

RN Care Manager Role Treating Opioid Use Disorder

Integrated Care and the Expanding Role of Nurses

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The Healthier Washington Practice Transformation Support Hub





Welcome & Introductions

Kelly Youngberg, MHA

- Senior Project Manager & Practice Coach, AIMS Center

Addy Adwell, RN, BSN

- Nurse Care Manager, HMC AMC
- RN Trainer, H&S OTNs

Mark Duncan, MD

- Assistant Professor, UW Psychiatry & Behavioral Sciences
- Provider Trainer, H&S OTNs

Paul Barry, LICSW

- Navigator Trainer, H&S OTNs, AIMS Center

Heather Wilcox

- Training Resource Coordinator, AIMS Center



UNIVERSITY *of* WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES

School of Medicine

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**

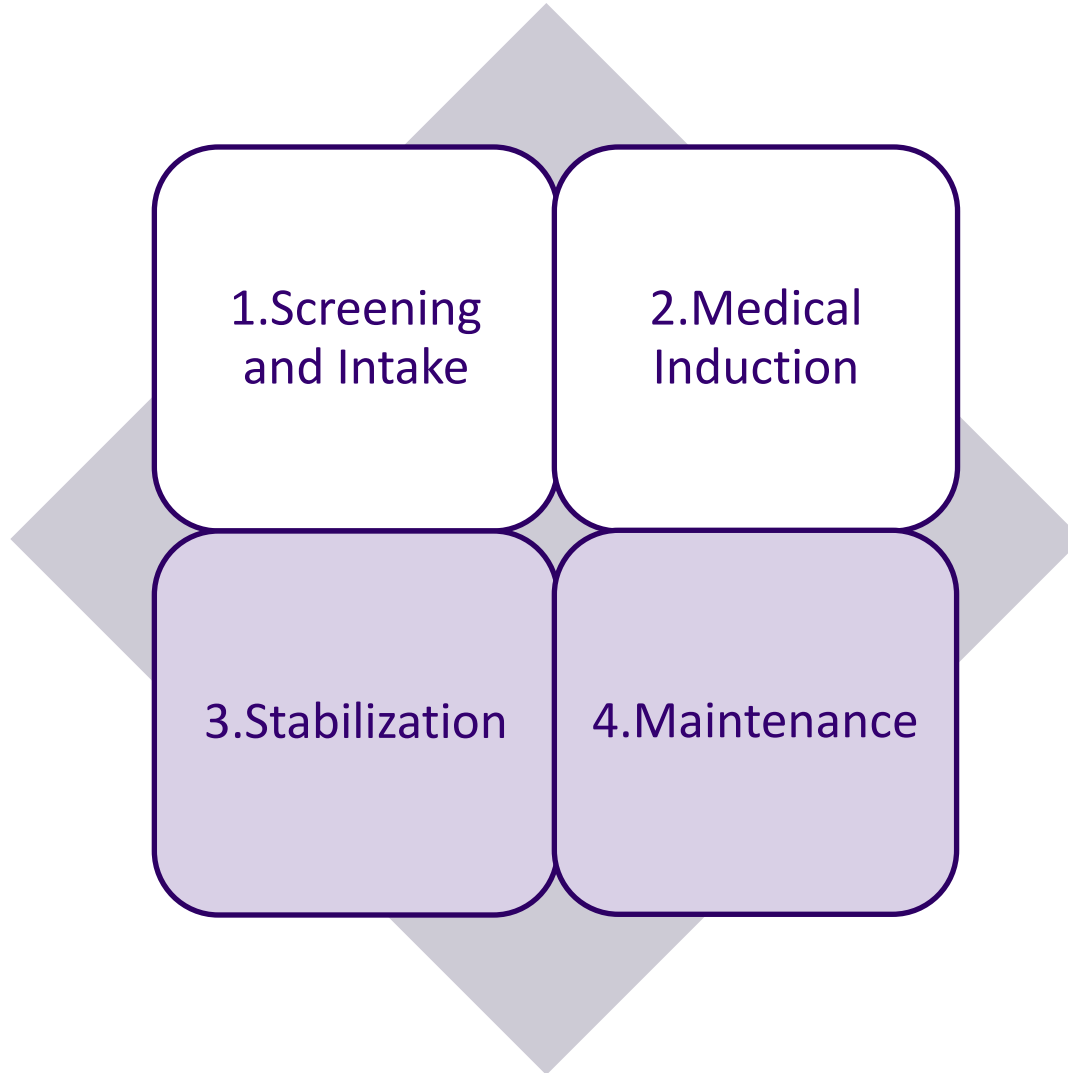
CORE BELIEFS



PATIENT ENGAGEMENT

- **Motivational Interviewing**
 - Adopt the “MI spirit”
 - Partnership
 - Acceptance
 - Compassion
 - Evocation
- **Empathy**
- **Flexibility**
- **Curiosity**

Four Treatment Stages



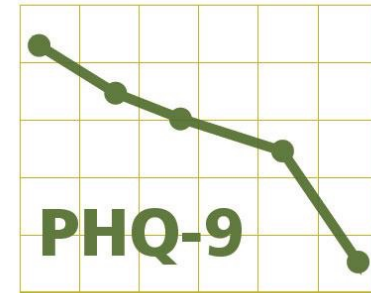
EVALUATING TREATMENT

- **Evaluating medication effectiveness**
 - Craving, withdrawal, administration
- **Interpreting and responding to UDT results**
 - Prescription Monitoring Database
- **Identifying “progress in treatment”**

EVALUATING TREATMENT (CONT'D)

- **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

CARE COORDINATION

- **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

CARE COORDINATION (CONT'D)

- **NCM may be coordinating care across systems and disciplines**
- **Systems may not be limited to healthcare:**
 - Employment
 - Legal
 - Family Services

PROFESSIONAL DEVELOPMENT



BIG IDEAS WORKSHEET



Prompt

1. Write down any big ideas from this session.

Big Ideas Worksheet
RN Care Manager Role Treating Opioid Use Disorder (OUD)

Instructions
After each session write down ideas, inspirations or things you want to take back to your organization.




Session 1: Core Skills For Nurses Treating Opioid Use Disorder (OUD)

Session 2: Overview of Polysubstance Use

Session 3: Clinical Challenges and Co-occurring Conditions

Session 4: Designing and Refining Policies, Protocols, Workflows and Guidelines

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WHY WORRY ABOUT POLYSUBSTANCE USE IN PATIENTS BEING TREATED FOR OUD WITH BUPRENORPHINE?

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



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