Outline

• Introduction
• Three Key Steps
  – Engage
  – Motivate
  – Plan
• Sample Videos
INTRODUCTION
Addiction & Risky Use

For background information on addiction

Addiction Medicine: Closing the Gap between Science and Practice
Addiction & Risky Use

For information on screening, diagnosis, treatment planning & management

[Links to resources]

Overview of Addiction Medicine for Primary Care²
(62 Slides)

Overview of Addiction Medicine for Primary Care: Supplement³ (30 Pages)
Addiction & Risky Use

- Approach comprehensively across substances
- Address tobacco/nicotine, alcohol & other drugs
- Manage co-occurring disorders
Addiction & Risky Use

- Addiction: disease requiring treatment
- Risky use:
  - Substance use that threatens health & safety
  - Does not meet addiction criteria

Diagnostic criteria can be found here: Overview of Addiction Medicine for Primary Care
Addiction & Risky Use

All patients with addiction should receive treatment.

All patients who are risky users should receive a brief intervention.
Brief Intervention for Risky Use

- Medical approach to reduce risky use
- Evidence-based from research studies
- Effective for risky use involving tobacco/nicotine, alcohol & other drugs
Brief Intervention for Risky Use

- 5-10 minutes as effective as 20 minutes\(^4\)
- Tobacco/nicotine quit rate 3X as likely\(^5\)
- Average drinks per week reduced by 13-34\%\(^6\)
- 60% of patients reduce illicit drug use\(^7\)
Common Frameworks

• 5A Approach: developed for tobacco/nicotine cessation\(^8\)

• FRAMES: developed for reducing alcohol use\(^9\)-\(^10\)

• Motivational Interviewing: developed for reducing alcohol use\(^11\)

• All of the above share similar concepts which are summarized in this presentation
Comprehensive Approach
for tobacco/nicotine, alcohol & other drugs

- Risky use of multiple substances occurs often
- Comprehensively addressing tobacco/nicotine, alcohol & other drugs may help prevent replacement of one substance with another
THREE KEY STEPS
Brief Intervention: Key Steps

1. Engage
2. Motivate
3. Plan
1. Engage
Assess to determine baseline & readiness

• Inquire about current patterns of substance use
• Determine patient perception of substance use\(^8\)
• Identify personal values & goals\(^{10}\)
1. Engage

Explore the potential for change

• Discuss impact of substance use on goals
• Develop a discrepancy between substance use & achieving goals
• Elicit need & perceived ability to change
1. Engage

Tips for speaking with patients

• Establish rapport & ask permission to discuss
• Use nonjudgmental, empathic language & tone
• Ask open-ended questions from general to specific\(^\text{11}\)
• Listen reflectively: repeat, rephrase, paraphrase
1. Engage
Sample language to use with patients

• “Would you mind taking a few minutes to talk with me about your use of tobacco/nicotine, alcohol & other drugs?”

• “Tell me more about how your substance use has affected your life?”
2. Motivate
Offer personalized advice & feedback

Well delivered advice is associated with improved patient satisfaction\(^1\)\(^2\)

- Provide clear, specific, *personalized* feedback
- Include risks & consequences of use
- Express concern & recommend explicit changes
- Support patient self-determination & autonomy\(^8\)
2. Motivate

Tips to motivate patients to change

• Emphasize confidence in ability to change
• Assure continued support throughout process
2. Motivate

Tips to communicate effectively with patients

- Tailor to patient level of health literacy
- Provide small amounts of feedback at a time\textsuperscript{10}
- Use empathic style for more cooperation & less resistance
2. Motivate
Sample language to use with patients

• “You seem to think that your smoking of tobacco & marijuana has been making your asthma worse. I agree that smoking less will reduce asthma symptoms.”

• “I think you should...” rather than “You should...”8
2. Motivate
Promote self-efficacy & empower patients

• Use reflective listening, summaries & affirmations\textsuperscript{11}

• Review strengths & past successes
2. Motivate

Tips to encourage patients to change

• Validate frustrations but remain optimistic

• Summarize to reinforce & to show that you listen

• Prepare patients for next steps
2. Motivate
Sample language to use with patients

• “It seems like the support from your family was very helpful when you cut back on meth & cocaine use last year. Your family support can help again now as you try to quit both completely.”

• “This is what I heard you say [summarize].”
3. Plan
Select methods & goals collaboratively

• Create goals aligned with readiness to change
• Assist patients to identify personal goals & preferences among methods
3. Plan
Select methods & goals collaboratively

• Focus on attainable, measurable, timely goals
• Help anticipate potential challenges & barriers
• Brainstorm on methods to overcome problems
3. Plan
Tips on selecting goals with patients

• Recommend ideal change but accept less if patients resist
• Change strategies when patients resist
3. Plan

Tips to work collaboratively with patients

• Avoid argumentation which can be counter-productive & create defensiveness

• Collaborate to increase patient control/agency\textsuperscript{13}
3. Plan

Sample language to use with patients

- “What changes do you think you can make with your drinking & your use of painkillers?”

- “It sounds like limiting the alcohol & painkillers you keep at home might be a great first step. How do you feel about making that change? When do you think you would be able to make that change?”
3. Plan

Sample language to use with patients

• “What problems do you expect in making this change?”
• “How do you think you could deal with them?”
• “I think you’ve chosen a great, realistic goal. If you have problems, remember that I am here to help you throughout this process.”
3. Plan

Offer support & follow-up care

• Follow up initially within one month or less
• Reinforce previous steps at follow-up visits
• Reassess & update plan based on current status
3. Plan
Offer support & follow-up care

• Acknowledge efforts & experiences
• Offer continued support irrespective of success
3. Plan
Discuss various options for support

- Follow-ups by phone, office visit, or HIPAA-compliant email
- Self-help materials printed or online
- Guidance to obtain social support
SAMPLE VIDEOS
Video Example for Adolescent

Adolescent Patient\textsuperscript{14} (4min 26sec)

www.youtube.com/watch?v=fX90j4jD9Sc

From University of Maryland, Baltimore
Video Example for Adult

Adult Patient\textsuperscript{15} (6min 37sec)

www.youtube.com/watch?v=ebsqETBWEdQ

From University of Maryland, Baltimore
References


References


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