



## **FINDING A BETTER YOU**

**A model for an opioid use disorder clinic in a  
community pharmacy**

# PRESENTER DISCLOSURE

- **Presenters:** George Jansen, Danielle DuQuesnay, Stacey Shantz
- **Relationships with commercial interests:**
  - **Grants/Research Support: None**
  - **Speakers Bureau/Honoraria: None**
  - **Consulting Fees: None**
  - **Other: None**



# DISCLOSURE OF COMMERCIAL SUPPORT

- This program has not received any financial support or funding
- There are no conflicts of interest or biases to disclose for the individuals involved in the presentation or at the clinic



# GEORGE JANSEN, BSCPHM, RPH, CRE

- Owner of West End Pharmacy, Stratford
- Dispensed methadone/Suboxone for 8+ years. Prior to this many would leave town for dosing
- Community pharmacist for 33 years and part-time FHT pharmacist for the past 8 years at STAR FHT in Stratford



# DANIELLE DUQUESNAY, RN

- Registered Nurse at Choices for Change, Community Withdrawal Management Program (3+ years)
- 15 years nursing experience in hospitals, including: inpatient medical and surgical units, ICU, cardiac care, pediatrics, emergency, inpatient mental health, and child and adolescent mental health
- 4 years working for Telehealth, Ontario



## STACEY SHANTZ, MA, RP

- Adult Addiction Counsellor at Choices for Change, Opioid Support Program (3+ years)
- Counselling for 2 years prior to this at Ontario Addiction Treatment Centre, Kitchener
- Completed post-graduate certificate in Addictions: Treatment and Prevention program at Georgian College
- Also has counselling experience with youth in a high school setting, residential treatment for adults, and as a distress line operator



# JASON DATEMA, MSc, MD, CCFP, FCFP

- Consulting Physician at the Huron and Perth Clinics (4 years)
- As a medical student, Jason worked and studied at an HIV outreach program to the prison population in Kingston and surrounding area, where he gained his first exposure to the world of intravenous drug use and addiction
- Worked for 10 years as a family doctor in the rural community of Seaforth, Ontario



# LEARNING OBJECTIVES

1. To gain knowledge on the framework that best supports the integration of the FHT pharmacist, a physician specialist in the area of opiate addictions, and a counselling center that specializes in providing supports for individuals experiencing an opioid dependency.
2. To understand the key partnerships needed to implement a successful Opioid Use Disorder Clinic in the community to ensure sustainability.



# OUTLINE

- History of Huron-Perth Clinics
- Huron-Perth Clinic Model
- Clinic Statistics
- Importance of Counselling
- Choices for Change Services
- Family Health Team Involvement



- What are your Family Health Teams currently doing for patients who present with dependency?



# HISTORY OF HURON-PERTH CLINICS

- Collaboration between Choices for Change, Huron Perth Healthcare Alliance Mental Health Services, West End Pharmacy, and Dr. Jason Datema
- Goal: to create and provide an interprofessional team approach to addiction treatment and management



# HISTORY OF HURON CLINIC

- Established in 2013 in Huron County (Seaforth)
- While working as a family doctor in Seaforth, Dr. Datema identified a need for additional local treatment options for Opioid Use Disorder in Huron County
- Collaborating with Choices for Change and the Huron Perth Healthcare Alliance, a medication-assisted treatment and recovery program for substance dependence was developed
- The clinic filled a gap in Huron County, and began servicing approximately 20 clients via OTN



# HISTORY OF PERTH CLINIC

- Expanded in 2016 to Perth County (Stratford), when the existing Opiate Use Disorder Clinic in Perth County closed its doors permanently
- The closure of the clinic meant current clients would have to transfer from Sebringville, ON to out of County clinics in London, Woodstock, and Kitchener
- George Jansen approached Dr. Datema and Choices For Change to determine interest in opening a clinic modelled after the Huron location, which would be hosted by West End Pharmacy
- Opened doors in June, 2016



# HISTORY OF HURON-PERTH CLINICS

- Since 2013, the program has grown and developed into an interdisciplinary effort, providing both opiate agonist and abstinence based therapy, primary care, addictions counselling, clinical pharmacy services, nutritional support, concurrent disorders treatment and harm reduction services to clients in both Huron and Perth Counties
- New services and alliances with other partners are continually explored to allow the program to evolve and improve over time



# HURON-PERTH CLINIC MODEL

- Services offered:
  - Supervised urine drug screens with a Registered Nurse
  - Consultation with Physician via Ontario Telemedicine Network or in-person
  - Consultation with Pharmacist and Pharmacy Assistant available
  - One-to-one counselling services for all substance use disorders (on or off-site)



# HURON-PERTH CLINIC MODEL CONTINUED

- Collaboration with Ontario Disability Support Plan and Ontario Works for client support
- Ability to access the Primary Care Nurse Practitioner Program, for clients 16+ without a primary care provider (on or off-site)
- Community withdrawal management support with an RN
- Access to Registered Dietician
- Concurrent disorders assessment and management (Dr. Broad– off site at Choices for Change)



# HURON-PERTH CLINIC MODEL CONTINUED

- Nicotine replacement therapy through the STOP program, as well as bupropion and varenicline for tobacco use disorder
- Access to harm reduction supplies, naloxone kits and the safe disposal of used supplies
- Medical management of Alcohol Use Disorder with naltrexone, acamprosate, disulfiram

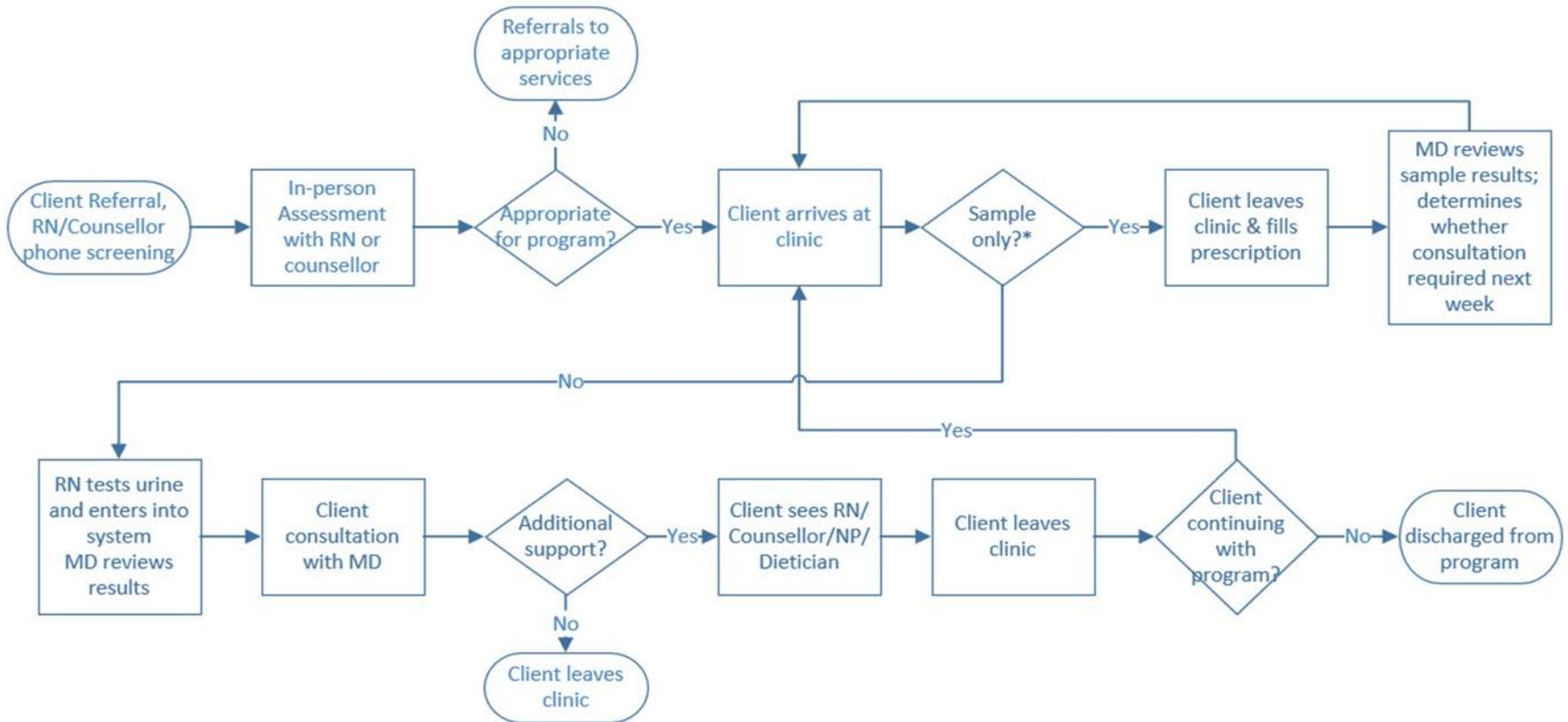


# NURSE PRACTITIONER PROGRAM

- Servicing Huron and Perth counties
- Drop-in style during clinic hours or prescheduled appointments for more complex needs
- Consultation partners: Psychiatrist Dr. Broad, Primary Care Dr. Jason Datema
- Supports the care of the person as a whole in a non-discriminatory environment



# PROCESS MAP



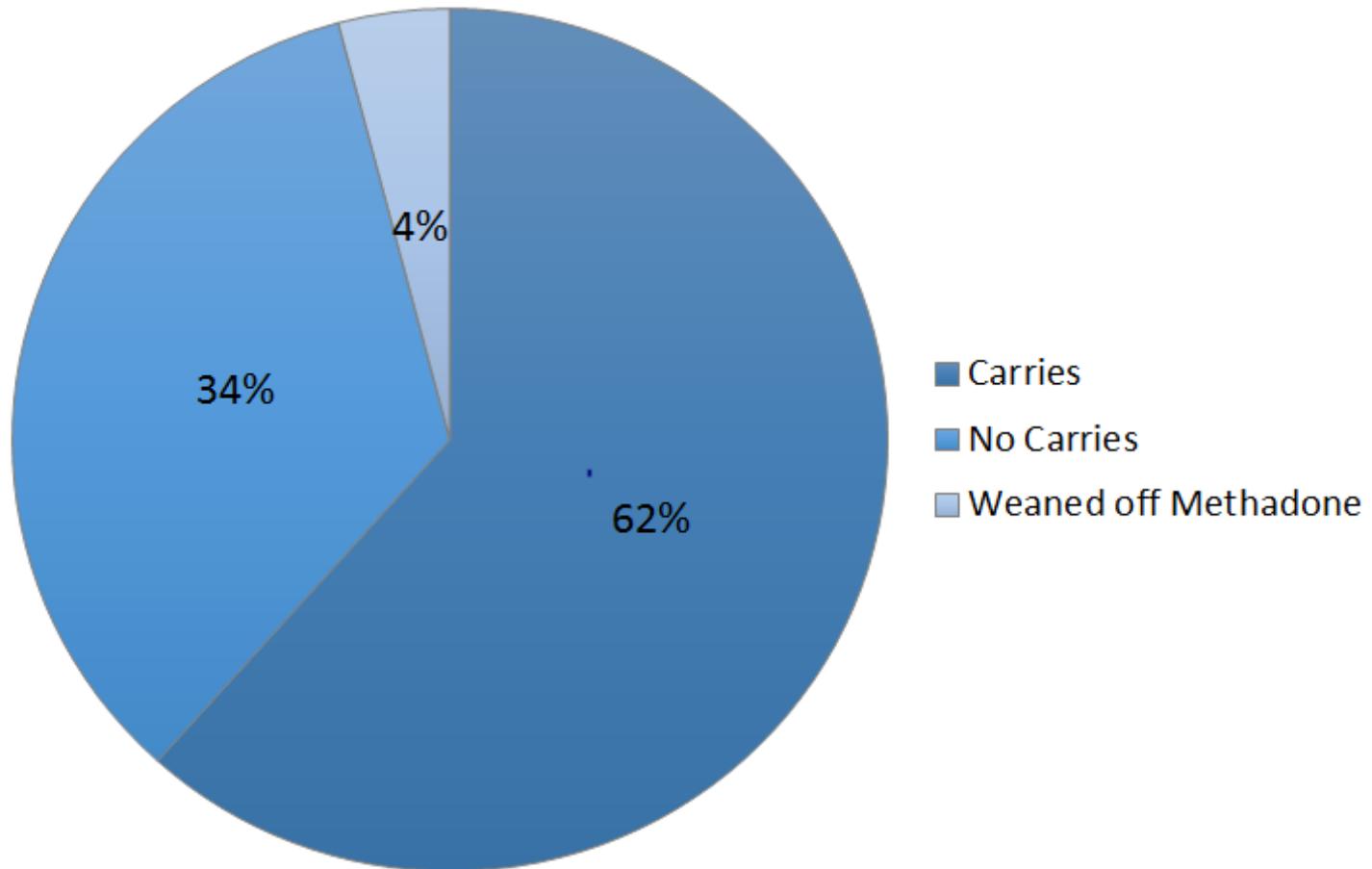
# HURON-PERTH CLINIC STATISTICS

- 133 clients total between Stratford (72), and Seaforth (61)
- Methadone: 67% Suboxone: 33%
  - 70% of clients eligible for “carries” (aka take home doses) after 1 year with clinic
- 43 clients access NP services between Stratford (13), and Seaforth (30)
- Roughly 35 clients access counselling services between Stratford (19) and Seaforth (16)
  - Additional clients may access counselling services through CFC outside of the clinic



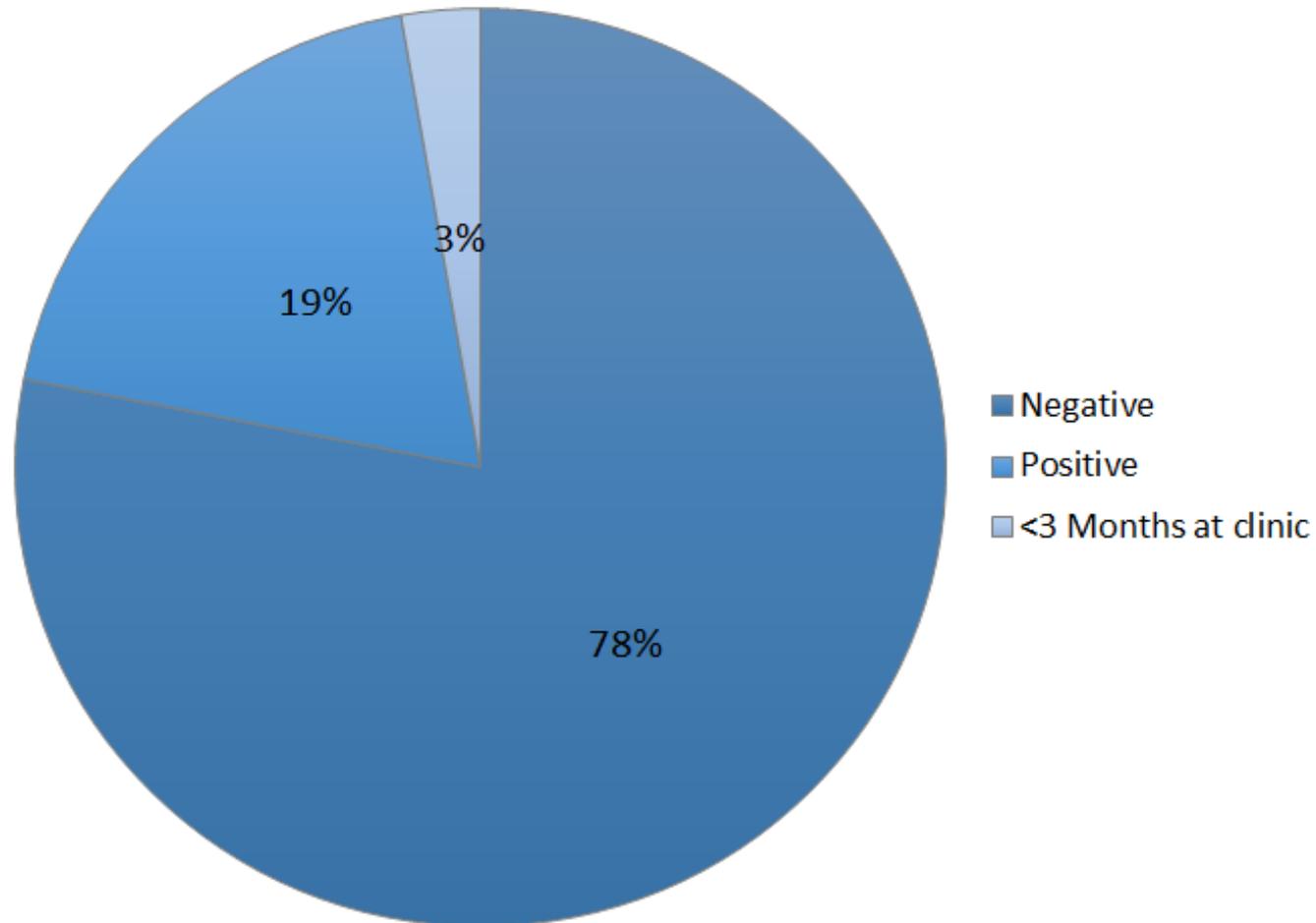
# CLINIC STATISTICS CONTINUED

## % of Clinic Clients With Full Carries

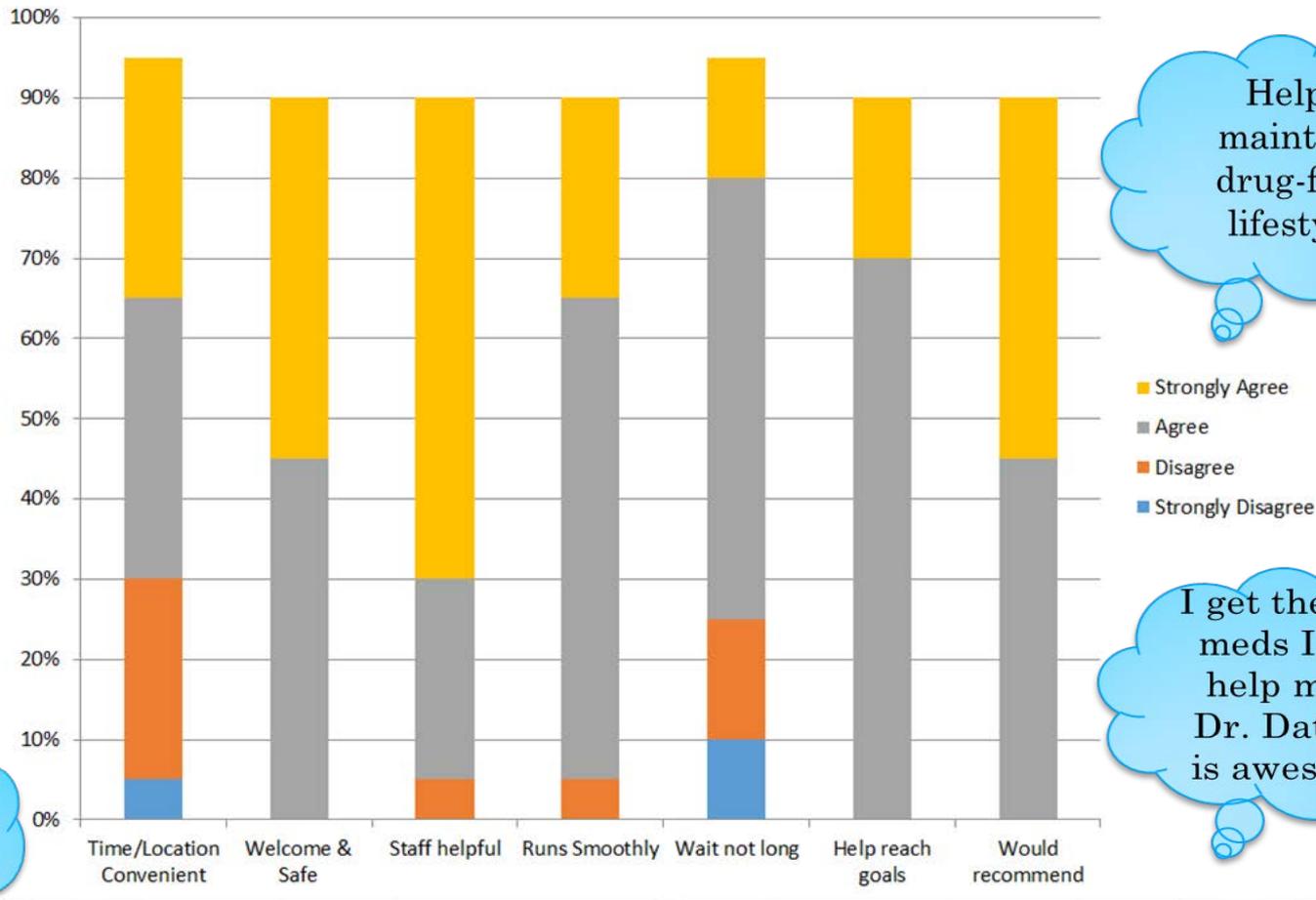


# CLINIC STATISTICS CONTINUED

**Opiates in Past 3 Months**



# HURON-PERTH CLINIC CLIENT STATISTICS



Helps maintain drug-free lifestyle

I get the only meds I find help me & Dr. Datema is awesome!

The staff are my family and support



- “The best part of being involved in this project is hearing a client say that our program has saved their life, and we hear that regularly”

–Dr. Jason Datema



# IMPORTANCE OF COUNSELLING

- Integrating counselling and case management services into Opiate Agonist Therapy (OAT) is best practice
- According to the CPSO, counselling has the following positive effects on treatment outcome:
  - Enhances treatment retention
  - Decreases patients' use of illegal opioids and other substances
  - Improves patients' overall functioning in terms of criminality, homelessness, mental health and vocational and educational involvement



# IMPORTANCE OF COUNSELLING CONTINUED

- OAT alone will not lead to long-term recovery, as patients often require assistance to understand underlying issues behind opioid abuse
- Counselling can support patients through difficult circumstances such as:
  - Helping to make changes in how they use substances
  - Financial issues
  - Housing problems
  - Legal problems
  - Physical or mental health issues
  - Coping with trauma
  - Relationship difficulties, etc.



# CHOICES FOR CHANGE SERVICES

- Information and education
- Peer Support (Groups, One-to-one)
- Case Management Support
- One-to-one Counselling
- Family Counselling
- Referral to treatment services
- Back on Track Program



# CHOICES FOR CHANGE PROGRAMS

- Addiction Services Initiative
- Opiate/Methadone
- Addiction Supportive Housing
- Pregnant and Parenting Program
- Adult Program
- Problem Gambling and Gaming Program
- Back on Track Program
- Smoking Cessation Program
- Community Withdrawal Management
- Transitional Case Management
- Court Support
- Youth Program
- Crossing Bridges
- Needle Syringe Programs



# FAMILY HEALTH TEAM INVOLVEMENT

- In early 2016, STAR FHT doctors were looking for resources and assistance with Narcotic prescribing
- They approached the FHT pharmacist for assistance, which sparked a number of actions and programs



## ACTIONS TAKEN

- Developed a comprehensive pamphlet for Addiction Resources in Perth County and surrounding areas
- Collaborated with Stratford Police services, Stratford FHT, STAR FHT, Perth District Health Unit and area pharmacists to implement Fentanyl Patch for Patch (P4P) program prior to provincial legislation



## ACTIONS TAKEN CONTINUED

- FHT pharmacists work with physicians and patients to develop plans for weaning Narcotic doses. Alternatively, patients may be directed to clinics specializing in Opioid Use Disorder
- As Quality Initiative for the STAR FHT Quality Improvement Plan 2017/18, STAR FHT created EMR tools to support physicians/NPs to do Medication Reconciliation
  - Also implemented best practice tool in the EMR for managing Opioid use (based off the Opioid Manager – McMaster University)



## ACTIONS TAKEN CONTINUED

- “Narcotic Talks” were done at FHT sites covering:
  - Addictions pamphlet
  - P4P program
  - Naloxone availability
  - Narcotic prescribing tools from the National Pain Centre at McMaster were reviewed and incorporated into the EMR



## ACTIONS TAKEN CONTINUED

- Opening of Perth Clinic out of West End Pharmacy
- Once the clinic was operational, Dr. Datema, Stacey, George and STAR FHT were invited to speak at physician rounds about the clinic and Opioid Use Disorder
- Choices For Change attends Opioid Strategy meetings at which community updates are shared amongst local health units, ER manager and ER nurse lead, chiefs of police, fire, and paramedic services, oral health, family physician at STAR FHT, local pharmacist, school board directors, and methadone treatment (Dr. Datema)



- “The Huron-Perth Clinic’s program is unique in offering focused addiction treatment services including medication, counselling, and case management, harm reduction services, dietician services, and access to specialized concurrent psychiatric care. These services are offered to an otherwise underserved, stigmatized, marginalized, often invisible and vulnerable part of our mixed rural-urban population”.

–Dr. Jason Datema



THANK-YOU FOR LISTENING!

Questions?



## REFERENCES

- College of Physicians and Surgeons of Ontario. (2011). *Methadone program*. Retrieved from: <http://www.cpso.on.ca/uploadedFiles/members/MMT-Guidelines.pdf>



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