

Family Medicine

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Appendix A: Learning Objectives

Overall Learning Objectives

Objectives: 1) Understand best practice for screening patients to identify substance use problems; 2) Determine appropriate treatment decisions for patients based on identified substance use and other clinical factors; 3) Understand best practice for safe prescribing of opioids and management of opioid use disorder; 4) Explain the role of equity and chronic disease management in addressing substance use problems

All Learning Objectives

Opioid Use Disorder (OUD) Pregnancy

By the end of this session, learners should be able to ...

1. Understand how to utilize screening for opioid use disorder during pregnancy
2. Manage OUD during pregnancy to decrease maternal and fetal risks
3. Treatment of OUD during labor and in the postpartum

General OUD

By the end of this session, learners should be able to ...

1. Describe the evolution of the national opioid overdose crisis
2. Describe OUD diagnostic criteria and levels of care for SUD in general

3. List the 3 medication for treatment of OUD (MOUD); for each describe the associated pharmacology, physiological effects, risks, relative efficacy, and who is a good candidate for each medication
4. Describe opioid withdrawal and treatment
5. Explain overall efficacy of (MOUD)/it's role in recovery
6. Describe additional behavioral aspects to OUD management: role of mental health, peer support, and local resources for patients and family

Health Equity, Vulnerable Populations, and Addiction

By the end of this session, learners should be able to ...

1. Define terms related to treating vulnerable populations, including equity, bias, intersectionality, and harm reduction
2. Explain how the social determinants of health affect patients struggling with substance use disorders
3. Reflect on how you can help reduce bias and promote equity at the individual patient level and more macro-level

Urine Drug Screening

By the end of this session, learners should be able to ...

1. Explain indications for urine toxicology testing
2. Explain overall role of testing results in your medical treatment plan
3. Describe the difference between point of care and confirmatory testing
4. Interpret urine drug screens, with a particular emphasis on opioids and an understanding cross reactivity and adulterated samples

5. Practice having open, non-judgmental conversations with patients around unexpected urine toxicology testing results

Taking a Substance Use History

By the end of this session, learners should be able to...

1. Perform a substance use disorder history using a trauma-informed and non-stigmatizing approach
2. Diagnose substance use disorders
3. Triage patients to appropriate levels of care and offer other treatment support

Safe Prescribing of Opioids

By the end of this session, learners should be able to ...

1. Explain chronic pain as a biopsychosocial condition in which medications are one "tool" in a tool belt of many options to manage pain
2. Describe non-pharmacological options for pain management and the evidence to support these options, including psychotherapeutic options (such as CBT/ACT, biofeedback, mindfulness)
3. Describe a "step up" approach of medication options for treating pain
4. Explain the role of opioids in treating chronic pain, including: conditions amenable to treatment, their efficacy, associated risks, and monitoring parameters
5. Describe an overall framework for utilizing opioids in treatment of chronic pain
6. Explain an overall approach to having difficult conversation with patients around changing their pain plan

Tobacco Use Disorder

By the end of this session, you should be able to:

1. Identify three reasons to address tobacco use with patients
2. Describe a framework for approaching Tobacco Use Disorder treatment
3. Explain the pharmacotherapy options for tobacco cessation
4. Counsel patients on smoking cessation based on their readiness stage

Inpatient Management of OUD

- Explain the importance of *initiating* MAT in the hospital for all patients with OUD
- Describe when to choose buprenorphine-naloxone versus methadone.
- For patients not already on medications for OUD (MOUD), for buprenorphine-naloxone and methadone, explain how to do an induction using COWS withdrawal protocol, tapering vs maintenance dosing, and discharge planning for long-term OUD treatment.
- For patients already on MOUD, explain how to engage in maintenance and monitoring
- List comfort medication options
- Take a brief addiction hx
- Describe principles and options for management of acute pain for patients on buprenorphine-naloxone and methadone for OUD.

Alcohol Use Disorder (AUD)

- Use the SBIRT model for patients with AUD, including the following screening tools: NIAAA-1, AUDIT-C, AUDIT, CRAFFT for patients < 18, 5 P's for pregnant patients
- Categorize patient drinking behaviors into “low risk”, “misuse/at risk”, and, “heavy use/addiction”
- Describe the 4 C's of addiction
- Define "1 standard drink" and "binge drinking"

- Explain non-pharmacological/behavioral support options for patients and families struggling with AUD
- Describe the FDA-approved and non-FDA approved pharmacological options for patients, including each medication's use, dosing, contraindications and side effects and their overall efficacy in treating AUD: naltrexone, acamprosate, disulfiram, topiramate, and gabapentin

Inpatient Management of AUD

- For patients presenting to the hospital with AUD, explain the importance of starting withdrawal protocol
- List the complications and expected timing of complications from alcohol withdrawal - Identify key questions to ask patients to aid in withdrawal management
- Use CIWA protocol to manage patients with alcohol withdrawal, including medication choice (lorazepam, diazepam, phenobarbital) and use of symptom-triggered versus scheduled medications
- Discuss discharge planning/next step options for patients (ie what is their "sobriety plan?")

Addiction as a Chronic Disease

- Define Addiction and state the diagnostic criteria for SUDs
- Identify patients at risk for substance use disorders
- Explain the basic neurobiology of addiction
- Explain the chronic disease approach to managing addiction
- Describe the various levels of care in which addiction can be treated

Screening, Brief Intervention, and Referral to Treatment

- Explain what the SBIRT model is and its role in primary care
- Describe different screening tools for substance use
- Demonstrate screening and interpret results by risk stratifying patients
- Demonstrate brief intervention
- Identify appropriate referrals for treatment/levels of care