Medication Assisted Treatment in Long Term Care Technical Support

Draft Core Competencies

November 21, 2019

Long-Term Care Facility Staff (LTCFs) Core Competencies

***The tenets within the Core Competencies shall apply to all residents – including those with different cultural, racial, ethnic backgrounds and those with disabilities. ***

I. *Understanding OUD:* **LTCF clinicians must develop and maintain knowledge, skills, and attitudes about opioid use disorder (OUD) to effectively care for individuals with this chronic, re-occurring medical condition:**

- Culturally responsive clinical skills when caring for residents with OUD from diverse backgrounds[1]
- Distinction between use, dependence and use disorder[2,3,4]
- Recognize and manage intoxication, withdrawal or overdose[5,6,7,8]
- Trauma informed care[9]
    - Universal suicide/self-harm risk screening[10]
- Stigma - dispelling misconceptions[11,12,13]
- Ethical and legal guidelines when caring for residents with OUD[14,15,16]
    - Current 42CFR overview[17]

II. *Safety Considerations for LTCF Residents with OUD:[18]* **Although the LTCF population may primarily include an older and more medically frail population than individuals who reside in the community, it may also include younger adults**

1. https://store.samhsa.gov/system/files/sma14-4849.pdf
2. https://www.drugabuse.gov/sites/default/files/files/OpioidRiskTool.pdf
3. https://www.hopkinsmedicine.org/opioids/signs-of-opioid-abuse.html
4. https://www.nejm.org/doi/10.1056/NEJMra1604339
5. https://www.ncbi.nlm.nih.gov/books/NBK64114/
6. https://www.asahq.org/whensecondscount/pain-management/opioid-treatment/opioid-abuse/
7. https://www.integration.samhsa.gov/Opioid_Toolkit_Prescribers.pdf
8. https://emergencymedicinecases.com/opioid-misuse-overdose-withdrawal/
9. http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html
10. http://cssrs.columbia.edu/
11. https://www.acponline.org/system/files/documents/about_acp/chapters/ma/ge-rize-shatterproof-white-paper_final.pdf
12. Olsen, Y., Sharfstein, J.M., 2014. Confronting the Stigma of Opioid Use Disorder—and Its Treatment. JAMA 311, 1393. https://doi.org/10.1001/jama.2014.2147
13. https://cf8b2643ab1d3c05e8f6-d3dc0d8f838e182b6b722cea42bb6a35.ssl.cf2.rackcdn.com/aaap_eb20f80a7ec0c1713978ba2b069091f7.pdf
14. https://www.ama-assn.org/delivering-care/opioids/10-ways-new-opioids-law-could-help-address-epidemic
15. https://www.ama-assn.org/delivering-care/ethics/untangling-medical-ethics-prescribing-opioids
16. https://www.bmcobat.org/resources/?category=1
17. https://www.samhsa.gov/about-us/who-we-are/laws-regulations/confidentiality-regulations-faqs
18. https://cf8b2643ab1d3c05e8f6-d3dc0d8f838e182b6b722cea42bb6a35.ssl.cf2.rackcdn.com/aaap_986d7d138b9fc49bcf0f61d6ba0392c9.pdf

who are admitted for short-term rehabilitation or are medically compromised and need the level of care provided in a LTCF. The following safety considerations when managing medication for OUD (MOUD) apply to all types of residents in the LTCF:

- Medical co-morbidities
- Mental Health/Psychiatric co-morbidities
- Managing acute and chronic pain and OUD[19]
- Appropriate dosing
- Polypharmacy and drug interactions
- Activities

III. *LTCF Residential Milieu (a resident's social environment):[20,21]* **The best practices and guidance of LTCF with residents who have OUD. LTCFs have best practices and guidance which apply to all residents, including those with OUD:**

- Resident-centered care[22]
- Setting boundaries for residents, staff, and visitors
- Assessing and treating high-risk residents with OUD[23]
- Culturally and linguistically appropriate resources and strategies to optimize resident and staff safety[24]

IV. *Caring for Residents treated with MOUD in LTCF:[25,26]* **Residents with OUD can receive MOUD treatment while residing in LTCFs even though these facilities are not designated as OTP or OBOT programs:**

- Pain management: residents with OUD require consistent and regular assessment of pain and functional levels[27]
- Goals of MOUD [28]

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[19] http://pcssnow.org/wp-content/uploads/2015/12/Alford-Acute-Chronic-Pain-MAT-FINAL2-12-22-15.pdf
[20] https://academic.oup.com/gerontologist/article/41/5/612/596559
[21] https://books.google.com/books?id=KcnsAwAAQBAJ&pg=PA35&lpg=PA35&dq=maintaining+a+pleasant+nursing+home+milieu?&source=bl&ots=53iHWyl-ZQ&sig=ACfU3U2hgtZqa_NQ4KTcTzNgdVoX0PKcWA&hl=en&sa=X&ved=2ahUKEwi23fGp5I_kAhVumuAKHVTyC3M4ChDoATABegQIBxAB#v=onepage&q=maintaining%20a%20pleasant%20nursing%20home%20milieu%3F&f=false
[22] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056855/
[23] https://www.oregonpainguidance.org/guideline/tapering/
[24] https://www.mass.gov/lists/making-clas-happen-six-areas-for-action
[25] https://www.mass.gov/circular-letter/circular-letter-dhcq-16-11-662-admission-of-residents-on-medication-assisted
[26] https://www.americannursetoday.com/np-medication-treatment-opioid-disorder/
[27] https://doi.org/10.3928/00989134-20190813-02
[28] https://www.ncbi.nlm.nih.gov/books/NBK535274/

- Treatment modalities including methadone, buprenorphine, naltrexone, counseling/recovery support/peer support-coaching
- Effective assessments and care plans based on the unique needs of each resident[29]
- Meaningful communication with treatment programs[30]
- Protocols for medication changes and needs
- Arranging transportation
- Discharge planning including continuity of care and resources
- Competency administering naloxone (Narcan) to reverse opioid overdose to include overdose/harm reduction strategies
- Storing, dispensing, and transporting MOUD
- Record-keeping
- Reporting requirements for overdose events
- Activities in LTCF

   Engaging residents' family members and friends (with residents' consent) by sharing their treatment goals and agreements

V. *Caring for the caregivers:*[31,32,33,34]

- Setting personal and professional boundaries
- Recovering from traumatic events (e.g., overdose event or unexpected resident death)
- Debriefing after a crisis
- Recognizing and preventing burn out
- Community resources (e.g., Nar-Anon, Al-Anon, Al-Ateen, family counseling)

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29 https://www.mass.gov/lists/making-clas-happen-six-areas-for-action
30 https://www.mass.gov/lists/making-clas-happen-six-areas-for-action
31 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6446475/
32 https://fuquacenter.org/wp-content/uploads/2017/12/IssueBrief12-Caregivers.pdf
33 https://www.caringfortheages.com/article/S1526-4114(19)30003-4/fulltext?rss=yes
34 https://journals.sagepub.com/doi/abs/10.1177/0733464814542465