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Motivation for MAT

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MOTIVATION FOR MAT

NORTHWESTERN MEDICAL CENTER

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RESEARCH MENTOR: KATINA CUMMINGS



Identification and Description

- High volume of MAT patients seen at Northwestern Medical Center
- Constant struggle with drugs - whether opioid or non opioid
- Hopes this will help providers help patients articulate main reasons for motivation, especially if they are dealing with another form of drug abuse



Costs

- With daily treatment, counseling and other psychiatric treatment, average costs up to \$126 a week (1)
- \$6552 annually
- Much cheaper than buprenorphine or naltrexone
- Most government-based insurance options do cover this

Community Insight



- RN who sees the MAT patients: The two biggest commonalities she sees are relationships - especially children - and financial motivators for patients. These especially come into play when patients struggle with concurrent alcohol or stimulant use. She views emphasis on motivators are important, but so is consistency with the MAT team treating the patient.
- NP: Relationships impact a lot of these people. This is a huge motivator for change but another issue they continue to deal with is their environment. A lot of people who use surround them. It is most challenging to deal with patients that do not have motivators in their life.

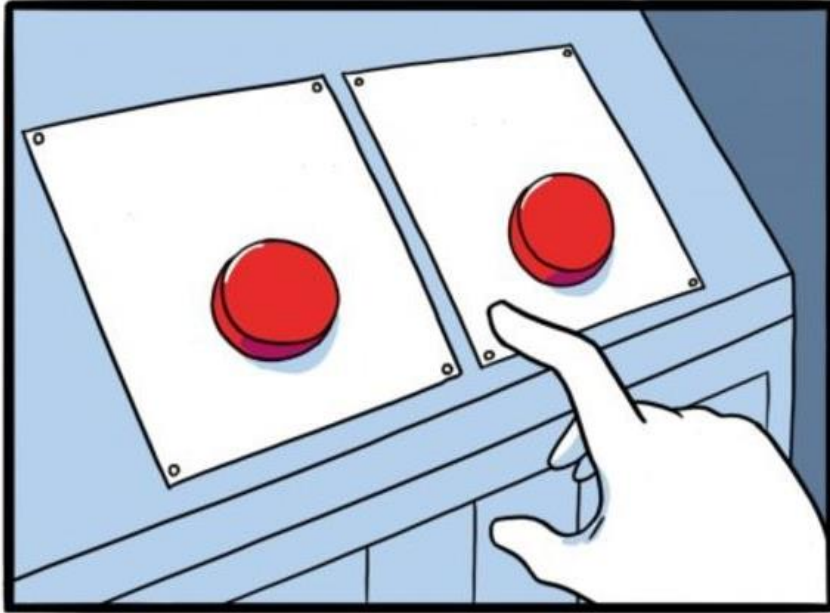


Intervention

- Patients who were on the MAT were handed a survey with eight items
- Each patient was asked to identify the single biggest reason for starting MAT
- Space was left for patients to add their own option if it was not identified on the survey

Results

- Total number of respondents: 28
- Goals you want to reach: 5
- Feel like you were losing something (ex: money, time etc.): 2
- Feel you hit rock bottom: 2
- Maintaining a positive self-image: 3
- Want to be more in control of your life: 6
- Emotional discomfort or distress: 1
- Want more meaning and happiness: 1
- **Impact on relationships: 8**



JAKE-CLARK.TUMBLR

Effectiveness and limitations

- Virtually every patient asked if they could put more than one reason
- Did not identify how they became addicted to opioids
- Was not able to gather information on patients struggling with some other substance abuse



Recommendations

- Multiple options for patients may lead to widely different data
- Identifying type of drug abuse would help stratify data
- Investigate why patients struggle with concurrent drug use

References

- *Cost of methadone treatment*. BAART Programs. (2020, June 19). Retrieved October 3, 2021, from <https://baartprograms.com/cost-of-methadone-treatment/>.