Maine Providers Clinical Support System – University

Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services

"Introduction to Medication Assisted Treatment for Opioid Use Disorders" Evaluation Summary

UNE College of Osteopathic Medicine and Center for Excellence in Public Health
July 2020 – March 2021

Background

The University of New England (UNE) received a three-year grant in 2019 from the federal Substance Abuse and Mental Health Services Administration's (SAMHSA) Providers Clinical Support System – University (PCSS-U) Program. The program's goal is to increase access to Medication Assisted Treatment (MAT) for opioid use disorder (OUD) by facilitating MAT waiver training for students in UNE's College of Osteopathic Medicine (COM) and Physician Assistant (PA) Program, and by enhancing the overall curricula of these two programs.

Between July 2020 and March 2021, all OMS-4s who had not yet completed the 8-hour MAT waiver training offered in April 2020 were required to complete the training to satisfy graduation requirements. The training, entitled *Practical Skills for Serious Opioid Problems—Meeting the DEA Waiver Requirements*, was developed by the PCSS and endorsed by the American Academy of Addiction Psychiatry. Students completed the course online and asynchronously, but were required to complete it within a calendar month.

Methods

A survey was administered online via REDCap to all participants immediately after completing the training. It contained SAMHSA's required *Technology Transfer Center (TTC) GPRA Post-Event Form-Domestic*, which focused on demographics, overall satisfaction with the event, and plans on applying what they learned to their future practice (Appendix A). The survey also included stigma-related elements from Countey, Steinbronn, and Grady's survey instrument,

which itself was adapted from the *Opening Minds Scale for Health Care Providers*.^{1,2} These items were rated in a retrospective pre/post manner and the difference in means was analyzed using a paired t-test for each item. Participants received a follow-up survey thirty days after completing the training. This survey included only SAMHSA's required *TTC GPRA Follow-up Form-Domestic*, which asks questions about how they have applied the knowledge gained since completing the training (Appendix B).

Results

Demographics

A total of 68 OMS-4 students completed the training. Among them, 21 completed both the post-event survey and 30-day follow-up survey, 30 completed the post-event survey only, and 13 completed the follow-up survey only (Table 1). This equals a response rate of 75% for the post-event survey and 50% for the follow-up survey. Demographic data were captured only in the post-event survey, and the distribution shows a larger proportion of men and people who identify as white.

Table 1: Demographics

Variable	Count (%)
Survey(s) Completed (n=64)	
Both	21 (33)
Post-event only	30 (47)
Follow-up only	13 (20)
Gender (n=49)	
Female	22 (45)
Male	27 (55)
Race (n=48)	
White	43 (90)
Asian	4 (8)
Multiracial	1 (2)

¹ Countey H, Steinbronn C, Grady SE. Changing student attitudes and perceptions toward opioid use disorder. *Ment Health Clin*. 2018;8(5):222-226. doi:10.9740/mhc.2018.09.222.

² Kassam A, Papish A, Modgill G, Patten S. The development and psychometric properties of a new scale to measure mental illness related stigma by health care providers: The Opening Minds Scale for Health Care Providers (OMS-HC). *BMC Psychiatry*. 2012;12(1):62. doi:10.1186/1471-244X-12-62.

Stigma

Among the four stigmatizing statements, Item b had the highest agreement rating both pre- and post-training, and Item d consistently had the lowest level of agreement (Table 2). The level of agreement with each of the items decreased significantly only on Item a.

Table 2: Stigma

Ite	m*	Pre-training Mean	Post-training Mean	Change
a.	Moral strength plays a large part in the cause of an opioid use disorder.	2.38	2.22	-7%**
b.	I think that people with substance use disorders have unstable childhoods.	3.22	3.14	-2%
c.	Most people with substance use disorders are uneducated and of lower economic status.	2.36	2.24	-5%
d.	I feel people with opioid use disorders are at fault for their disease.	2.00	1.82	-9%

^{*1 = &}quot;Strongly Disagree," 5 = "Strongly Agree."

Satisfaction and Application of Knowledge

All twelve items related to satisfaction with the training and its application in their work rated highly (Table 3). Between the two survey times, the perceived benefit of the training compared to its actual benefit 30 days later remained unchanged. Similarly, the intent to use the information learned in practice, compared to its actual use 30 days later, did not decrease significantly. However, while nearly all said they would recommend this event to a colleague, after the follow-up period few reported sharing information with colleagues.

Table 3: Satisfaction and Application of Knowledge

Item		Mean	Yes (%)
a. How satisfied are you v	with the overall quality of this event?* (Post)	4.04	-
b. How satisfied are you v	with the quality of the instruction?* (Post)	4.10	-
c. How satisfied are you vapproaches?* (Post)	with the quality of the training materials and training	4.06	-
d. I expect to use the infordisorder.** (Post)	rmation gained from this training to treat opioid use	4.06	-

^{**}p<0.05 for paired t-test.

Ite	m	Mean	Yes (%)
e.	The material presented in this training increased my knowledge of opioid use disorder and medication-assisted treatment.** (Post)	4.34	-
f.	As a result of training I am better equipped to prevent and identify OUD and support patients in treatment and recovery.** (Post)	4.24	-
g.	I anticipate obtaining a DATA-waiver when I am eligible.** (Post)	4.16	-
h.	I expect this event to benefit my professional development and/or practice.** (Post)	4.12	-
i.	The information from this event has benefited my professional development and/or practice.** (Follow-up)	4.12	-
j.	I will use the information gained from this event to change my future practice.** (Post)	3.88	-
k.	I have used the information gained from this event to change my practice.** (Follow-up)	3.79	-
1.	I expect to continue using the information from this event in my future work.** (Follow-up)	4.12	-
m.	I would recommend this event to a colleague. (Post)	-	92
n.	I have shared the information gained from this event with my colleagues. (Follow-up)	-	38

^{*1 = &}quot;Very Dissatisfied," 5 = "Very Satisfied."

Additional Comments

Comments provided by students after completing the training offered suggestions on how to make it more engaging and beneficial, including having the ability to download materials for future reference, reducing the redundancy of certain information, and providing alternative learning formats to accommodate different learning styles (Table 4).

Table 4. Post-event Survey Comments

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Breaking the modules up, making them more interactive, and integrating knowledge check questions would make the training more dynamic.

I found the videos very helpful, but I would like to have access to the powerpoint slides to save for the future. This way I can look back on them.

^{**1 = &}quot;Strongly Disagree," 5 = "Strongly Agree."

Comment

I wish the powerpoints were available for download

It was very informative

It would be nice to have take home resources or informational hand outs to look back on when in practice.

Modules were high quality, Question bank questions were okay with poor explanations. The webinars and questions on blackboard in the "test your knowledge section" were low quality and added nothing to the course.

The modules and webinar materials were a little redundant. However, overall the training was comprehensive.

The webinars repeat some of the information from the modules and possibly could be redone. I enjoyed the modules with the speaker in view (and not just the ppt).

There should be a notes version of the videos. I am not a visual learner, it was very difficult for me to get through the videos, while reading and interactive material would have been more helpful.

Very uninteresting and not needed for those who do not plan to practice in this field. Would not recommend this to anyone and wish it was not mandatory

In the 30-day follow-up survey, students answered multiple questions that allowed them to reflect more specifically on how they have applied the knowledge gained into their practice, and what changes would help improve the course (Table 5). A handful of students indicated not being able to fully incorporate their knowledge into practice because they are still medical students, but plan to in the future.

Table 5. 30-day Follow-up Survey Comments

Q1. What about the event was most useful in supporting your work responsibilities?

All of it.

Gave me more knowledge on MAT

general knowledge about the field

I appreciated the detailed information that can allow me to better manage addiction medicine in the future.

I liked learning about the history of the opioid epidemic and how that cumulated into how we practice now today. To me that helps me understand why we are doing what we are today.

it was easy to follow, well put together

Learning about the pharmacology and indications for MAT, as well as the specific guidelines for opioid addiction treatment.

Learning about the various treatment options available.

Learning how drugs change you brain biology.

Learning more about MAT.

Learning the MAT protocols

modules

Plan to work in the ED so an X waiver is really handy for substance misuse disorder patients

Providing access to resources that I may come back to in my future practice when working with individuals with substance use disorder.

Providing the bases for my knowledge as a future MAT provider.

The information regarding the use of all the medications.

The knowledge that these treatments exist and how to educate a patient

The videos were good

This event helped me see what my role and responsibilities are in the treatment of pain and substance use disorder and how I can use my role to support my patients through their pain management and/or their opioid use.

This information is stuff that you will use a lot while working- especially in the acute care setting (ED)

Q2. What has improved in your organization/practice because of this event?

As a fourth year medical student, I anticipate being able to use this information upon graduation.

Better understanding of opioid use disorders.

I have become more enlightened to the fact that opioid use spans the entire human experience and there is no standard type of patient with opioid use disorder, and so every patient should be screened for substance use disorder when taking a social history, and we cannot assume a patient is not using opioids jest because they look a certain way, have a certain job, are a certain age, or do not follow and stereotypes previously thought of when thinking of substance use.

I have more awareness of how I may better serve patient with substance use disorder.

I have not been able to actively use the skills I learned yet.

I have not yet been able to truly implement anything I have learned into practice given my role as a medical student thus far. Hopefully once I am able to be more involved with decision making- I can actually use this information

Learning the effects that opioids has on a person and the different treatments.

more info about opioids

My general awareness of how MAT works and how prescribers within medical practices can use these skills. Not much, already did a rotation in a recovery clinic that use Suboxone. And I never plan to use methadone, it's a less efficacious drug whose lobbies have led to the reason we need to do an x-waiver instead of just prescribing the medication to our patients. We can prescribe fentanyl but not a partial agonist. The purpose of this waiver is a political statement, not evidence-based

So far, just a better awareness about the treatment and understanding of the medicine behind addiction medicine

The knowledge that these treatments exist and how to educate a patient

Understanding of addiction and how to support individuals going through it.

understanding of addiction as a disease.

Q3. How can the Technology Transfer Center (TTC) Network improve its events?

Make the slide and related articles easily downloadable from one central location.

Nothing, I thought it was a great and efficacious course. I think it will definitely be more useful when I am practicing as a physician next year.

shorter videos

This was a perfect event.

very uninteresting and dry. Shouldn't be a requirement

Q4. What topics would you like to see offered by the TTC?

Alcohol use disorder treatment

Pain management in the inpatient setting and how to transition from inpatient pain management to outpatient pain management would be helpful.

Updated guidance on providing outpatient MAT without an X-waiver.

Q5. What learning format for the events would you suggest be offered?

in person or online for those interested

It would be nice to have a something to read alongside the videos.

Online format, but with speakers who can make more succinct, competent and relevant videos.

Same as offered, I think it was a perfect format for self-paced online learning.

The online learning format was easy to use and allowed for pausing, rewinding, and learning at one's own pace. virtual

Conclusions

Despite this course being a requirement for graduation, the feedback from students was positive overall and showed changes in knowledge, attitudes, and behaviors. Students indicated increased knowledge around OUD and MAT, and overall satisfaction with the materials and teaching methods. Attitudes around stigma toward people with OUD improved after completing the course. There was both high intention to incorporate knowledge learned into practice, and actual application of it 30 days later. Although the online, asynchronous format was used to accommodate remote student learning due to the COVID pandemic, the positive feedback suggests that even if the pandemic ends, this method may still be preferred by students, albeit with some changes such as allowing materials to be downloaded to reference later.

Appendix A: Post-event Evaluation Survey

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MAT Waiver Training Post Evaluation

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UNIVERSITY OF NEW ENGLAND

CONSENT FOR PARTCIPATION IN RESEARCH

Project Title: Maine Providers Clinical Support System-University ("Maine PCSS-U")

Principal Investigator(s): Jenifer Van Deusen, M.Ed.

INTRODUCTION:

Please read this form. The purpose of this form is to give you information about this research study, and if you choose to participate, document that choice.

You are encouraged to ask any questions that you may have about this study, now, during or after the project is complete. You can take as much time as you need to decide whether or not you want to participate. Your participation is voluntary.

WHY IS THIS RESEARCH STUDY BEING DONE?

The most recent National Institute on Drug Abuse (NIDA) Opioid Summary by State reveals that Maine was in the top ten of states with the highest overdose deaths involving opioids (March 2019, retrieved from https://www.drugabuse.gov/opioid-summaries-by-state/maineopioid-summary). Medication-Assisted Treatment (MAT) for opioid use disorder is an evidence-based approach to Opioid Use Disorder (OUD) that currently requires special training. The special training occurs in the form of a course (8 hours for physicians, 24 hours for physician assistants) that results in receiving a waiver to the practitioner's DEA license so they can provide this life-saving treatment. The SAMHSA Buprenorphine Practitioner Locator shows 375 waivered providers in Maine, most of whom are in the higher-populated and more affluent southern counties of the state. It is unknown how many of these providers are utilizing the waiver to provide care for persons with opioid use disorder. This research intends to increase the number of waiver-trained physicians who provide MAT to patients with OUD and supplement the learning of physician assistants who actively prescribe medications upon their graduation.

WHO WILL BE IN THIS STUDY?

In Academic Year 2019-2020, interested Third and Fourth Year Osteopathic Medical Students (OMS-3s and 4s) will participate in a pilot of the 8 hour course (online course and following face-to-face debriefing session). In subsequent Academic Years OMS-4s will be required to complete the course and attend the follow up session.

Also, beginning in AY 2019-2020, first year Physician Assistant students will participate in a 2 hour Introduction to MAT that will provide a basis for their waiver training and for which we will seek approval to use those 2 hours as part of the 24 required by PAs.

WHAT WILL I BE ASKED TO DO?

Students will be asked to participate in the learning experiences described above and in the assessments for learning.

WHAT ARE THE POSSIBLE RISKS OF TAKING PART IN THIS STUDY?

There are no potential risks in taking part in this study.

WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART IN THIS STUDY?

The potential benefits of taking part in this study include increasing learning regarding the opioids crisis, opioid use disorder and the treatments thereof.

WHAT WILL IT COST ME?

There is no cost to participate.

HOW WILL MY PRIVACY BE PROTECTED?

Any and all data collected will be deidentified.

HOW WILL MY DATA BE KEPT CONFIDENTIAL?

Any and all data collected will be held in a secure location to which only authorized individuals will have access.

WHAT ARE MY RIGHTS AS A RESEARCH PARTICIPANT? 07/29/2021 11:12pm

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Your participation is voluntary. Your decision to participate will have no impact on your current or future relations with the University.

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You may skip or refuse to answer any question for any reason.

If you choose not to participate there is no penalty to you and you will not lose any benefits that you are otherwise entitled to receive.

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You will be informed of any significant findings developed during the course of the research that may affect your willingness to participate in the research.

If you sustain an injury while participating in this study, your participation may be ended.

WHAT OTHER OPTIONS DO I HAVE?

You may choose not to participate.

WHOM MAY I CONTACT WITH QUESTIONS?

The researcher conducting this study is Jenifer Van Deusen. For more information regarding this study, please contact her at 207-602-2057 or jvandeusen2@une.edu.

If you choose to participate in this research study and believe you may have suffered a research related injury, please contact Mary Bachman DeSilva, Sc.D., Chair of the UNE Institutional Review Board at (207) 221-4567 or irb@une.edu.

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WILL I RECEIVE A COPY OF THIS CONSENT FORM?

You will be given a copy of this consent form.

Participant's Statement understand the above description of this research and the risks and benefits associated with my participation as a research subject. By continuing this survey I acknowledge that I understand the above description of this research and the risks and benefits associated with my participation as a research subject. I agree to take part in the research and do so voluntarily.

Researcher's StatementThe participant named above had sufficient time to consider the information, had an opportunity to ask questions, and voluntarily agreed to be in this study.

What is the first letter of your mother's FIRST name?	○ A ○ B ○ C ○ D E F ○ G H ○ J K ○ N ○ O O P O O O P O O O O P O O O O O O O O O O O O O
What is the first letter of your mother's MAIDEN name?	○ A ○ B ○ C ○ D ○ E ○ F ○ G ○ H ○ J K ○ N ○ O ○ P ○ Q ○ R ○ S ○ T ○ U ∨ W ○ X ∨ Z

What is the FIRST digit of your Social Security number?	○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9
What is the LAST digit of your Social Security number?	0 0 1 0 2 0 3 0 4 0 5 0 6 0 7 0 8 0 9
What is your gender?	
○ Female ○ Male ○ Transgender ○ None of these	
What is your race? (Select one or more)	
□ American Indian or Alaska Native □ Asian □ Black or African American □ Hispanic or Latino □ Native Hawaiian or Other Pacific Islander □ White	
What is the highest degree you have received? (Select one)	
Less than high school High school diploma or equivalent (GED) Some college, but no degree Associate's degree Bachelor's degree Master's degree Doctor of Pharmacy (PharmD) Doctor of Medicine or Doctor of Osteopathy Other Doctoral degree or Equivalent (e.g., PhD, EdD, DPT) Other (please specify in the next question)	
What is the highest degree you have received?	

Select the degree to which	you agreed or o	disagreed w	ith each state	ment BEFORE	today's
presentation					
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Moral strength plays a large part in the cause of an opioid use disorder	0	0	0	0	0
I think that people with substance use disorders have unstable childhoods	0	0	0	0	0
Most people with substance use disorders are uneducated and of lower economic status	0	0	0	0	0
I feel people with opioid use disorders are at fault for their disease	0	0	0	0	0
Select the degree to which	you agree or di	sagree with	each stateme	ent NOW.	
-	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Moral strength plays a large part in the cause of an opioid use disorder	0	0	0	0	0
I think that people with substance use disorders have unstable childhoods	0	0	0	0	0
Most people with substance use disorders are uneducated and of lower economic status	0	0	0	0	0
I feel people with opioid use disorders are at fault for their disease	0	0	0	0	0
Please indicate your agreer	nent with these	statement	s about the tra	ainina.	
,	Strongly Agree	Agree	Neutral	Disagree	Strongly
					Disagree
I expect to use the information gained from this training to treat opioid use disorder	0	0	0	0	0
The material presented in this training increased my knowledge of opioid use disorder and medication-assisted treatment	0	0	0	0	0

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As a result of training I am better equipped to prevent and identify OUD and support patients in treatment and recovery	0	0	0	0	0
l anticipate obtaining a DATA-waiver when I am eligible	0	0	0	0	0
How satisfied are you with the quality instruction?	of the	0 S 0 N	/ery Satisfied Satisfied Jeutral Dissatisfied /ery dissatisfied		
How satisfied are you with the quality materials and training approach?	of the training	0 S 0 M 0 D	/ery Satisfied Satisfied Jeutral Dissatisfied /ery Dissatisfied		
How satisfied were you with the overa	II quality of this e	vent?			
○ Very Satisfied ○ Satisfied ○ N	eutral (Dissat	isfied 🔘 Ve	ery Dissatisfied		
I expect this event to benefit my profe	ssional developm	ent and/or pra	actice.		
○ Strongly Agree ○ Agree ○ Ne	utral 🔘 Disagre	e 🔾 Strong	ly Disagree		
I will use the information gained from	this event to char	ge my curren	t practice.		
○ Strongly Agree ○ Agree ○ Ne	utral 🔘 Disagre	e 🔾 Strong	ly Disagree		
I would recommend this event to a col	league.				
What comments do you have about th	is training?				

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What is the first letter of your mother's FIRST name?	○ A ○ B ○ C ○ D ○ F ○ G ○ H ○ I ○ J ○ N ○ N ○ O P ○ Q ○ R ○ S ○ T ○ U ○ V ○ W ○ X ○ Z
What is the first letter of your mother's MAIDEN name?	A B C C D E F G G H I J K L M N O O P Q R S T U V W X Y Z

What is the FIRST digit of your Social Security number?	0 0 1 0 2 3 0 4 0 5 6 0 7 8 9
What is the LAST digit of your Social Security number?	0 0 1 0 2 3 0 4 0 5 6 0 7 8 9

Appendix B: 30-day Follow-up Evaluation Survey

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MAT Waiver Training Follow-Up Evaluation

Page 1

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1)	What is the first letter of your mother's FIRST name?	A B C D E F G H J K L M N O P Q R S T U V W X Y Z	
2)	What is the first letter of your mother's MAIDEN name?	A B C D E F G H J K L M N O P Q R S T U V W X Y Z	

3)	What is the FIRST digit of your Soci number?		0 0 1 1 2 2 3 3 3 4 4 5 5 6 6 5 7 8 8 9 9 9						
4)	What is the LAST digit of your Socia) 0) 1) 2) 3) 4) 5) 6) 7) 8							
		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree			
5)	The information from this event has benefited my professional development and/or practice	0	0	0	0	O			
6)	I have used the information gained from this event to change my practice.	0	0	0	0	0			
7)	I expect to continue using the information from this event in my future work.	0	0	0	0	0			
8)	I have shared the information gain	ed from this event	with my colle	agues.					
	○ Yes ○ No								
9)	What about the event was most useful in supporting your work responsibilities?								
10)	What has improved in your organization/practice because of this event?								
11)	How can the Technology Transfer Center (TTC) Network improve its events?								
12)	If you made a change to your practice as a result of this event, please describe briefly.								

13)	What topics would you like to see offered by the TTC?		
14)	What learning format for the events would you suggest be	e offered?	
15)	What is the first letter of your mother's FIRST name?	О A О В О С	
		O C O D O E O F	
		D E F G H J K L M N O P Q R S T U V	
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16)	What is the first letter of your mother's MAIDEN name?	A B C D E F G H - J K L M N O P Q R S T U V W X Y Z	
17)	What is the FIRST digit of your Social Security number?	0 1 2 3 4 0 5 6 7 8 9	
18)	What is the LAST digit of your Social Security number?	0 0 1 0 2 0 3 0 4 0 5 0 6 0 7 8 9	