



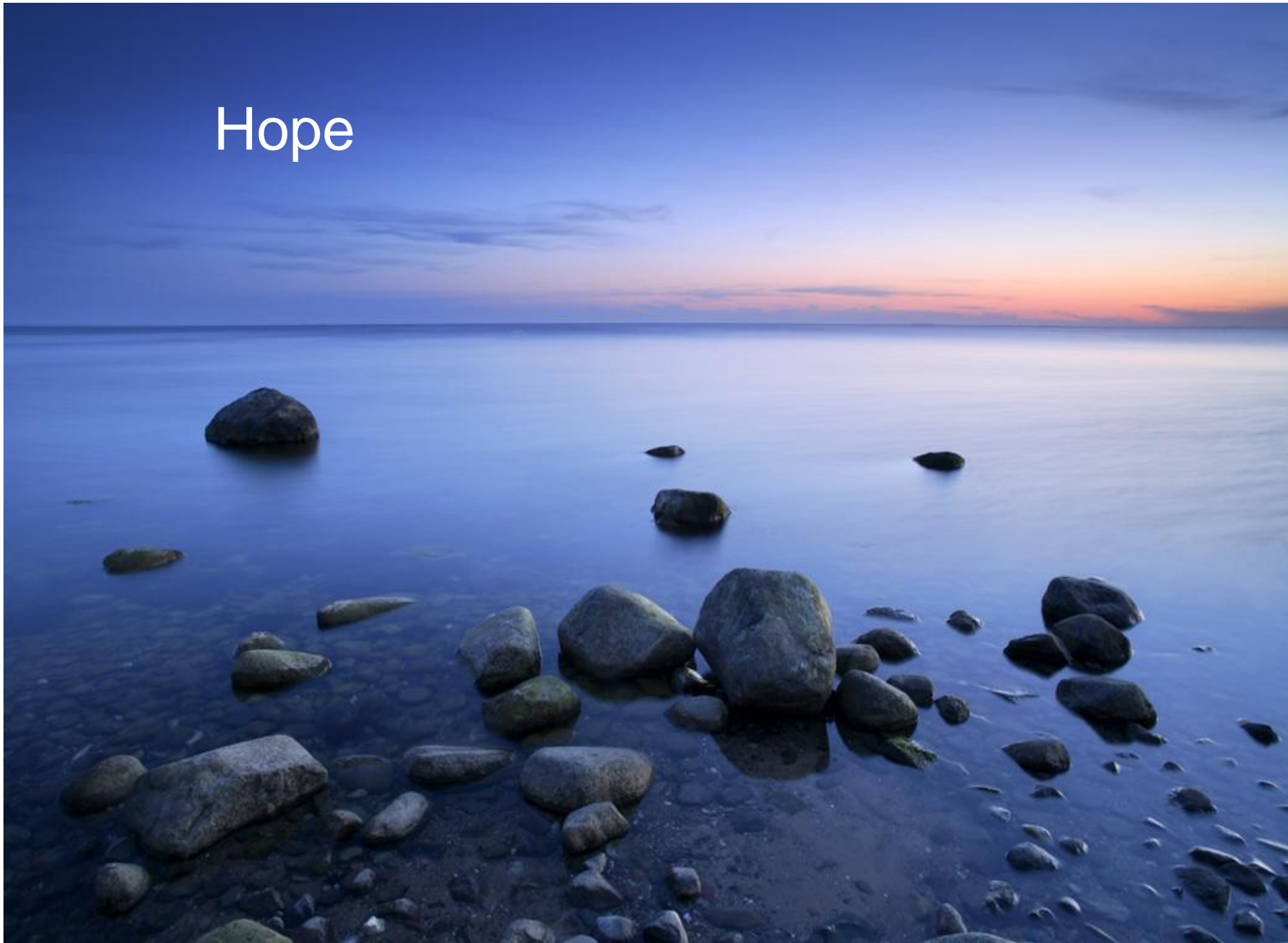
Therapeutics of Hope

The Treatment of Substance Use Disorders

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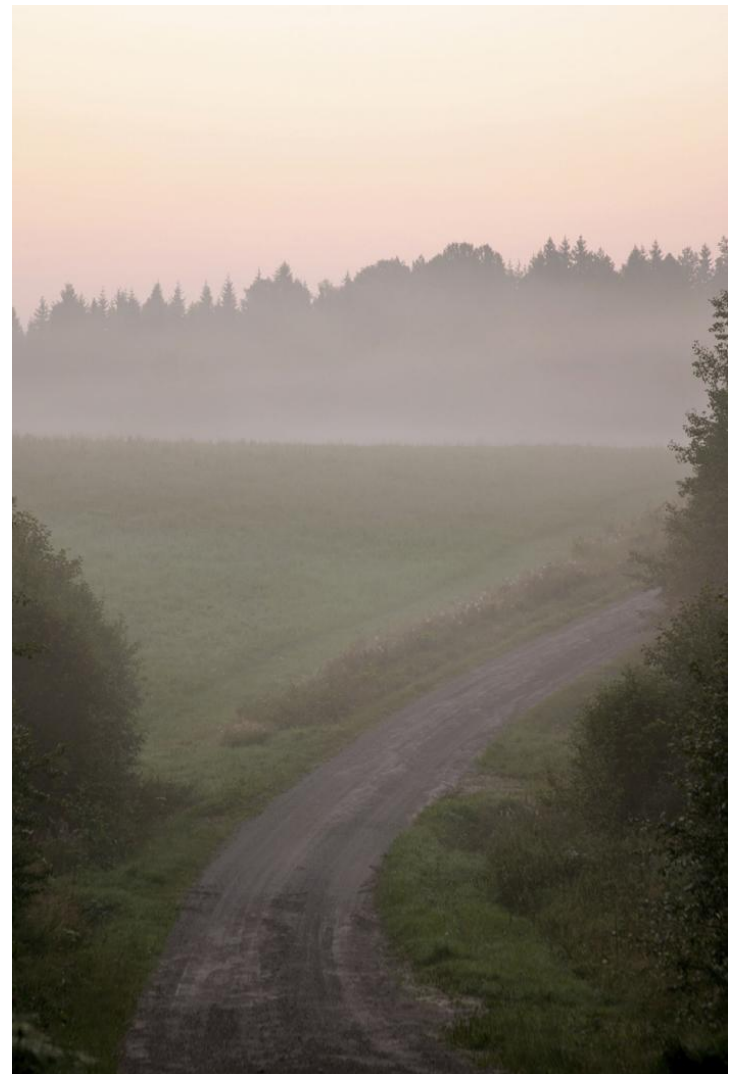
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Hope



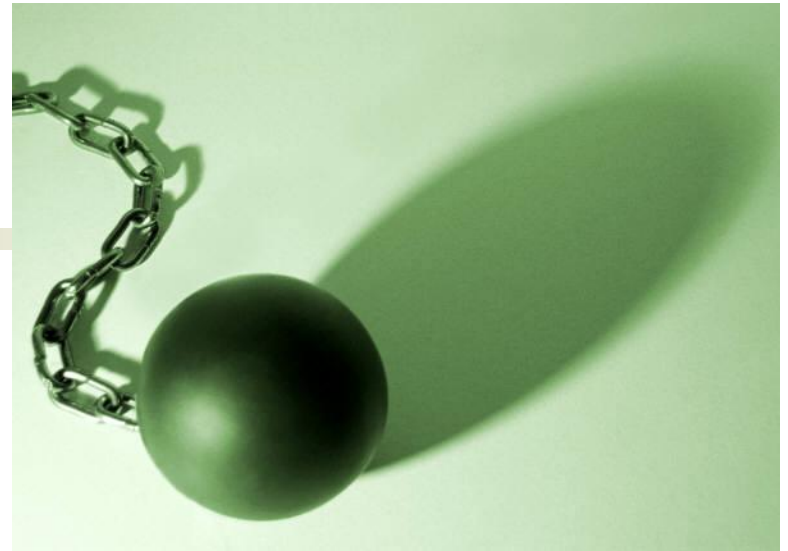
Objectives

- Impact of hope on treatment
- Reasons for hope in the treatment of substance use disorders
- Essential treatment elements for substance use disorders
- How this relates to patients with terminal health conditions



Ms. RG

- Single 49 year old
- Mother of 1
- Living with daughter, grand-children and her own mother
- Short order cook (many jobs)
- Curtailed due to heroin dependence (since age 18)



More About Ms RG



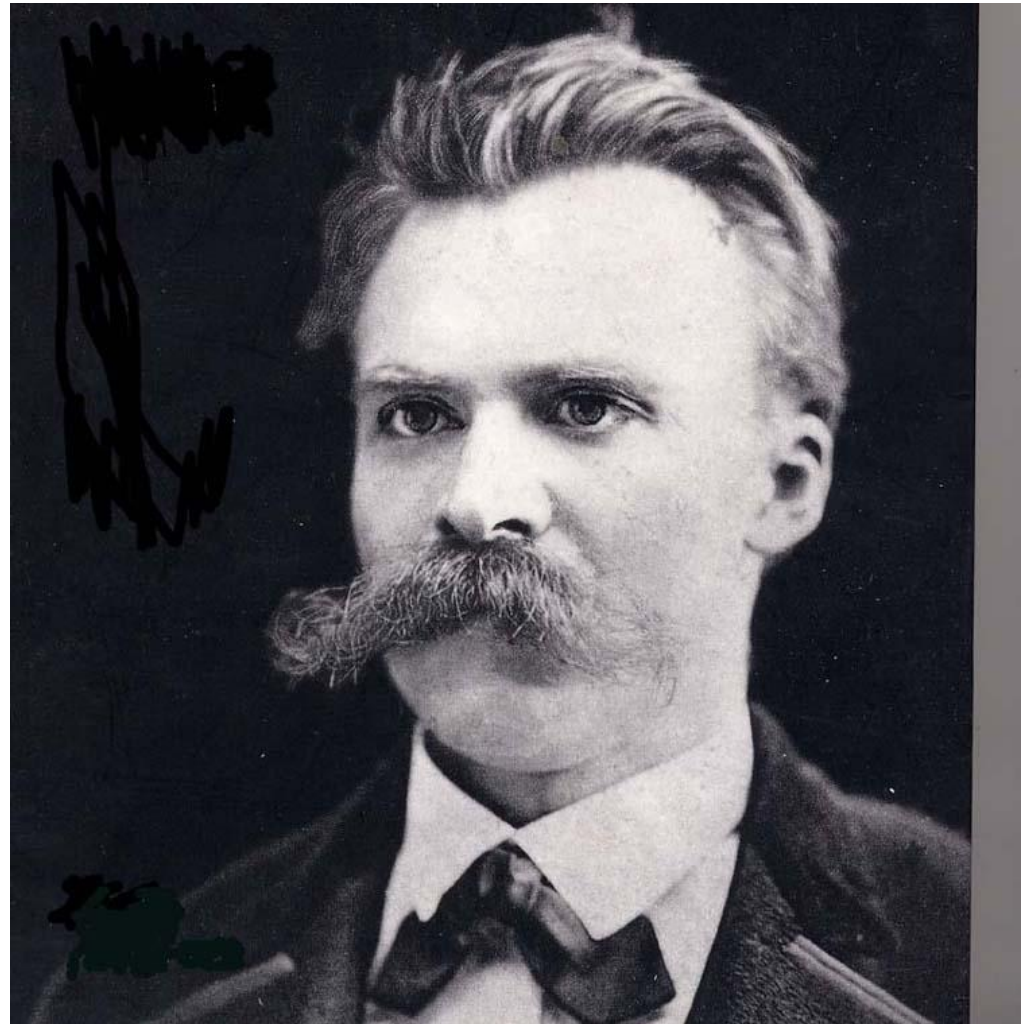
- No abstinence in 30 yrs
- Eviction and job loss threatened
- Started treatment April 2007
- Decreases in drug use but ongoing use
- July – presented with R arm numbness
- Emergent surgery for brain metastases
- Stage 4 non-small cell lung cancer

Why is Hope Important?



Frederick Nietzsche

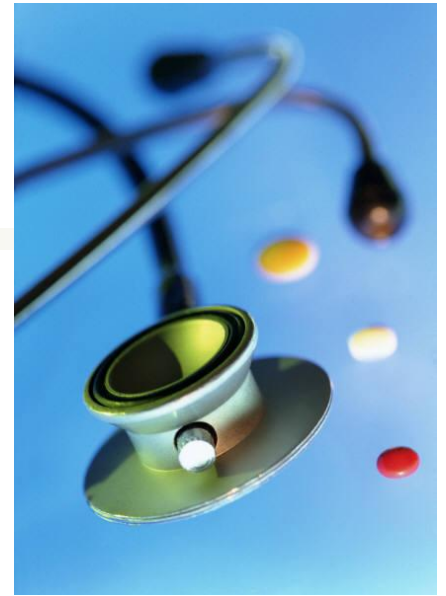
'He who has a *why* to live can bear with almost any *how*.'



Hope as Medical Provider

- Expectation sets the context
- Both for patient and provider
- Basis of the doctor-patient relationship
 - Cure
 - Decrease suffering and disability
 - Restore personhood

Why should we be hopeful in caring for patients with Substance Use Disorder's?



Hope and Substance Use Disorders

- 1900's SUD =
“Hopeless Condition”
- Development of
Alcoholics Anonymous
- More recently a
medical condition



A Description of the Condition

- Repeated use of a psychoactive drug.
 - Develops a stereotyped, ritualistic pattern.
- An apparent (to others) “loss of control.”
 - Using more than intended.
 - Failure to stop despite stated intent.
- The continued use and the effort it takes to get it, produce problems that would motivate a “reasonable” person to stop.

DSM-IV Substance Dependence

- Physical “Dependence”
 - Tolerance
 - Withdrawal
- Loss of control
 - Use more than intended
 - Failure to cut down
 - Inordinate time and effort to use
 - Neglect of other responsibilities/roles
 - Use despite medical consequences

DSM-IV Abuse

- Failure to fulfill major role obligations
- Use in hazardous situations
- Legal problems
- Use despite problems



Who Needs Screening?



Copyright Alcohol Medical
Scholars Program

How Do You Screen?

Ask:

- Open ended
- Non-judging questions about all substance use
- Screening alcohol questions
 - Cut down
 - Annoyed
 - Guilty
 - Eye opener



Treatment Efficacy

Does treatment work for Substance Use Disorders ?

Resoundingly “Yes”.

Goals of Treatment



- Motivate abstinence
- Improve function
- Restructure life
- Relapse prevention

Types of Treatments

- Screening and brief intervention
- Motivational interviewing techniques
- Monitoring the behavior ie urine tests
- Contingency management
- Cognitive behavioral therapy
- 12 Step fellowship
- Pharmacotherapy

Evidence For Brief Intervention

- 4000 individuals in Australian RCT
- IV Drug Users seeking HIV testing
- Testing vs + 3 Motivational Interviewing
- Intervention group:
 - ½ Drug injection rate at 6 mo.
 - 4x > Likelihood abstinence
 - ↓ Arrest rates

(Booth et al, Drug & Alc Dep 1996)

SUD and Oncologic Care

Why bother especially at the end of life?

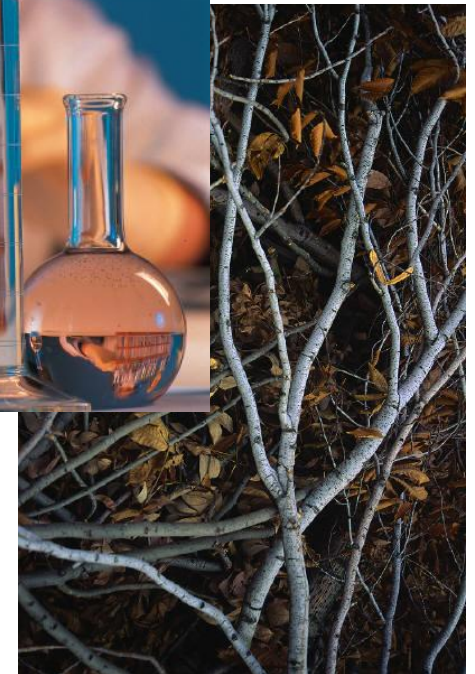
- Improved adherence to treatment
- Improved ability to control pain
- Important to regain personhood
 - To make more appropriate decisions
 - To make things right with others

Barriers to SUD Care

- Nobody wants to ask: fear of offending
- Stigma of drug/alcohol use
- Once identified: no longer trustworthy
- Don't know what to do next:
 - Pain management
 - Monitoring of ongoing use
 - Outside referral for specialty SUD tx

Vital Treatment Elements

- Identifying disorders
- Increase motivation
- Monitor the behavior
- Ongoing long term treatment



What about Ms. RG?



- Returned to SUD Treatment in August 2007
- Contingency management + methadone
- Weekly observed urine monitoring
- Individual + CBT group therapy
- Treatment intensity based on need
- Close coordination between treatment program and her oncologist
- Close monitoring of pain medications

Ms. RG's Course



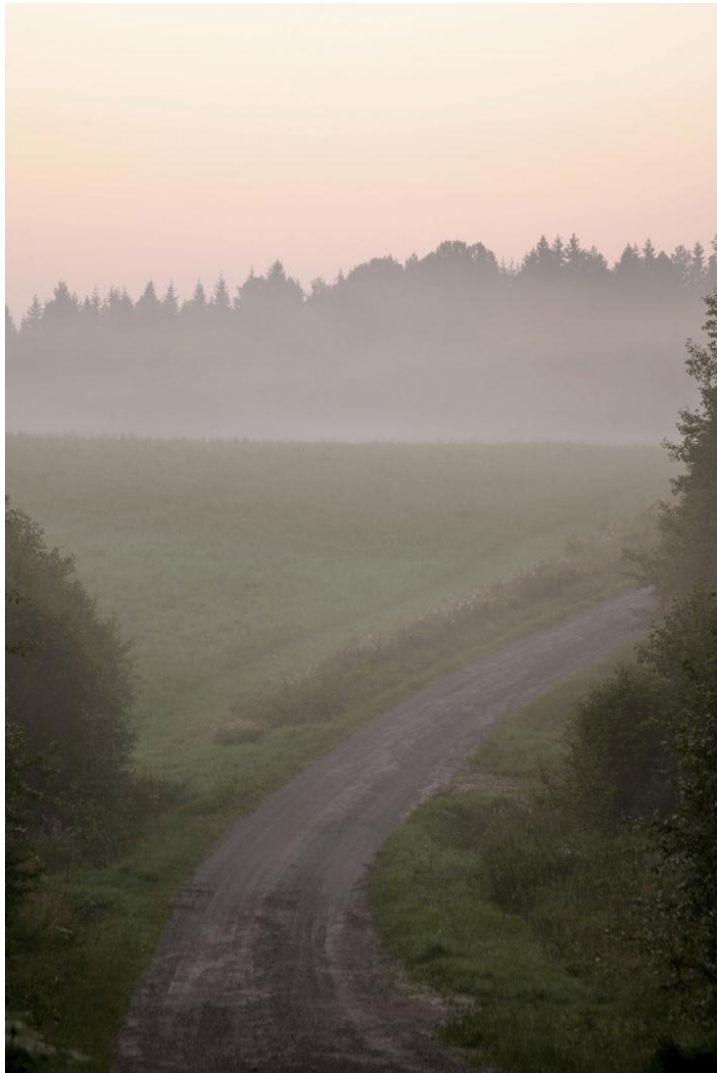
- Sustained period of abstinence until her death in February
- Able to engage in RTx and receive appropriate pain management
- Able to make things right with her daughter and mother
- Gave hope to others

Take Away Message...

- Identify SUD's
- Talk about use and reasons to stop
- Monitor the behavior - urine and other testing
- Encourage long-term treatment
- Above all...be hopeful



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The greatest discovery of my generation is that a human being can alter his life by altering his attitude.- William James