

# Mindful Continuing Education

## Treating Opioid Use Disorder

**1. Opioid use disorder affects more than how people in the United States?**

- A. 500 thousand
  - B. 1 million
  - C. 3 million
  - D. 5 million
- 

**2. A person's need to increase the amount of opioids taken to achieve the desired effect.**

- A. addiction
  - B. withdrawal
  - C. impairment
  - D. tolerance
- 

**3. A person's unpleasant experience upon terminating opioid use.**

- A. addiction
  - B. withdrawal
  - C. impairment
  - D. tolerance
- 

**4. Which of the following includes taking the medication in a way or dose other than what is prescribed, taking someone else's prescription medication, or taking the medication expressly to get high and not for the prescribed treatment**

- A. Heroin
  - B. OUD
  - C. Fentanyl
  - D. Prescription opioid misuse
- 

**5. This opioid is derived from morphine.**

- A. Heroin
  - B. Fentanyl
  - C. Methadone
  - D. Imodium
-

**6. This synthetic opioid is 50-100 times stronger than morphine.**

- A. Heroin
  - B. Fentanyl
  - C. Methadone
  - D. Oxycodone
- 

**7. When opioids bind to opioid receptors, the body is flooded with what?**

- A. dopamine
  - B. testosterone
  - C. oxytocin
  - D. estradiol
- 

**8. Short-term effects of opioids include all except for which of the following?**

- A. pain relief
  - B. euphoria
  - C. drowsiness
  - D. damage to organs
- 

**9. This group of people are more susceptible to accidental misuse due to multiple prescriptions and health issues.**

- A. Women
  - B. Adolescents
  - C. Elderly
  - D. African Americans
- 

**10. An environmental risk factor for a person's susceptibility to opioid misuse is which of the following?**

- A. its effects on brain chemistry
  - B. access and exposure
  - C. genetic predisposition
  - D. mental health conditions
- 

**11. According to the DSM-V, having 4/10 OUD symptoms is considered what?**

- A. mild
  - B. moderate
  - C. severe
  - D. extreme
-

**12. This establishes a baseline of the substance(s) the person is using at the time of evaluation**

- A. SOAPP-R
  - B. physical exam
  - C. substance use history
  - D. drug test
- 

**13. Historically CODs were treated in this manner but it has been show to be ineffective and worsens outcomes.**

- A. Sequential treatment
  - B. Simultaneous Treatment
  - C. Integrated Treatment
  - D. Cognitive Behavioral Treatment
- 

**14. This treatment can minimize withdrawal symptoms and cravings.**

- A. MAT
  - B. CBT
  - C. Naloxone
  - D. EMDR
- 

**15. The following are all medications that treat opioid use disorder except for which of the following?**

- A. methadone
  - B. buprenorphine
  - C. naltrexone
  - D. benzodiazepine
- 

**16. This medication to treat OUD can only be dispensed through a certified opioid treatment program.**

- A. methadone
  - B. buprenorphine
  - C. naltrexone
  - D. naloxone
- 

**17. One of the goals of this treatment model is to strengthen a person's commitment to change in a way that is consistent with their values.**

- A. CBT
- B. Contingency Management
- C. Motivational Interviewing

D. EMDR

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**18. This evidence-based treatment provides rewards to motivate change.**

- A. CBT
  - B. Contingency Management
  - C. Motivational Interviewing
  - D. DBT
- 

**19. This type of treatment gives people the flexibility to receive treatment and attend therapy on their own time.**

- A. Detoxification Treatment
  - B. Inpatient Treatment
  - C. Outpatient Treatment
  - D. Therapeutic Communities
- 

**20. According to the text, which of the following best describes harm reduction?**

- A. Harm reduction expects people to follow a "clean & sober" lifestyle.
  - B. Harm reduction is an abstinence based program.
  - C. Harm reduction has a clear set of rules and regulations.
  - D. According to harm reduction, some ways of using drugs are safer than others.
- 

**21. Overdose prevention sites globally experience on average how many overdose fatalities/year?**

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

**22. A key risk factor for a person relapsing is which of the following?**

- A. Stress
  - B. MAT
  - C. harm reduction
  - D. decriminalizing drugs
- 

**23. What is the first step of relapse prevention?**

- A. coping skills
  - B. support system
  - C. warning signs
  - D. routines
-

**24. Naloxone can quickly reverse an opioid overdose is also known as**

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

**25. If the person overdosing does not respond to the first dose of naloxone treatment in this amount of time a second dose should be given.**

- A. 1 minute
  - B. 2-3 minutes
  - C. 5 minutes
  - D. 8-10 minutes
- 

**26. Culturally competent clinicians are aware of which of the following?**

- A. abstinence is the best policy.
  - B. condone illicit drug use
  - C. other's biases and stereotypes.
  - D. their own biases and stereotypes.
- 

**27. What do the updated federal regulations in 2024 allow for OTPs to do?**

- A. admit someone with less than one year of opioid addiction.
  - B. only allow doctors to prescribe methadone.
  - C. only admit adults.
  - D. admit minors if they have 2 prior failed treatments.
- 

**28. Barriers to care include all except for the following:**

- A. insurance
  - B. stigma
  - C. harm reduction
  - D. fear of criminal prosecution
- 

**29. These type of programs make it easier to access and participate in treatment.**

- A. OTPs
  - B. Low-threshold
  - C. harm reduction
  - D. overdose prevention
-

**30. This MAT can be prescribed by doctor's offices making it an easier to access treatment.**

- A. Methadone
  - B. Dextromethorphan
  - C. Naloxone
  - D. Loperamide
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