

# Technology-Assisted MOUD

- MOUD is highly effective but insufficient treatment capacity remains a problem; one common barrier is provider concern about potential patient nonadherence with take-home medication
- **UVM studies:** Develop a tech-assisted protocol to permit delivery of MOUD while supporting patient adherence & reducing risk of diversion
  - **Portable computerized device** permits secure dosing at home
    - Can hold 30 days' worth of doses
    - Each dose stored in a separate cell, only available during a predetermined 3-hour window
    - Locks and alarms prevent tampering and access to meds outside the programmed window
  - **Daily monitoring** using an automated Interactive Voice Response (IVR) phone system
  - **Random call-backs** generated by the IVR system
  - **mHealth HIV, HCV & overdose prevention** delivered via iPad
- Tech-assisted buprenorphine treatment outcomes:
  - High levels (~85%) of abstinence from illicit opioids
  - **98% of buprenorphine doses administered as scheduled**
  - 92% of daily IVR monitoring calls completed
  - 91% of random callback visits satisfied



The NEW ENGLAND JOURNAL of MEDICINE

Interim Buprenorphine vs. Waiting List for Opioid Dependence

N ENGL J MED 375;25 NEJM.ORG DECEMBER 22, 2016