

## **Proposed Learning Objectives for the Nurse Practitioner and Physician Assistant Waiver Training**

### **Medical withdrawal management and maintenance**

#### **General understanding**

- Describe the epidemiology of opioid use disorder (OUD)
- Discuss the U.S. Food and Drug Administration (FDA)-approved pharmacological treatments for OUD
- List the benefits of using medication-assisted treatment (MAT) and recovery services for OUD
- Discuss the neurobiology of addiction and the roles genetics and environmental factors play in addiction
- Present the process of medication induction as well as stabilization, maintenance, and treatment termination (when indicated)
- Define safety concerns and drug interactions
- Explain the regulatory oversight for pharmacological treatments for OUD
- Describe minimum standards of care
- Discuss informed consent procedures and treatment agreements when providing MAT for OUD
- Identify how to determine the adequate level of psychosocial treatment and frequency of pharmacotherapy visits when providing MAT
- Explain the importance of evidenced-based practices (EBPs) for substance use disorders (SUDs)
- Demonstrate understanding of the basic principle of EBPs to enhance MAT outcomes:
  - Cognitive behavioral therapy
  - Acceptance and commitment therapy
  - Motivational interviewing
  - 12-step facilitation
  - Community reinforcement approach
  - Community reinforcement and family training approach
- Identify skills from each EPB to be used in a variety of treatment settings
- Demonstrate how to increase understanding of SUD mutual-help groups
- Describe the importance of trauma-informed care in providing a safe setting

#### **Increasing access to MAT**

- Describe major barriers to access to and utilization of MAT
- Demonstrate understanding of the vital role of the medical community in ensuring the adoption of MAT and other evidence-based treatments for OUD
- Present the evolution of MAT for OUD

#### **Treating OUD in pregnant women**

- Discuss the epidemiology of SUDs (OUD in particular) in pregnant women
- Understand both maternal and fetal/infant risks of OUD during pregnancy and the postpartum period
- Identify screening approaches to OUD during pregnancy
- List MAT options for pregnant women with OUD
- Discuss behavioral treatment options for management of OUD in pregnant women
- Present approaches to management of infants born to mothers with OUD

## **Appropriate clinical use of FDA-approved medications for OUD treatment**

### **Choosing the most appropriate pharmacological strategy for treatment of individuals with OUD**

#### ***Buprenorphine* (e.g., buprenorphine/naloxone combination formulations and buprenorphine monoproduct formulations)**

- Discuss the process of buprenorphine induction
- Present stabilization and maintenance techniques

#### ***Naltrexone* (e.g., extended-release injectable and oral formulations)**

- Describe the process to select the most appropriate patients for treatment with naltrexone
- Determine pharmacological strategies to initiate treatment with naltrexone
- Identify clinical challenges encountered during treatment with naltrexone
- Explain how to implement naltrexone in SUD treatment

#### ***Methadone***

- Discuss the unique characteristics of opioid treatment programs (OTPs)
- Identify OTPs as part of the continuum of care
- Assess the infrastructure available to support medication management in OTPs
- Identify challenges to and opportunities for integrating all three MAT medications (methadone, buprenorphine, and naltrexone) into OTP settings
- Discuss clinical and operational issues related to medication choice in OTP settings

#### **Benzodiazepines interactions**

- Present the basic pharmacology of benzodiazepines
- List the hazards of combining benzodiazepines with buprenorphine or methadone
- Identify alternatives for the treatment of anxiety in the patient with OUD

### **Initial and periodic patient assessments (e.g., substance use monitoring)**

#### **General patient assessment**

- Describe the relevant elements of patient history and medical/psychiatric evaluation (including physical examination)
- Identify appropriate screening tools to detect SUDs
- Determine the severity of SUD and patient factors to guide treatment
- Describe the components of a brief intervention
- Present ways to engage patients in achieving and maintaining good physical and mental health
- Explain how to schedule appropriate follow-up appointments and referrals as needed

#### **Urine drug testing (UDT)**

- Explain UDT methodology
- Describe the differences between qualitative and quantitative UDT
- Discuss drug metabolism
- Explain a sample integrity check
- Describe best UDT clinical practices

#### **Screening adolescents**

- Describe how to quickly screen for symptoms of mental illness among adolescents to identify the most common psychiatric problems
- Explain how to incorporate both mental health and substance use screening into routine pediatric settings

- Define treatment options for adolescents with co-occurring OUD and psychiatric disorders

## **Addressing overdose, co-occurring disorders, and pain management**

### **Overdose**

- Explain the epidemiology of overdose
- Describe the effects of opioids on respiratory function
- Provide the rationale for and scope of overdose education and naloxone distribution (OEND) programs
- Describe how to incorporate OEND into MAT settings:
  - Educate patients about overdose risk reduction
  - Prescribe FDA-approved naloxone rescue kits

### **Co-occurring disorders**

- List psychiatric illnesses and SUDs that commonly co-occur
- Describe how to screen for and identify comorbid psychiatric disorders
- Discuss the distinction between independent psychiatric illness and substance-induced disorders
- Demonstrate how to develop treatment plans when comorbidities are identified

### **Pain management**

- Describe the epidemiology of pain among individuals with OUD and factors that influence the overlap
- Compare patient and provider perspectives on pain management
- Explain the management of pain in special populations (e.g., adolescents, pregnant women, those with chronic medical conditions)
- Discuss general principles of and different approaches to acute and chronic pain management in patients with OUD receiving methadone, buprenorphine, or naltrexone treatment including alternatives to Opiates for acute and long term pain management
- Have familiarity with the Centers for Disease Control and Prevention's Guideline for Prescribing Opioids for Chronic Pain

## **Counseling and recovery support services**

### **General understanding**

- Identify the four key components of a behavioral treatment protocol
- Provide examples of each component
- Describe the elements of a standard medication-management approach

### **Motivational interviewing**

- Describe the fundamental principles of motivational interviewing
- Explain how to use specific motivational interviewing techniques to engage patients in treatment
- Define motivational enhancement and the stages of change

### **Diversions control**

- Define the scope of the problem of healthcare facility drug diversion in the United States
- Describe methods of diversion
- Become familiar with monitoring strategies for signs of diversion and misuse such as state prescription drug monitoring programs