

Community-Based Drug Rehabilitation

Dr Wayne Herdy

Community-Based Drug Rehabilitation

- Dr Wayne Herdy
- general practitioner
- Sunshine Coast

Community-Based Drug Rehabilitation

- WHAT IS DRUG REHABILITATION?
- WHO DOES THE REHABILITATION?
- WHICH PATIENTS?
- WHEN?
- HOW?
- WHAT OUTCOMES ARE SOUGHT?
- WHAT OUTCOMES ARE ACHIEVED?

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■ WHAT IS DRUG REHABILITATION?

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- "REHABILITATION"
- restoration of previous function
- after traffic or industrial accident
- after acute medical emergency

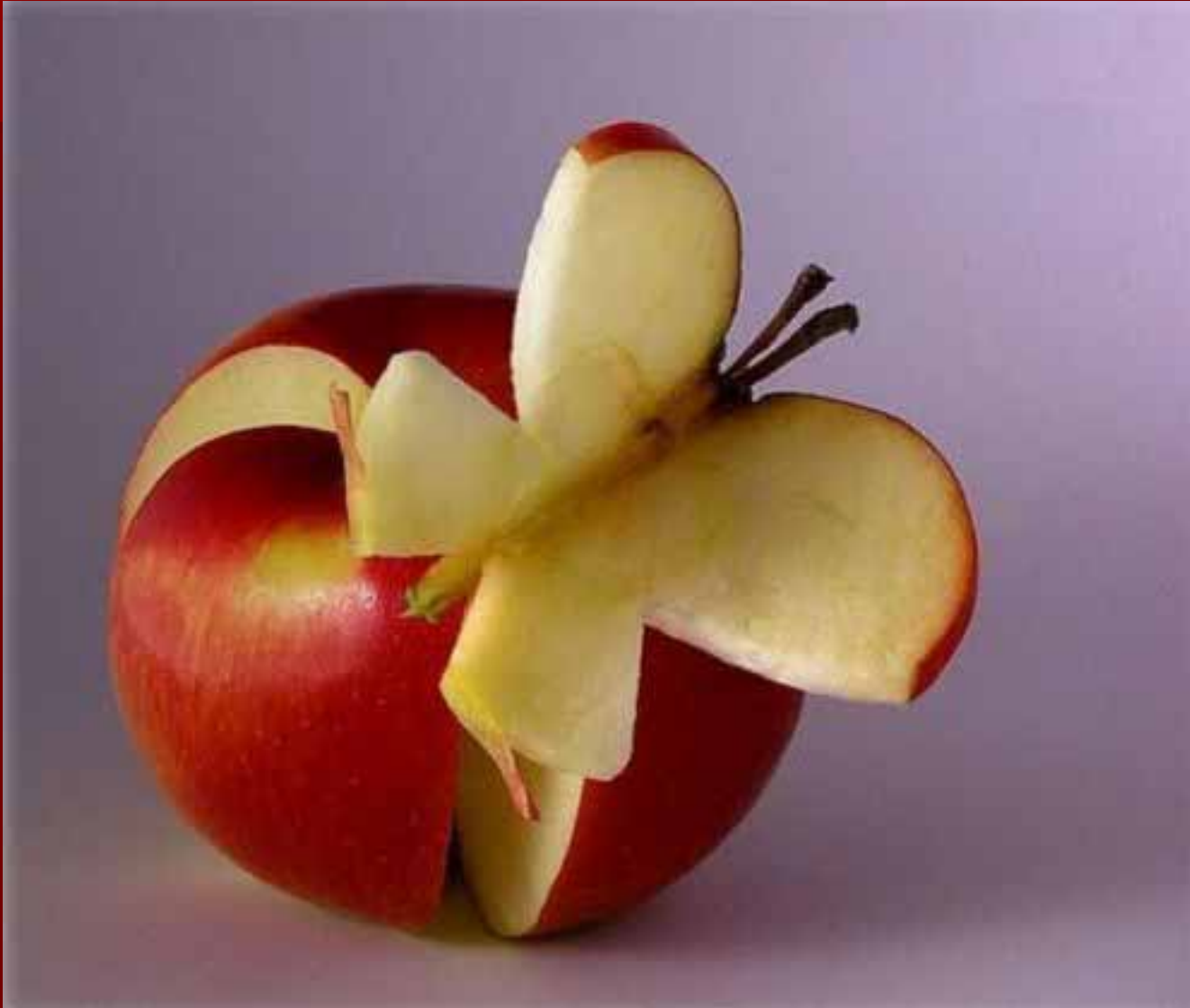
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- "REHAB" – a different word
- in drug and alcohol environment:
- restoration of what?
- what if the patient never was "normal"?

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- A good friend will come and bail you out of jail...but, a **true friend** will be sitting next to you saying, "Wow...that was fun!"

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- HOSPITAL-BASED TEAMS
- PRIVATE PRESCRIBERS
- NGO's

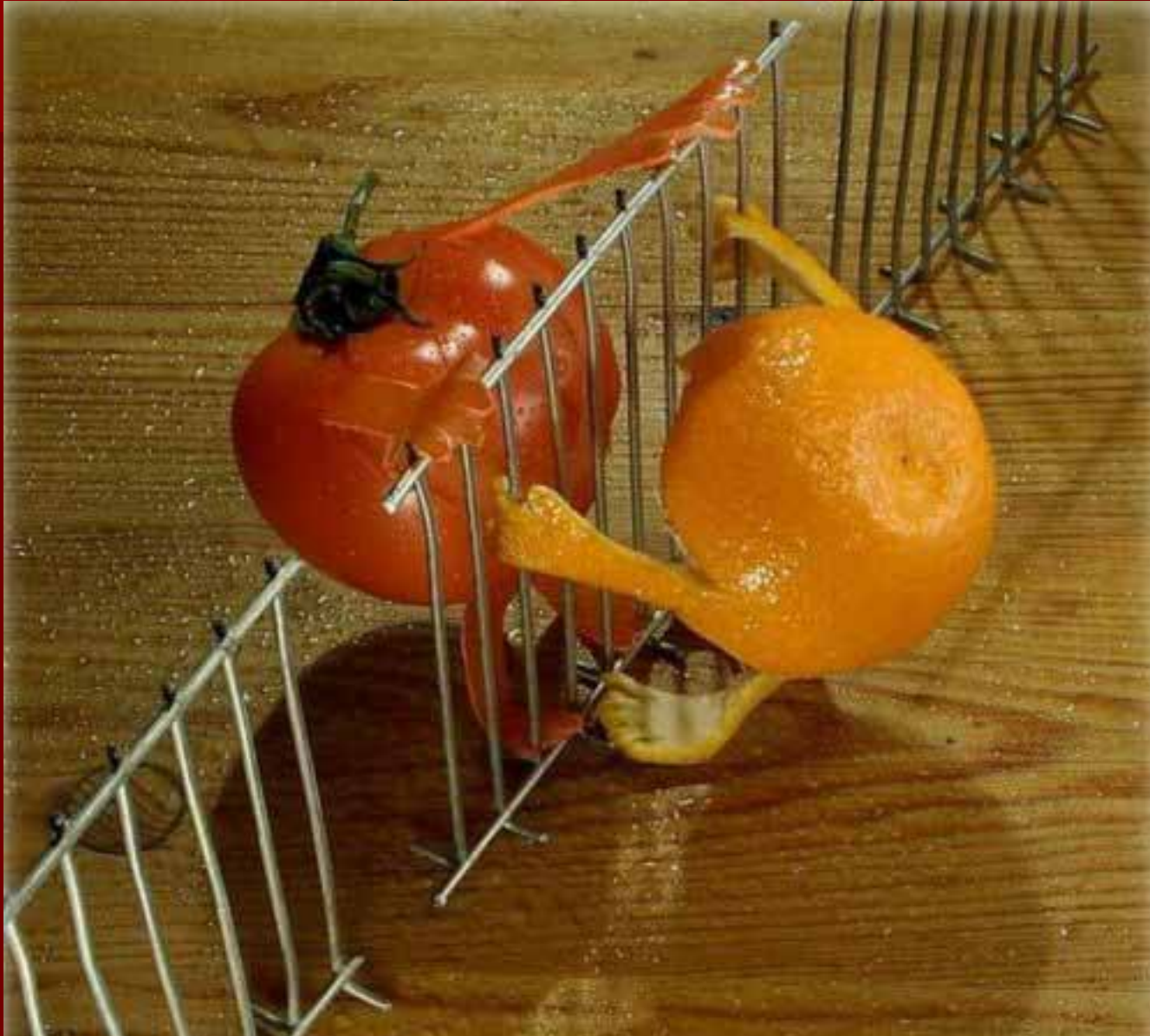
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- WHY DON'T GP'S ENGAGE IN D & A REHABILITATION
- patient issues
- doctor issues

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- residential
- community-based

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- WORK/SPORT ADDICTION
- SHOPPING ADDICTION
- GAMBLING ADDICTION
- NICOTINE ADDICTION
- ALCOHOL ADDICTION
- DRUG ADDICTION
- NARCOTIC ADDICTION

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- a spectrum of addictive conditions of which the principal distinguishing feature is
- social acceptability
- i.e. CRIMINALITY – defines the patients

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- A PRIMER IN ADDICTION THEORY

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- OPIOID DEPENDANT
- ALCOHOL DEPENDANT

- OTHER DRUGS
 - - prescription – benzodiazepines
 - - “recreational” – no such thing as a “soft” drug
 - - spectrum of use and toxicity, THCA, “E’s”

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- co-morbidity

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- demographics

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No one is above suspicion.

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- **WHEN?**

- HOW?
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- WHEN THE PATIENT IS READY
- patient motivation is central to ANY chance of success

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- OPPORTUNISTIC?
- PATIENT “VOLUNTARY” PRESENTATION
- forensic presentations, family/work pressures

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- 3 MODELS OF ADDICTION MANAGEMENT:
 - POLICE/PUNITIVE MODEL
 - RELIGIOUS/MORALISTIC MODEL
 - MEDICAL MODEL

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- MEDICAL MODEL
 - behaviour management
 - medications
 - long-term solutions

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■ BEHAVIOUR MANAGEMENT

■ psychotherapy

■ - professional/social/family/work supports

■ - MUST change environment

■ positive – create alternatives

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■ BEHAVIOUR MANAGEMENT

■ psychotherapy

■ - professional/social/family/work supports

■ - MUST change environment

■ negative - remove enablers

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■ MEDICATIONS

■ nicotine

■ alcohol

■ THCA

■ opioids

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- MEDICATIONS
 - nicotine – Zyban, Champix
 - alcohol
 - THCA
 - opioids

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■ MEDICATIONS

- nicotine

- alcohol – Antabuse, Revia, Campral

- THCA

- opioids

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■ MEDICATIONS

- nicotine

- alcohol

- THCA – cannabinoid receptor antagonist coming

- opioids

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■ MEDICATIONS

■ nicotine

■ alcohol

■ THCA

■ opioids – detox, methadone, buprenorphine

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■ MEDICATIONS

■ opioids

- - detox (quinine, clonidine, diazepam)
- - methadone
- - buprenorphine (Subutex, Suboxone)
- what is the long-term strategy?

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■ LONG-TERM SOLUTIONS

- coping strategies – daily life, crises
- holistic – diet, exercise

- leave town!

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■ CHRONIC DISEASE MANAGEMENT

- the buzz word of the day
- = government funding opportunities

■ managed care?

■ TEAM CARE ARRANGEMENTS

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■ SOCIETY'S EXPECTATIONS

- "normal"
- ie functional, employed
- not any trouble

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- SOCIETY'S EXPECTATIONS

- cost effective

- who is willing to pay?

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■ THERAPISTS' EXPECTATIONS

■ cure?

■ control?

■ harm minimization

■ – for both patient and for community

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- negotiate a plan:
- Don't argue with an idiot; people watching may not be able to tell the difference.

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■ PATIENT'S EXPECTATIONS

- get off the stuff
- get out of trouble
- reduce tolerance

- no delusions about how often the patient wants "cure"

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- RULE OF THUMB
- 1/3 cured
- 1/3 maintenance
- 1/3 fail

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- RULE OF THUMB
- 1/3 "cured"
- achieve social/economic function
- cure - not defined by abstinence

- 1/3 maintenance
- 1/3 "fail"

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■ RULE OF THUMB

- 1/3 "cured"

- 1/3 maintenance

- long-term medication & supervision

- 1/3 "fail"

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- RULE OF THUMB

- 1/3 "cured"
- 1/3 maintenance

- 1/3 "fail"

- revert to previous behaviour
- about 10% die

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- a distinction from other versions of rehabilitation practice:
- **THERE IS NO DISCHARGE PLANNING**

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- and the message to young players:

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