

**Improving methadone adherence in opioid treatment programs using motivational
interviewing**

Chamberlain University School of Nursing

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The primary purpose of the following paper is to examine the question: Does motivational interviewing improve methadone adherence among people who use opioids? Methadone non-adherence in opioid treatment programs is a significant issue (Ertem & Duman, 2019), and it greatly affects treatment outcomes and quality of life for patients. Motivational interviewing is an evidence-based counseling approach that can be utilized to address this problem. It has been shown to be effective in fostering treatment adherence (Ertem & Duman, 2019). This strategy enhances adherence for several reasons, primarily by promoting patient engagement, motivation, and self-efficacy in managing various health conditions. The following paper will synthesize current research on the application of motivational interviewing to improve adherence to methadone treatment in individuals with opioid use disorder.

Significance of the Practice Problem at the National Level

Prevalence

Opioid use disorder (OUD) is a significant health issue in the United States, affecting millions of Americans and leading to various health complications while also placing a considerable strain on the healthcare system. In 2022, an estimated 3.7% of U.S. adults (9,367,000) needed OUD treatment. Among these, 55.2% (5,167,000) received OUD treatment, and 25.1% (2,353,000) received medications for OUD. Most adults who needed OUD treatment either did not perceive that they needed it (42.7%) or received treatment that did not include medications for OUD (30.0%) (Dowell et al., 2024)