

GP-Shared care three monthly OST patient reviews

Suggested minimum points to review during 3-monthly patient reviews;

1. Requests to increase or decrease dose alongside signs of opiate withdrawal (see list below)
2. Frequency regime change requests i.e. additional take-aways, early pick-ups
3. IV track marks on arms (also on occasion: feet, hands, groin, neck)
4. Urine drug screen results (as required, random sampling by GP or BOPAS)
5. Existence of treatment goals and engagement in actions towards improving quality of life e.g. meaningful activity, employment, education, volunteer groups, positive relationships
6. Pharmacy feedback

Please do not hesitate to contact BOPAS with any queries.

Indicators of stability

- defined and progressing towards treatment goals
- no problematic, harmful or hazardous use of alcohol or drugs
- no evidence of criminal activity
- responsible management of number of takeaways
- schedules and attends appointments
- rarely requests changes to dispensing
- social stability as evidenced by relationships with others, stable and healthy housing, employment/occupation
- any co-existing mental or physical health problems are well managed
- complies with programme requirements.

Indicators of instability

- problematic, harmful or hazardous use of alcohol or other drugs
- engages in or supports criminal activity
- signs of intoxication at clinic or pharmacy
- evidence of intravenous injecting
- irregular dosing
- poor attendance at appointments
- avoidance of urinalysis or blood tests
- behavioural problems such as aggression
- frequently requests changes to dispensing
- requests to replace lost or stolen doses
- any co-existing mental or physical health problems are difficult to treat or are not well managed.

Signs and symptoms of opioid withdrawal

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|--------------------------------|------------------------------|------------------------|-----------------------------|
| • lacrimation | • perspiration | • fatigue | • yawning |
| • dilated pupils | • weakness | • restlessness | • gooseflesh |
| • abdominal cramps | • hot and cold flushes | • joint pain, backache | • rhinorrhoea |
| • anorexia/nausea
diarrhoea | • muscle aches/leg
cramps | • insomnia | • drug seeking
behaviour |