Models of Buprenorphine Induction

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AMERSA
Erik Gunderson, MD, Disclosures

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Accreditation Statement

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Designation Statement

- American Academy of Addiction Psychiatry designates this enduring material for a maximum of 1 (one) AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

- Date of Release: December 16, 2014
- Date of Expiration: July 31, 2019
System Requirements

• In order to complete this online module you will need Adobe Reader. To install for free click the link below:
  - http://get.adobe.com/reader/
Target Audience

• The overarching goal of PCSS-MAT is to make available the most effective medication-assisted treatments to serve patients in a variety of settings, including primary care, psychiatric care, and pain management settings.

• The target audience for the current module should have basic familiarity with the general process of BUP induction as covered by the standardized, designated 8-hour training programs.
Educational Objectives

At the conclusion of this activity participants should be able to:

- List barriers reported by physicians to initiating buprenorphine (BUP) in an office setting
- Determine the goals of induction
- Identify different clinical models of BUP induction and associated evidence
- List the pros/cons of the various models of BUP induction
Induction Goals

• Initiate effective BUP dosing
  ▪ Reduce withdrawal
  ▪ Reduce cravings
  ▪ Stop non-rx opioid use
• Avoid adverse effects
• Establish care structure
  ▪ Sets the tone regarding structure, follow-up, and monitoring
  ▪ Helps establish patient rapport, develop therapeutic alliance
Induction Challenge

- Barrier for inexperienced MD adoption\textsuperscript{1-4}
- Concern related to:
  - Precipitated withdrawal transitioning from full -> partial mu agonist
  - Logistics of office induction: time/resources for assessment & monitoring response to initial doses
  - Economics
  - Guideline ambiguity: variable dosing/timing recs
  - Patient-specific factors: e.g., clinical stability

\textsuperscript{1}Kissin 2006; \textsuperscript{2}Gunderson 2006; \textsuperscript{3}Egan 2010; \textsuperscript{4}Netherland 2009
Patient Induction Concerns

- Withdrawal symptoms
- Travel for office induction
  - Rural: long distances potentially burdensome
  - Disenfranchised: limited transportation access
  - Driving discouraged after medication initiation. Unclear if driving ability is impaired by opioid withdrawal prior to visit.
  - Anonymity: potentially compromised if pt is in withdrawal in the office or if needs to access a ride
- Patient perspectives data are needed
This Lecture Covers

- 3 models of induction for office practice
  - General in-office approach: the standard approach recommended in CSAT, TIP 40 & 8-hr courses
  - Specialty approach (non-Opioid Treatment Program (OTP)): Could this facilitate induction for some patients/practices?
  - Unobserved “home” approach: patient self-initiated often with clinician phone support
General In-Office Induction

- National guidelines (CSAT, TIP 40, 2004)
  - Withdrawal: should be mild – moderate, but no specific recommendations regarding measurement cut-offs
  - Abstinence timing: varies based on opioid duration of action
    - 12 - 24 hr short-acting
    - 24+ hr methadone
  - Dose: 2 – 4mg initial BUP dose, 8mg maximum on Day #1
  - Monitor: 2+ hours, assessing treatment response
General In-Office Induction

- Updated PCSS guidance\(^1\)
  - Measure withdrawal, several scales available such as:
    - Clinical Opioid Withdrawal Scale (COWS 12–16 is mild/moderate and appears sufficient to avoid precipitated withdrawal\(^2\))
  - Hours of abstinence since last full mu opioid use
    - 12-16 short-acting, 17-24 intermediate-acting, 30-48 methadone
  - BUP dose: 2 – 4mg initial, 16mg max day #1
  - Monitor: 1+ hours
  - Follow-up: phone + visit in 3 – 4 days

\(^1\) Cassadonte, 2013; \(^2\) Nielsen, 2014
Clinical Opioid Withdrawal Scale (COWS)

- 11 item scale, max 48 points
  - Includes both objective and subjective items
    - Pulse
    - Diaphoresis
    - Tremor
    - Pupils dilated
    - Yawning
    - Runny nose/tearing
    - GI upset
    - Restlessness
    - Bone/joint ache
    - Anxiety
    - Gooseflesh
  - Objective withdrawal signs help establish physical dependence
  - Serial scales for treatment response assessment

Wesson, 2003
Available at: http://www.naabt.org/documents/cows_induction_flow_sheet.pdf
In-Office Induction Effectiveness

- Few studies specifically assess induction outcome
  - 83% treatment retention after a 2 week induction phase in a primary care study\(^1\)
  - Variable precipitated withdrawal\(^2\)-\(^4\)
    - 10% in a 1° care/specialist clinic\(^3\)
      * 6+ hr heroin abstinence minimum prior to induction
    - None in residential program\(^5\)
    - Mean COWS prior to induction: 8
      * 1/3 ancillary withdrawal medication use

\(^1\) Fiellin 2006; \(^2\) Gibson 2003; \(^3\) Lintzeris 2002; \(^4\) Whitley 2010; \(^5\) Collins 2007
General In-Office Induction

• Summary
  ▪ Variation in abstinence & dosing recommendations may pose a clinical challenge
  ▪ Withdrawal scale cutoffs are useful to guide induction
  ▪ Time requirement is potentially burdensome
  ▪ Complication rate is generally low
This Lecture Covers

- 3 models of induction for office practice
  - General in-office approach
  - Specialty approach (non-OTP)
  - Unobserved “home” approach
Specialty Induction Approaches

- Two specialized induction approaches will be reviewed:
  - Outpatient Buprenorphine Treatment Program\(^1\)
    - Established 2003 with a goal as an induction center
    - Induction data were collected early after program inception
  - General Medical Hospital Induction Study\(^2\)
    - Examined induction vs. detoxification on a medical ward
    - Coupled with outpatient primary care maintenance linkage

\(^1\) Gunderson, 2009; \(^2\) Liebschutz, 2014
Buprenorphine Program of Columbia University

• Outpatient psych practice established 2003
• Staffing
  ▪ MD - 2 addiction specialists
  ▪ Clinical psychologist
  ▪ RN
  ▪ Administrator
• Self-pay with insurance reimbursement
Clinical Procedures

• Pre-induction visit
  ▪ Clinical assessment by MD/psychologist
  ▪ Procedural review (changed 3 months after program start)

Abstinence: Initial
- 12 hr short-acting
- 24 hr long/methadone

~ 3 Months Later
- 16 hr short-acting
- 24 hr long-acting
- 36 hr methadone

▪ Ancillary withdrawal medication available at the program
  - Clonidine
  - NSAIDs
  - Ondansetron
Induction Visit Procedures

- COWS on arrival and serially
  - General target score 5-12 prior to starting BUP
  - After the first 3 months of experience, began to require > 1 objective sign and raised the pre-dose COWS target to >7
  - Discharge after the COWS decreased to < 4
- Dosing
  - 2-4mg q1-2 hr (BUP/NX or BUP) started at program
  - Take home meds + instructions/phone #s
  - Max 16mg Day 1
  - Initial Rx/stored on site > dispensed (Requires locked storage and detailed documentation)
- Ancillary withdrawal meds taken prn before or after initiation
Induction Effectiveness Study

• Chart review\textsuperscript{1} for the first 41 patients examined:
   Temporal process of induction
    – Time until first BUUP dose given
    – Time unit withdrawal was relieved
    – Total time at clinic
   Procedures associated with efficiency
   Withdrawal level and BUP dosing
   Hypothesis: \( \uparrow \) efficiency over phases
    – Each phase included \(~13-14\) patients over a 2-3 month period after the program opened

\textsuperscript{1} Gunderson, 2011 (Supported by NIDA DA020000)
### Patient Characteristics (n=41)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (mean)</td>
<td>41 yr</td>
</tr>
<tr>
<td>Sex (Male)</td>
<td>59%</td>
</tr>
<tr>
<td>Race (White)</td>
<td>78%</td>
</tr>
<tr>
<td>Employed</td>
<td>56%</td>
</tr>
<tr>
<td>Insured</td>
<td>83%</td>
</tr>
<tr>
<td>Psychiatric d/o</td>
<td>68%</td>
</tr>
<tr>
<td>Primary opioid, past mo. daily</td>
<td></td>
</tr>
<tr>
<td>Heroin</td>
<td>41%</td>
</tr>
<tr>
<td>Rx opioid (non-methadone)</td>
<td>41%</td>
</tr>
<tr>
<td>Methadone</td>
<td>22%</td>
</tr>
<tr>
<td>Prior buprenorphine</td>
<td>5%</td>
</tr>
</tbody>
</table>
Efficiency improved across the phases
- Time may pose less of a practical burden for office induction as experience is gained
- Several factors may have influenced efficiency
The delay until the initial dose was longer for Phase 1
- May have related to change in recommended pre-BUP abstinence with patients from later phases arriving in more withdrawal
- Means COWS on arrival: 6 for Phase 1, 10 for Phases 2 & 3
The time until withdrawal relief was longer for Phase 1
- Might have related to initial BUP dose size and pre-dose ancillary withdrawal medication use (depicted next slide)
- COWS immediately before the initial dose did not differ by Phase (mean score = 10)
# Medication Dosing

<table>
<thead>
<tr>
<th>Buprenorphine Dosing (mean mg)</th>
<th>Phase 1</th>
<th>Phase 2</th>
<th>Phase 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial dose</td>
<td>2*</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Total at program</td>
<td>9</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Total Day #1 (includes at program + take home)</td>
<td>13</td>
<td>11</td>
<td>14</td>
</tr>
<tr>
<td>Ancillary withdrawal medication use (%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-induction</td>
<td>7*</td>
<td>31</td>
<td>57</td>
</tr>
<tr>
<td>Post-induction</td>
<td>20% overall (NS)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Procedural Considerations

- Factors that may facilitate induction\(^1\)
  - Longer abstinence before BUP initiation (16h, 24h, 36h for short-acting opioids, long-acting formulations, and methadone, respectively)
  - COWS 8-10 with objective signs appears adequate, though 12 might be preferable based on a clinical trial\(^2\)
  - Ancillary withdrawal meds could be considered
- Day 1 max 16mg was well tolerated
- Efficiency improves with experience, potentially could translate to other office settings

\(^1\) Gunderson, 2011; \(^2\) Liebschutz, 2014
Hospital-Based Induction

- General Medication Hospital Induction Study\(^1\)
  - Objective: Examine effectiveness of buprenorphine treatment initiation during a 5-day medical hospitalization
  - Design: Randomized clinical trial comparing 1) hospital-based buprenorphine induction with linkage to outpatient primary care after discharge for opioid agonist treatment (OAT) vs. 2) hospital detoxification
  - Main outcome measures:
    - Entry and sustained buprenorphine maintenance at 1, 3, & 6 months
    - Prior 30-day use of illicit opioids (self-report)

\(^1\) Liebschutz, 2014
Hospital-Based Induction

• Invention
  ▪ Day 1: Induction with buprenorphine/naloxone 2/0.5, max QID, for both treatment groups
  ▪ Day 2 - 5:
    – Detoxification Group: BUP 8mg > 6mg > 4mg > 2mg (Days 2-5, respectively)
    – Linkage Group: BUP 12mg on Day 2, 16mg on Days 3-5 with research staff facilitated linkage to hospital-associated primary care buprenorphine OAT

1 Liebschutz, 2014
## Patient Characteristics (n=139)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (mean)</td>
<td>41 yr</td>
</tr>
<tr>
<td>Sex (Male)</td>
<td>71%</td>
</tr>
<tr>
<td>Race (White)</td>
<td>43%</td>
</tr>
<tr>
<td>Baseline illicit opioid use (past 30d), mean days</td>
<td>21</td>
</tr>
<tr>
<td>Baseline past month prescription opioid agonist treatment</td>
<td>41%</td>
</tr>
</tbody>
</table>

- The intervention groups did not differ significantly regarding demographics, baseline frequency of opioid use or opioid agonist treatment
Hospital-Based Induction

• Results
  ▪ Buprenorphine OAT entry was significantly more likely in the hospital-based induction and linkage group compared to the hospital detoxification group (72% vs. 12%, p < .001).
  ▪ At 6 months, 17% of linkage vs. 3% detox patients were receiving buprenorphine OAT (p=.007)
  ▪ Linkage patients reported less past 30d illicit opioid use at the 6 month interview

1 Liebschutz, 2014
Specialty Induction Approaches

• Potential Specialty Induction Approach Limitations
  ▪ Accessibility: dedicated outpatient and inpatient induction programs are of limited availability
  ▪ Cost: the cost of such approaches may be prohibitive for patients and may not be cost-effective relative to outpatient induction
  ▪ Resources: the staffing and other resources required for outpatient program induction and inpatient induction with linkage may be a barrier for approach adoption
This Lecture Covers

- 3 models of induction for office practice
  - General in-office approach
  - Specialty approach (non-OTP)
  - Unobserved “home” approach
Unobserved “Home” Induction

- PCSS Guidance (2013)\(^1\)
  - Experienced clinicians (and patients) probably better suited for unobserved approach than inexperienced
  - Provide written instructions about withdrawal assessment, dose timing and amount
  - Maintain and document phone contact
  - Follow-up visit within 2 days
  - Overall supporting level of evidence: Low/Moderate, though many unobserved inductions likely performed without adverse effects

\(^1\) Cassadonte, 2009 (Updated 2013 by M. Sullivan)
Implementation

- ~40% Massachusetts prescribers utilize unobserved induction at least some of the time\(^1\)
- >1100 patients in U.S. published reports\(^2-8\)
  - Procedures appear generally c/w PCSS guidance\(^9\)
  - Adoption appears more widespread in academic primary care clinics
  - Most data are prospective or retrospective cohort
  - Only 1 published RCT, a pilot study described as follow

\(^1\) Walley 2008; \(^2\) Alford 2007; \(^3\) Lee 2009; \(^4\) Gunderson 2010; \(^5\) Stohler 2010; \(^6\) Soeffing 2009, Mintzer 2007; \(^8\) Lee 2014, \(^9\) Cassadonte 2009; \(^10\) Gunderson & Fiellin 2010
Clinical Procedures

• Adapted from a NIDA-funded pilot study1
  ▪ Pre-visit phone
  ▪ Initial visit
    – Patient assessment
    – Procedural review
    – Decision making discussed
    – Patient handouts reviewed

1Gunderson, 2010 (Supported by NIDA DA020000)
Clinical Procedures – Initial Visit

- Patient assessment
  - Establish diagnosis
  - Use pattern (type/amount/duration/route)
  - Document physiological dependence
  - Co-morbidity
  - Goals and motivation
  - UDS/Rx monitoring program
• Procedural review with patient
  ▪ Abstinence timing: 16, 24 36+ hrs for transition form short/long-acting opioids, and methadone, respectively
    – Withdrawal toleration vs. precipitated withdrawal risk reduction
  ▪ Subjective Opioid Withdrawal Scale (SOWS)¹
    – 16 items, 0-4 scale, ≥17 (mild) prior to initiation
  ▪ Bup dosing: target the minimally effective dose*
  ▪ Consider ancillary withdrawal medication but not standardized

¹ Handelsman 1987
Clinical Procedures – Initial Visit

- Procedural review, continued
  - Safety
    - Interaction risks, avoiding driving, safe storage
  - Precipitated withdrawal avoidance: review abstinence recommendations
  - Follow-up plan
    - Phone contact the day of induction and on subsequent days
    - Visit in 3-7 days
Clinical Procedures – Initial Visit

- Patient handouts: review when/how to start
  - SOWS \( \geq 17 \) (higher if possible) as a goal before dosing
  - Bup dosing
    - 1-2 mg to start, then q2hr prn
    - Max 8 mg day #1 (16 mg maximum ok’d by phone)
  - Day #2
    - Total day #1 in the morning (can split BID)
    - 2 mg q2hr prn, mx 16 mg (24 maximum ok’s by phone)
Unobserved Induction Outcome Data Summary

- **Effectiveness:** 1 wk success ~70\%^{1-2} defined as being in treatment, on Bup, and free of withdrawal
- **Safe:** AE’s appear generally mild/infrequent^{1-4}
  - 1-5\% precipitated withdrawal
  - 5-20\% prolonged withdrawal
- **Increased risk of AE’s appears to occur with^{1-3}
  - Methadone transfers
  - Bup inexperience
  - Procedural non-adherence

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1 Lee 2008; 2 Gunderson 2010; 3 Whitley 2010; 4 Doolittle 2011
## Observed vs. Unobserved

<table>
<thead>
<tr>
<th>Potential factors to consider</th>
<th>Observed</th>
<th>Unobserved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective and tolerability</td>
<td>+++</td>
<td>+(+)</td>
</tr>
<tr>
<td>Establish treatment structure</td>
<td>+++</td>
<td>-</td>
</tr>
<tr>
<td>Development of therapeutic alliance</td>
<td>++</td>
<td>-/+</td>
</tr>
<tr>
<td>Confirm baseline withdrawal (and presence of physiologic dependence)</td>
<td>+++</td>
<td>-/+*</td>
</tr>
<tr>
<td>Convenience/preference</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- MD</td>
<td>+/-</td>
<td>+++</td>
</tr>
<tr>
<td>- Patient</td>
<td>+/-</td>
<td>++</td>
</tr>
<tr>
<td>Resources/cost</td>
<td>--</td>
<td>+</td>
</tr>
<tr>
<td>Co-morbidity</td>
<td>+/-</td>
<td>-/+</td>
</tr>
</tbody>
</table>

* Note: pt’s can present for evaluation in mild withdrawal but start Bup out of the office
Summary

- Induction is a challenging aspect of treatment.
- Hopefully, practice-based evidence from different induction approaches will help improve induction efficiency, implementation, and effectiveness.
- Several models of induction are available for initiating buprenorphine treatment, including observed and unobserved "home" approaches.
- Pros/cons of the various models of induction should be considered by clinicians, patients, and policy makers.
References


References


References


PCSS-MAT Mentoring Program

- PCSS-MAT Mentor Program is designed to offer general information to clinicians about evidence-based clinical practices in prescribing medications for opioid addiction.

- PCSS-MAT Mentors comprise a national network of trained providers with expertise in medication-assisted treatment, addictions and clinical education.

- Our 3-tiered mentoring approach allows every mentor/mentee relationship to be unique and catered to the specific needs of both parties.

- The mentoring program is available, at no cost to providers.

For more information on requesting or becoming a mentor visit: pcssmat.org/mentoring
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• After successfully passing, you will receive an email detailing correct answers, explanations and references for each question of the Post Test.