

# AOD: Substance Use and Physical Health

## Online Webinar

### Presented by

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# Before we get started...



Questions/comments “Q&A”



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Access recording and handouts at conclusion of event visit

<https://sydney.edu.au/research/centres/matilda-centre.html> & click on ‘Workforce Training’

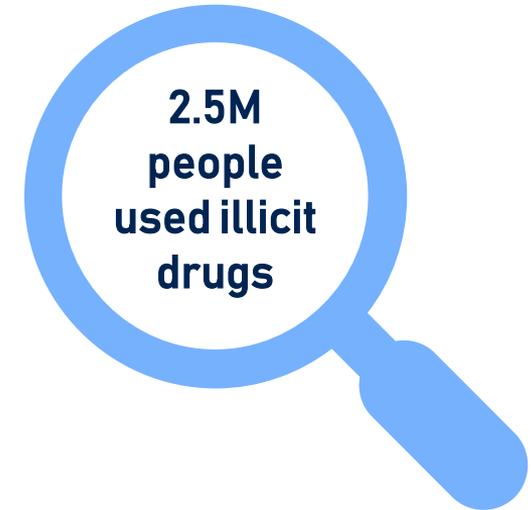
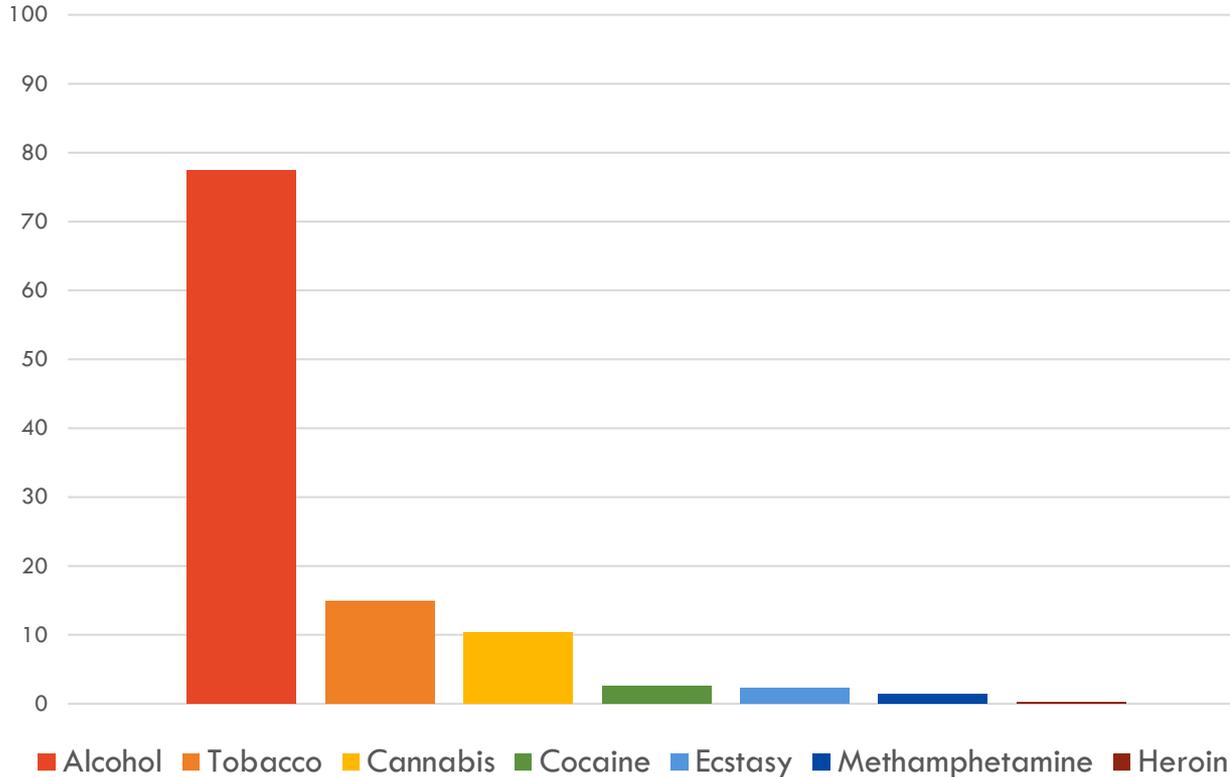


Remember: Complete CPD assessment at conclusion of webinar

# Learning outcomes

- Monitor and outline the inter-relationship between AOD use and physical health
- Develop a comprehensive checklist to identify the physical health risks of AOD use
- Utilise course reference materials to identify and manage the physical health risks of AOD use, including awareness of, and what to do next

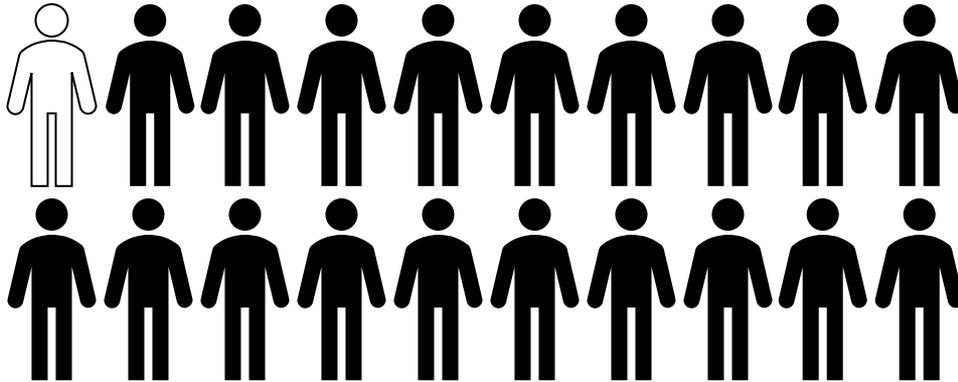
# AOD use in the past 12 months



National Drug Strategy Household Survey (NDSHS) 2016

# Substance use disorders

Substance use disorder: a problematic pattern of using alcohol or another substance that results in impairment in daily life or noticeable distress (American Psychiatric Association, 2013).



Australians 16-85yrs  
with a substance use  
disorder

National Survey of Mental Health and  
Wellbeing (2007)

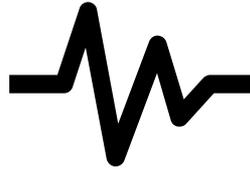
# AOD use disorders & Physical Health

- 76% of individuals with AOD dependence from inpatient and outpatient settings experienced one other physical health condition, and 51% experienced two or more physical health conditions (Keaney et al., 2011).
- Many people drink or use substances at a high level and do not meet the criteria for a disorder, but they are still at risk of physical harm (Marel et al., 2018).

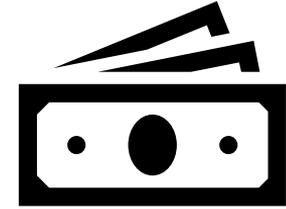
# The harms of AOD misuse in Australia



**6.7%**  
of all disease  
and injury



**6,660**  
deaths per  
year

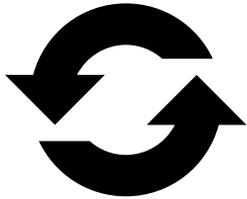


**\$23B**  
combined  
economic cost

Alcohol and Drug Foundation (ADF), 2018

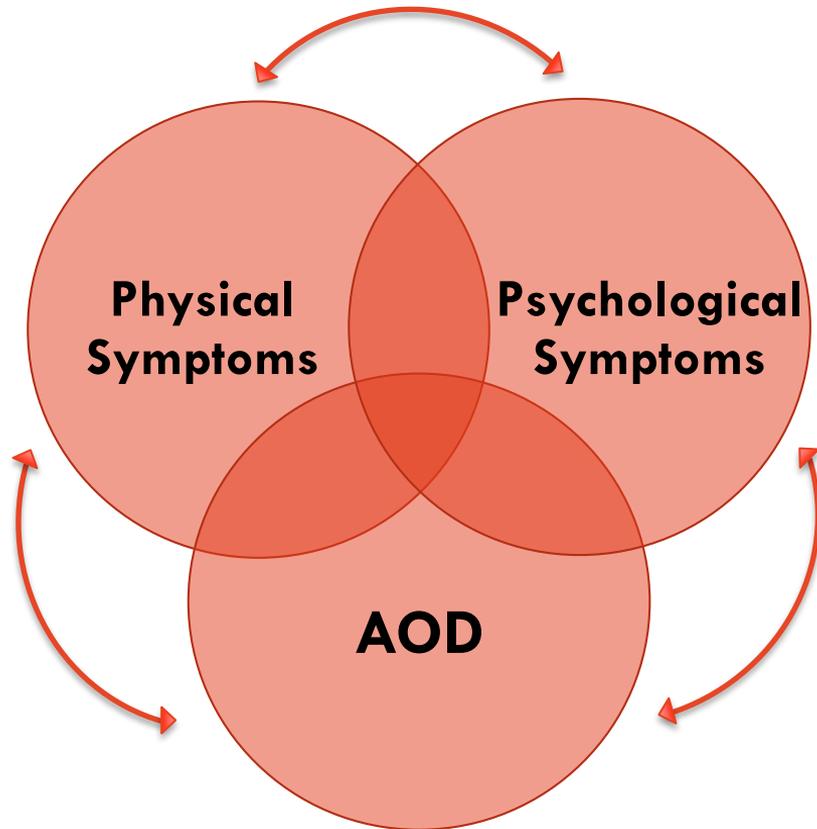
## Important things to consider

Despite this, there has been relatively little policy attention directed at addressing the physical health needs of people who use AOD, and those accessing services tend not to be adequately screened for their physical health (Jackson et al., 2016)



- If a person presents with known history or obvious substance use, clinicians may miss underlying physical health conditions (e.g., high blood pressure attributed to the effect of stimulant use)
- If a person presents with a physical health condition, not investigating further may result in their AOD use being missed

# Comorbidity



## Comorbidity Guidelines: Holistic Health Care Framework

- Comorbid AOD & mental health conditions increase risk of physical health problems
- AOD interventions need to focus on overall wellbeing through multiple health behaviour change
- Four primary behavioural risk factors: physical inactivity, poor diet, poor sleep, smoking

<https://comorbidityguidelines.org.au/>

## Case study 1

23 yo man presents with recurrent perianal abscess and fistula. He has a history of recurrent bronchitis requiring antibiotic therapy. Smoker.

On further questioning has limited alcohol use but significant use of THC, ecstasy, methamphetamines (inhaled, nil IVDU).

# Physical Health Risks of AOD Checklist

## Brain

- Brain damage e.g., alcoholic encephalopathy
- Stroke
- Seizures/convulsions
- Insomnia
- Reduced neuromotor control
- Serotonin syndrome (especially if on antidepressants)

## Eyes

- Cataracts, macular degeneration, yellowing of whites of eyes (tobacco)

## Psychological

- Mental Illness
- Emotional instability
- Amotivation
- Reduced reaction time & increased risk-taking behaviour leading to accidents
- Cognitive impairment e.g., reduced memory, concentration and learning

## Cardiovascular system

- Hypertension
- Cardiac arrest (stimulant)
- Collapsed veins & inflamed blood vessels
- Risk of blood-borne viruses (Hep B, C & HIV)

## Nose

- Damaged nasal lining & septum
- Loss of smell & taste

## Mouth

- Dental problems e.g., cracked teeth, cavities and gum disease (stimulants)
- Cancer of lips, tongue, mouth and throat

## Kidneys

- Kidney failure

## Liver

- Liver failure
- Cirrhosis
- Nutritional deficiencies

## Reproductive Organs

- Infertility
- Impotence
- Lowered sperm count and testosterone levels
- Miscarriage

## Skin

- Recurrent abscesses & skin sores (injecting or picking at skin)

## Lungs

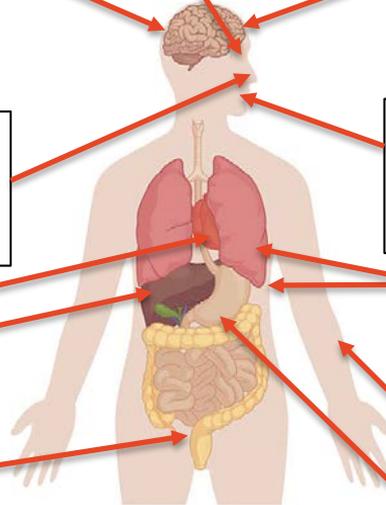
- Recurrent bronchitis
- Pulmonary oedema
- Lung cancer
- Emphysema

## Overall Health

- Obesity
- Diabetes
- Malnutrition
- Cancers
- Impaired immune system
- Circulatory diseases
- Osteoporosis

## Stomach/Intestines

- Inflamed stomach lining
- Bleeding



# What is Recovery Oriented Practice?

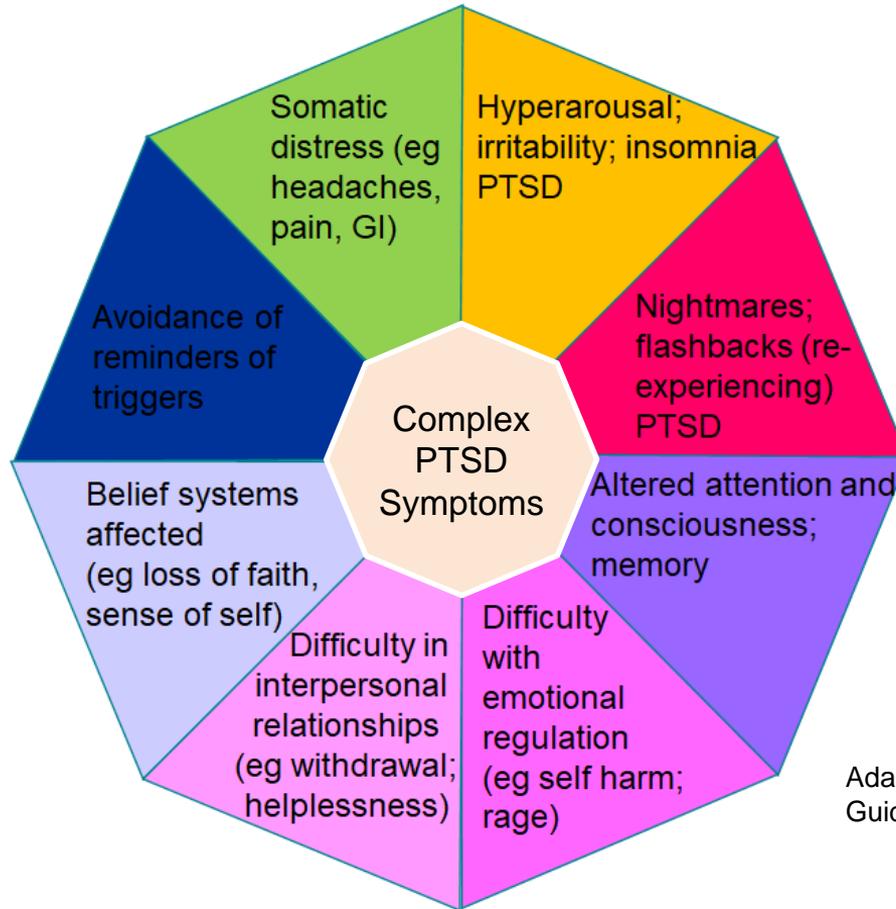
- Recovery-oriented practice refers to the application of sets of capabilities that support people to recognise and take responsibility for their own recovery and wellbeing and to define their goals, wishes and aspirations.

*Australian Government, Australian Health Ministers Advisory Council (2013)*

## Case study 2

Woman in her 40s, divorced with PTSD from sig medical illness requiring ICU and intubation (pituitary adenoma) and alcohol abuse. Also now fatty liver, hypercholesterolemia.

# Targeting Therapy to the Individual



Adapted from ISTSS Expert Consensus Treatment Guidelines for Complex PTSD in Adults

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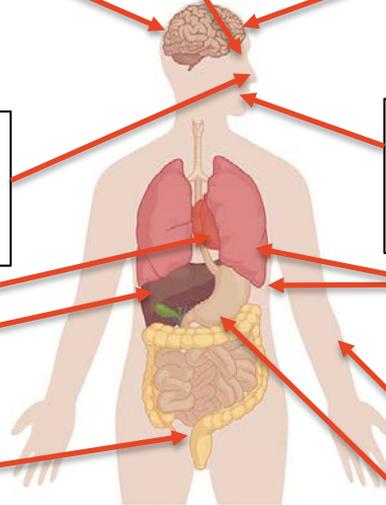
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# Helpful resources: GPs & Dialogue

- Motivational Interviewing
  - Motivational Interviewing Techniques for GPs  
<https://www.racgp.org.au/afp/2012/september/motivational-interviewing-techniques/>
  - Motivational Interviewing Network of Trainers (MINT)  
<https://motivationalinterviewing.org>
- Be mindful of using stigmatising language: [Language Matters](#)

# Helpful resources: AOD

- Drug & Alcohol Specialist Advisory Service
  - Sydney Metro: (02) 9361 8006 OR Outside Sydney Metro: 1800 023 687
- Alcohol & Drug Information Service (ADIS)
  - (02) 9361 8000 or 1800 422 599
- Counselling online: 1800 888 236 or [counsellingonline.org.au](https://counsellingonline.org.au)
- Clear your vision: [clearyourvision.org.au](https://clearyourvision.org.au)
- Cracks in the Ice: [cracksintheice.org.au](https://cracksintheice.org.au)
  - GPs [cracksintheice.org.au/health-professionals/](https://cracksintheice.org.au/health-professionals/)
- The Stimulant Treatment Line (STL) Ph: (02) 9361 8088 or 1800 101 188

# Helpful resources: Healthy Lifestyles

- [Comorbidity Guidelines: Holistic Health Care Framework](#)
- [Hello Sunday Morning: Day Break Program](#)
- [Beyondblue: Sleep, exercise and healthy eating](#)
- [ADF: Healthy eating during treatment for AOD factsheet](#)
- [Food, Physical Activity & Sleep](#) Diaries
  - Set [SMART goals](#) and reward achievements

# Thank you!



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<https://www.surveymonkey.com/r/SWBSNHM>

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**Tuesday 28 May 2019**

*Motivational interviewing*

