

PEER Simplified Opioid Use Disorder Guidelines for Primary Care

Update – August 1, 2018

Under the Primary Health Care Opioid Response Initiative, PEER is committed to developing a simplified guideline for Opioid Use Disorder (OUD) for family physicians and their teams. While we are working as quickly as possible, we will maintain the expected credibility and standards that PEER is recognized for.

Developed by primary care for primary care, PEER's Simplified Opioid Use Disorder Guideline will be available in the spring of 2019. Questions we will address include:

- How is OUD diagnosed in primary care? Are there any useful screening tools?
- Compare and contrast the efficacy, safety and place in therapy of non-pharmacological treatments of OUD (examples: cold turkey, opioid tapering).
- Compare and contrast the efficacy and safety of suboxone, methadone, and other pharmacological treatments of OUD (i.e. naltrexone, buprenorphine injection, medical marijuana).
- In monitoring OUD patients, what is the role of: urine drug screening, witnessed ingestion, daily dispensing/carries, opioid contracts?
- What is the evidence for the management of OUD in primary care?
- How should we manage co-morbid conditions that potentially require other addictive agents (i.e. insomnia, anxiety, ADHD)?
- How should acute and chronic pain be managed in those with OUD?
- Does the use of support services (examples psychosocial programs, trauma-informed care, addictions counselling and residential treatment programs) improve outcomes in OUD?

Additionally, we will begin publishing *Tools for Practice* in early fall on important topics like screening tools for OUD and the evidence for suboxone.

Although the guideline process has been expedited, we recognize that family physicians have an immediate need for guidance, tools and resources when treating patients suffering with OUD. While we wait for our products to be finalized, practitioners can access a variety of other learning materials and guidelines. These resources can provide reasonable guidance in the meantime and we hope our final guideline will require little (or no) modifications from their recommendations:

Guidelines:

- [BC Centre of Substance Abuse Guidelines](#) [detailed, step-by-step guidelines for induction and dosing of Suboxone®]
- [CRISM Guidelines](#) [includes national and provincial guidelines recommendations for induction and stabilization protocols for Suboxone®]

Resources:

- [CAMH Buprenorphine Training](#)
- AHS ODT Training Program (to be released on September 4, 2018)
- [Practical Evidence for Informed Practice \(PEIP\) Pre-conference session "OATs Aren't Just for Breakfast: Treating opioid use disorder in primary care"](#) (October 20, 2018)