



# BUPRENORPHINE NEWSLETTER

## BUPRENORPHINE DOES NOT “ASSIST” TREATMENT. BUPRENORPHINE IS TREATMENT.

### “Medication-Assisted Treatment” is a Misnomer

“Medication-Assisted Treatment (MAT)” is the old term for “Medication for Opioid Use Disorder (MOUD)”.

The medical community is shifting away from the term MAT because it promotes the misconception that first-line medications like buprenorphine are a secondary or ancillary treatment. [The mixed message behind “Medication-Assisted Treatment” for substance use disorder](#)

### Buprenorphine Works Irrespective of Psychosocial Interventions

A large body of data supports buprenorphine treatment. Conversely, there is [limited empiric evidence](#) supporting the addition of psychosocial interventions to buprenorphine treatment. Notably, a [randomized trial](#) of primary care patients found no additional benefit when buprenorphine treatment was supplemented with cognitive behavioral therapy. Although all patients should have access to high quality psychosocial interventions, buprenorphine “alone” works.

**Denying buprenorphine to a patient who does not engage with ancillary services is like denying insulin to a patient who does not engage with a diet and exercise plan.**

### Guidelines Support Starting Buprenorphine Even When Psychosocial Treatment Is Declined or Unavailable

According to the American Society of Addiction Medicine, “a patient’s decision to decline psychosocial treatment or the absence of available psychosocial treatment should not preclude or delay pharmacological treatment of opioid use disorder, with appropriate medication management.”

[The ASAM National Practice Guideline for the Treatment of Opioid Use Disorder, 2020](#)

### Buprenorphine Treatment Alone Can Reduce Psychiatric Symptoms

Some argue that psychosocial interventions are necessary because people with opioid use disorders have a significantly increased prevalence of depression, anxiety and general psychiatric distress. However, a randomized trial found that buprenorphine treatment alone reduces psychiatric symptom severity among people with opioid use disorders.

[Interim buprenorphine treatment during delays to comprehensive treatment: Changes in psychiatric symptoms](#)



### Get Your X-Waiver

With an X-Waiver, any Physician, APN, or PA can prescribe Buprenorphine to treat opioid use disorder. Treat up to 30 patients at a time with no special training or complete a free training to increase your patient limit.

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HMH Post Acute Opioid Taskforce  
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