

- Discuss strategies to prevent infections.
- Evaluate whether **pre-exposure prophylaxis (PrEP)** is indicated for HIV prevention.
- Ask patients about **pregnancy plans** to support their goals.

Other strategies:

Prescribe intranasal naloxone (e.g., Narcan) to prevent overdose



Recommend or provide immunizations

(hepatitis, pneumococcus, tetanus)



Screen for infections

(especially HIV, hepatitis C and B, and STIs like syphilis)



Discuss overdose prevention and whole person care with all patients

Opioid dependence is not the same as opioid addiction¹

Tolerance

- need for **increased dose** of a drug to achieve the same effect
- can occur even when taken as prescribed

Physiologic dependence

- **physiologic adaptations** to the chronic presence of a drug to maintain normal function
- sudden absence of drug can lead to withdrawal

Opioid use disorder/addiction

- uncontrollable drug use **despite harmful consequences**



A patient who becomes physically dependent on opioids prescribed for chronic pain or for the treatment of OUD, and takes them as prescribed with no impairment of daily life, is not considered to have an addiction.

Does the patient have opioid use disorder (OUD)?

OUD is problematic opioid use that leads to significant impairment or distress marked by at least two of the following over the past 12 months:²

- using opioids at higher doses or longer than intended
- unsuccessful attempts to control or reduce use
- significant time spent obtaining, consuming, or recovering from opioids
- cravings for opioids
- failure to fulfill obligations because of opioid use
- persistent social or interpersonal problems caused by opioids
- opioid use displaces social, work, or recreational activities
- using opioids in hazardous situations (e.g., while driving)
- use continues despite physical or psychological problems caused or worsened by opioids
- tolerance: a reduced effect of the drug despite increasing dosages (in patients taking opioids other than as prescribed)
- withdrawal (in patients taking opioids other than as prescribed)

Mild: 2-3 criteria; Moderate: 4-5 criteria; Severe: 6 or more criteria

(1) Szalavitz M, Rigg KK, Wakeman SE. Drug dependence is not addiction-and it matters. *Ann Med.* 2021; 53(1):1989-1992. (2) American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders, 5th Ed., Text Revision.* Arlington, VA: American Psychiatric Publishing; 2022.



Bringing unbiased evidence to clinical care

These are general recommendations only; specific medical decisions should be made by the treating clinician based on an individual patient's clinical condition.

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