

# Gateway Health Plan®

## **Benzodiazepine Use in Medication Assisted Therapy: Patient Education and Safety**

**Jan Kusserow, RN, BSN, CCM**



# Learning Objectives

By the end of this presentation, the participants will be able to:

- Identify 2 issues related to patient safety and education about the use of benzodiazepines during medication assisted treatment; and
- Identify 2 interventions that can improve the knowledge and safety of patients during medication assisted treatment about benzodiazepine use.



# Challenges to Caregivers

- How do we know if the person is on benzodiazepines?
- How do we know if the person is in MAT?
- What do we know about the effects of benzodiazepines during MAT?
- What do we tell the person about benzodiazepine use during MAT?
- What is our role in coordinating the care plan for a person on benzodiazepines during MAT?
- What do we know will promote the safety and maximum optimal outcomes for the person on benzodiazepines in MAT?
- ***What is our treatment plan to promote the best treatment outcomes for persons on benzodiazepines in MAT?***

# You are not alone!


- Despite the well-researched and documented studies making recommendations for care of persons in MAT, there is still ambivalence about treatment planning towards recovery.

# Crisis vs Opportunity Strategies to Improve Outcomes



# Patient Safety

- ***This is the primary tenant in the foundation of the care plan and interventions for the person.***
- ***The use of benzodiazepines while in MAT can be dangerous.***
- Thorough assessments must be completed in any setting by all providers to establish the fundamental information prior to implementing any interventions.
- Consideration of the amnesic and potentiating effects of benzodiazepine use during MAT is essential.
- Guidelines for addressing licit and illicit benzodiazepine use during MAT must be established.

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- The effects of benzodiazepine dependence must be considered when implementing a comprehensive treatment plan with the person while in MAT.
  - Alternative treatment options offered must effectively address the effects on recovery and co-occurring disorders.
  - Self-medication and concurrent prescription writing practices must be addressed by the MAT site as well as other providers of care for the person.



# Patient Education

- ***Recovery is the goal for MAT, so consideration of how the benzodiazepines affect this is essential.***
- Persons on benzodiazepines must be educated about the indications, effects, side effects, drug interactions, risks/benefits and possible alternative therapies available.
- MAT treatment must address this and have safe and effective resources available to manage persons taking benzodiazepines.
- Clinicians must be well informed and consider the goals of the person and the treatment setting where the education is delivered.
- Education must be factual, ongoing and repetitive, provided by all members of the treatment team involved, including the person and if possible, significant support persons.

- Individual and group education about the effects of benzodiazepines while in MAT should reflect the person's treatment goals, learning style, and interventions into the recovery from addiction and other co-occurring disorders.
- The learning style of the person must be identified so the clinician can modify the presentation of information to an understandable format.
- The skills of the clinician are essential to the effective education of the person.
- The acceptance of the person to address the use of benzodiazepines during MAT and self-responsibility for their recovery is essential to the overall outcomes of the treatment episode.

# QUESTIONS?



# RESOURCES

- [www.samhsa.gov](http://www.samhsa.gov)
- [www.health.org/govpubs/BKD110/5j.aspx](http://www.health.org/govpubs/BKD110/5j.aspx)
- [www.nih.gov](http://www.nih.gov)
- [www.dpw.state.pa.us](http://www.dpw.state.pa.us)
- [www.health.nsw.gov.au/public-health/dph/treatment/htm](http://www.health.nsw.gov.au/public-health/dph/treatment/htm)

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