

Treating Opioid Use Disorders

Choosing Wisely Canada Recommendations

Central to the Opioids Wisely campaign is a set of 15 specialty-specific recommendations for when the use of opioids should not be first line therapy. These recommendations cover 12 different clinical specialties. View the Opioids Wisely Toolkit and recommendations at www.qualityofcarenl.ca/resources/

Practice Points

1. Over 2,816 Canadians died from Opioid poisoning in 2016.
2. NL has seen an increase of 73% in opioid-related hospitalizations from 2007 to 2015.
3. Suboxone (buprenorphine-naloxone) is the preferred treatment for newly diagnosed individuals with opioid use disorders receiving Opioid Assisted Therapy (OAT).
4. Suboxone has a much better safety profile than Methadone.

Hospitalizations Involving Opioid Poisoning in NL and Number of Apparent Opioid-Related Deaths

	2016	2017
Number of apparent opioid related deaths	18	33
Number of hospitalizations involving opioid poisoning	57	84

Source: Compiled by the Health Analytics and Evaluation Services Department, NLCHI using data from the Health Data Management (HDM) System 2016-2017 and the Office of Chief Medical Examiner for the province of Newfoundland and Labrador 2016-2017

Conclusions

1. Suboxone can and should be used by Primary Care Practitioners in the treatment of their patients with Opioid Use Disorder.
2. Opioid use disorder is a serious and frequent health issue for our patients.
3. Safe and effective treatment is available.
4. Requirements to prescribe Suboxone for clinicians, along with educational resources and supports are available at www.qualityofcarenl.ca/resources/

Clients Receiving Opioid Dependency Treatment from June 2017 – April 2018

Regional Health Authority	Total*	Methadone	Suboxone
Newfoundland and Labrador	2,409	2,017	482
Eastern Health	1,722	1,541	228
Central Health	367	268	119
Western Health	285	189	122
Labrador-Grenfell Health	29	14	12
Unknown	6	5	1

2,409 clients received opioid dependency treatment in NL, the majority of whom are prescribed Methadone

Health Care Providers who Prescribed Opioid Dependency Treatment at Least Once from June 2017 – April 2018

Regional Health Authority	Total*	Methadone	Suboxone
Newfoundland and Labrador	68	39	46
Eastern Health	36	22	23
Central Health	13	7	12
Western Health	10	6	5
Labrador-Grenfell Health	9	4	6

There are a small number of providers prescribing opioid dependency treatment

Pharmacies who have Dispensed Methadone and/or Suboxone from June 2017 – April 2018

Regional Health Authority	Total*	Methadone	Suboxone
Newfoundland and Labrador	78	70	54
Eastern Health	38	35	25
Central Health	16	16	18
Western Health	13	12	6
Labrador-Grenfell Health	8	6	4
Unknown	1	0	1