

Substance Use Disorders

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Addiction Alliance of Georgia

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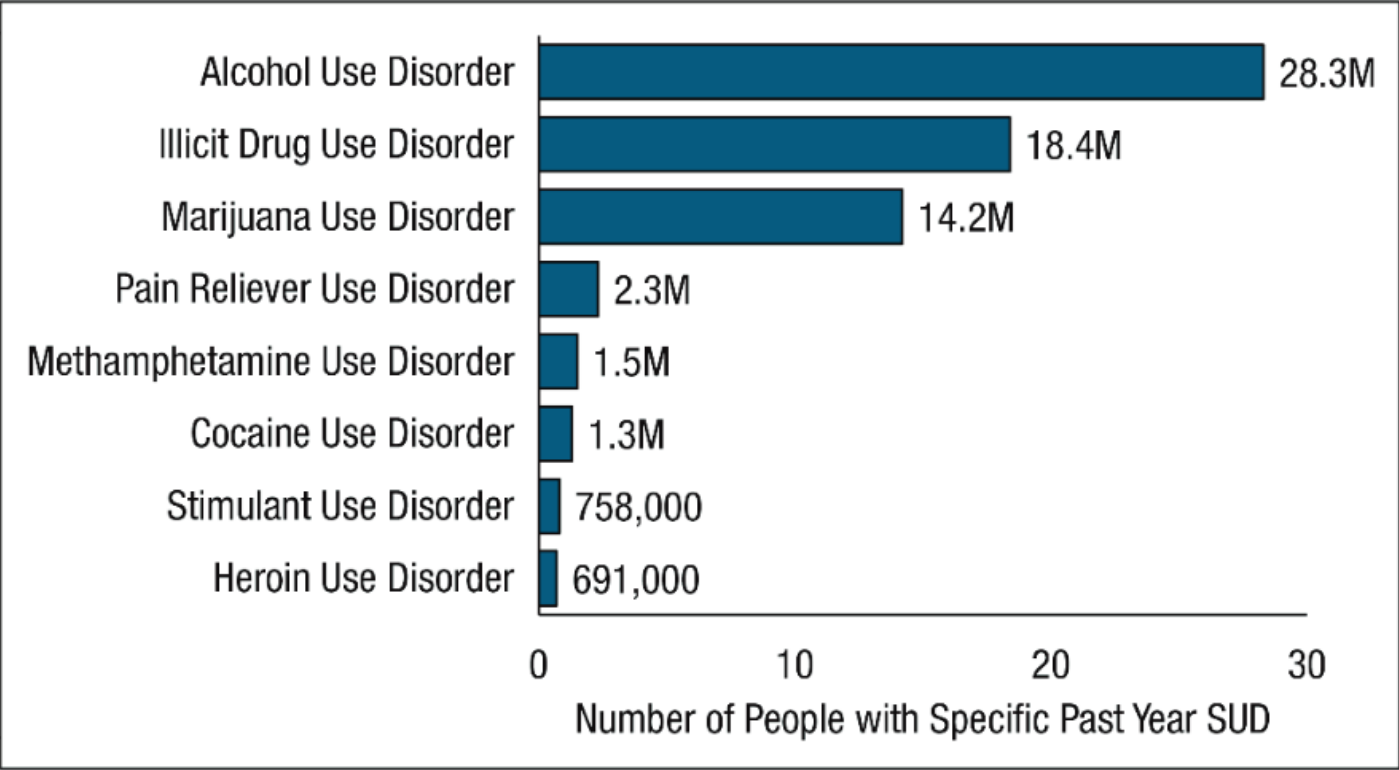
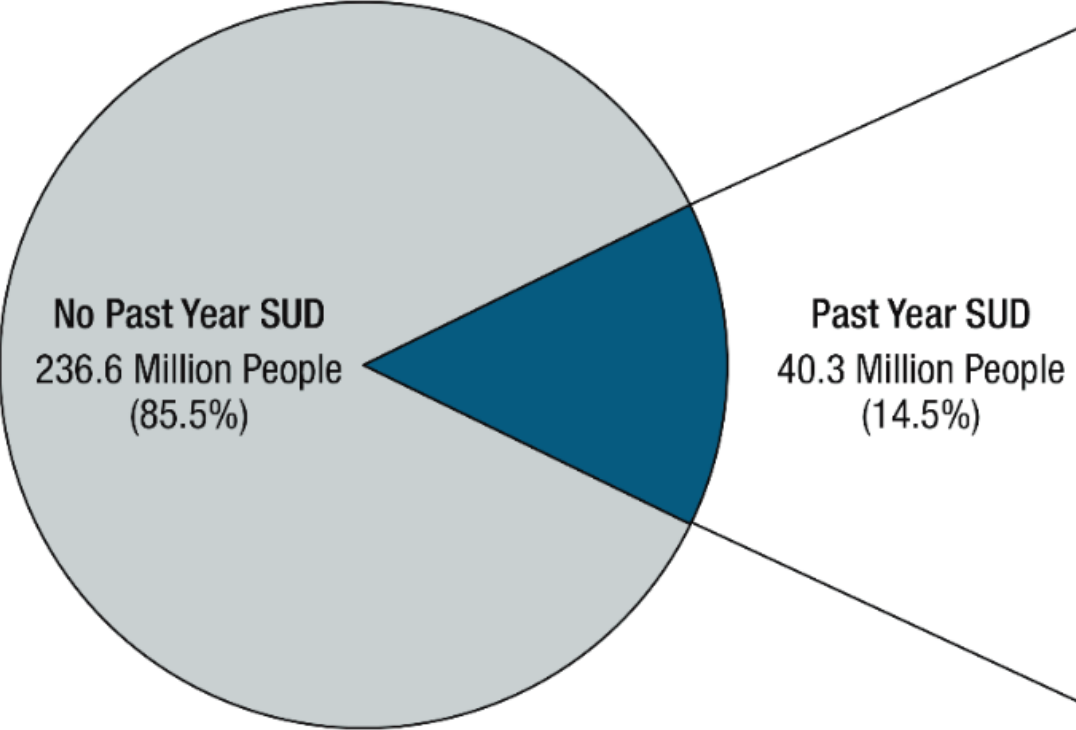


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Objectives

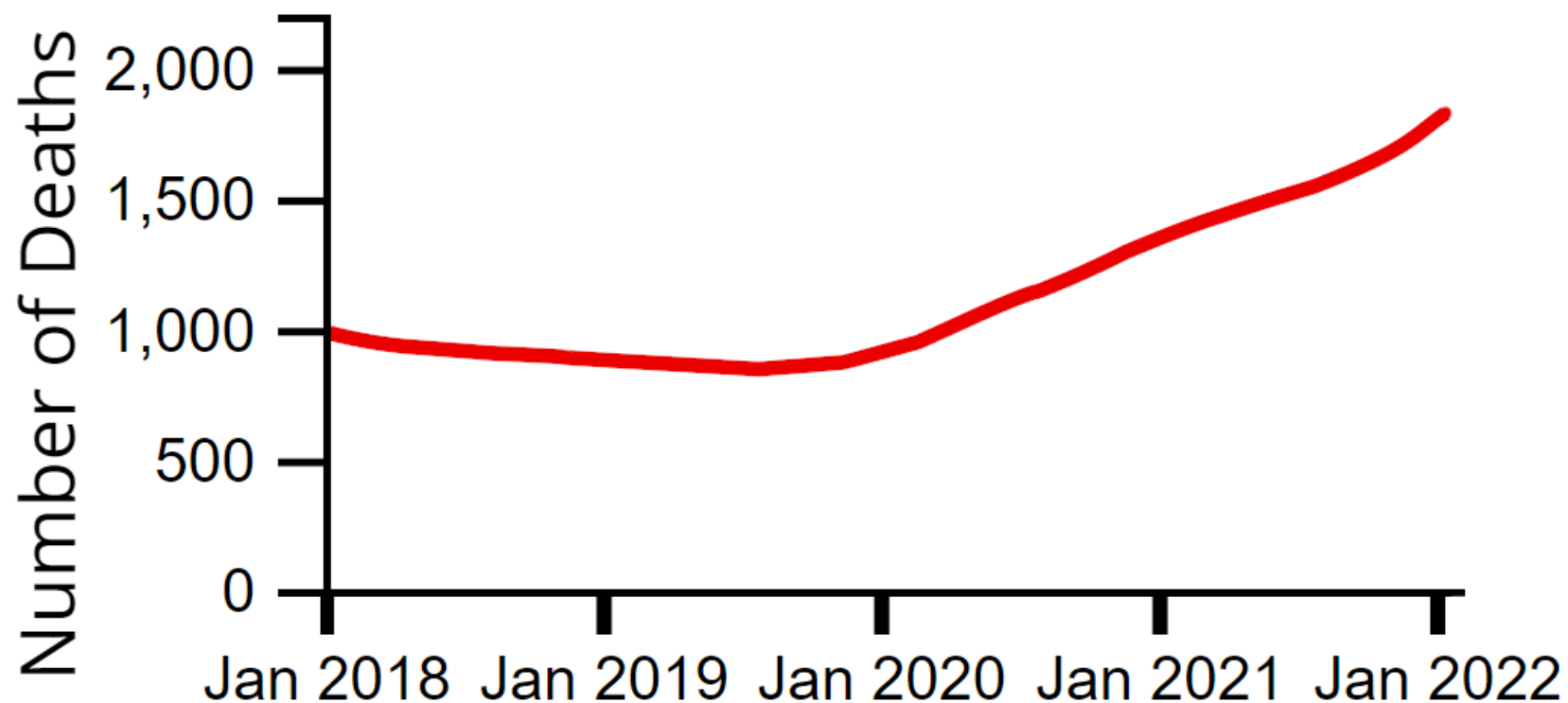
- Overview of substance use disorders
- Framework for treatment
- Medication management
- What to do if you see an overdose

People Aged 12 or Older with a Past Year Substance Use Disorder; 2020



Overdoses

- 1,728 opioid related overdoses in 2021 in Georgia
- 37% increase from 2020 (17% increase nationally)



Diagnosing Substance Use Disorders

1. Taking larger amounts than intended
2. Unsuccessful efforts to cut down
3. Substantial time spent recovering after use
4. Cravings
5. Failure to fulfill major school, or work
6. Persistent/recurrent social problems

1. Impaired control
2. Failed responsibilities
3. Hazardous use
4. Physical dependence

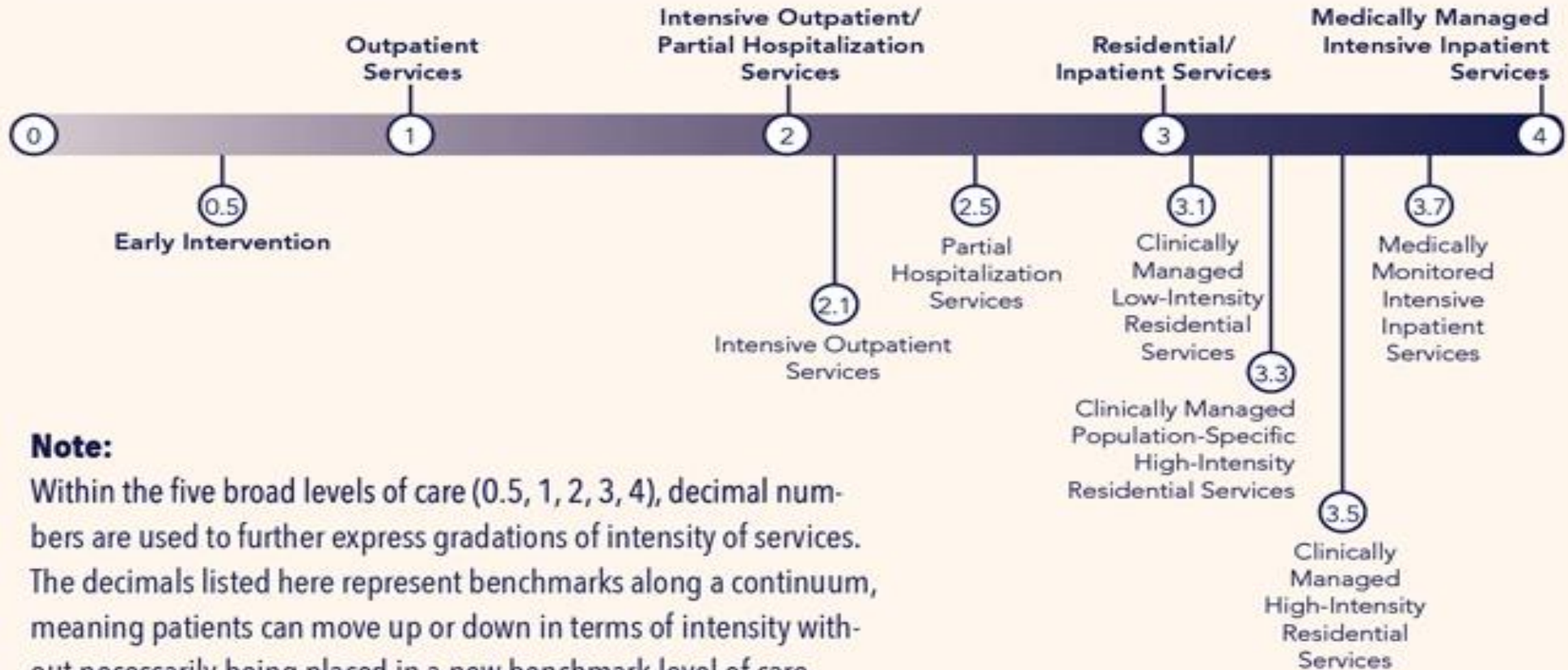
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...physical or psychological

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REFLECTING A CONTINUUM OF CARE



Note:

Within the five broad levels of care (0.5, 1, 2, 3, 4), decimal numbers are used to further express gradations of intensity of services. The decimals listed here represent benchmarks along a continuum, meaning patients can move up or down in terms of intensity without necessarily being placed in a new benchmark level of care.

Framework for Treatment

Medications

1. For specific substance use
2. For general mental health to ensure no need to “self-medicate” with substance
3. For physical health

Recovery Skills

How to manage your relationship with a substance by learning how to modify thoughts, behaviors, and emotions related to use

Address any additional skills to improve general mental health symptoms

1. Individual Therapy
2. Group Therapy
3. Reading/watching material

Supportive Recovery Environment

1. Make positive and long lasting changes
 - a. Limit access to substances
 - b. Modify unhealthy relationships
 - c. Avoid environmental cues
 - d. Develop healthy alternatives
2. Increase network of supportive people to help with a collaborative treatment approach
 - a. Involve family/friends
 - b. Engage with AA/SMART recovery
 - c. Identify a mentor or sponsor

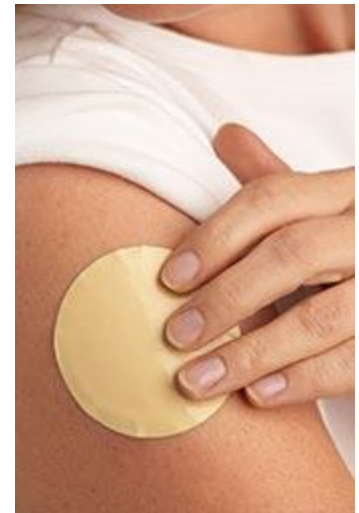
Medications for Alcohol Use Disorder

- Disulfiram
 - Blocks metabolism of alcohol (acetaldehyde dehydrogenase)
- Naltrexone
 - Opioid antagonist
- Acamprosate
 - Reduces glutamate surge
 - Increases GABA_A binding affinity
 - NMDAr antagonist



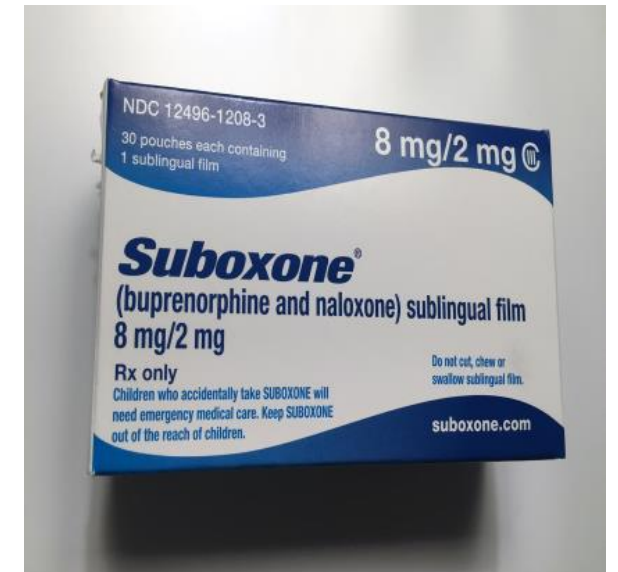
Medications for Tobacco Use Disorder

- Nicotine Replacement Therapy
 - Gum, Patch, Nasal Spray, Inhaler, Lozenge
- Bupropion
 - Dopamine reuptake inhibition
 - Decrease nicotine mediated dopamine release
- Varenicline
 - Partial agonist at the nicotinic receptor



Medications for Opioid Use Disorder

- Methadone
 - Opioid agonist
- Buprenorphine
 - Partial opioid agonist
- Naltrexone
 - Opioid antagonist



Naloxone (Narcan)

- Short-acting Opioid Antagonist for Opioid Overdose



Overdose Assessment

- Is the person breathing?
- Is the person responsive?
- Do they answer when you 'shake and shout' their name?
- Can the person speak?
- How is their skin color (especially lips and fingertips)?

If you suspect even a small change of opioid overdose, immediately call for help and administer naloxone.

1

Identify Opioid Overdose and Check for Response

Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called “pinpoint pupils”

Lay the person on their back to receive a dose of NARCAN Nasal Spray.

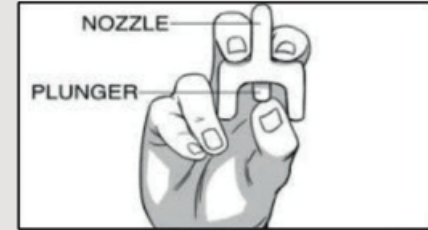


2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box.
Peel back the tab with the circle to open the NARCAN Nasal Spray.



Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



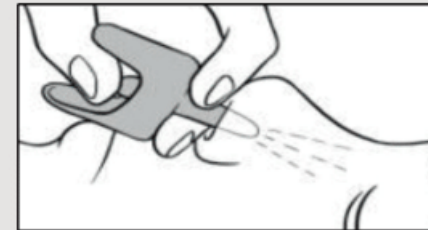
Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.



Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



3

Call for emergency medical help, Evaluate, and Support

Get emergency medical help right away.

Move the person on their side (recovery position)

after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.



NARCAN (NALOXONE) TRAINING AND DISTRIBUTION SAVES LIVES

The Addiction Alliance of Georgia in partnership with Georgia Overdose Prevention will be offering **FREE NALOXONE TRAINING** on the first **Tuesday of every month** for Atlanta residents and surrounding community members who are at risk for overdose, or know an individual at risk.

- Training sessions taught by Andy Gish RN, BSN, CEN (She/Her)
- Naloxone Rescue Kits provided by Georgia Overdose Prevention

Training will take place:
Tuesday, May 2nd, 2023 at
6:00-7:00 PM

Emory Addiction Center
1821 Clifton Rd, Suite 1200
Atlanta, GA 30329
Free Parking

If you plan to attend, please respond to the Google Forms survey below to ensure adequate supplies for all attendees:

<https://forms.gle/bxQUceE36cenM2DH7>



QUESTIONS?

SIARA SITAR (SHE/HER), [SSITAR@EMORY.EDU](mailto:ssitar@emory.edu)

TRAVION SABRA, TRAVION.SABRA@EMORYHEALTHCARE.ORG

Questions?

Refer a patient to the Addiction Alliance of Georgia

Call 1-800-434-7495

Intake specialists available 24/7

<https://addictionallianceofgeorgia.org/>

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