

METHADONE: THE GOOD, THE BAD, AND THE DIFFICULT

KIARA K. PARKER, PHARM.D

PAIN MANAGEMENT
CLINICAL PHARMACIST
PRACTITIONER

DISCLOSURES

- There are no financial disclosures for this presentation.

OBJECTIVES

Recognize

Recognize the benefits of methadone therapy

Discuss

Discuss the overall risks associated with use of methadone

Identify

Identify the difficulties that can arise with use of methadone in an inpatient setting

A graphic consisting of a black rectangular frame. Inside the frame is a white background. A thin red horizontal line is positioned above a light gray rectangular area. The text "THE GOOD..." is centered within this gray area in a dark gray, sans-serif font. Another thin red horizontal line is positioned below the gray area.

THE GOOD...

INDICATIONS

Opioid Use Disorder,
maintenance treatment

Opioid withdrawal, short-
term medically supervised

Pain, chronic

USE IN SPECIAL POPULATIONS

True morphine allergy

Renal impairment

Opioid-induced adverse effects

Neuropathic pain

Accessibility

The image shows a presentation slide with a wooden floor background. The slide is framed by a thick black border. Inside the frame, there is a white background with a light gray rectangular area in the center. The text "THE BAD..." is centered in the gray area. Two thin red horizontal lines are positioned above and below the gray area.

THE BAD...

INDICATIONS

Stigma

Stigma

USE IN SPECIAL
POPULATIONS

Arrythmia

Cognition

Non-adherence

A framed sign with a black border and a white background. The sign is centered on a light gray wall. The text "THE DIFFICULT..." is written in a bold, dark gray, sans-serif font. Two thin red horizontal lines are positioned above and below the text, framing it within the white background of the sign.

THE DIFFICULT...

IMPLICATIONS OF PHARMACOKINETICS

- Long, variable half-life
- Drug-drug interactions
- Monitoring

HESITANCY

- Federal and state regulations
- Lack of education
- Provider comfortability

INPATIENT USE

- Verifying outpatient dose
- Formulation availability
- Staffing
- Outpatient care

METHADONE: THE GOOD, THE BAD, AND THE DIFFICULT

BRIEF RECAP

SUMMARY

- Inexpensive, long-acting analgesic
- Patient variability is of utmost importance
- Safety, availability, and hesitancy determines its use

ASSESSMENT QUESTION #1

Which of the below options are FDA-approved indications for the use of methadone?

- A. Opioid Use Disorder, maintenance treatment
- B. Opioid withdrawal, short-term medically supervised
- C. Pain, chronic
- D. All of the above

ASSESSMENT QUESTION #1

Which of the below options are FDA-approved indications for the use of methadone?

- A. Opioid Use Disorder, maintenance treatment
- B. Opioid withdrawal, short-term medically supervised
- C. Pain, chronic
- D. All of the above

ASSESSMENT QUESTION #2:

Which of the below patients, based on given information, would be an appropriate candidate for methadone treatment?

- A. 32yoM with PMH of OUD, CKD, and HTN
- B. 48yoF with PMH of medication non-adherence and pain
- C. 29yoM with PMH of OUD and COPD on daily azithromycin
- D. 81yoF with PMH dementia, chronic pain, and cirrhosis

ASSESSMENT QUESTION #2:

Which of the below patients, based on given information, would be an appropriate candidate for methadone treatment?

- A. 32yoM with PMH of OUD, CKD, and HTN
- B. 48yoF with PMH of medication non-adherence and pain
- C. 29yoM with PMH of OUD and COPD on daily azithromycin
- D. 81yoF with PMH dementia, chronic pain, and cirrhosis

ASSESSMENT QUESTION #3:

True or False:

Lack of targeted education, increased nursing to patient staffing ratio, limited outpatient OUD treatment programs, and federal/state regulations are all barriers to use of methadone inpatient to treat pain and/or OUD.

ASSESSMENT QUESTION #3:

True or False:

Lack of targeted education, increased nursing to patient staffing ratio, limited outpatient OUD treatment programs, and federal/state regulations are all barriers to use of methadone inpatient to treat pain and/or OUD.

REFERENCES

- McPherson, Mary Lynn. "Chapter 6: Methadone: A Complex and Challenging Analgesic, but It's Worth It!" ASHP, American Society of Health-System Pharmacists, 1 Aug. 2018, <https://publications.ashp.org/view/book/9781585284306/ch006.xml>.
- Cimino, Nina M, et al. "Practical Guide to the Safe Use of Methadone." Practical Pain Management, 14 Apr. 2015, <https://www.practicalpainmanagement.com/treatments/pharmacological/opioids/practical-guide-safe-use-methadone>.
- McPherson ML, et al. Methadone. Hematology/Oncology Clinics of North America, 2018-06-01, Volume 32, Issue 3, Pages 405-415. <https://www.clinicalkey.com/#!/content/playContent/1-s2.0-S0889858818300145?returnurl=https:%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS0889858818300145%3Fshowall%3Dtrue&referrer=https:%2F%2Fpubmed.ncbi.nlm.nih.gov%2F>
- Noska, A., Mohan, A., Wakeman, S., Rich, J., & Boutwell, A. (2015). Managing Opioid Use Disorder During and After Acute Hospitalization: A Case-Based Review Clarifying Methadone Regulation for Acute Care Settings. Journal of addictive behaviors, therapy & rehabilitation, 4(2), 1000138. <https://doi.org/10.4172/2324-9005.1000138>
- McPherson ML, et al. Safe and Appropriate Use of Methadone in Hospice and Palliative Care: Expert Consensus White Paper. Journal of Pain and Symptom Management, 2019 Mar 3, Volume 57, Issue 3, Pages 635-45. <https://doi.org/10.1016/j.jpainsymman.2018.12.001>
- "Oral Methadone Dosing Recommendations for the Treatment of Chronic Pain." https://www.pbm.va.gov/PBM/clinicalguidance/clinicalrecommendations/Methadone_Dosing_Recommendations_for_the_Treatment_of_Chronic_Pain_July_2016.pdf
- "What Are Best Safety Practices for Use of Methadone in the Treatment of Pain?" Practical Pain Management, 19 Mar. 2012, <https://www.practicalpainmanagement.com/treatments/pharmacological/opioids/what-are-best-safety-practices-use-methadone-treatment-pain>
- Methadone. UpToDate. 2020 https://www.uptodate.com/contents/methadone-drug-information?search=methadone&source=panel_search_result&selectedTitle=1~149&usage_type=panel&kp_tab=drug_general&display_rank=1
- Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/methadone>