### 1. Background

This guide details the procedures and workflows associated with Maine Medical Center ED buprenorphine induction and rapid follow-up. Note that the information provided here is anticipated to change over time; there may be updates, corrections, and changes for clarity as we begin this program and gain experience with ED-based induction. In addition to this more comprehensive document, we have also developed several other information guides including:

- A "Quick Start Guide" that provides less detail, but essential information on the process of ED induction with buprenorphine,
- A "Frequently Asked Questions" document that addresses common concerns and queries, and
- A flow diagram depicting the anticipated workflow associated with this program.

## 2. Patient Identification and Screening

Patients who may benefit from ED-initiated buprenorphine induction may be identified in multiple ways, including through presentation for withdrawal symptoms, a chief complaint related to opiate use disorder, or other mechanisms. Anyone can initiate the identification and screening process. Care Management, Nursing and the treating medical provider should all be notified of potentially eligible patients; this will allow Care Management to begin their assessment and evaluation.

Please consider the patient's last known substance use to help determine whether the patient may be in the appropriate time frame for withdrawal:

Morphine: 8-12 hoursHeroin: 12-24 hours

• Oxycodone and hydrocodone: 12-24 hours

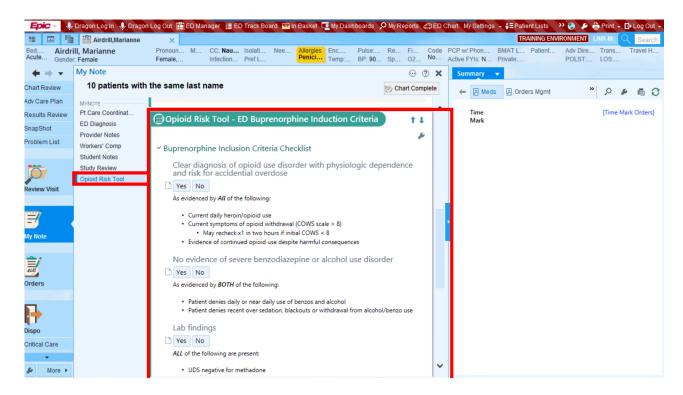
Oxymorphone: 24-30 hoursMethadone: 36 hours to a week

Know that these numbers are not exact and you should remember to treat the person in front of you. Unfortunately, we do not always know what substances our patients have actually used. The longer acting the opioid, the longer we may need to wait. We do not want to induce precipitated withdrawal.

There are some differences of opinion regarding giving buprenorphine to patients who have received naloxone after an acute opioid overdose. It is important to wait until the rescue

naloxone has been metabolized to evaluate the patient's degree of withdrawal. While there is no definitive consensus, it is recommended that clinicians wait between 2 and 4 hours following administration of rescue naloxone to begin Clinical Opioid Withdrawal Scale (COWS) scoring. The decision to proceed with ED-based induction will also depend upon the Care Manager's assessment, as they may have determined that the patient is not yet ready to engage in treatment, may not be willing to wait, etc.

To begin the assessment process, open the EPIC ED chart and navigate to "My Notes." Under "My Notes," there is a flow sheet called "Opioid Risk Tool." If you have a patient that you believe may be a candidate for ED induction, please fill this form out as best you can. This will give you some guidance as to whether or not your patient meets our ED-based induction criteria. Even if you end up not proceeding with induction, please complete the risk tool as best you can. You should not order the medication until the "Opioid Risk Tool" flow sheet is complete. We will also be using this tool in program evaluation data collection, so PLEASE make every effort to fill it out.



At your request, Nursing will obtain a COWS score to determine the degree of withdrawal symptoms the patient is experiencing at that moment. The initial COWS score may not be the one that you need to act upon. The patient may be in the department for a couple of hours depending on ED volume, the availability of Care Management, etc.

Care Management will also initiate their piece: assessing the patient's motivation to engage in treatment, insurance status, and ability to follow-up; the availability of a rapid follow-up

appointment; determining whether or not the patient has received a recent buprenorphine prescription via a check of the PMP; and they will obtain necessary release signatures.

If a Care Manager is not available, a provider can still initiate ED induction; however, you will NOT be able to provide the patient with a prescription. The patient will need to remain in the ED for later completion of the Care Management process. This intake assessment is important as we still may decide not to provide script based on information obtained during the assessment. In addition, we cannot get the patient the necessary rapid follow-up without Care Management doing their piece.

## Contraindications for ED-initiated Buprenorphine Induction:

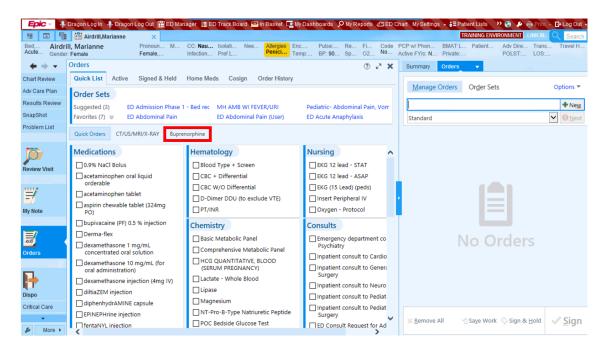
- COWS score < 8,
- Positive for methadone usage,
- Concern for significant alcohol or benzodiazepine use disorder (related to the risk of respiratory depression with concomitant buprenorphine utilization),
- Acutely suicidal, homicidal, or psychotic,
- Use of buprenorphine for pain.

Otherwise, ED buprenorphine induction is based upon physician and Care Management discretion.

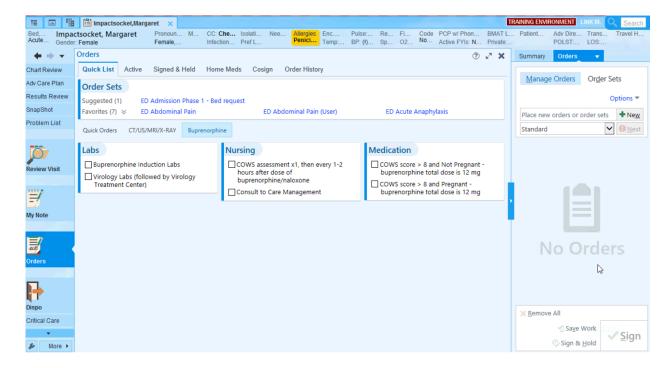
In addition, it is important to note that **pregnancy is not a contraindication** to ED-initiated buprenorphine induction. In fact, entry into treatment is recommended for pregnant patients, in order to avoid complications associated with substance use disorder for both the patient and her baby. Please see below for a more comprehensive description of the prescribing changes necessary for the treatment of pregnant patients with buprenorphine monotherapy (vs. buprenorphine/naloxone for non-pregnant patients).

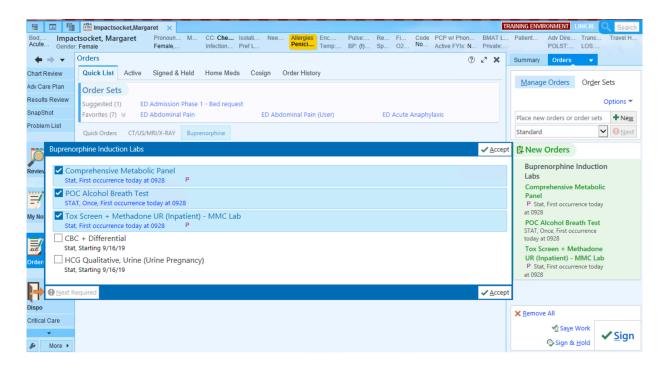
### 3. Placing ED Induction-related Orders

There is a tab on the **Quick List** that says "**Buprenorphine**." Clicking on that will open further orders. You can order the COWS assessment, labs, and the necessary medications from there when you are ready.



Labs are a screening to be sure that: 1) there is no methadone in the urine, 2) the patient is not pregnant, and 3) there is no florid hepatitis. A small bump in LFTs NOT a contraindication.

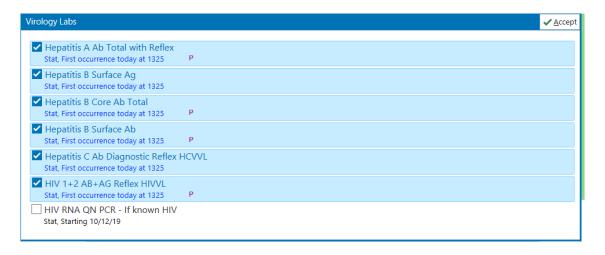




### Virology Labs

You should consider ordering virology labs in these patients as they are at high risk for HIV and Hepatitis. There is an order panel available as requested by the MMC Virology Treatment Center (VTC). Some labs will likely not result while the patient is in the ED. The VTC has agreed to follow-up on these labs with the patients.

If you order these, please let the patient know that these labs will be referred to the VTC, who will review and contact the patient with results. They will then coordinate treatment as appropriate. Place a referral (EPIC order REF2700) order in. Put "follow-up on labs placed in the ED" as reason for consult. Also, place the smart phrase **.EDVIROLABS** in your MDM. Please make sure that the patient's contact information is available and correct for the follow-up team.



### 4. Medication Orders in Patients Who Meet Criteria for ED Induction

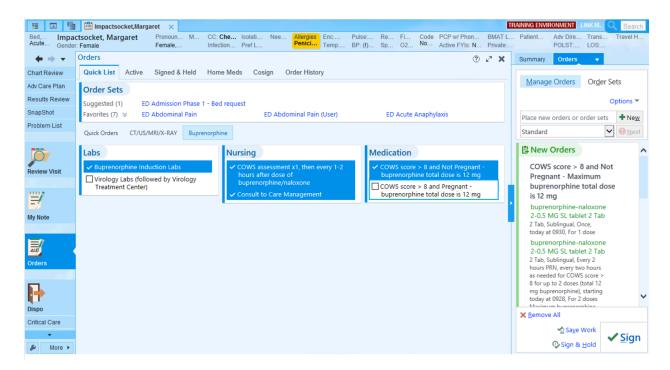
If a patient never reaches a COWS score > 8 after two to three assessments over a few hours, **no buprenorphine should be given**. These patients can be can discharged with rapid referral and follow-up. In addition, you may consider comfort medications as indicated. As another option, the patient can return to the ED the following day for a new assessment for buprenorphine induction.

If a patient meets induction criteria from both Care Management and physician standpoints (no medical or psychiatric concern), the COWS score is > 8, and the Opiate Risk Tool agrees, you may proceed with ED induction with buprenorphine/naloxone combination therapy in non-pregnant patients (buprenorphine monotherapy only for pregnant patients).

Patients should be given an initial dose of 4mg/1mg buprenorphine/naloxone. You will often see improvement in the patient's symptoms in 20-30 minutes, but it can take longer.

This dosage can be repeated every one hour two times (q 1 hour x 2) until a COWS score > 8 is reached. Our goal is to get the COWS below 8. We are maxing out at 12 mg/3mg. If we can't get control with this dose there is a chance buprenorphine is not right for them. If this occurs, the patient can receive a referral and comfort meds, but no script for buprenorphine.

Induction for a pregnant patient is the same as non-pregnant **except** the medication is the **mono-product buprenorphine**. **No naloxone is given for pregnant patients.** 



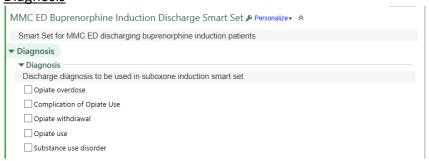
In general, buprenorphine is very well tolerated. However, we need to be careful not to cause precipitated withdrawal. This can happen if the patient is not sufficiently in withdrawal prior to receiving the buprenorphine. Treatment of precipitated withdrawal is the provision of supportive care.

## 5. Discharge and Follow-up

In general, patients should **always** be discharged with some type of follow-up, regardless of whether or not they have received buprenorphine from the ED. This is part of the initial Care Management evaluation and the follow-up plan should be confirmed prior to the actual induction. An exception to this is the patient taking buprenorphine for pain. These patients should be directed back to the provider that has been treating them and should **not** be referred to our community Substance Use Disorder partners.

A "Smart Set" will be available to support our discharges. To access this, click on the **Dispo Navigator** and then on **"Smart Set."** Type in "**MMC ED Buprenorphine Discharge**" and open the "Smart Set." This "Smart Set" contains suggested diagnoses, suggested discharge instructions, buprenorphine specific information, follow-up information, and prescriptions. The Care Managers should fill in the site follow-up information.

## **Diagnosis**



Choose the appropriate diagnoses. While there will likely be more than one, "opiate withdrawal" should always be included as that is the reason we are doing the induction.

### **Discharge Prescriptions**

Discharge prescriptions may include buprenorphine/naloxone (buprenorphine only if the patient is pregnant), naloxone, or medication for withdrawal symptoms if we are unable to control them.

▼ Prescriptions	
▶ Buprenorphine - Naloxone Prescription - Not Pregnant ———————————————————————————————————	Click for more
▶ Buprenorphine Prescription - Pregnant — C	lick for more
▼ Naloxone nasal spray for high risk patients ————————————————————————————————————	
Consider prescribing take home naloxone for patients with any of the following risk factors:  History of overdose, injection drug use or opioid use disorder  Alcohol use disorder  Prescription for greater than 50 mg morphine equivalents per day  Use of benzodiazepine or barbiturate  Co-morbid conditions that lead to respiratory compromise (such as sleep apnea or COPD)	
Naloxone (Narcan) - typically preferred for patients with insurance, including MaineCare	
Naloxone Kit - typically least expensive for patients who self-pay or use FreeCare	

## **Buprenorphine**

▼ Prescriptions	
▼ Buprenorphine - Naloxone Prescription - Not Pregnant	
buprenorphine-naloxone 4-1 MG Film Normal, NADEAN:*** Exemption Code D Medication-Assisted Treatment for substance use disorder; to be filled @TD@	
buprenorphine-naloxone 8-2 MG Film Normal, NADEAN:*** Exemption Code D Medication-Assisted Treatment for substance use disorder; to be filled @TD@	,
buprenorphine-naloxone 12-3 MG Film Normal, NADEAN:*** Exemption Code D Medication-Assisted Treatment for substance use disorder; to be filled @TD@	,
Buprenorphine Prescription - Pregnant	Click for mor
▼ Naloxone nasal spray for high risk patients	
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ONaloxone (Narcan) - typically preferred for patients with insurance, including MaineCare	
Naloxone Kit - typically least expensive for patients who self-pay or use FreeCare	

If we were able to control their withdrawal symptoms (COWS score < 8), they may need a small buprenorphine script.

## **Buprenorphine/naloxone (or buprenorphine only if pregnant)**

Choose the strength that got the patient to a COWS score < 8.

## Examples:

If one dose (4mg) got their COWS under 8, choose 4/1mg buprenorphine/naloxone;

If they needed 2 doses (8mg), choose 8/2mg buprenorphine/naloxone; or If they needed all 3 doses (12mg), choose 12/3mg buprenorphine/naloxone).

Remember that if we cannot get COWS score < 8 with 12 mg of buprenorphine, **do not go further**. Stop, discharge with comfort meds and get the patient rapid follow-up.

Please be sure to write for **films**, not tablets.

Only give enough films to bridge the patient to their follow-up appointment.

### Examples:

If induction is done on Monday, and the follow-up appointment is on Tuesday, they do not need a prescription.

If induction is done Friday and the follow-up appointment is on Monday, they need 2 doses to cover Saturday and Sunday.

We are generally only giving 3 days' worth of bridging medication (long weekend), but in selected situations (Virology Clinic follow-up, Greater Portland Health) it may be appropriate to give up to 5 days' worth of medication. This needs to be addressed on a case-by-case basis.

### **VERY IMPORTANT**

You will see a field on the buprenorphine prescription that says, "NADEAN:\*\*\* Exemption Code D Medication-Assisted Treatment for substance use disorder; to be filled XX/XX/2019".

It is **VERY IMPORTANT** that you put your waiver DEA number in the wild card (\*\*\*). Do not include a space after the colon (:). **If this is not done correctly, the medication will NOT be e-prescribed.** 

Your **waiver DEA** is the same as your regular DEA except that the first letter is replaced by the letter "X".

Example: If your old DEA is BS12345, your waiver DEA is XS12345.

Please be sure that the MMC pharmacy is selected.

The pharmacy will provide up to three days (five days in rare selected circumstances as described above) drug at no charge if the patient has no ability to pay.

#### Naloxone

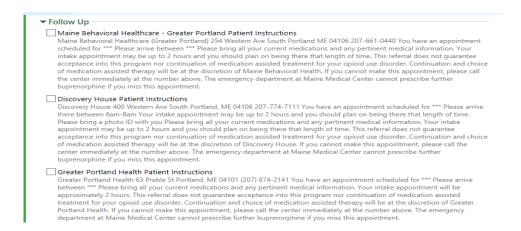
These patients should be prescribed naloxone. The prescriptions and instructions are in the "Smart Set." Choose the most appropriate formulation based upon the patient's circumstances, e.g. paid for by insurance, MaineCare, or free from MMC if the patient is unable to pay. Contact ED pharmacist for questions about this.

### Symptom Control Medications (Also Called Comfort Meds)



Medications to control symptoms are located under "If no induction discharge prescriptions" in the "Smart Set." If 12mg buprenorphine does not control the patient's symptoms to a COWS score < 8 or if the patient otherwise does not meet criteria for ED induction, consider prescribing medications for symptom control at discharge. This can be done at your discretion.

### Follow-up



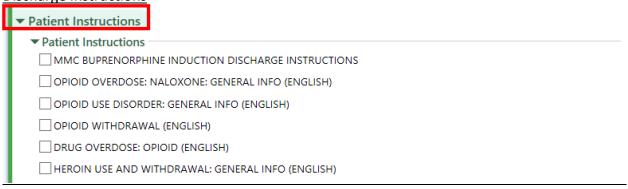
While our primary site of follow-up will be the Maine Behavioral Health South Portland Hub, we will also be using other community partners. People may go to other sites based on geography,

preference, insurance, etc. We are hoping to have patients seen in follow-up within 1-2 business days.

The Care Manager will tell you the date and time that the patient will be following-up and these details need to be placed in the follow-up. There are wildcards (\*\*\*) for the date and time information.

If the patient has a known diagnosis of hepatitis and/or HIV and DOES NOT currently have treatment for their virology diagnosis, the VTC has agreed to see them in follow-up for both their Substance Use Disorder and virology diagnosis. You must put in a referral to the VTC (EPIC order REF2700) as well as have the Care Manager notify them. This is a really nice addition to our workflow that will get our patients care for both diagnoses at one center. Please include the smart phrase **.EDVIROLABS** in your MDM for this workflow.

## **Discharge Instructions**



Choose the most appropriate instructions that are applicable. **Opioid Withdrawal** is likely always appropriate. If a patient receives a buprenorphine prescription, be sure to include the **MMC Buprenorphine Induction Discharge Instructions.** Don't forget to add instructions for non-opioid associated diagnoses as needed.

### Associate Diagnoses



If this dialog box comes up as you attempt to sign the "Smart Set," click "All" and then "Accept." That should allow you to sign everything.

### 6. Notes

There is a system-wide smart phrase, **.EDBUPMDM** to assist with your medical decision making documentation.

Remember to place the referral order for the Virology Treatment Center to either see your patient in follow-up after induction, or just to follow-up on labs. It is the same referral, just describe what you need in the comments. The VTC will follow-up labs for patients that go elsewhere for either issue.

#### 7. General Information

If the patient has no ability to pay, pharmacy has agreed to furnish drug without charge for 3 days (in very rare circumstances, they will do 5 as described above).

Even if there is no waivered physician available in the department, it may not be an issue if follow-up can be arranged for the next day. If that is not possible, the patient will need to come back to the ED the following day for either a dose of buprenorphine or a script, depending on the timing of their follow-up appointment.

We need to stress that receiving ED-initiated buprenorphine induction DOES NOT guarantee that a community site will continue buprenorphine, or any other treatment.

It is VERY IMPORTANT that we DO NOT do inductions on people who are using opioids for chronic pain. Our community sites CANNOT manage them, and they need to return to their provider for further assistance.

Pregnant women can be induced the same way, but with no combination product (buprenorphine/naloxone), only buprenorphine monoproduct.