UPHS ICU MANAGEMENT: OPIOID WITH SUSPECTED ADULTERANT WITHDRAWAL

# SCOPE OF RECOMMENDATIONS

This guidance pertains to the management of patients reporting illicit opioid (i.e., heroin, fentanyl) use who present with opioid withdrawal and are or will be admitted (from the ED) to the ICU due to the severity of concomitant autonomic symptoms (hypertension, tachycardia, and/or altered mentation) that may be mediated by alpha agonist (adulterant) withdrawal.



**Background**
The illicit opioid supply in Philadelphia is unregulated and often contaminated with non-opioids, putting patients at risk for complicated withdrawal. Xylazine (“tranq”) and medetomidine are now the most frequently encountered adulterants, and recent trends demonstrate a shift towards medetomidine (figure 1)[[1]](#footnote-1). Due to polysubstance exposure, a multi-modal approach utilizing a backbone of full-agonist opioids to manage withdrawal is recommended. A low threshold to begin α2 agonist infusion therapy is now recommended.

Medetomidine

* Used in veterinary sedation/analgesia
* An equal mixture of two enantiomers, dexmedetomidine and levomedetomidine (inactive)
* Highly selective and potent α2 agonist (100x more than xylazine)[[2]](#footnote-2)
* Causes bradycardia/hypotension in animals, which is consistent with recent overdose presentations[[3]](#footnote-3)
* Medetomidine withdrawal has not previously been described, but a distinct syndrome has emerged and appears similar to dexmedetomidine withdrawal syndrome[[4]](#footnote-4)
	+ Distinct from xylazine withdrawal, which does not typically present with tachycardia or hypertension and most patients do not require ICU care[[5]](#footnote-5)
	+ Cases at Penn have demonstrated severe hypertension (BP >200/100s, hypertensive emergency such as PRES in some cases), tachycardia, delirium, tremors, nausea and/or vomiting
	+ Escalating numbers of cases require ICU admission for α2 agonist infusions +/- anti-hypertensive therapy. Rarely, intubation may be needed. Rebound symptoms occur when medications are tapered too quickly.
	+ Risk factors and predictors for severe withdrawal have not yet been defined

**Objective**

To standardize the care of patients who are or will be admitted to the ICU presenting with opioid withdrawal and autonomic signs and symptoms.

**Recommended Medication Regimen**

***Note: Degree of alertness will influence regimen. Opioid administration should be prioritized.***

1. Long **and** short-acting opioid

*Rationale: High quantities of fentanyl remain prevalent in the illicit opioid supply*

1. Dexmedetomidine (in lieu of clonidine)

*Rationale: Drug checking reports a high prevalence of medetomidine in the illicit opioid supply*

1. Ketamine

*Rationale: Regionally supported (addiction medicine) adjunctive in patients using fentanyl and/or xylazine*

1. Olanzapine

*Rationale: Antiemetic and agitation treatment, may be particularly helpful in patients using xylazine and/or medetomidine*

1. Antihypertensive agents

*Rationale: Severe hypertension may persist despite aggressive treatment with the above therapies. Earlier initiation is warranted if the patient has end organ dysfunction (hypertensive emergency).*

1. Additional adjunctive medications

**(1a) Long-Acting Opioid**

* Methadone is the preferred long-acting opioid for all patients regardless of patient desire to be on long term methadone maintenance. Transitioning to a patient’s Medication for Opioid Use Disorder (MOUD) of choice (buprenorphine vs methadone) can occur once withdrawal is controlled.
	+ Oral methadone regimen: 40mg + 10mg x2 doses q4h as needed on day 1 (up to 60 mg), 60mg daily thereafter
	+ Unable to tolerate oral therapy or need for rapid control of symptoms: up to 10mg IV q8h (note: IV methadone prolongs QTc more than the PO formulation)
	+ Use the Hodges formula to calculate QTc if HR > 80 bpm (see “monitoring” below).
* *If methadone contraindicated* (i.e., QTc > 500 mm/sec via Hodges formula, Child Pugh Score C)
	+ Oral regimen: Oxycodone ER 40mg PO q8h
		- Increase oxycodone ER dose by 20mg every 4 hours for COWS > 8. Goal COWS ≤ 5.
	+ Unable to tolerate PO therapy: Hydromorphone PCA with 1mg/hr basal and 1mg demand

**(1b) Short-acting Opioid**

* Oral regimen: Oxycodone IR 30 q4h
	+ Increase oxycodone IR dose by 10mg as frequently as every 2 hours for COWs > 8. Goal is COWs ≤ 5.
* Unable to tolerate oral therapy: Hydromorphone 2mg IV q3h
	+ Increase hydromorphone IV by 1mg as frequently as every hour for COWs > 8. Goal is COWs ≤ 5.

**(2) Dexmedetomidine**

* Start infusion at 0.4mcg/kg/hr. Titrated, by nursing, no more than 0.2mcg/kg/hr every 20 minutes for goal RASS -1 to +1. Note: max dose per UPHS formulary is 1.5 mcg/kg/hr
* Contraindications: Heart rate < 50 BPM, MAP < 65 mmHg, Second/Third degree heart block
* De-escalate to clonidine once withdrawal has started to abate and can tolerate oral medications (estimated in 24-48 hours).

**(3) Ketamine (Oral/Intravenous)**

* Oral: 1.5-3mg/kg divided into q6h dosing
	+ Example: 70kg patient would receive 30mg PO q6h
* Unable to tolerate oral therapy: Start infusion at 0.1-0.5mg/kg/hr (maximum initial rate of 50mg/hr, maximum overall rate of 0.5mg/kg/hr). Further dosing instructions can be found in the subanesthetic Ketamine for Analgesia Guideline.
* Contraindications: Recent/active CVA or cardiovascular disease, Child Pugh C

**(4) Olanzapine (Nausea/ Agitation Management)**

* IV or PO: 10mg x1, then 5mg daily at bedtime
* Contraindications: QTc > 500 mm/sec

**(5) Antihypertensive agents**

* If severe hypertension persists despite the use of the above medications, treat with short acting blood pressure lowering agents as per ICU protocol for the management of hypertensive emergency
* Easily titratable agents such as IV nicardipine drip, IV esmolol drip, IV labetalol, or IV hydralazine

**(6) Additional adjunctive medications**

* Adjunctive medications orderable via Opioid Withdrawal order set
	+ Clonidine PO in particular may be helpful for managing autonomic symptoms. If unable to tolerate PO, consider utilizing the patch formulation.
* Can consider the use of phenobarbital (utilizing pre-existing ICU guidelines for managing alcohol withdrawal) or benzodiazepines (scheduled taper preferred over CIWA symptom-triggered dosing) if requiring additional sedation. Not routinely indicated, unless the patient also reports benzodiazepine or alcohol use.

**Monitoring**

* + QTc once prior to first dose of methadone or olanzapine, and repeat prior to increasing methadone dose.
		- If QTc is > 500ms and HR is > 80 BPM, use the Hodges QTc correction formula to correct for heart rate (<https://www.mayoclinic.org/medical-professionals/cardiovascular-diseases/calculators/corrected-qt-interval-qtc-calculator/itt-20487211>).
			* Explanation: The MUSE automated reporting system uses the Bazett formula to calculate the QTc. The QTc will be more prolonged in sinus tachycardia than what is likely true repolarization due to the exponential term in the Bazett formula. The Hodges formula does not have an exponential term and provides a more accurate assessment of QTc at the extremes of HR.[[6]](#footnote-6)
	+ COWs q4h
	+ Consider surveillance for myocardial ischemia or changes in myocardial function. Case reports have included myocardial injury.
	+ Complete the following at baseline and every 4 hours for 24 hours after initiation or dose change:
		- Blood pressure, heart rate, respiratory rate, pulse oximetry
		- Pain score
		- Sedation score- POSS or RASS score per unit policy
	+ Contact covering provider for any of the following:
		- Respiratory rate less than 10 respirations/minute
		- SBP < 90 mmHg or MAP < 60 mmHg
		- POSS score of 3 or 4 (See below)
		- RASS score of +4, +3, +2, -3, -4 or -5 (See below)

|  |
| --- |
| **Appendix: Sedation Scales** |
| **Pasero Opioid-Induced Sedation Scale (POSS)**

|  |  |  |
| --- | --- | --- |
| S | Sleep, easy to arouse | Acceptable; no action necessary |
| 1 | Awake and alert | Acceptable; no action necessary |
| 2 | Slightly drowsy, easily aroused | Acceptable; no action necessary |
| 3 | Frequently drowsy, arousable, drifts off to sleep during conversation | Unacceptable; monitor respiratory status and sedation level closely until sedation level is stable at less than 3 |
| 4 | Somnolent, minimal or noresponse to verbal or physical stimulation | Unacceptable; stop opioid; consider administering naloxone; notify prescriber or anesthesiologist; monitor respiratory status and sedation level closely until sedation level is stableat less than 3 and respiratory status is satisfactory |

 |
| The Richmond Agitation and Sedation Scale (RASS)

|  |  |  |
| --- | --- | --- |
| Score | Term | Description |
| +4 | Combative | Overtly combative, violent, immediate danger to staff |
| +3 | Very agitated | Pulls or removes tube(s) or catheter(s); aggressive |
| +2 | Agitated | Frequent non-purposeful movement, fights ventilator |
| +1 | Restless | Anxious but movements not aggressive; vigorous |
| 0 | Alert and calm |  |
| -1 | Drowsy | Not fully alert, but has sustained awakening (eye- opening/eye contact) to voice (*>* 10 seconds) |
| -2 | Light sedation | Briefly awakens with eye contact to voice (< 10 seconds) |
| -3 | Moderatesedation | Movement or eye opening to voice (but no eye contact) |
| -4 | Deep sedation | No response to voice, but movement or eye opening to physical stimulation |
| -5 | Unarousable | No response to voice or physical stimulation |

 |

1. https://hip.phila.gov/document/4874/PDPH-HAN-00444A-12-10-2024.pdf/ [↑](#footnote-ref-1)
2. PMID: 39405508 [↑](#footnote-ref-2)
3. https://hip.phila.gov/document/4421/PDPH-HAN-0441A-05-13-24.pdf/ [↑](#footnote-ref-3)
4. PMID: 33227592 [↑](#footnote-ref-4)
5. PMID: 38493376 [↑](#footnote-ref-5)
6. PMID: 26552754 [↑](#footnote-ref-6)