



ADDICTION IN PRIMARY CARE: A PRACTICAL APPROACH TO IDENTIFY AND MANAGE USE, ABUSE, AND DEPENDENCE

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Outline

Definitions

Epidemiology

Screening

Brief Intervention

Referral to Treatment

Definitions

- **Misuse=risk use =hazardous use.** Substance use that threatens health and safety
- **DSM-5 definition of a Substance Use Disorder.** “a problematic pattern of substance use leading to clinically significant impairment or distress, manifested by at least two of eleven criteria, occurring within a 12-month period”

Cardinal Features of a Addiction

- Pronounced Craving
- Continued use despite Consequences
- Compulsive use
- Loss of Control

Prevalence of Substance Use by Gender

Substance	Male	Female
Tobacco	33%	23%
Alcohol	58%	46%
Illicit Drugs	10%	6%
Misuse of Prescription Drugs	3%	3%

Leading Causes of Preventable Death Worldwide

Cause	Number of deaths resulting (millions per year)
Hypertension	7.8
Tobacco	5.4
Malnutrition	3.8
Sexually transmitted diseases	3.0
Poor diet	2.8
Overweight and obesity	2.5
Physical inactivity	2.0
Alcohol	1.9
Indoor air pollution from solid fuels	1.8
Unsafe water and poor sanitation	1.6

Complications from Substance Use

- Hypertension, cardiovascular disease
- Liver disease, gastritis, pancreatitis
- Psychiatric Disorders
- Risk for various cancers
- HIV/AIDS, and other infectious diseases
- Trauma

Universal Screening

- Drinking and drug use often go undetected
- 1 in 10 patients with a SUD receive treatment
- Detect risky use at an early stage, and intervene
- Detect current health problems related to substance use

Patients want you to discuss Substance Use

	Agree
"If my doctor asked me how much I drink, I would give an honest answer."	92%
"If my drinking is affecting my health, my doctor should advise me to cut down on alcohol."	96%
"As part of my medical care, my doctor should feel free to ask me how much alcohol I drink."	93%
	Disagree
"I would be annoyed if my doctor asked me how much alcohol I drink."	86%
"I would be embarrassed if my doctor asked me how much alcohol I drink."	78%

SBIRT

- **Comprehensive, integrated, public health** approach to identify and provide treatment for patients at risk or with a SUD.
- **Screening:** Universal screening for quickly assessing use and severity of alcohol; illicit drugs; and prescription drug use, misuse, and abuse
- **Brief Intervention:** Brief motivational and awareness-raising intervention given to risky or problematic substance users
- **Referral to Treatment:** Referrals to specialty care for patients with substance use disorders

Pre-screening Questions

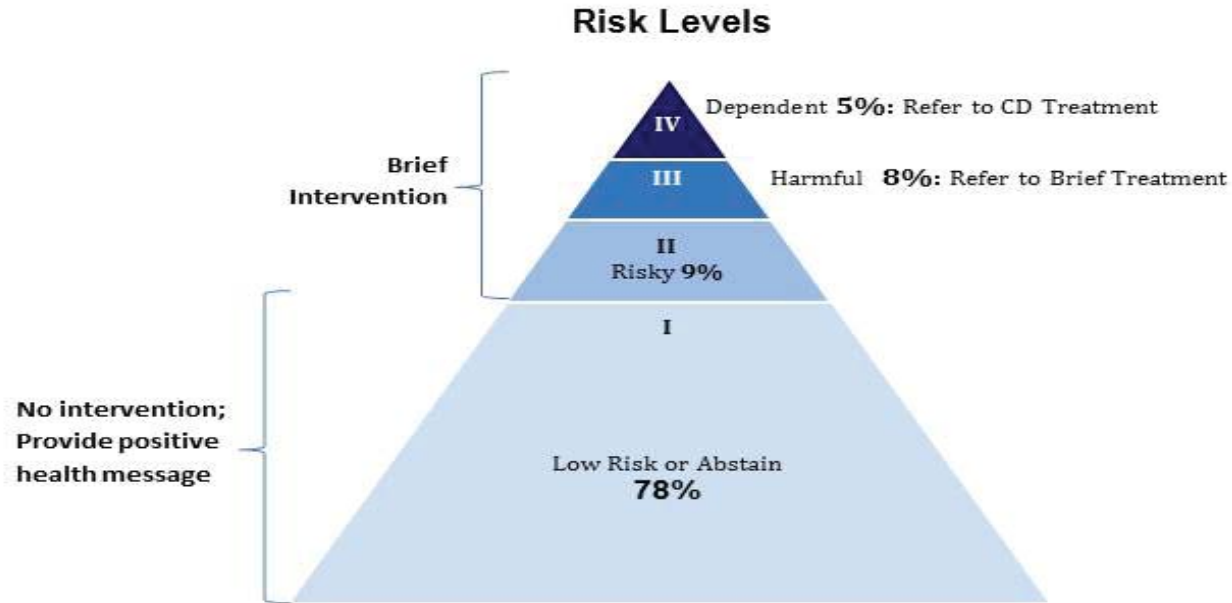
Substance	Positive screen
Tobacco	“Have you ever used any tobacco or nicotine products”
Alcohol	“On any single occasion have you had more than 4 drinks containing alcohol? (3 for women)”
Prescription opioids and illicit drugs	“Have you ever used an illegal drug or used a prescription medication for non-medical reasons (e.g., because of the experience or feeling it caused)?”

Screening Questionnaires

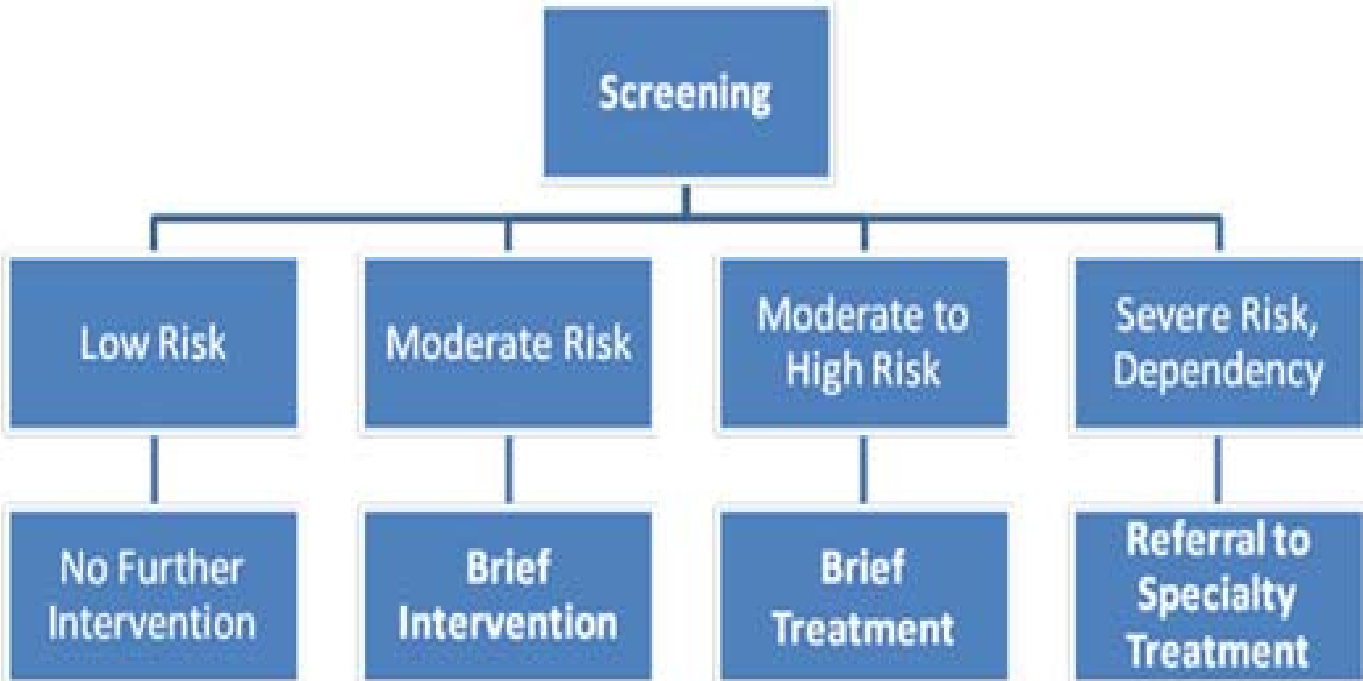
- Alcohol Use Disorders Identification Test (AUDIT), Drug Abuse Screening Test (DAST)
- 5 minutes
- Integrate into EHR
- Have the patient complete the screening while waiting to collect information on patient reported outcomes

Risk Levels for the AUDIT AND DAST

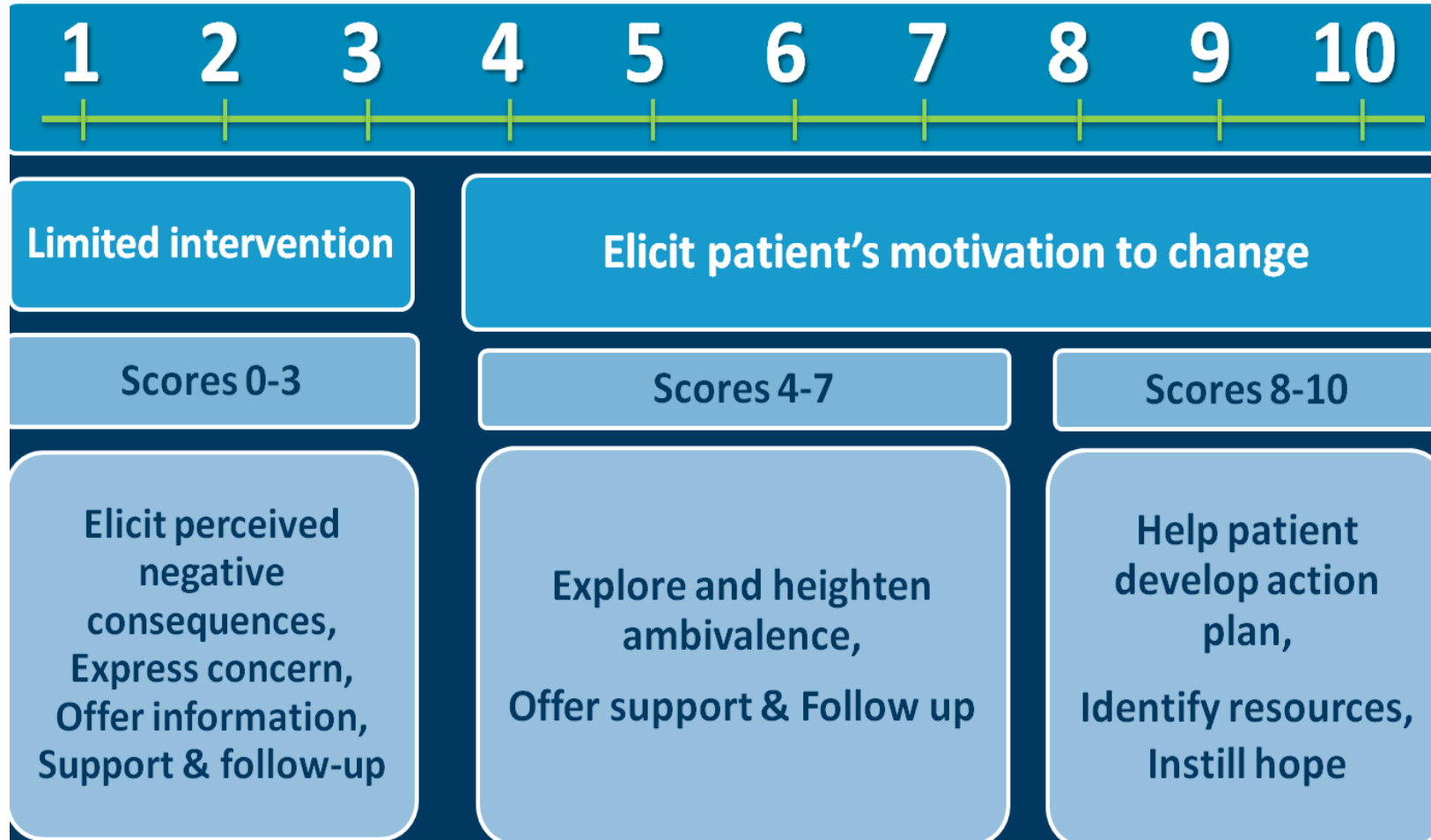
I Low Risk or Abstain AUDIT: 0-6 (women), 0-7 (men) DAST: 0	II Risky AUDIT: 7-15 (women), 8-15 (men) DAST: 1-2	III Harmful AUDIT: 16-19 DAST: 3-5	IV Dependent AUDIT: 20+ DAST: 6+
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Flow Chart For SBIRT Process



Assess readiness to change



Brief Intervention

- **Feedback** on the risk for alcohol problems
- **Responsibility**: where the individual with alcohol misuse is responsible for change
- **Advice**: about reduction or explicit direction to change
- **Menu**: providing a variety of strategies for change
- **Empathy**, with a warm, reflective, empathic and understanding approach
- **Self-efficacy** of the misusing person in making a change

Referral to Treatment

- Referral is recommended when patients meet the diagnostic criteria for a substance use disorder
- Strong referral linkages are critical
- Los Angeles Substance Abuse Service Helpline (SASH) at 1-844-804-7500
- Service and Bed Availability Tool (SBAT).
<https://sapccis.ph.lacounty.gov/sbat/>



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