


Montefiore

# Buprenorphine Treatment in Community-Based Primary Care

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# Establishing the Buprenorphine Treatment Program

## HRSA funding 2004

- 5 years, \$1.9 million
- Integration of bupe & HIV treatment

## Care Team

- 1 site = CHCC
- 3 MDs
- 1 PharmD = Bupe Coordinator

**BUPRENORPHINE** Is it right for you?

**THE BENEFITS OF BUPRENORPHINE TREATMENT**

- Buprenorphine has a low risk of being abused and is unlikely to cause an overdose.
- Buprenorphine can prevent pain, chills, nausea, and other feelings that come with addiction withdrawal.
- Buprenorphine can block the effects of addictive drugs. For example, heroin taken by a person under buprenorphine treatment will not cause a "high." The addition of naloxone in the Suboxone form of buprenorphine prevents the medicine from being abused, as it will cause withdrawal if injected.

**THE CHCC BUPRENORPHINE TREATMENT PROGRAM AND RESEARCH STUDIES**

Montefiore's Comprehensive Health Care Center (CHCC) provides buprenorphine treatment to hundreds of people who are addicted to opiates. Many research studies with buprenorphine are also occurring.

If you are addicted to opiates and interested in treatment or research studies with buprenorphine, you may qualify to participate in the treatment program or a research study.

If you or someone you know would like to take advantage of the buprenorphine treatment program or research study, please call 718.410.3559 for buprenorphine treatment information or 718.944.3846 for research study information.

**HOW CAN YOU GET BUPRENORPHINE TREATMENT?**

Buprenorphine treatment can be prescribed by physicians who have been specially trained and have received certification from Federal and State agencies. Ask your doctor if he or she can prescribe buprenorphine or refer you to someone who can.

**Montefiore**  
The Einstein Hospital  
**EINSTEIN**  
Albert Einstein College of Medicine  
1275 York Ave. | Bronx, NY 10461

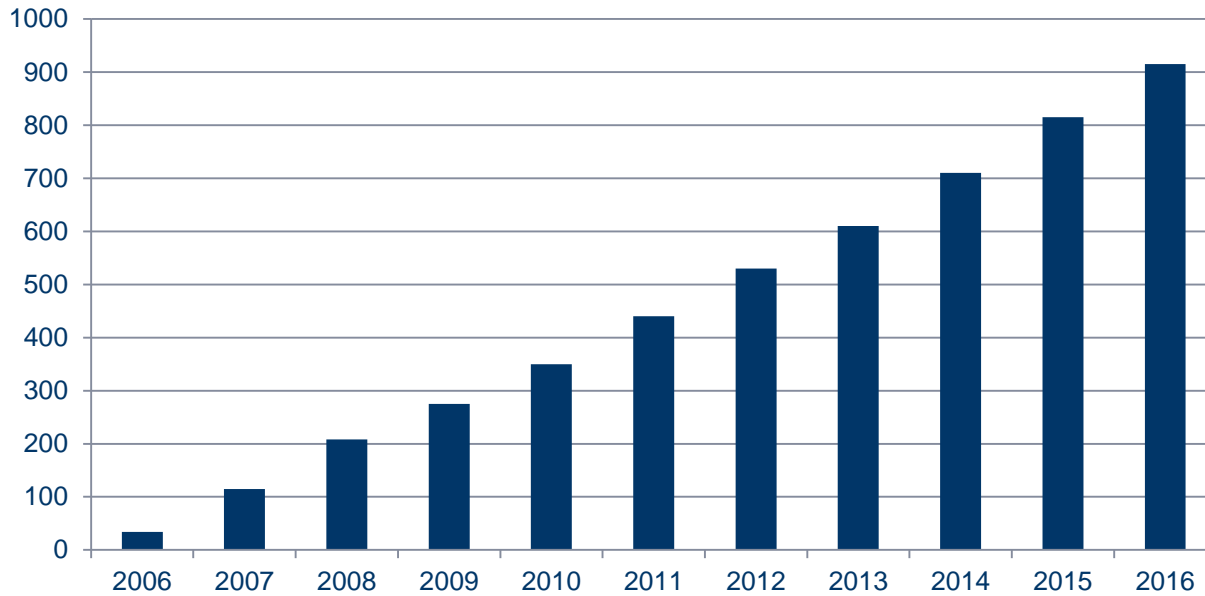
**BUPRENORPHINE**

If you or someone you know needs help with an addiction to heroin or pain pills, there's a new medicine that may help.



# Buprenorphine Treatment Program – 10 years >900 patients, >25 prescribers

## Patients receiving buprenorphine treatment



# Expansion of the Buprenorphine Treatment Program

Clinic	CHCC	CFCC	FCC	FHC	Williamsbridge
Bupe Champion	C. Cunningham	T. Lu	L. Khalid	M. Gbur	J. Bumol
Bupe Coordinator	A. Giovanniello PharmD	D. Rodriguez RN	D Rodriguez RN	J. Margolis LMSW	J. Margolis LMSW
Community outreach	Y. Holguin	Y. Holguin	Y. Holguin	Y. Holguin	Y. Holguin
Bupe Prescribers	M. Bachhuber C. Beaudoin R. Beil O. Blackstock A. Fox G. Fung-Chow E. Goss M. Gover S. Iyer M. Kladney S. Mallik B. Norton A. Patel V. Patel K. Schaeffe M. Yao-Cohen	M. Akiyama E. Harris K. Cartmill	J. Starrels S. Roth L. Shapiro J. Pan	J. Kang S. Donabonna E. Tattleman V. Gorski D. O'Connol	P. Gross L. Baron M. Polisar


# Buprenorphine Treatment Strategies

- Home induction tool kit (initiation of treatment)

**STARTING BUPRENORPHINE ("Bupe" or "Suboxone")**  
**Congratulations on starting treatment!**

**WHAT TO START WITH?**

- ✓ 4 Buprenorphine (Bupe) pills or films (8 mg)  
 (\*\*There are many different brand names and generic forms of Bupe. Some are shown below.)



- ❑ 6 Ibuprofen pills (200 mg) – for body pain, take 1-2 pills every 8 hours as needed
- ❑ 6 Clonidine pills (0.1 mg) – for anxiety, take 1 pill every 8 hours as needed
- ❑ 6 Imodium pills (2.0 mg) – for diarrhea, take 1 pill after each episode of diarrhea. Max 6 pills per day

**WHEN AM I READY TO START BUPE?**

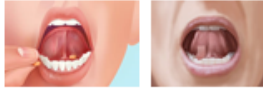
- ✓ Use the list of symptoms below to see when you are ready to start Bupe.
- ✓ Wait until you have **at least 5 symptoms** to start Bupe. If you don't have 5 symptoms, wait a bit longer and review the symptoms again. It is very important that you wait until you feel at least 5 symptoms before starting Bupe! To be sure that you are ready to start, it's best to have at least 1 of the 5 symptoms in the grey shaded area.

Symptoms	Do I have this?
I feel like yawning	<input type="checkbox"/> Yes
My nose is running	<input type="checkbox"/> Yes
I have goose bumps	<input type="checkbox"/> Yes
My muscles twitch	<input type="checkbox"/> Yes
My bones & muscles ache	<input type="checkbox"/> Yes
I have hot flashes	<input type="checkbox"/> Yes
I'm sweating	<input type="checkbox"/> Yes
I feel unable to sit still	<input type="checkbox"/> Yes
I am shaking	<input type="checkbox"/> Yes
I feel nauseous	<input type="checkbox"/> Yes
I feel like vomiting	<input type="checkbox"/> Yes
I have cramps in my stomach	<input type="checkbox"/> Yes
I feel like using	<input type="checkbox"/> Yes

**THINGS NOT TO DO WITH BUPE**

- \* DON'T use Bupe when you are high—it will make you dope sick!
- \* DON'T use Bupe with alcohol—this combination is **not safe**.
- \* DON'T use Bupe with benzos (like Xanax ("sticks"), Klonopin, Valium, Ativan) unless prescribed by a doctor who knows you are taking Bupe
- \* DON'T use Bupe if you are taking pain killers until you talk to your doctor.
- \* DON'T use Bupe if you are taking more than 60 mg of methadone.
- \* DON'T swallow Bupe – it gets into your body by melting under your tongue.
- \* DON'T lose your Bupe – it can't be refilled early.

**HOW TO TAKE BUPE**



- ✓ Before taking Bupe, drink some water.
- ✓ Put Bupe under your tongue.
- ✓ Don't eat or drink anything until the Bupe has dissolved completely.

**PLAN**

- Use your last heroin / methadone / pain pill: \_\_\_\_\_
- When you have at least 5 symptoms from the list, then you are ready to start.
- Start with \_\_\_\_\_ pill or film under your tongue.
- Wait \_\_\_\_\_ minutes.
- If you feel the same or just a little better, then take another \_\_\_\_\_ pill or film
- Wait 2 hours – if you still feel sick or uncomfortable, take another \_\_\_\_\_ pill or film.

**PROBLEMS? QUESTIONS?**

- Call \_\_\_\_\_ at \_\_\_\_\_.
- Call \_\_\_\_\_ if you still feel sick after taking a total of \_\_\_\_\_ pills or film ( \_\_\_\_\_ mg).

**NEXT STEPS**

- Appointment with \_\_\_\_\_ at \_\_\_\_\_
- Appointment with Dr. \_\_\_\_\_ at \_\_\_\_\_

**WHAT I TOOK**

	Time	Amount of pills or films
Day 1	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
Day 2	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
Day 3	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____

# Buprenorphine Treatment Strategies

- Delivery of buprenorphine treatment
  - Model of care
  - Home induction
  - Group-based treatment
  - Induction at syringe exchange programs
- “Appropriate” patient population
  - Polysubstance use
  - Chronic pain
- Integrating buprenorphine treatment with other illnesses
  - HIV
  - Hepatitis C viral infection
  - Smoking