

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 factors 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 withdrawl 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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