

Mindful Continuing Education

Harm Reduction in Substance Misuse

1. Which of the following best describes harm reduction?

- A. expects people to follow a "clean & sober" lifestyle.
 - B. is an abstinence based program.
 - C. has a clear set of rules and regulations.
 - D. some ways of using drugs are safer than others.
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2. How many overdose deaths were there in the U.S. between December 2021 and November 2022?

- A. 932,000
 - B. 103,550
 - C. 92,000
 - D. 53,550
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3. Harm reduction requires that interventions and policies designed to serve people who use substances

- A. are specific to the individual and community needs.
 - B. follow the stages of change.
 - C. allow for continued substance use.
 - D. are coordinated with law enforcement.
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4. A person in pre-contemplative stage of their substance use

- A. is considering that their behavior may be problematic.
 - B. is ready to make a change around their problematic substance use.
 - C. may be unaware that their behavior is problematic.
 - D. has returned to their old behaviors around substance use.
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5. Injection drug use accounts for ____ of all adolescent and adult HIV/AIDS cases.

- A. 25%
 - B. 33%
 - C. 50%
 - D. 66%
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6. Which of the following does harm reduction NOT do?

- A. minimize or ignore the harm and danger of substance use.
 - B. empower people who use drugs.
 - C. provide treatment resources to people who use drugs.
 - D. recognize peoples social inequalities that may impact drug use.
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7. Prescription drug monitoring programs is an example of which of the following?

- A. primary level prevention
 - B. secondary level prevention
 - C. tertiary level prevention
 - D. quaternary level prevention
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8. In 2020, how many people over the age of 12 had a substance use disorder in the past year?

- A. 92.2 million
 - B. 53.5 million
 - C. 40.3 million
 - D. 32.2 million
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9. What is one reason why people who use drug do not access medical care?

- A. they don't want help.
 - B. they like using drugs.
 - C. they don't think they have a problem.
 - D. they do not trust healthcare providers to maintain their privacy from law enforcement.
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10. Which of the following can prevent withdrawal symptoms and reduce cravings in opioid-addicted individuals?

- A. MAT
 - B. CBT
 - C. Narcan
 - D. Methadone
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11. All the following behavioral therapies have shown to be effective for substance use treatment except for:

- A. Cognitive Behavioral Therapy
 - B. Contingency Management
 - C. Motivational Interviewing
 - D. Exposure Therapy
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12. Naloxone can quickly reverse an opioid overdose is also known as:

- A. Suboxone
 - B. Methadone
 - C. Narcan
 - D. Buprenorphine
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13. Medication-assisted treatment works best when:

- A. it is voluntary.
 - B. it is mandatory.
 - C. it is provided as a stand alone treatment.
 - D. it is limited in its availability.
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14. Needle and syringe access programs help to do what?

- A. To increase sharing of injection equipment.
 - B. To reduce the spread of blood-borne infections
 - C. To increase substance use.
 - D. To increase needlestick injuries.
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15. Overdose prevention sites globally experience on average _____ overdose fatalities/year.

- A. 0
 - B. 100
 - C. 1000
 - D. 10,000
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16. What can current available drug test strips detect?

- A. fentanyl
 - B. fentanyl & morphine
 - C. fentanyl & amphetamines
 - D. amphetamines & xylazine
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17. What is the Good Samaritan Laws main goal?

- A. allow overdose dropoffs at emergency departments.
 - B. increase naloxone access
 - C. protect bystanders from criminal charges
 - D. increase calls for medical assistance during an overdose.
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18. Which of the following is an educational strategy to market evidence-based practices to healthcare providers and community stakeholders?

- A. Housing First

- B. Academic Detailing
 - C. Recovery Ready Workplace
 - D. MAT
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19. Decreased absenteeism, increased productivity, increased workplace safety, and lower long-term healthcare costs are all benefits of this program.

- A. Housing First
 - B. Academic Detailing
 - C. Recovery Ready Workplace
 - D. MAT
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20. Harm reduction focuses on ___ rather than the prevention of substance use.

- A. the prevention of harm
 - B. community safety
 - C. economic benefits
 - D. education
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