

# THE FAMILY PHYSICIAN'S ROLE IN ADDICTION RECOVERY

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Patients say:

*"I don't think my doctor knows much about addiction."*

*"My doctor is fed up with me."*

*"I don't talk to my doctor because he knows my whole family."*

*"I felt like I was being judged."*

Patients say:

*"My doctor is very supportive."*

*" My doctor doesn't seem to know much about addiction, but they called a specialist for advice. I liked that."*

*"My doctor and I have worked out a plan."*

*"I want my doctor to be involved in my care."*

Physicians say:


*"I feel that I'm out of my depth. I've run out of ideas."*

*"My patient has been lying to me. I don't think I'll be able to trust them now."*

*"This patient usually misses their appointments."*

*"I don't have the time to take on anything else."*

# Outline

- Definitions
  - Tools
  - Communication
  - Relapse Prevention
  - Recovery Supports
  - Medication
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Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.

*It is considered a brain disease because drugs change the brain—they change its structure and how it works. These brain changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs.*

# Recovery From Mental Disorders and/or Substance Use Disorders

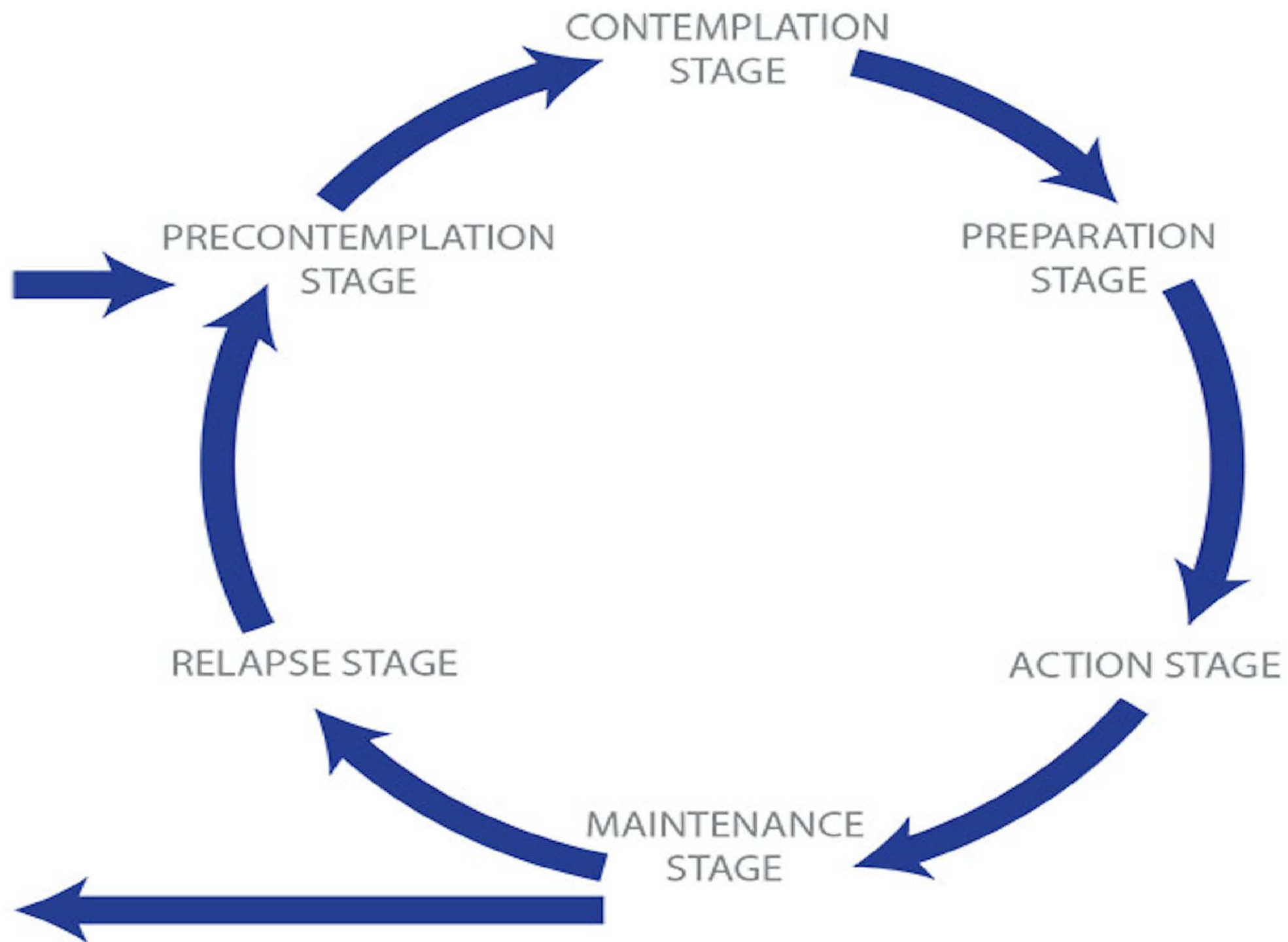
“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

# Trans Theoretical Model of Behavior Change

## (Stages of Change)

James O. Prochaska and Carlo DiClemente - 1977






# Motivational Interviewing

*Motivational interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.*

# Spirit of Motivational interviewing

- Partnership
  - Acceptance
  - Compassion
  - Evocation
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# Core Processes of Motivational Interviewing


- Open ended questions
  - Affirmation
  - Reflective listening
  - Summarizing
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Rolling with resistance:

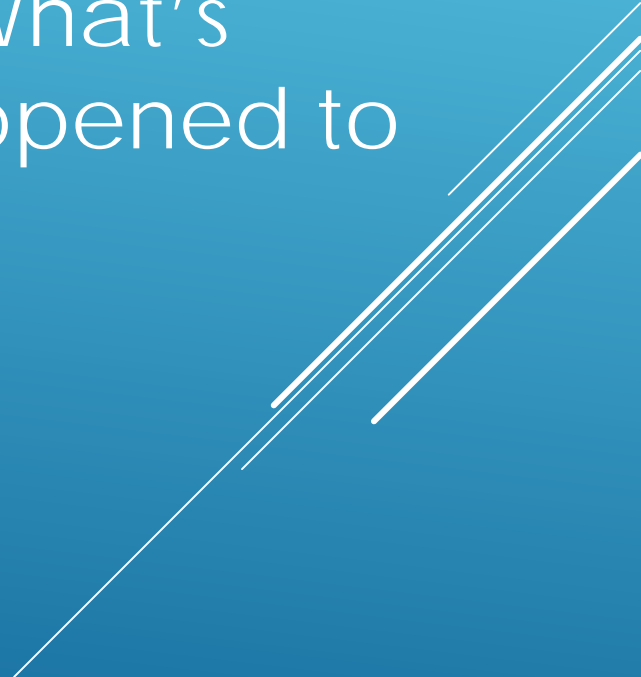
*"It's a dance rather than a wrestling match."*

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## Language Matters:

- Addict                      Person with substance use disorder
  - Clean time                Period of abstinence
  - Dirty urine                Unexplained result
  - Drug abuse                Substance use
  - Relapse                    Return to substance use
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“Compassion never gets old.”

- Separate the person from the behavior.
  - Remember trauma. Instead of asking “What’s wrong with this person?” ask “What happened to them?”
  - Remember shame.
  - Remember addiction is a brain disease.
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# Relapse Prevention

- Stages of recovery: Abstinence Stage, Repair Stage, Maintenance Stage
  - Addiction is a disorder of stress intolerance. Recovery involves developing increased stress tolerance. "Learning to become comfortable with being uncomfortable."
  - Stresses: emotional, psychological, physical
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# Cravings and Triggers

- People, Places, and Things
- HALT, boredom, anger, family interactions
- Medications: naltrexone, acamprosate, disulfiram(?), OAT - methadone, Buprenorphine/naloxone, SROM, iOAT



# Cross Addictions and Concurrent Disorders

- Gambling, shopping, sex/pornography, internet, gaming
  - Eating disorders
  - Anxiety disorders, depression
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# Recovery Supports

- 12 Step: AA, NA, SA
- Non-12 Step: LifeRing, SMART Recovery, Buddhist Recovery Group, Caduceus Group
- Supports for families: Al-Anon, Nar-Anon, reading "Beyond Addiction"


# Recovery Supports

- Island Health Services – AOT, RAS, RAAC
  - Umbrella
  - Recovery coaching, counselling
  - CBT Skills Groups, Mindfulness groups
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# Relapse

- May occur at any stage of recovery.
- Stressful life events: illness, grief and loss, divorce, job loss, retirement
- Significant dates: holidays, birthdays, anniversaries

# Responding to Relapse

- Quickly and with compassion
  - As a learning opportunity
  - Detox if necessary, ambulatory vs. inpatient
  - Increase supports, intensify treatment
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# Summary

- Addiction is a chronic disease.
- Family doctors can play an important role.
- Relapse is common and can be a learning opportunity.
- Attitude and language are important.



# Inquiry

- ▶ turn judgment into curiosity
- ▶ turn disagreement into shared exploration
- ▶ turn defensiveness into self-reflection
- ▶ turn assumptions into questions

Thank you



# Post-acute Withdrawal Syndrome

- Begins after acute withdrawal and may last for up to two years.
- Symptoms include anxiety, sleep disturbance, mood fluctuations, irritability, variations in concentration and energy level.