

Navigating treatment options with patients

For medical practitioners

This resource has been developed as a tool to aid discussion with patients about available treatment options for opioid dependence.

Every patient is different, with different concerns, circumstances, and treatment preferences. The decision as to which treatment is suitable will be guided by your clinical judgement in consultation with your patient.

The objective of this tool is to highlight considerations that may be useful when discussing treatment options.

How to use

When talking about treatment options with your patient, present them with a copy of the discussion tool.

Talking about treatment options

There are a number of treatments available for opioid dependence. This tool can be used to help you discuss your options with your keyworker to highlight points that are important to you. This tool includes some considerations, but it does not contain all available perspectives. It is important to use this only as a starting point for a discussion with your keyworker.

Treatment goal			
Achieve abstinence from illicit opioid use	Reduce illicit opioid use	Illicit opioid use to remain the same but would like to be in treatment	
What's important to you? Read the list below and circle the statements that most clearly reflect how you feel.			
Privacy	I am very concerned that someone will recognise me at the pharmacy/clinic.	I might feel nervous if someone recognises me at the pharmacy/clinic.	I don't mind being recognised at the pharmacy/clinic.
Travel	I often need to travel away from home.	I occasionally need to travel away from home.	I rarely need to travel away from home.
Contact with a healthcare professional	I would prefer to have contact with a healthcare professional as and when I need it.	I need regular scheduled contact with a healthcare professional.	I need the structure of daily contact with a healthcare professional.
Work, education and volunteering	I don't want my treatment to affect my daily activities.	I could work my daily routine around my treatment.	My current schedule is flexible.
Storing medicines	I have children or live with people and storing medication at home is an issue.	I am not sure if storing medication at home would be an issue.	Storing medication at home is not an issue for me.
Taking medication	I am not worried about having treatment via an injection.	I don't mind oral or injectable treatment.	I would prefer oral medication.
Routine	I don't want to have to take medication every day.	I would prefer not to take medication every day.	I would prefer to take medication daily.

UK-NPR-210098, July 2023 This tool has been developed by Camurus & Addiction Professionals as part of a joint working project.

The discussion tool allows patients to identify their feelings about different considerations which may influence their treatment choice.

Using this tool is not intended to provide a definitive answer as to which treatment is best for your patient but will hopefully illustrate factors that are important to your patients and highlight areas that need to be addressed.



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