

SUBSTANCE USE DISORDERS

FOR PRIMARY CARE PRACTITIONERS

5 MINUTES OR LESS

PREVALENCE

ALCOHOL
EQUIVALENTS

DRUG-MEDICATION
INTERACTIONS

BILLING

SCREENING

RED FLAGS

INTERVENTIONS

REFERRALS

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- About 3 in 10 U.S. adults drink at levels that elevate their risk for physical, mental health, and social problems.
- An estimated 8.9% of individuals 12 years of age and older has used an illicit drug in the last month.

| SELF-REPORTED PREVALENCE | | |
|--------------------------|----------------------------|------------------|
| AGE | BINGE OR HEAVY ALCOHOL USE | ILLICIT DRUG USE |
| 18-25 | 31.3%-45.5% | 21.5% |
| 26+ | 24.9%-38.6% | 6.6% |
| 50-64 | 13.8%-20.6% | 5.8% |
| 65+ | 9.2% | <1.0% |

* Data from 2010 National Survey on Drug Use and Health conducted by SAMHSA includes non-medical use of prescription drugs.

1. "In the last year, have you ever drunk or used drugs more than you meant to?"
2. "Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?"

| | |
|---------------------------------|-----------------|
| TWO ITEM CONJOINT SCREEN (TICS) | |
| SENSITIVITY 79.3% | SPECIFICITY 77% |

1. "Have you ever felt that you ought to **CUT DOWN** on your drinking or drug use?"
2. "Have people **ANNOYED** you by criticizing your drinking or drug use?"
3. "Have you ever felt bad or **GUILTY** about your drinking or drug use?"
4. "Have you ever had a drink or used drugs first thing in the morning (**EYE-OPENER**) to steady your nerves, e.g. get rid of a hangover, or get the day started?"

| | |
|-----------------|-----------------|
| CAGE-AID | |
| SENSITIVITY 79% | SPECIFICITY 77% |

Alcohol equivalence: standard drinks are equivalent in their alcohol content, each containing six-tenths of one ounce of alcohol. They are all the same to a breathalyzer.

| STANDARD DRINKS | |
|-----------------|--------------|
| BEER | 12 OUNCES |
| WINE | 5 OUNCES |
| LIQUOR | 1 1/2 OUNCES |

RED FLAGS

RED FLAGS

HISTORY

- Reluctance to provide substance use history
- Collateral history of impaired functioning
- Increased infections secondary to suppressed immunologic function

PHYSICAL EXAM

VITALS: persistent abnormalities on routine exam

General: Neglected appearance, weight loss, tracks, jaundice, excoriations

HEENT: red eyes, dilated or pinpoint pupils, jaundice, nasal ulcerations, rhinorrhea

CV: elevated BP, tachycardia

GI: hepatomegaly, liver tenderness, PUD, GERD

Neuro: ataxia, tremor

Psych: intractable depression, anxiety, psychosis, mood lability, suicidality

LABORATORY

Alcohol: =Mg, =Folate, =AST>ALT,

=MCV, =WBC, =Platelets, =GGT,

=VLDL with normal LDL, +BAL, +EtG (up

to 80 hrs detection)

Illicit Drugs: +UDS, +Oral Drug Swab

Drug-Medication Interactions:

Many classes of prescription medications have serious interactions with alcohol and illicit drugs.

| DRUG-MEDICATION INTERACTIONS | |
|------------------------------|---|
| ALCOHOL | <ul style="list-style-type: none"> Antibiotics Antidepressants Antihistamines Anti-inflammatory agents Barbiturates Benzodiazepines Muscle Relaxants Nonopioid pain medications Opioids/Narcotics Warfarin |
| ILLCIT DRUGS | <ul style="list-style-type: none"> Anti-arrhythmics Antihistamines Anti-retrovirals Beta-Blockers Digoxin Hypoglycemics Local Anesthetics MAO Inhibitors Muscle Relaxants SNRIs SSRIs Stimulants Sympathomimetics Tricyclic Antidepressants Triptans |

INTERVENTIONS

ASK

"Have you ever used alcohol or drugs?"

SCREEN

Use the TICS or CAGE-AID.

INTERVENE

Use stage-specific interventions.

| INTERVENTION | STAGE |
|---|----------------------|
| Positive Reinforcement | Abstinence |
| Risk Reduction Advice (i.e. "don't drive drunk") | Non-problematic Use |
| Brief Intervention and Referral | Problematic Use |
| 1. Feedback and Referral 2. Education 3. Recommendation 4. Negotiation 5. Agreement 6. Follow-up | Secondary Abstinence |
| Positive Reinforcement | Secondary Abstinence |

INTERVENTIONS

| COMMERCIAL INSURANCE | MEDICAID | MEDICARE |
|---|---|---|
| BILLING CODES | | |
| <p>99408</p> <p>STRUCTURED SCREENING</p> <p>BRIEF INTERVENTION</p> <p>15-30 MINUTES</p> | <p>H0049</p> <p>STRUCTURED SCREENING</p> <p>BRIEF INTERVENTION</p> <p>15-30 MINUTES</p> | <p>G0396</p> <p>STRUCTURED SCREENING</p> <p>BRIEF INTERVENTION</p> <p>15-30 MINUTES</p> |
| <p>99409</p> <p>STRUCTURED SCREENING</p> <p>BRIEF INTERVENTION</p> <p>>30 MINUTES</p> | <p>H0050</p> <p>STRUCTURED SCREENING</p> <p>BRIEF INTERVENTION</p> <p>>30 MINUTES</p> | <p>G0397</p> <p>STRUCTURED SCREENING</p> <p>BRIEF INTERVENTION</p> <p>>30 MINUTES</p> |

MINIMIZE BARRIERS

1. Tell the patient to call the number on the back of their insurance card for Mental Health Benefits to find a counselor or program that is covered.

AND

2. Ask the patient whether they would like to try AA/NA, a counselor, a physician or a rehab program, and give them the referral information below.

ALCOHOLICS ANONYMOUS

aa.org

(212) 870-3400

NARCOTICS ANONYMOUS

na.org

(818) 773-9999

SUBSTANCE ABUSE TREATMENT PROGRAMS

findtreatment.samhsa.gov

1-800-662-HELP
(1-800-662-4357)

ADDICTION PSYCHIATRISTS

asam.org

(click on "Find a Physician")

(301) 656-3920

ADDICTION COUNSELORS

nbcc.org/counselorfind

(336) 547-0607