

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

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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