

# Mindful Continuing Education

## Harm Reduction in Substance Misuse

**1. Which of the following best describes harm reduction?**

- A. expects people to follow a "clean & sober" lifestyle.
  - B. is an abstinence based program.
  - C. has a clear set of rules and regulations.
  - D. some ways of using drugs are safer than others.
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**2. How many overdose deaths were there in the U.S. between December 2021 and November 2022?**

- A. 932,000
  - B. 103,550
  - C. 92,000
  - D. 53,550
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**3. Harm reduction requires that interventions and policies designed to serve people who use substances**

- A. are specific to the individual and community needs.
  - B. follow the stages of change.
  - C. allow for continued substance use.
  - D. are coordinated with law enforcement.
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**4. A person in pre-contemplative stage of their substance use**

- A. is considering that their behavior may be problematic.
  - B. is ready to make a change around their problematic substance use.
  - C. may be unaware that their behavior is problematic.
  - D. has returned to their old behaviors around substance use.
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**5. Injection drug use accounts for \_\_\_\_ of all adolescent and adult HIV/AIDS cases.**

- A. 25%
  - B. 33%
  - C. 50%
  - D. 66%
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**6. Which of the following does harm reduction NOT do?**

- A. minimize or ignore the harm and danger of substance use.
  - B. empower people who use drugs.
  - C. provide treatment resources to people who use drugs.
  - D. recognize peoples social inequalities that may impact drug use.
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**7. Prescription drug monitoring programs is an example of which of the following?**

- A. primary level prevention
  - B. secondary level prevention
  - C. tertiary level prevention
  - D. quaternary level prevention
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**8. In 2020, how many people over the age of 12 had a substance use disorder in the past year?**

- A. 92.2 million
  - B. 53.5 million
  - C. 40.3 million
  - D. 32.2 million
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**9. What is one reason why people who use drug do not access medical care?**

- A. they don't want help.
  - B. they like using drugs.
  - C. they don't think they have a problem.
  - D. they do not trust healthcare providers to maintain their privacy from law enforcement.
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**10. Which of the following can prevent withdrawal symptoms and reduce cravings in opioid-addicted individuals?**

- A. MAT
  - B. CBT
  - C. Narcan
  - D. Methadone
- 

**11. All the following behavioral therapies have shown to be effective for substance use treatment except for:**

- A. Cognitive Behavioral Therapy
  - B. Contingency Management
  - C. Motivational Interviewing
  - D. Exposure Therapy
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**12. Naloxone can quickly reverse an opioid overdose is also known as:**

- A. Suboxone
  - B. Methadone
  - C. Narcan
  - D. Buprenorphine
- 

**13. Medication-assisted treatment works best when:**

- A. it is voluntary.
  - B. it is mandatory.
  - C. it is provided as a stand alone treatment.
  - D. it is limited in its availability.
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**14. Needle and syringe access programs help to do what?**

- A. To increase sharing of injection equipment.
  - B. To reduce the spread of blood-borne infections
  - C. To increase substance use.
  - D. To increase needlestick injuries.
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**15. Overdose prevention sites globally experience on average \_\_\_\_\_ overdose fatalities/year.**

- A. 0
  - B. 100
  - C. 1000
  - D. 10,000
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**16. What can current available drug test strips detect?**

- A. fentanyl
  - B. fentanyl & morphine
  - C. fentanyl & amphetamines
  - D. amphetamines & xylazine
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**17. What is the Good Samaritan Laws main goal?**

- A. allow overdose dropoffs at emergency departments.
  - B. increase naloxone access
  - C. protect bystanders from criminal charges
  - D. increase calls for medical assistance during an overdose.
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**18. Which of the following is an educational strategy to market evidence-based practices to healthcare providers and community stakeholders?**

- A. Housing First

- B. Academic Detailing
  - C. Recovery Ready Workplace
  - D. MAT
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**19. Decreased absenteeism, increased productivity, increased workplace safety, and lower long-term healthcare costs are all benefits of this program.**

- A. Housing First
  - B. Academic Detailing
  - C. Recovery Ready Workplace
  - D. MAT
- 

**20. Harm reduction focuses on \_\_\_\_ rather than the prevention of substance use.**

- A. the prevention of harm
  - B. community safety
  - C. economic benefits
  - D. education
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