Background and Purpose

- Buprenorphine-naloxone (bupe) is a well-studied, highly effective medication for the treatment of opioid use disorder (OUD).
- The traditional bupe induction requires patients to be in mild withdrawal before starting the medication.
- An alternative induction strategy called microdosing is a novel way to start patients on bupe, with patients reporting minimal withdrawal and high satisfaction with the induction process. 1,2,3
- This project aimed to develop materials and expand knowledge in the use of microdosing as an alternative strategy for buprenorphine inductions.

Methods

- The project team completed an evidence review.
- The available evidence was used to create the project resources.
- The resources were reviewed by both addiction medicine and primary care providers.
- The resources were published on a public facing Dropbox.
- The resources were presented to healthcare providers at several different practice settings.

Outcomes

- Creation of project resources:
  - Four protocols based on prior opioid used were created:
    - Short-acting opioids
    - Long-acting opioids
    - Methadone (once daily dosing)
    - Methadone (split daily dosing)
  - Provider guide including evidence, protocols, smart tools, and commonly encountered issues was created.
  - Patient decision guide including information on medication and induction options was created.
  - Patient graphics for each microdosing protocol were created.
  - The resources created as a part of this project were published to a public facing Dropbox link (QR code to the right).
  - The local jail is now incorporating the microdosing protocols created as a part of this project in their transfer and release processes.
  - Presentations on this project were given to MD, NP, and PA providers from various practice settings.
  - The PA Author of this project was approved for a SAMHSA exemption request to perform methadone inductions in New York State.

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Conclusion

- Microdosing is a novel buprenorphine induction technique with the potential to help patients who have a history of difficult bupe inductions, or anxiety surrounding the induction process.
- The resources created as part of this project were designed to streamline microdosing inductions and to support healthcare providers who wish to offer this induction strategy to their patients.
- Further research should be done to assess the effectiveness of the microdosing schedules outlined in this project, to determine improvement points for future resource development.

References


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