SAVAHCS Addiction Medicine CME Series 2026

Kratom, 7-hydroxymitragynine (7-OH), and mitragynine pseudoindoxyl: Research updates to better understand relative addiction risk profiles

April 9, 2026 – 12:00 PM
Online

Overall Activity Objectives:
1 Increase access to life saving medications by increasing knowledge and understanding, which can increase safe prescribing.

2 Increase prescribing of harm reduction modalities, such as naloxone and safe syringes.
3 Decrease patient stigma by utilizing appropriate language regarding controlled substances and their use.

4 Utilize a variety of treatment modalities substance use disorders in addition to prescribed medications.
5 Counsel patients on the consequences of certain substance use disorders, such as acquiring HIV.

Session Objectives:
1 Attendees will be able to describe the basic pharmacology, toxicology, effects, and risks associated with kratom and kratom-derived products containing 7-hydroxymitragynine (7-OH) or mitragynine pseudoindoxyl (pseudo).
2 Attendees will gain knowledge on the proliferation of different kratom product formulations, including those co-formulated with other psychoactive botanicals, such as kava.
3 Attendees will become oriented to clinical data regarding patterns and motivations of kratom use.
4 Attendees will achieve a heightened understanding of the abuse potential indicators for kratom, mitragynine, and 7-OH.
5 Upon completion, attendees will be able to engage in improved identification of kratom product use, conduct detailed clinical assessments, and better manage substance use disorder related to kratom-derived products in a data-informed, patient-centered manner.
6 Upon completion, attendees will be able to describe the dynamic state and federal policy surrounding kratom-derived products and their regulation.

Accreditation Statement:
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and Southern Arizona Veteran's Administration Health Care System. The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):
University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Elisa Gumm, DO	Activity Director	Nothing to disclose - 11/06/2025
Kirsten Smith, PhD, LSMW	Faculty	Paid consultant-Todd, Brown, Frost (Relationship has ended)|Paid consultant-International Plant and Herbal Alliance (Relationship has ended)|Paid consultant-Amin Wasserman Gurnani (Relationship has ended) - 02/05/2026

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