

INTERNATIONAL AFFAIRS & BEST PRACTICE GUIDELINES CENTRE

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TRANSFORMING NURSING THROUGH EVIDENCE: NURSES AND METHADONE MAINTENANCE THERAPY

RNAO International Association of Registered Nurses and Nurse Practitioners
Working Hard for Nursing, Standing up for Health

May 29, 2013

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Working Hard for Nursing, Standing up for Health

Presenters



Margaret Dykeman Ph.D, NP



Sabrina Merali, RN, MN

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Session Objectives

1. Provide an overview of the RNAO International Affairs and Best Practice Guidelines Centre to develop an understanding of the guideline purpose, scope, and background
2. Discuss the mechanism of opiate addictions and use of methadone as a treatment option
3. Identify key practice recommendations in the Best Practice Guideline pertaining to the nurses' role in Methadone Maintenance Treatment
4. Identify educational, organizational and policy recommendations to create an environment of support for nurses
5. Identify key RNAO initiatives that support nurses in working with clients with Addictions and Mental Health

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RNAO Background

- Professional association of Registered Nurses in Ontario, Canada
- The strong, credible voice leading the nursing profession to influence and promote healthy public policy, and clinical excellence
- Best Practice Guidelines is a signature program of RNAO

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RNAO Best Practice Guideline Centre Program Mandate

Develop, disseminate, and actively support the uptake of evidence-based Clinical Nursing & Healthy Work Environment best practice guidelines (BPGs); and to evaluate their impact in patient/organizational and health system outcomes.

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Mental Health & Addictions Initiative

To **Build Capacity** Amongst **Nurses** and Other Health Care Professionals to **Implement and Sustain** Addiction and Mental Health Best Practices in Daily Nursing Practice

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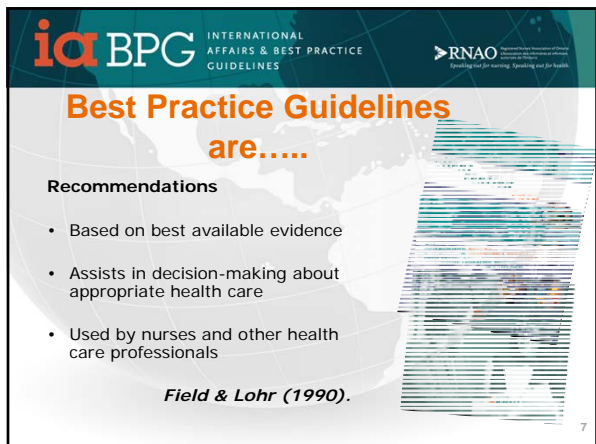
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Best Practice Guidelines are.....

Recommendations

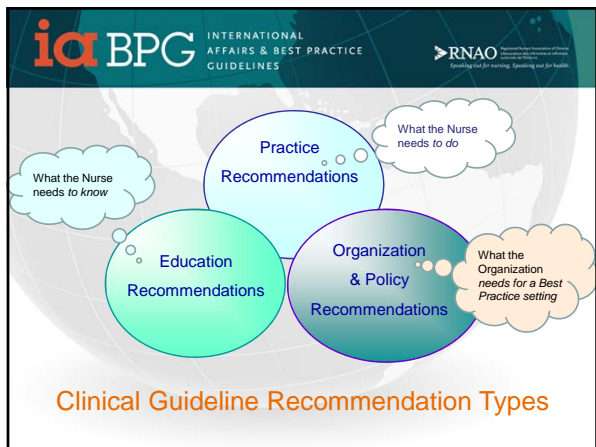
- Based on best available evidence
- Assists in decision-making about appropriate health care
- Used by nurses and other health care professionals

Field & Lohr (1990).



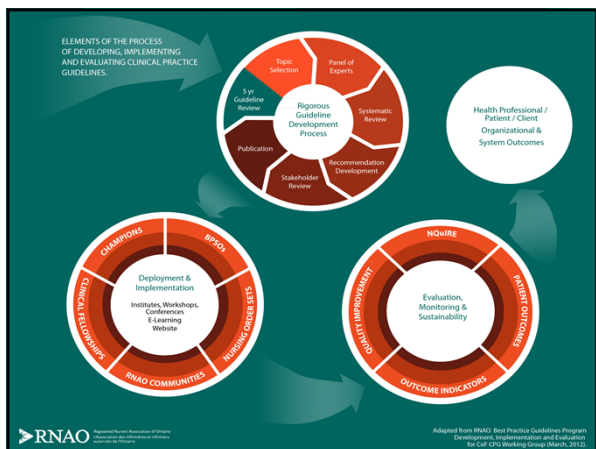
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Clinical Guideline Recommendation Types

ELEMENTS OF THE PROCESS OF DEVELOPING, IMPLEMENTING AND EVALUATING CLINICAL PRACTICE GUIDELINES




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Adapted from RNAO: Best Practice Guidelines Program Development, Implementation and Evaluation for CIP. CIP Working Group Report, 2012.

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Mental Health related Best Practice Guidelines

- Assessment and Care of Adults at Risk for Suicidal Ideation and Behavior
- Caring Strategies for Older Adults with Delirium, Dementia and Depression
- Client Centred Care
- Crisis Intervention
- Enhancing Healthy Adolescent Development
- Establishing Therapeutic Relationships
- Facilitating Client Centred Learning
- Integrating Smoking Cessation into Daily Nursing Practice
- Interventions for Postpartum Depression
- Primary Prevention of Childhood Obesity
- Promoting Safety: Alternative Approaches to Use of Restraints
- Supporting Clients on Methadone Maintenance Treatment
- Woman Abuse: Screening, Identification and Initial Response



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Supporting Clients on Methadone Maintenance Treatment



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Initiative Background

- Recommended by the Report of the Methadone Maintenance Treatment Practices Task Force (2007)
- Funding provided by the Ministry of Health – Mental Health and Addictions Branch
- Supporting Clients on Methadone Maintenance Treatment was published July 2009



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The Guideline Development Team

- **Panel Lead:** Margaret Dykeman
- **Expert Panel:** Angela McNabb, Katie Bowler, Josephine Muxlow, Carol Edwards, Janice Price, Jan Holland, Abby Smith, Sheleza Latif, Victoria Smye, Somina Lee, Melanie Stansfield, Carol Lynch, Sue Starling
- **RNAO Staff:** Dr. Irmajean Bajnok, Frederick Go, Pamela VanBelle, Jenny Oeey Chung and Glynis Vales
- **Stakeholders**

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Purpose and Scope

Purpose: To provide nurses with evidence-based recommendations related to knowledge and support for clients who are either a *potential candidate* or *already on MMT* for opioid dependence

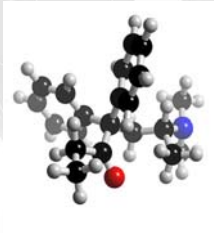
Target Population: Youth, Adult and Older Adults

Recommendations: Client assessment, development of collaborative care treatment plan, management, health promotion and on-going follow up

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Theoretical Framework



- The associated harmful consequences of addiction affects individuals in all areas of the social determinants of health.
- Methadone maintenance treatment (MMT) is a substitution therapy for opioid addiction.
- MMT is associated with the most positive outcomes related to opioid dependence.
- MMT falls under a harm reduction approach.

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Research Questions

1. What do nurses need **to be aware** of to do an appropriate assessment (in their practice setting) of clients who are opioid dependent or opioid abusing, and are either already on or are potential candidates for MMT?
2. What do nurses need **to know** about MMT?
3. What is **the role** of the nurse in MMT?
4. How do nurses **support a client**, who is on or is a potential candidate for MMT, who presents for care?

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Search Strategy

- **Key Search Terms**
 - Addictions, Mental Health, Methadone Maintenance Therapy, Narcotic, Substance Use, Opiate, Assessment and Intervention
- **Databases**
 - CINAHL, MEDLINE, Embase, Cochrane Central Register of Controlled Trials, Cochrane Database of Systematic Reviews, PsychInfo

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Guideline Development Process


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Background Information

- General Information regarding Addiction
- General Information regarding Methadone Maintenance
- General Information on Harm Reduction

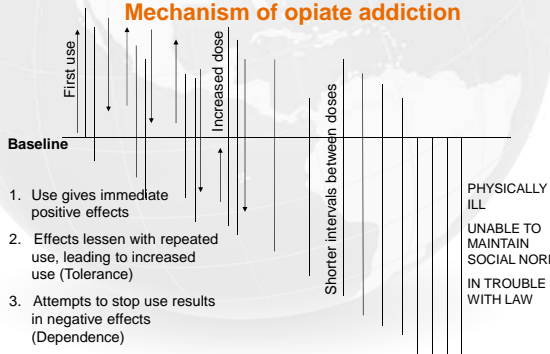


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Mechanism of opiate addiction



1. Use gives immediate positive effects
2. Effects lessen with repeated use, leading to increased use (Tolerance)
3. Attempts to stop use results in negative effects (Dependence)

PHYSICALLY ILL
UNABLE TO MAINTAIN SOCIAL NORMS
IN TROUBLE WITH LAW

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Methadone as a treatment option

Methadone

- is long-acting synthetic opioid that binds to opioid receptors
- long acting nature eliminates euphoric effects which contributes to lower rates of relapse
- associated with positive outcomes related to opioid dependence
- best outcomes occur when individuals are retained in long-term treatment

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Methadone as a treatment option

MMT efficacy demonstrated in the following ways:

- Alleviation of withdrawal symptoms and cravings
- Improvement in client's social conditions
- Improvement in general health status
- Reduction in HIV and HEP rates by needle-sharing
- Longer retention in treatment

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Figure 2: Harm Reduction Model (used with permission from Cheung, 2000)

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Recommendations

- Practice Recommendations (10)
- Education Recommendations (3)
- Organization & Policy Recommendations (4)

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Practice Recommendations

Nurses incorporate specific skills and knowledge of addictions in their everyday practice

- General Mechanisms of Addiction
- Maternal & Child Health
- Ethical, legal and social context of addiction treatment & harm reduction programming

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Practice Recommendations

Nurses must have knowledge of the impact of the social determinants of health on persons living with a substance abuse disorder

- Homelessness
- Lack of education
- Difficulty accessing services
- Social support systems
- Unemployment/↓ income

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Education Recommendations

Nurses have access to formal training and education to achieve competencies in practice and standards of practice in addictions and MMT

- Curriculums must contain enough information on mental health and addictions
- Continuing education programs must be made available to both maintain and upgrade knowledge of issues pertaining to substance abuse and mental health

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Education Recommendations

Nurses incorporate addictions knowledge & MMT into their ongoing everyday practice and into their continuing educational activities

- Make a practice of reviewing the literature
- Take findings to treatment team to be put into practice
- Be part of research projects
- Work with clients to achieve their goals

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Organizational & Policy Recommendations

Health care organizations provide support for nurses (orientation programs & professional development) regarding addictions treatment options


- Organizations must provide planning, resources, tools, organizational, administrative support & develop a plan for implementation

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Guideline Implementation

- *Toolkit: Implementation of Best Practice Guidelines (2nd edition)*
www.rnao.ca/bpg/resources/toolkit-implementation-best-practice-guidelines-second-edition
- Addictions and Mental Health RNAO Community
<http://communities.rnao.ca/addictions.rnao>
- Addictions e-Learn Series (10 modules)
<http://rnao.ca/bpg/courses/addictions-elearning-series>
- Smart Phone APPs (www.rnao.ca/bpg/pda)
- Speakers Bureau
www.rnao.org/methadone_speakersbureau



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To Access the Guideline...

- Available for free download at:
www.rnao.ca/bpg/guidelines
- Hard copy available for order by contacting RNAO:
www.rnao.ca/contact

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Questions?

For more information about this guideline, please contact:

Sabrina Merali, RN, MN
RNAO Program Manager
smerali@rnao.ca

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