

A brief screening tool for opioid use disorder:

Empower Study Expert Consensus Protocol

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Toolkit

- A screening tool for OUD
- ACT resource for people with OUD



What is Opioid Use Disorder (OUD)?

Definition:

- A problematic pattern of opioid use that causes significant impairment or distress (CDC)
- A chronic, relapsing disease, which has significant economic, personal, and public health consequences (ASAM)

[Spectrum]

Opioid Use

Misuse

Abuse

Opioid Use Disorder

(Opioid Dependence/Addiction)

Why do we need to assess OUD?

OUD is not uncommon

- 0.5% of U.S. adults (1.6 million) have an OUD in the past year (2019 National Survey on Drug Use and Health, 2020).
- 1.0% of patients at the primary care clinic (Lapham et al., 2020).
- 21.5% of patients on chronic opioid therapy at primary care clinic (Von Korff et al., 2017)



Is PT relevant for people with OUD?

PT program/ rehabilitation is effective in

- reducing opioid medications
- improving physical function

(Gilliam et al., 2019;
Brown-Taylor et al., 2021)



Among patients with low back pain,

- **patients with OUD were less likely to initiate physical therapy** compared to patients without OUD

(Magel et al., 2021)

Empower Screening Protocol



Background:

Empowered Relief

- A Empower Relief study has been designed to examine the effectiveness of pain psychology intervention in the context of outpatient opioid tapering.
- No screening tool available to assess OUD severity.
- OUD severity informs a treatment plan.

Major changes in the diagnostic criteria for OUD

DSM IV (1994)	DSM 5 (2013)
Opioid Abuse (Yes or No)	Opioid Use Disorder
Opioid Dependence (Yes or No)	No OUD, Mild, Moderate, and Severe OUD

Abuse **Opioid Use Disorder**
(Opioid Dependence/Addiction)
No OUD --- Mild OUD --- Moderate OUD --- Severe OUD

Two-step screening: STEP 1, TAPS-2

In the past 3 months, (see handout)

1. Did you use a prescription opioid pain reliever (for example, Percocet, Vicodin) not as prescribed for that was not prescribed for you?
2. Have you tried and failed to control, cut down, or stop using opioid pain relievers?
3. Has anyone expressed concern about your use of an opioid pain relievers?

If a patient marks YES to any of the 3 items, administer OUD checklist.

Two-step screening: STEP 2, Interview

- DSM-5 OUD symptom checklist
- Now, it is asking the OUD symptoms in the past 12 months
- Ask a patient to answer yes or no to the 11 questions.
- Then, sum the number of symptoms (range = 0-11)

In the PAST 12 MONTHS,

1. Opioids are often taken in larger amounts or over a longer period than was intended.
2. There is a persistent desire or unsuccessful efforts to cut down or control opioid use.
3. A great deal of time is spent in activities necessary to obtain the opioid, use the opioid, or recover from its effects.
4. Craving, or a strong desire or urge to use opioids.
5. Recurrent opioid use resulting in a failure to fulfill major role obligations at work, school, or home.
6. Continued opioid use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of opioids.
7. Important social, occupational, or recreational activities are given up or reduced because of opioid use.
8. Recurrent opioid use in situations in which it is physically hazardous.
9. Continued opioid use despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance.
10. Tolerance, as defined by either of the following:
 - A need for markedly increased amounts of opioids to achieve intoxication or desired effect.
 - A markedly diminished effect with continued use of the same amount of an opioid.**(Note: This criterion is not considered to be met for those taking opioids solely under appropriate medical supervision.)**
11. Withdrawal, as manifested by either of the following:
 - The characteristic opioid withdrawal syndrome.
 - Opioids (or a closely related substance) are taken to relieve or avoid withdrawal symptoms.**(Note: This criterion is not considered to be met for those individuals taking opioids solely under appropriate medical supervision.)**

Interpretation of DSM-5 OUD checklist scores

Opioid Use Disorder				
	No	Mild	Moderate	Severe
Total symptoms	0-1	2-3	4-5	6 or more
Treatment plan	OK for outpatient tapering	OK for outpatient tapering Or Intensive rehabilitation program Or Referral for OUD treatment	Referral for OUD treatment	

Abuse Opioid Use Disorder
 No OUD --- Mild OUD --- Moderate OUD --- Severe OUD

The two-step Empower OUD screening tool

- STEP1 (Survey): Efficient in screening out people who are less likely having OUD
- STEP 2 (Interview): a) Efficient in assessing OUD in a small number people who may have OUD and b) assessing OUD severity for treatment stratification

Does ACT work for people with OUD?

- Systematic review and meta-analysis indicate that ACT works for people with OUD, with small to medium effect sizes (Lee et al., 2015; Osaji et al., 2020)
- More research is needed to examine the effectiveness of the ACT and PT combined program (e.g., Back-in-ACTion) for people with chronic pain and OUD.

Accessibility to ACT

1. Find ACT therapist
 - ACBS website
2. Online ACT (Interactive, Recorded)
 - Happiness Trap online
3. Book
 - ACT made simple
4. App
 - ACT coach



Q & A

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