

**Limited Observational Case Study Documenting The Transition of Patients Off Medication-Assisted Treatment With The Use of XR-Buprenorphine**  
**Dr. Linda S. Young, DNP**

INTRODUCTION	STUDY	DISCUSSION	REFERENCES
<ul style="list-style-type: none"><li>• Opioid use disorder (OUD) is a chronic, relapsing condition, negatively impacting the medical, psychological, and social domains of an individual's life often associated with legal, interpersonal, and employment problems</li><li>• Sublingual (SL) buprenorphine is a highly effective medication in assisting patients with sustained recovery</li><li>• The withdrawal symptoms from discontinuation of SL buprenorphine can begin within eight hours and continue for more than a month</li><li>• In 2017, the FDA approved the extended-release (XR) subcutaneous depot form of buprenorphine, half life 43-60 days</li><li>• With such a long half-life it has been theorized that patients can use the XR-buprenorphine to transition off MAT without sustaining withdrawal symptoms</li><li>• The objective of this limited study was to document the participant's occurrence and severity of withdrawal symptoms while being transitioned off XR-buprenorphine</li></ul>	<p><b>METHODS</b></p> <ul style="list-style-type: none"><li>• Study participants: Dx: Opioid Use Disorder, in sustained recovery for at least 3 years</li><li>• Private Primary Care practice setting</li><li>• Six consecutive monthly injections of XL-Buprenorphine</li><li>• Monthly COWS and urine for toxicology were obtained</li></ul> <p><b>RESULTS</b></p> <ul style="list-style-type: none"><li>• Monthly COWS scores remained zero</li><li>• Monthly urine toxicology remained negative</li></ul> <p><b>FIGURES</b></p> <p><b>DISCUSSION</b></p> <ul style="list-style-type: none"><li>• COWS scores of zero (0) indicate no withdrawal symptoms for the patient</li><li>• Patients may be successfully transitioned off MAT with the use of XR-Buprenorphine</li><li>• Implications for future clinical practice management</li><li>• Management for patients requiring long-term opioid pain medication</li></ul> <p><b>REFERENCES</b></p> <p>Small text references are present in the bottom right of the slide.</p>		

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**INTRODUCTION**

- Opioid use disorder (OUD) is a chronic, relapsing condition, negatively impacting the medical, psychological, and social domains of an individual's life often associated with legal, interpersonal, and employment problems
- Sublingual (SL) buprenorphine is a highly effective medication in assisting patients with sustained recovery
- The withdrawal symptoms from discontinuation of SL-Buprenorphine can begin within eight hours and continue for a more than a month
- In 2017, the FDA approved the extended-release (XR) subcutaneous depot form of Buprenorphine, half life 43-60 days
- With such a long half-life it has been theorized that patients can use the XR-buprenorphine to transition off MAT without sustaining withdrawal symptoms
- The objective of this limited study was to document the participant's occurrence and severity of withdrawal symptoms while being transitioned off XR-buprenorphine

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**METHODS**

- Study participants: Dx: Opioid Use Disorder, in sustained recovery for at least 3 years
- Private Primary Care practice setting
- Six consecutive monthly injections of XL-Buprenorphine
- Monthly COWS and urine for toxicology were obtained

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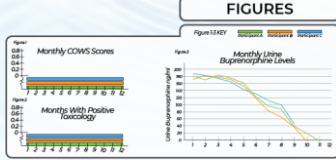
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## RESULTS & FIGURES

- Monthly COWS scale scores remained zero
- Monthly Urine toxicology remained negative



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## DISCUSSION

- COWS score of zero (0) indicate no withdrawal symptoms for the patients
- patients may be successfully transitioned off MAT with the use of XR-buprenorphine
- Implications for future clinical practice
- transitioning off long-term opioid pain management
- management for patients requiring long-term opioid pain medication



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