

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.

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

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.

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.

5. Injection drug use accounts for ____ of all adolescent and adult HIV/AIDS cases.

- A. 25%
- B. 33%
- C. 50%
- D. 66%

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.

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

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

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.

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

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.

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.

15. Overdose prevention sites globally experience on average ____ overdose fatalities/year.

- A. 0
- B. 100
- C. 1000
- D. 10,000

16. What can current available drug test strips detect?

- A. fentanyl
- B. fentanyl & morphine
- C. fentanyl & amphetamines
- D. amphetamines & xylazine

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.

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

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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