



ST VINCENT'S
HEALTH AUSTRALIA

The stuck patient.

Project Echo OAT series

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What does it mean?

The patient – stuck, doing what?

- On sub-therapeutic dose of OAT and using on top
- On adequate dose of OAT and still using
- Periods of stability then relapse.
- Using opioids but not on OAT
- The patient who doesn't attend.

What is the natural history of recovery?

- How long does it take?
 - 27 years - typical time from first substance use to stable recovery.
 - 58% of people with a lifetime addiction recover
- Predictors of recovery (Best, Lubman 2012)
 - Exposure to recovery role models
 - Sense of purpose and meaning
- Changes involved
 - Belief changes
 - Coping skills
 - Social capital

Stages of treatment

- engagement
 - often unrelated to clinical issues
 - harm reduction
- persuasion
 - motivational interviewing
 - brief interventions
- active treatment
- relapse prevention

Motivational interviewing?

A reminder, but is it useful?

- Express empathy
- Develop discrepancy
- Avoid argumentation
- Roll with resistance
- Support self efficacy

Analysis

- Substance use and history
- Life time lines
 - Periods of stability
 - Functional change
 - Linkages
 - Supports
- Reasons for use
- Factors perpetuating use

Protective factors

- Non using peers
- Supports
- Structured activity
- Connection
- Purpose
- Important people



Am I missing something?

What's different about this patient?

- Indigenous Australian
- CALD
- LGBTQI
- Homeless or housing distressed
- Rural or remote
- Elderly
- Coerced
- Youth
- Male
- Female

Am I stuck?

- Dynamics
- Complex case review
 - Management plan
 - Change of clinician?
- Refer to specialist service
 - Opinion
 - Ongoing management

What is the natural history of recovery?

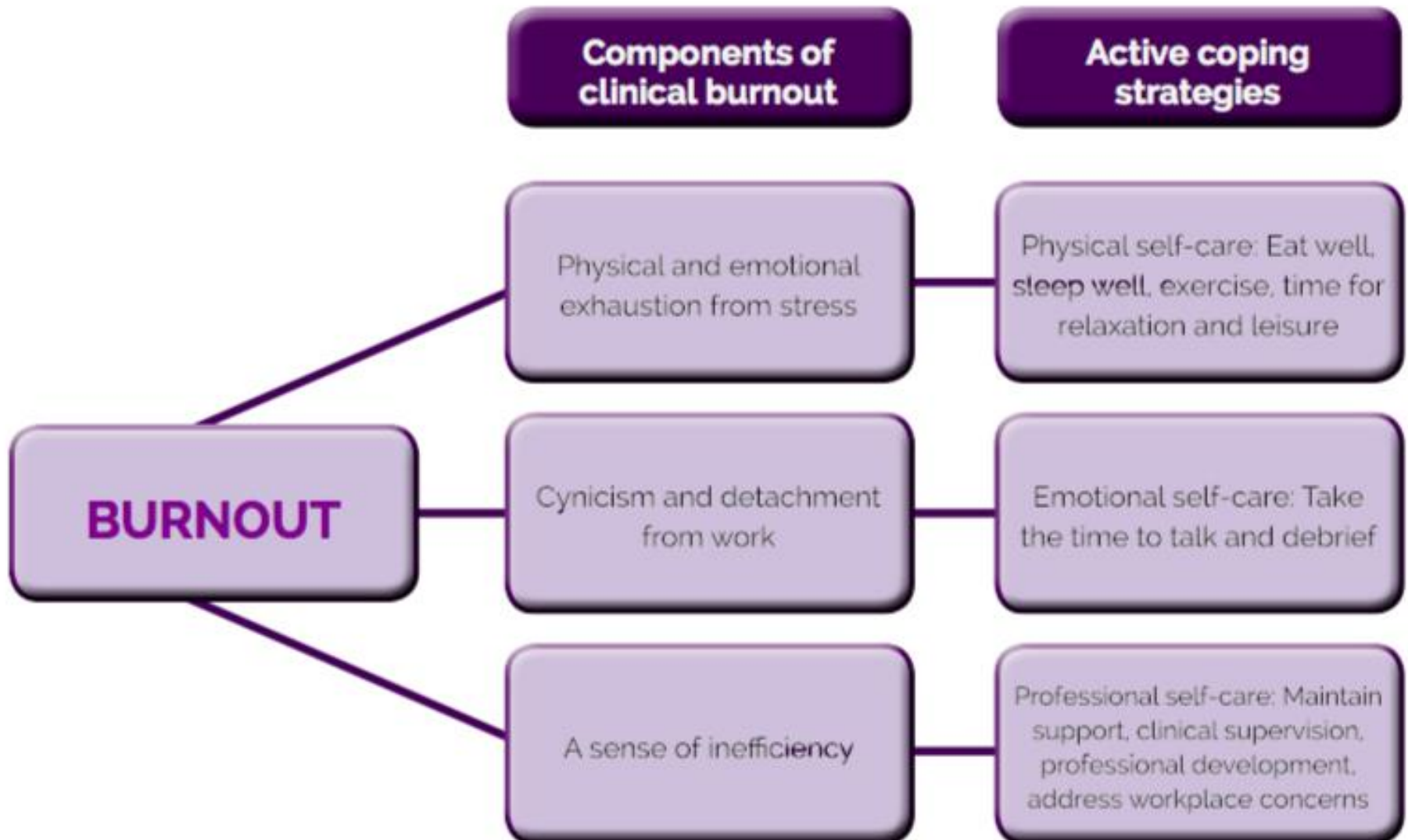
- How long does it take?
 - 27 years - typical time from first substance use to stable recovery.
 - 58% of people with a lifetime addiction recover
- Predictors of recovery
 - Best, Lubman 2012
 - Exposure to recovery role models
 - Sense of purpose and meaning
 - Scherbaum 2008
 - Social environment
 - Social life
 - Daily activities
- Changes involved
 - Belief changes
 - Coping skills
 - Social capital

Is the system stuck?

Barriers and negative perceptions?

- Stigma
- Cost
- Attendance
- Misinformation
- Rehabilitation access
- Rehabilitation models
- Mismatch of treatment to condition?

What about us?



References

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Scherbaum, N., Specka, M., Factors influencing the course of opiate addiction. Int. J. Methods Psychiatric Research. Res. 17(SI) S39-S44 (2008)