

# Office-Based Opioid Use Disorder Treatment

## A Reference Guide for Family Medicine Physicians

### The Opioid Epidemic

**11.8 million** individuals misused opioids in 2016<sup>1</sup>

**2.1 million** suffered from an opioid use disorder (OUD) in 2016<sup>1</sup>



### Treatment Gap



Just a fraction of people with an OUD received the specialized treatment they needed in 2016.<sup>2</sup>

**But Family Medicine (FM) physicians can help!**



### Office-Based Opioid Treatment (OBOT) Works

OBOT is effective for

**50%–80%** of patients.<sup>3</sup>

**LEARN MORE** about OBOT research

### Help Close the Treatment Gap

OUD medications (e.g., buprenorphine, naltrexone) can be prescribed by **FM physicians**. They are **effective, but underutilized**.<sup>2</sup>



### Learn from Peers Who are Providing OBOT

Considerations compiled from interviews with clinicians who have successfully integrated OBOT into their practices

**1 REGISTER** for a [buprenorphine training](#) and obtain your [DATA 2000 waiver](#).



**2 FIND A MENTOR** who can guide you through their own experiences. Or visit [PCSS-MAT](#) to find a clinical coach.



**3 IDENTIFY** community resources and behavioral health counseling centers for psychosocial services to recommend to your patients.



**4 ESTABLISH PROTOCOLS** for intake assessment and OUD treatment introduction; consider using the [COWS](#) tool to detect withdrawal.



**5 FAMILIARIZE** yourself with your state's insurance regulations and Medicaid guidelines.



**6 TRAIN STAFF** and get their buy-in; schedule weekly treatment team meetings to stay up-to-date on all patients.



**LEARN MORE**

- Visit [Science to Medicine](#) to hear more about how your peers have implemented medication treatment for OUD.
- Learn about Rx medication misuse among teens from this [free CME](#) that CAFFP helped develop!

1 Substance Abuse and Mental Health Administration (SAMHSA). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*. 2017. <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.htm>

2 National Institute on Drug Abuse (NIDA). *Medications to Treat Opioid Use Disorder: Research Report Series*. 2018. <https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/overview>

3 Gunderson E.W., & Fiellin D, A. (2008). Office-based maintenance treatment of opioid dependence: how does it compare with traditional approaches?. *CNS Drugs*, 22(2), 99-111. <https://www.ncbi.nlm.nih.gov/pubmed/18193922>

