



The Confident Patient:

Opioid Use Disorder Treatment

Exploring treatment options

- I haven't had a relapse, but I'm feeling worse – could this still be progression?
- Are these changes likely to get worse if we don't act now?
- Could my symptoms be progression even if they come and go?
- How can we tell the difference between a flare, everyday ups and downs, and progression?

Maintaining recovery

- My symptoms are harder to manage even though I'm on treatment – what's our next step?
- Could a different medication or dose help slow progression?
- What non-medication options – like PT, OT, or mobility aids – could help me stay more independent?
- How do we decide when it's time to make a change, and what would that process look like?

Understanding your medication

- What changes in walking, thinking, or energy should I log?
- Can we use walking tests, memory checks, or other tools to measure where I'm at?
- Are there patterns that would help you – like symptoms at certain times of day or after activity?
- How will we compare today's results with past visits to see my trend?

Symptom check-in

- Constipation, nausea, or stomach pain
- Trouble sleeping or daytime sleepiness
- Headaches or brain fog
- Joint pain
- Excessive sweating
- New tooth sensitivity, mouth sores, or dry mouth
- Cravings or thoughts about using

Notes: