

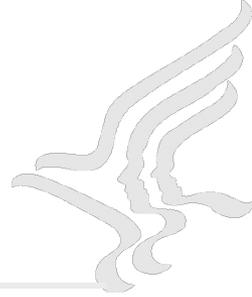
Module 8: Drug Testing in OTPs

TIP Chapter 9

- Explain the purpose of drug testing in OTPs
- List benefits and limitations of standard types of drug tests
- Describe common drug-testing components and methodology
- Explore additional considerations in drug-testing procedures
- Examine issues regarding interpretation and use of drug test results
- Investigate the reliability, validity, and accuracy of drug test results

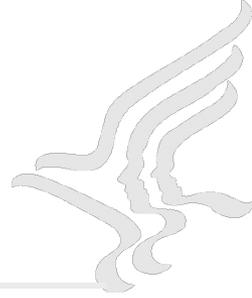


Purpose of Drug Testing in OTPs



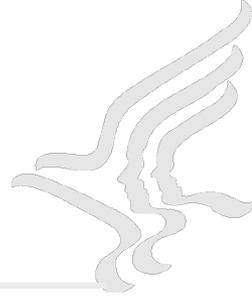
- Drug testing measures treatment efficacy and monitors patient's progress.
- Analysis of test results provides guidance for OTP accreditation.
- Focus on treatment outcomes makes drug testing more significant.
- Drug tests show trends that may signal a need to redirect resources.

Testing for Treatment Compliance



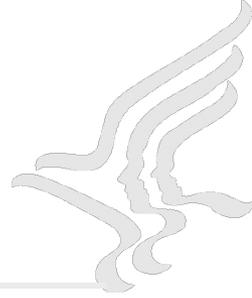
- Patients maintained on methadone should be tested for methadone and metabolites.
- Testing patients taking buprenorphine is to detect substances of abuse.

Testing for Substances of Abuse



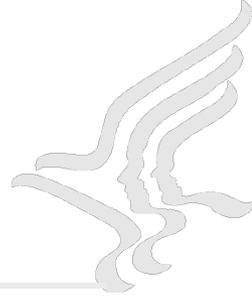
- OTPs should test at least for opioids, cocaine, and benzodiazepines.
- Programs should consider testing for other drugs, depending on current local use patterns.

Limitations of Drug Tests



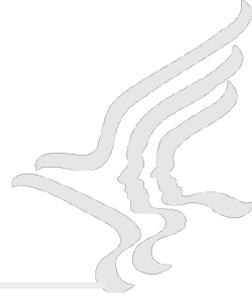
- Drug tests are not the only means for assessing compliance.
- Over-the-counter medications or certain foods give false drug-testing results.

Types of Drug Tests



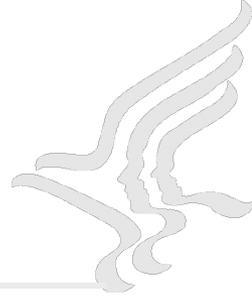
- Urine
- Oral-Fluid
- Blood
- Sweat
- Hair

Specimen Collection



- Ensure that specimen collection is humane
- Document procedures in writing and inform patients about drug-testing procedures
- Ensure confidentiality by storing specimens and documentation and limiting access to authorized personnel
- Use universal safety procedures
- Use clinical judgment about observing specimen collection
- Use various collection options

Analytical Methods



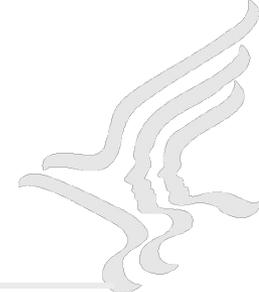
- TLC or EMIT methods
- RIA: Uses radioactive markers
- EIA: Uses enzyme markers
- Chromatographic analysis: Uses flows of liquid or gas molecules to isolate drugs

Development of Written Procedures



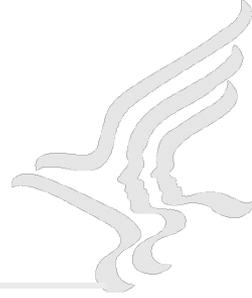
- Procedures should be described in a clearly written document.
- Procedures should be based on OTP's mission, service philosophy, and practices.

Frequency of Testing



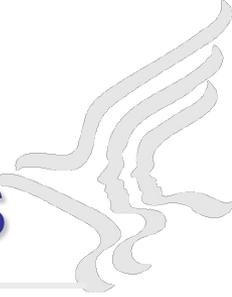
- Frequency and randomness assist providers in making informed decisions.
- Patients who continue to abuse substances should receive more frequent and random tests.
- Eight tests per year are required for patients in long-term MAT.
- Testing frequency is based on patient's progress.
- Requirements vary from State to State.

Responding to Unfavorable Test Results



- Unfavorable results indicate a need for medical review.
- Negative reports for treatment medication should be reviewed carefully before deciding on a plan of action.
- When patients deny use despite test results, prescribed and over-the-counter drug use should be reviewed.
- Collection of specimens under direct observation may be required.
- Confirmation of positive drug test results are generally conducted in a laboratory rather than an OTP.

Patient Falsification of Test Results



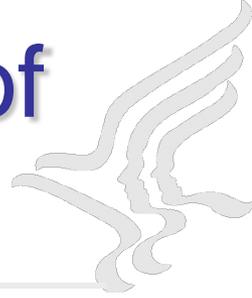
- Negative results can occur because of patient falsification or laboratory error.
- Sometimes patients tamper with specimens.
- Strategies to minimize sample falsification should be balanced by sound treatment ethics.
- Moving patients to higher level of care rather than discharging them may be warranted.
- Some patients are in denial about their drug use or fear loss of take-home privileges.

Strategies To Minimize Falsification of Test Results



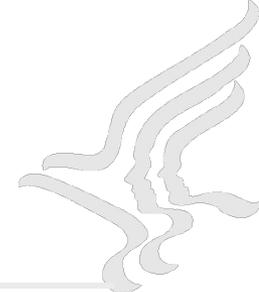
- Turn off hot water in bathrooms
- Use bathrooms within staff eyesight
- Use temperature and adulterant strips or collection devices that include temperature strips
- Use a temperature “gun”
- Observe directly

Reliability, Validity, and Accuracy of Drug Test Results



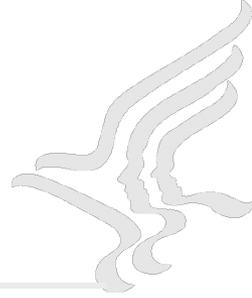
- Urine drug testing is reliable and valid.
- EIA and TLC are adequate methods.
- Numerous medications and substances can produce false results.
- Various errors can cause inaccuracies.

Responses to Test Results



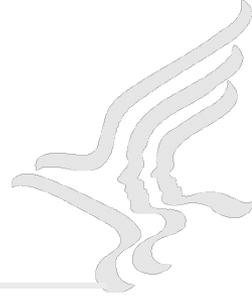
- Results should be discussed using a therapeutic, constructive approach.
- If patient is receiving medication from a physician outside the OTP, treatment should be coordinated.
- If tests indicate continued drug use, the counselor and patient should explore strategies to eliminate future use.

Medication Diversion



- Concerns remain about diversion of medication through theft, robbery, or patients or staff selling.
- OTPs should closely monitor take-home medications.
- OTPs should develop and implement a diversion control plan.

Take-Home Medication



- OTPs should document considerations other than test results in making take-home medication decisions.
- Federal regulations establish eight criteria.
- OTPs should consider various plans of action for patients receiving take-home medication who have positive drug test results.