Codeine addiction and abuse

CPD QUESTIONNAIRE

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1. Misuse/abuse of codeine outside of acceptable medical practice may include:

- ☐ **A** Self-medicating at higher doses than recommended
- ☐ **B** Self-medicating for longer periods than advisable
- ☐ **C** Recreational use for its stimulant/euphoric effects
- ☐ **D** All of the above
- ☐ **E** A and B

2. Of ingested codeine, what proportion is metabolised by the CYP2D6 pathway?

- ☐ **A** 5-10%
- ☐ **B** 15-20%
- ☐ **C** 90-95%

3. In South Africa, a prescription is required to sell codeine (<20mg) combination products containing paracetamol, ibuprofen or aspirin.

- ☐ **A** True
- ☐ **B** False

4. Which of the listed international agencies recommend against the use of codeine for the treatment of pain and cough in children (<12 years)?

- ☐ **A** FDA
- ☐ **B** WHO
- ☐ **C** EMA
- ☐ **D** All of the above
- ☐ **E** A and B

5. WHO recommendations for analgesia in adult patients include the use of codeine as an initial opioid treatment with a pain score of:

- ☐ **A** 1 (mild pain)
- ☐ **B** 2 (moderate pain)
- ☐ **C** 3 (severe pain)
- ☐ **D** A and B
- ☐ **E** B and C

6. Efficacy evaluation of low-dose codeine (<30mg) combination medicines from randomised controlled trial data shows:

- ☐ **A** Immediate and complete pain relief of acute nociceptive pain
- ☐ **B** A short course provides moderate pain relief for chronic musculoskeletal conditions

7. To achieve at least 50% maximum pain relief over 4-6 hours using 60mg codeine, Cochrane review data show an NNT of:

- ☐ **A** 2
- ☐ **B** 4
- ☐ **C** 10

8. NICE guidance for effective non-opioid lower back pain relief in adults includes the use of:

- ☐ **A** Paracetamol only
- ☐ **B** NSAIDs at the lowest possible dose for the shortest period possible

9. Which statement is false? NICE guidance for effective non-opioid pain relief from sprains and strains in adults includes the use of:

- ☐ **A** Aspirin or a topical NSAID
- ☐ **B** Paracetamol or a topical NSAID
- ☐ **C** Oral NSAID if pain persists 24 hours post-injury

10. 2014 data on South African drug use recorded what percentage of drug-dependent admissions as related to codeine abuse?

- ☐ **A** 0.5%
- ☐ **B** 2.5%
- ☐ **C** 4%

11. Therapeutic codeine dependency can be described as:

- ☐ **A** Use for prolonged periods (years)
- ☐ **B** Dose escalation to manage pain
- ☐ **C** Use for mood alteration
- ☐ **D** Very high daily doses
- ☐ **E** A, B and C
- ☐ **F** A, B and D

12. Treatment of therapeutic codeine dependency at low level of use is based on:

- ☐ **A** Slow, gradual withdrawal and alternative non-opioid analgesia
- ☐ **B** Reassuring the patient and educating on potential withdrawal symptoms
- ☐ **C** A and B

13. Consider referral to specialist services in the case of moderate or high-level codeine use, as this level of opiate withdrawal presents specific challenges requiring hospitalisation or in-facility care.

- ☐ **A** True
- ☐ **B** False

14. Which statement is false?

- ☐ **A** The acute phase of peak-intensity codeine withdrawal symptoms lasts for seven days
- ☐ **B** As physical symptoms of codeine withdrawal diminish, psychological symptoms are likely to increase
- ☐ **C** Post-acute withdrawal syndrome may affect codeine users for months or years

15. Mental health issues are commonly associated with codeine misuse.

- ☐ **A** True
- ☐ **B** False

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