

# The Alberta ODT Virtual Training Program

## Land Acknowledgement

The Alberta Opioid Dependency Treatment (ODT) Virtual Training Program was revised and expanded on the historical and contemporary Indigenous lands, including the territories of Treaty 6, Treaty 7 & Treaty 8, and the homeland of the Métis Nation of Alberta and 8 Metis Settlements. We also acknowledge the many Indigenous communities that have been forged in urban centres across Alberta.

## Drug Poisoning Acknowledgement

We reflect and acknowledge the substantial loss and emotional devastation caused by the drug poisoning crisis, honouring each person, life, and preventable death. We acknowledge the individuals with lived and living experience and their family members/friends, the first responders, and all healthcare providers, who are coping with the tremendous loss in their community and personal lives.

## Program Overview

The Alberta Opioid Dependency Treatment (ODT) Virtual Training Program follows MHSPR/CPOS standards for the delivery of ODT and Narcotic Transition Services (NTS) and is a part of broader efforts to respond to the opioid crisis in Alberta, by improving the capacity of prescribers and allied healthcare providers involved in treating opioid use disorder (OUD). The program aims to empower prescribers and healthcare professionals in Alberta to diagnose and treat opioid use disorder using evidence-informed treatments through a self-navigated academic curriculum. Its goal is to ensure that all prescribers and healthcare providers are equipped to provide effective, evidence-informed treatment for individuals with OUD. This training program offers various streams based on different job roles and responsibilities, and the required course modules will vary accordingly.

### Recommended courses by job description:

**Protective Services:** Modules 1-4

**Non-clinical staff members** (PSW, social worker, addictions counsellor, administration): Modules 1-6, 12,14

**Clinical staff members** (Nursing, Pharmacists, Prescribers): All modules

### The Alberta ODT Virtual Training Program includes:



Interactive e-learning modules

The program content aligns with current evidence and national guidelines. It satisfies the College of Physicians & Surgeons of Alberta (CPSA) requirements for starting and maintaining opioid agonist therapy (OAT) and designated narcotic drug(s) (DND).

You can access the training program anytime/anywhere at [www.ahs.ca/odt](http://www.ahs.ca/odt). Please submit questions regarding this training program to: [AddictionMedicine.Resources@recoveryalberta.ca](mailto:AddictionMedicine.Resources@recoveryalberta.ca)

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### Program Objectives

By the end of this course, participants will be able to:

- Reflect on personal biases and their impact on treating opioid use disorder.
- Describe the significance of integrating harm reduction principles and practices.
- Identify the components of a comprehensive assessment.
- Describe evidence-informed interventions for the treatment of opioid use disorder across the treatment intensity continuum.
- Describe evidence-informed psychosocial treatments and supports used for the treatment of opioid use disorder.

### Module Learning Objectives

#### Module 1: Acknowledging Potential Bias (Duration: 0.5 Hours)

By the end of this module, participants will be able to:

- Identify and define the concept of bias.
- Explain the terms used to differentiate between forms of bias.
- Define the relationship between intuition and bias.
- Explain the terms used to differentiate between forms of stigma.
- Describe the relationship between implicit bias, stigma, and harm.
- Identify strategies to overcome bias.
- Reflect upon one's own biases and identify how they relate to substance use.

#### Module 2: Introduction- Opioid Prevalence (Duration: 0.5 Hours)

By the end of this module, participants will be able to:

- Explain endogenous opioids and exogenous opioids.
- Explain the history of opioids.
- Explain the spectrum of substance use.
- Describe the global impact of opioid use.
- Explain how Canada's opioid crisis came to be.
- Describe the National and Provincial impact of opioid use.
- Describe how the social determinants of health influence opioid use.
- Explain the impact of opioid use on individuals and families.
- Identify evidence-informed guidelines for the treatment of opioid use disorder.

#### Module 3: Opioids – Impact on the Brain & Body (Duration: 0.5 Hours)

By the end of this module, participants will be able to:

- Identify the anatomy and structures of the brain.
- Explain the neurobiology of addiction and how opioids relate to this process.
- Describe the endogenous opioid system and its actions within the brain and body.
- Describe exogenous opioids, including their classification and agonistic properties.
- Describe the routes of opioid administration.

- Describe the various impacts of opioids on the body.

### **Module 4: Reducing Harms Associated with Substance Use (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Define harm reduction.
- Describe the philosophy and principles of harm reduction.
- Describe the goals of harm reduction.
- Explain harm reduction approaches and services recommended for the treatment of opioid use disorder.
- Describe how to respond to opioid-induced respiratory depression.
- Describe how to respond to a non-opioid-related sedative toxicity.
- Describe how to identify and respond to a stimulant toxicity.

### **Module 5: Comprehensive Assessment and Opioid Use Disorder (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Describe how addiction fits within the spectrum of substance use.
- Define addiction and the contributing biopsychosocial and spiritual factors
- Explain the DSM-5-TR diagnostic criteria for substance use disorders, opioid use disorder, opioid intoxication, and opioid withdrawal
- Identify opioid use disorder screening tools
- Explain the required components of a comprehensive assessment
- Explain the assessment dimensions that guide a comprehensive assessment
- Identify how My Recovery Plan (MRP) fits into a comprehensive assessment

### **Module 6: An Introduction to Opioid Dependency Treatment (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Describe evidence-informed interventions for the treatment of opioid use disorder across the treatment intensity continuum.
- Describe evidence-informed medications for withdrawal management.
- Define opioid agonist treatment (OAT) medications.
- Define designated narcotic drugs (DND) medications and requirements for licensed Narcotic Transition Services (NTS).
- Identify opioid dependency treatment access points.
- Explain the requirements for initiating, maintaining, and transitioning between treatments along the intensity continuum.
- Explain the practice standards for the frequency of urine screening, clinical visits, and carries.
- Explain the practice standards for missed doses, spoiled doses, and split doses.

### **Module 7: ODT with Buprenorphine Formulations (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Define opioid agonist treatment with buprenorphine formulations as the first line treatment along the opioid dependency intensity continuum
- Describe the assessment requirements before initiation of buprenorphine/naloxone
- Explain the process of different induction methods and identify individuals who would benefit from each method
- Explain maintenance dosing and requirements for buprenorphine/naloxone
- Describe the process for managing precipitated withdrawal symptoms
- Describe the assessment requirement before the initiation of buprenorphine extended release
- Explain the process for the initiation and stabilization of buprenorphine extended release
- Explain maintenance dosing and requirements for buprenorphine extended release

### **Module 8: ODT with Methadone (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Define opioid agonist treatment with methadone as one treatment along the opioid dependency intensity continuum
- Describe the assessment requirements before the initiation of methadone.
- Explain the process for determining an initiating dose.
- Explain the titration of methadone for stabilization.
- Explain maintenance dosing and requirements.
- Explain the practice standards for methadone missed dosing

### **Module 9: ODT with Slow-Release Oral Morphine (SROM) (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Define opioid agonist treatment with slow-release oral morphine as one treatment along the opioid dependency intensity continuum
- Describe the assessment requirements before the initiation of slow-release oral morphine.
- Explain the process for deciding an initiating dose.
- Explain the titration of slow-release oral morphine for stabilization.
- Explain maintenance dosing and requirements.
- Explain the practice standards for slow-release oral morphine missed dosing

### **Module 10: ODT with Hydromorphone (Duration: 1 Hour)**

By the end of this module, participants will be able to:

- Define opioid agonist treatment with hydromorphone as one treatment along the opioid dependency intensity continuum.
- Define the prescribing requirements for hydromorphone.
- Explain the process for determining an initiating dose.
- Explain the titration of hydromorphone for stabilization.
- Explain maintenance dosing and requirements.
- Identify the importance of supporting medication adherence by preventing medication diversion.
- Explain how to initiate and maintain hydromorphone for an opioid use disorder in a hospital setting.
- Identify and manage potential adverse reactions.

### **Module 11: Deprescribing along the ODT Intensity Continuum (Duration 0.5 Hours)**

By the end of this module, participants will be able to:

- Describe the purpose of medication deprescribing
- Identify evidence-informed practice standards for the deprescribing of designated narcotic drugs
- Identify evidence-informed practice standards for the deprescribing of designated narcotic drugs to a full opioid agonist treatment option
- Identify evidence-informed practice standards for the deprescribing of designated narcotic drugs to a partial opioid agonist treatment option
- Identify evidence-informed practice standards for the deprescribing of opioid agonist treatment medications

### **Module 12: ODT across Clinical Cohorts (Duration 1.0 Hours)**

By the end of this module, participants will be able to:

- Describe the risk factors associated with opioid use disorder across various clinical cohorts.
- Explain the practice considerations and recommendations for the comprehensive treatment of opioid use disorder across various clinical cohorts.
- Identify evidence-informed practice standards prescribing opioid agonist treatment within various clinical cohorts.

### **Module 13: Psychosocial Treatments and Supports (Duration: 0.5 Hour)**

By the end of this module, participants will be able to:

- Explain therapeutic interventions as part of a comprehensive treatment plan
- Define psychosocial treatments and supports
- Describe evidence-informed psychosocial treatments used for the treatment of opioid use disorder.
- Define recovery and peer-led recovery supports
- Describe evidence-informed recovery and peer-led recovery supports and services for the treatment of opioid use disorder.