING TREATED FOR OUD WITH BUPRENOERPHINE?

- Associated with greater psychopathology
- Increased levels of risky behaviors
- Poor treatment engagement
- Death

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