

Breakout Session – Jeff DeVido, MD  
Case Study: Levels of Care

Case 1: Buprenorphine + Benzodiazepines	Case 2: Buprenorphine, Using Alcohol
<p>"Doc, I've been on this Xanax for like 10 years. I'm terrified to come off of them. The withdrawal will be awful. It's like a vitamin for me."</p> <ul style="list-style-type: none"> <li>▪ <b>Demographic:</b> <ul style="list-style-type: none"> <li>– Age/gender: Age 47, woman</li> <li>– Education: Some college,</li> <li>– Ethnicity: White</li> <li>– Family status: 2 kids, unmarried</li> <li>– Cultural background: Low-middle SES, was protestant Christian but not practicing now</li> </ul> </li> <li>▪ <b>Psychographic:</b> <ul style="list-style-type: none"> <li>– Grew up in Central Valley.</li> <li>– Father was plumber and alcoholic. Mother died when patient was in teens.</li> <li>– Started using opioids in high school after experimenting with MJ. Exposure at a party. Rapidly escalated to daily use. Since then, lots of trauma--physical and sexual. First husband died of overdose. Second husband abusive and now in jail.</li> <li>– Got on bupe 6 months ago, and done well.</li> <li>– Kids are 12 and 16. Both in school, but started using substances and heading down risky pathways.</li> <li>– Got started on benzos in context of abusive relationship and anxiety/trauma.</li> </ul> </li> </ul>	<p>"I don't drink. Well, maybe a beer or two every so often. No harm in that."</p> <ul style="list-style-type: none"> <li>▪ <b>Demographics</b> <ul style="list-style-type: none"> <li>– Age/gender: Age 58, man</li> <li>– Education: Vo-tech school grad (electrician)</li> <li>– Ethnicity: Mixed hispanic/white,</li> <li>– Family status: Married, 1 kid (age 21) with whom he has not contact</li> <li>– Cultural background: Middle class SES, identifies as Catholic but hasn't been to church in some time</li> </ul> </li> <li>▪ <b>Psychographic:</b> <ul style="list-style-type: none"> <li>– Grew up in Massachusetts.</li> <li>– Played high-school football until blew out knee in state tournament. Didn't start opioids until his 20s in vo-tech school. Started with a tooth extraction, escalated rapidly to daily use.</li> <li>– Father and mother were both heavy alcohol users. Both parents now dead. Father killed himself. Mother died of HCC. Wife still with him, but strained relationship. She has expressed threats to leave him.</li> <li>– Patient has Hepatitis C, never been on treatment for this, LFTs escalating.</li> <li>– Recently, had DUI and started testing positive for alcohol on saliva strips in office. Hygiene deteriorating. Tried to reconnect with son recently, but son would have no part of this.</li> </ul> </li> </ul>

Case 3: Buprenorphine, Ongoing Pain	Case 4: Buprenorphine, Illicit Opioid Use
<p>"F\$ck you! You don't understand this pain!"</p> <ul style="list-style-type: none"> <li>▪ <b>Demographic:</b> <ul style="list-style-type: none"> <li>– Age/gender: Age 73, man</li> <li>– Education: College graduate after serving in military</li> <li>– Ethnicity: black</li> <li>– Family status: 4 kids, all adult, none with substance use issues, all involved in his life but worried, married and wife recently diagnosed with breast cancer and on chemo.</li> <li>– Cultural background: Was union construction foreman working on some of the biggest public works projects in CA; weekly churchgoer Christian</li> </ul> </li> <li>▪ <b>Psychographic:</b> <ul style="list-style-type: none"> <li>– Grew up in Texas</li> <li>– Served in Vietnam and saw combat. Purple heart. Refuses to use VA services. Has many firearms.</li> <li>– Went to college after Vietnam service. Was injured in car accident in college and was started on opioids, for which he was maintained by a PCP for many years on high dose chronic opioids. PCP died 2 years ago, and after opioid use became more problematic, he was started on bupe.</li> <li>– Continues to find opioids, from unclear sources.</li> <li>– Very angry about ongoing orthopedic pain for which only opioids have been helpful.</li> </ul> </li> </ul>	<p>"No, I'm not using heroin. The test must be wrong!" [5th positive test in 3 months]</p> <ul style="list-style-type: none"> <li>▪ <b>Demographic:</b> <ul style="list-style-type: none"> <li>– Age/gender: Age 20, woman</li> <li>– Education: Finished high school</li> <li>– Ethnicity: White.</li> <li>– Family Status: Parents live in wealthy enclave, very demanding of treatment providers to "save our kid" but continually sabotage treatment efforts, patient has no children, but has been pregnant 3 times (most recent is current, and she is debating abortion).</li> <li>– Cultural background: Grew up very wealthy; now homeless living in hills with fellow heroin users</li> </ul> </li> <li>▪ <b>Psychographic:</b> <ul style="list-style-type: none"> <li>– Started opioids in high school at party and escalated rapidly to daily use, led to rapid decline in performance at school and social impact.</li> <li>– Finished school, but not without significant help from parents.</li> <li>– Now homeless, resentful. Recently hepatitis C positive. Three hospitalizations in the last year for endocarditis and one for epidural abscess.</li> <li>– Started on bupe and doing a bit better, but continues to come back positive for morphine.</li> <li>– Escalating arrests of late are getting attention of local drug court, but parents continue to pay legal fees and charges minimized.</li> </ul> </li> </ul>