Instructions

Each section is approximately of 1 hour duration and contains a series of questions that you answer as a multiple choice, matching or calculation.

If you close the section in the middle, you will need to re-start from beginning.

At the end of each section you will get your partial results. The computer will calculate your score. You do not need to pass at the end of each section.

If you want to get the Certificate to claim your credits, you must complete the “Section 4 - Final test” and must pass with a score of at least 80%

Good Luck!
Message board

Take note of this web address:

Use the message board to talk to us and to other people who are also taking this course:

http://www.omtst.com/message-board.html

Sample: Online Opioid Self-Assessment Program
# Self-efficacy

## Self-efficacy survey

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am confident in my ability to identify patients at risk for opioid overdose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my ability to identify patients at risk for opioid misuse/addiction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my ability to diagnose opioid induced hyperalgesia</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my ability to use urine drug screenings with patients on opioids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my ability to switch from one opioid to another</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sample: Online Opioid Self-Assessment Program
Knowledge assessment question

1. Match the 2 columns (drag and drop)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opioid overdose</td>
<td>Abdominal pain and diarrhea</td>
</tr>
<tr>
<td>Adverse effect of opioids</td>
<td>Nausea and constipation</td>
</tr>
<tr>
<td>Opioid withdrawal</td>
<td>Somnolence and decreased respiratory rate</td>
</tr>
<tr>
<td>Opioid under-dose or non-responsiveness to opioids</td>
<td>Extreme pain and decreased function</td>
</tr>
</tbody>
</table>

Sample: Online Opioid Self-Assessment Program
Case

Patrick, 44 years old male

Patrick has chronic pain and he has been on oxycodone CR for the past 6 months. He signed a treatment agreement with the physician explaining that urine could be collected for purposes of drug screening. When asked for a urine sample at a follow-up appointment, Patrick refuses.
Discussion – Adverse Effects

Adverse effects of opioids
- Nausea
- Vomiting
- Constipation
- Dizziness
- Drowsiness
- Itchiness or dry skin

Opioid under-dose or opioid non-responsiveness
- Extreme pain
- Decreased function
- Poor sleep quality
- Anxiety
- Low mood

Sample: Online Opioid Self-Assessment Program
Discussion – Overdose Risk

**Overdose Risk**

**Patient Factors**
- Elderly
- On benzodiazepines
- Renal impairment
- Hepatic impairment
- COPD
- Sleep apnea
- Sleep disorders
- Cognitive impairment

**Provider Factors**
- Incomplete assessments
- Rapid titration
- Combining opioids and sedating drugs
- Failure to monitor dosing
- Insufficient information given to patient and/or relatives

Sample: Online Opioid Self-Assessment Program
Discussion – Tapering

Sample: Online Opioid Self-Assessment Program
Discussion – Switching

Do not switch from codeine to fentanyl patch regardless of the codeine dose, as some codeine users may have little or no opioid tolerance.

Before switching from other more potent opioids to fentanyl, obtain a complete history of opioid use within the last 2 weeks to ensure the patient is fully opioid tolerant. Tolerance can be assumed if the patient is on a moderate, stable dose of a strong opioid, i.e., a total daily dose of at least 60-90 mg/day morphine equivalence daily for at least 2 weeks. This dose should be scheduled rather than p.r.n. (at least b.i.d. for CR or q.i.d. for IR).
Reflection

Reflection exercise #1

In your opinion:

What did the physician do well?

What phrases did the physician use that might work for you?

What could the physician have done differently?