

# Helping patients with opioid dependence thrive

## a toolkit for GPs



### Join us

**Date:** Tuesday 5 August

**Time:** 6.30 PM arrival  
(for 7.00 PM start)

**Location:** Robina Events Centre

**RSVP deadline:** Wednesday 30 July

### Learning objectives

- Implement a model of shared decision making for treatment initiation
- Identify opportunities for addressing psychosocial factors to improve treatment engagement
- Identify considerations for discharge planning

### About the program

Medication-assisted treatment for opioid dependence has been found to improve retention in treatment and reduce illicit opioid use, but it is common for patients to relapse multiple times before achieving sustained recovery.<sup>1</sup> Helping patients to thrive and achieve a better quality of life can help establish the recovery capital needed to prevent relapse and contribute to lower rates of overdose and improve overall health.<sup>1,2</sup> This interactive program presents considerations and tools to help GPs support recovery at key stages of treatment.



**References:** 1. (DOHAC) Department of Health and Aged Care (2014) National guidelines for medication-assisted treatment of opioid dependence, Australian Government. <https://www.health.gov.au/resources/publications/national-guidelines-for-medication-assisted-treatment-of-opioid-dependence>. 2. Parlier-Ahmad AB, Terplan M, Svikis DS, et al. Recovery capital among people receiving treatment for opioid use disorder with buprenorphine. Harm Reduct J, 2021; 18:103. <https://doi.org/10.1186/s12954-021-00553-w>

### Presenter



#### Dr Lisa Shelley

Dr Shelley is a dual-trained specialist in Addiction Medicine

and Internal Medicine (General Physician). She is an Adjunct Fellow at the University of Queensland and collaborates with the National Centre for Youth Substance Use Research. Her academic contributions support innovation in the understanding and treatment of substance use disorders, particularly among young people.

A strong advocate for gold-standard medical care for individuals with substance use disorders and co-occurring mental health conditions, Dr Shelley is committed to addressing both physical and psychological health in an integrated, compassionate, and evidence-based manner.

### Agenda

**7.00 PM** Welcome, entrées served

**7.05 PM** Treatment initiation: aligning treatment with patient goals

- Establishing treatment goals
- Aligning treatment with individual patient factors

**7.25 PM** Dinner served

**7.30 PM** Treatment maintenance: supporting recovery

- Keeping patients engaged in treatment: building recovery capital and considerations for:
  - Polysubstance use and co-occurring mental health conditions
  - Social factors
  - Older patients

**8.10 PM** Dessert served

**8.15 PM** Discharge planning

- What is the appropriate duration of opioid agonist treatment?
- Drivers for discontinuation
- Factors associated with better outcomes

**8.45 PM** Meeting close

### To register,

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