

Welcome to Virtual Colorado MAT Forum

- *As you join you will be promoted to presenter.*
- *You will be muted.*
- *Please unmute yourself by clicking on the microphone icon for asking questions and participation in discussions.*
- *You may also put your questions and comments in the Chat box.*
- *We encourage active participation!*

Monthly Webinars

- ***Virtual CO MAT Learning Forum***

1st Thursday 12:30pm-1:30pm

[REGISTER](#)

- ***Induction Basics: Tips from the Trenches****

2nd Tuesday 7:30am-8:30am

[REGISTER](#)

* *same topic each month*

- ***Denver Health Learning Collaborative***

3rd Wednesday 12:15pm-1:15pm

[REGISTER](#)

Denver Health Addiction Journal Club

Scheduled dates for 2020

- *Every fourth Tuesday January-October*
- *November 10th*
- *December 8th*

Time; noon to 1 pm

To join; email ITMATTTRs2@UCDENVER.EDU

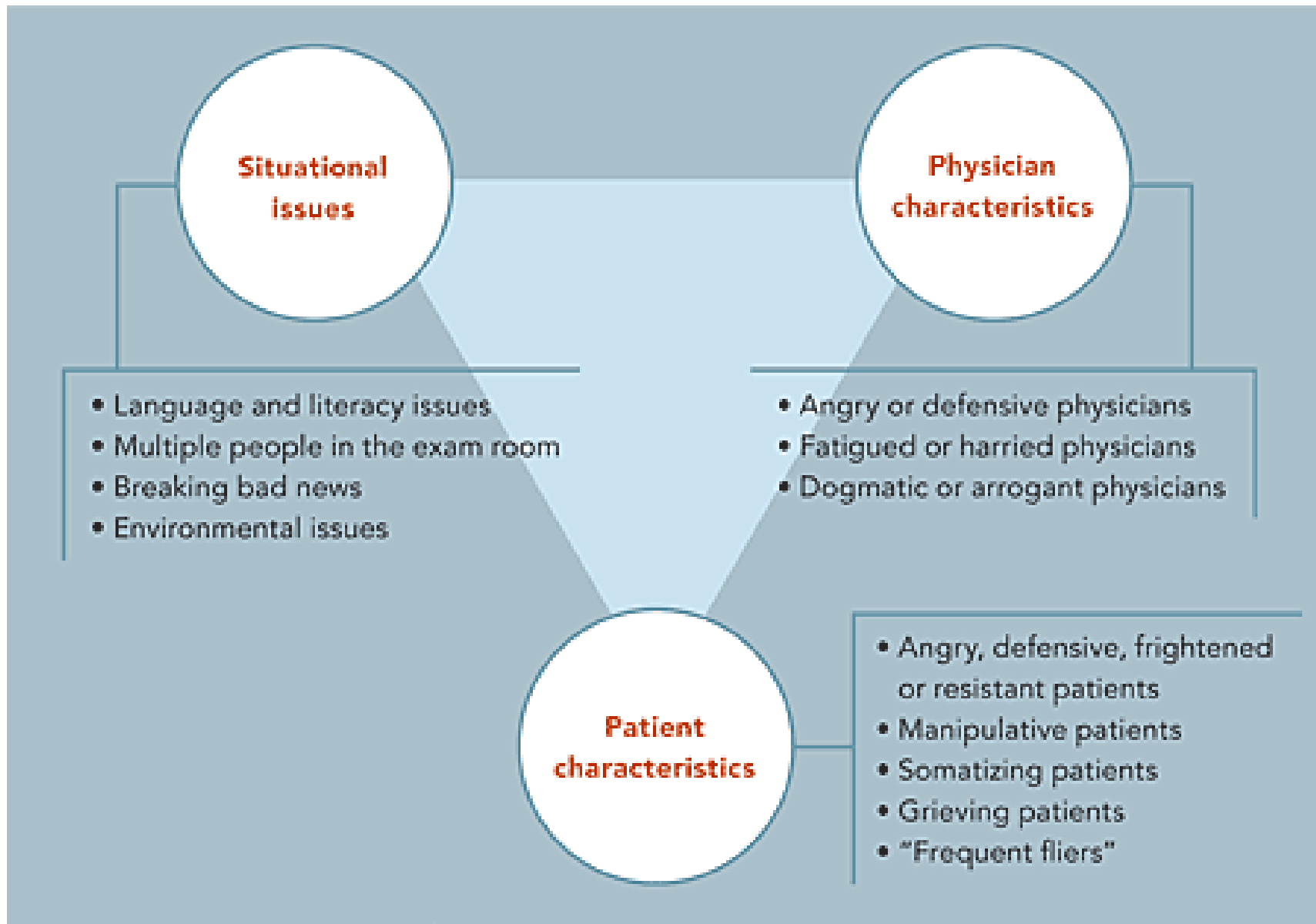
- See our website for previous presentations & resources as well as upcoming topics
 - <https://www.practiceinnovationco.org/itmatttrs2/mat-forum/>

The Difficult Patient

NORTHERN COLORADO MAT LEARNING FORUM

Donna Goldstrom LAC, LPC and Lesley Brooks MD

May 7th, 2020

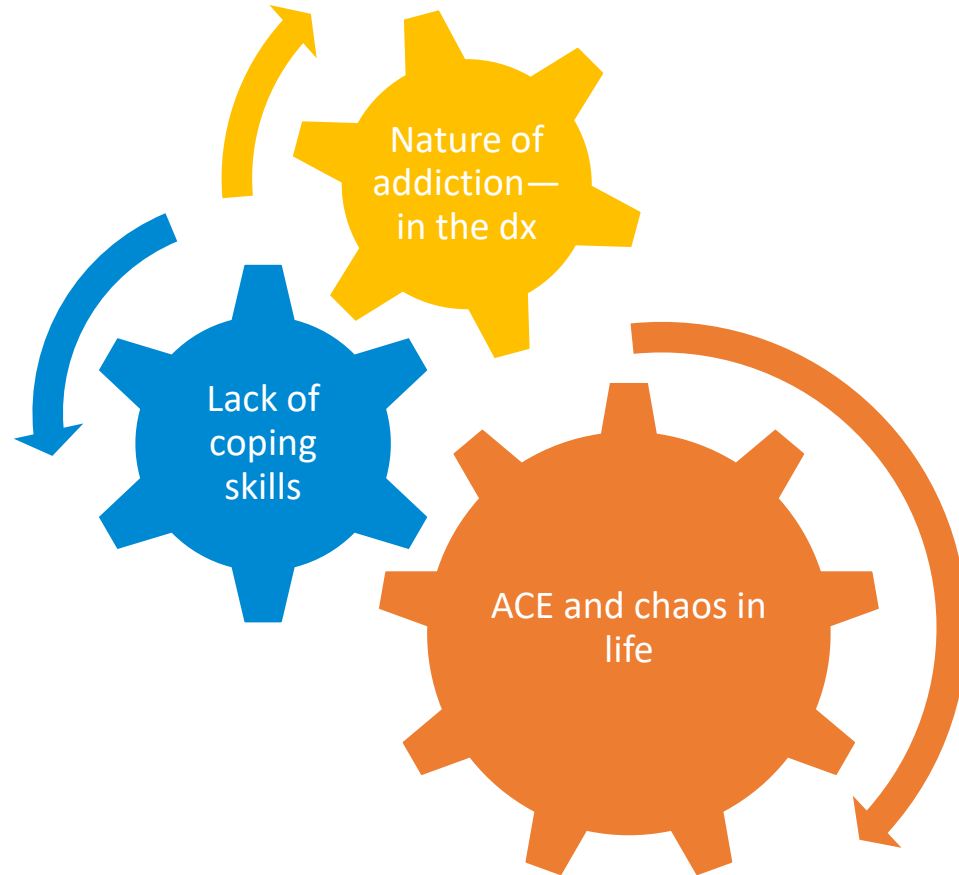


Identify Your Feelings

- Anger
- Frustration
- “I am trying to HELP you!?!?”



Why are they being so difficult?



They are likely experiencing the same feelings you are except that they feel that way **ALL THE TIME**

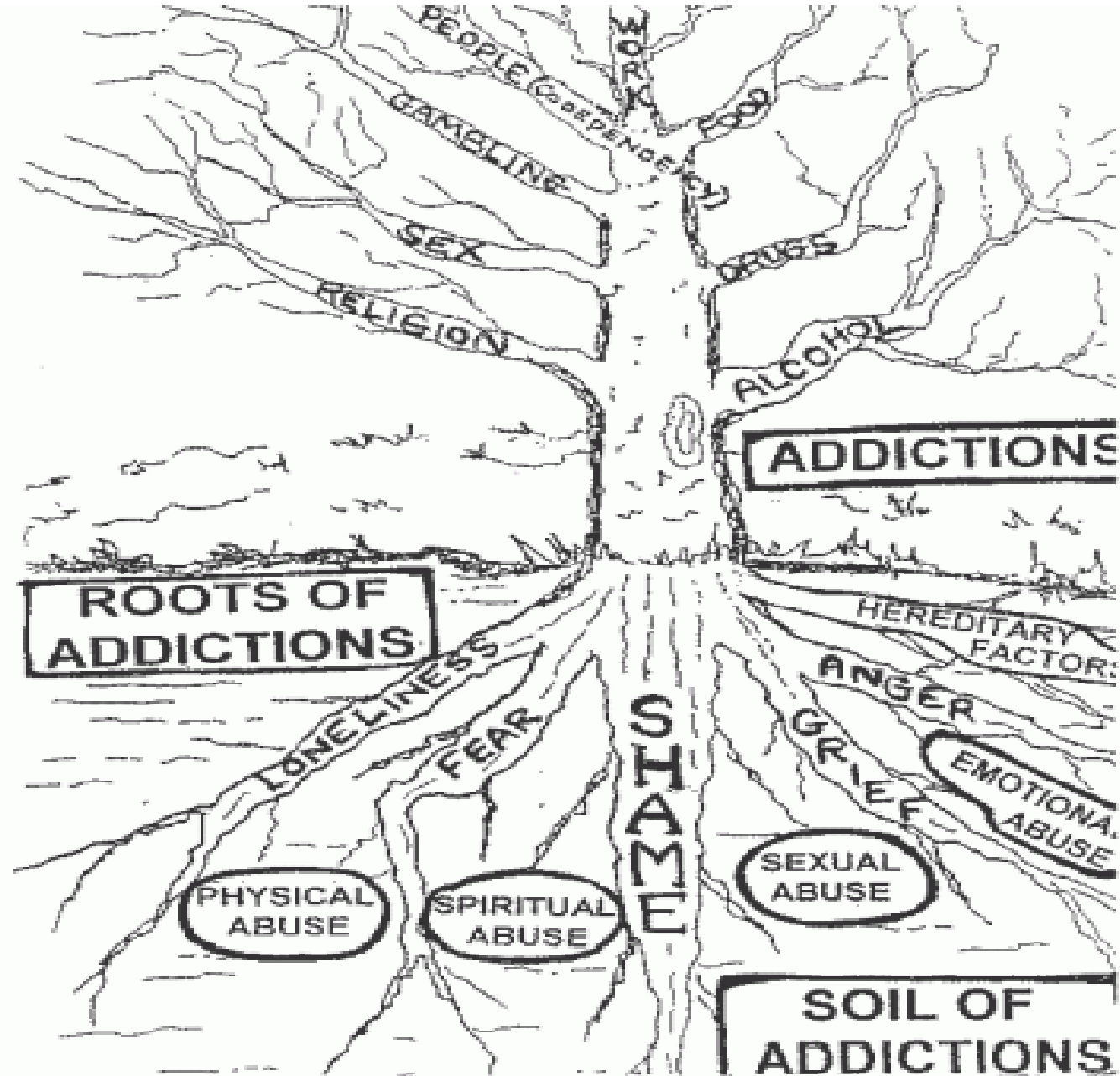


What the experts say:



“physicians and drug-using patients in the teaching hospital setting display mutual mistrust, especially concerning opiate prescription. Physicians’ fears of deception, inconsistency and avoidance interacts with patients’ concern that they are mistreated and stigmatized.” —J GEN INTERN MED 2002;17:327-333

Tree of Addiction



Examples of the ACE Questionnaire

1. Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you?
2. Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you?
3. Did an adult ... Touch or fondle you or have you touch their body in a sexual way?
4. Did you often feel that ... No one in your family loved you or thought you were important or special?
5. Were your parents ever separated or divorced?
6. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
7. Was a household member depressed or mentally ill or did a household member attempt suicide?
8. Did a household member go to prison?

DSM 5 Criteria

- A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from effects.
- Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home.
- Important social, occupational or recreational activities given up or reduced because of substance use.
- Recurrent substance use in situations in which it is physically hazardous.
- Continued substance use despite having persistent or recurrent social or interpersonal problem caused or exacerbated by the effects of the substance.
- Tolerance
- Withdrawal
- (in a pain patient on opiate pain meds, if ONLY 10 and 11 are present no OUD is diagnosed)

COVID-19

- People with underlying medical conditions are a greater risk of severe illness or death if they become infected with Covid-19 and people who abuse drugs or alcohol are more likely to have lung disease, specifically with opioid use disorder, people die because the lungs can't oxygenate and people can't breathe. SARS-Cov-2, the virus that causes Covid-19, infects the respiratory system.

“An overdose is more likely to happen when no one is around”

Nora Volkow

Increase in Overdoses with Pandemic

- Ohio, Florida, Texas, Pennsylvania, New York report increase in opioid overdoses since COVID causing increase in illicit drug prices, increased isolation, and lack of social supports---the Daily Beast May 3rd 2020



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What To Do?



Own your own feelings



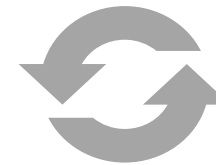
Have Empathy



Set appropriate boundaries



Know your goal



Rinse and Repeat

Centers of Disease Control



Have referrals ready



Understand the universal nature of this stress



Know everyone responds differently



Take breaks from the news

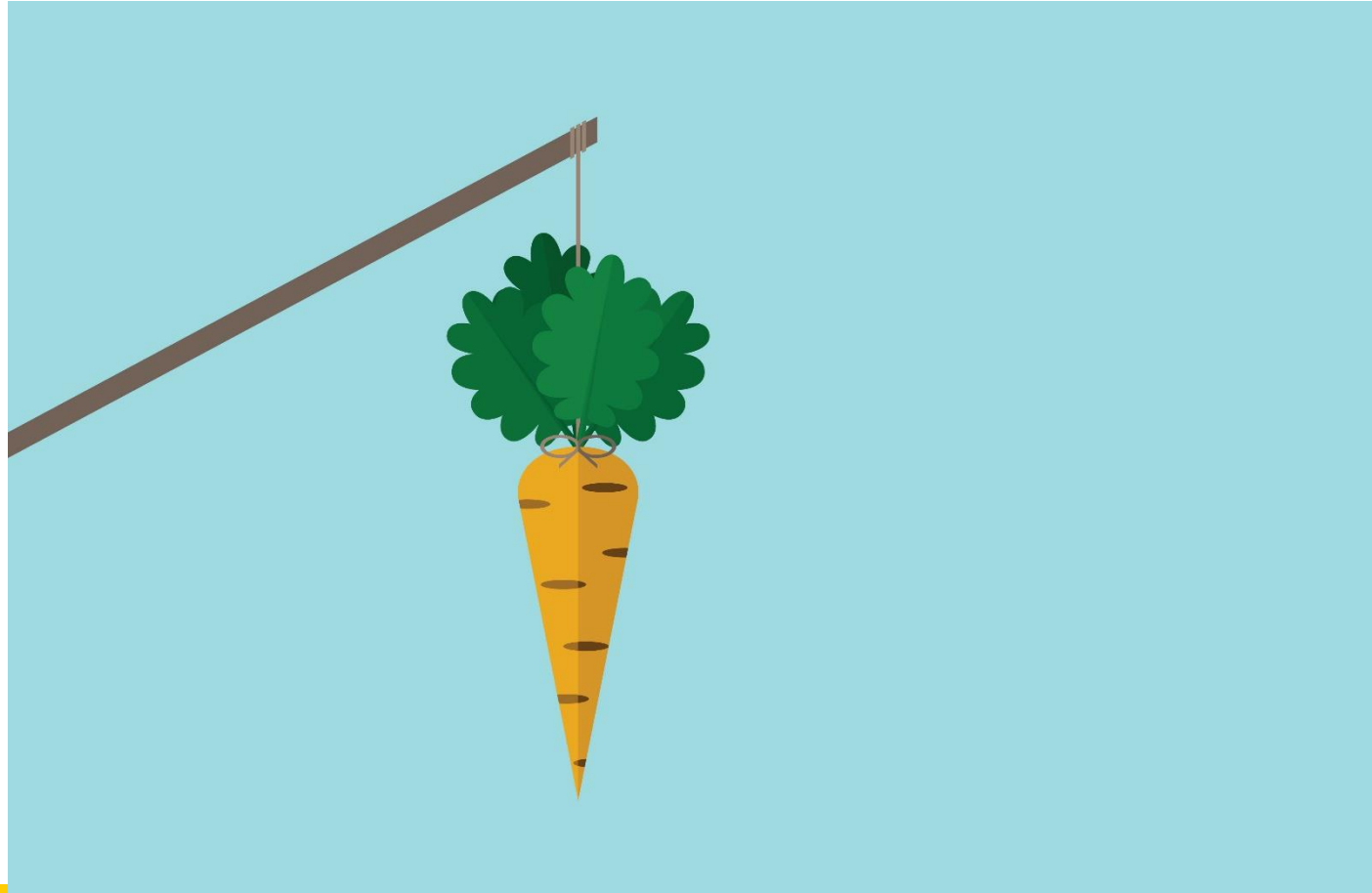


Take care of your body (sleep, diet, exercise)

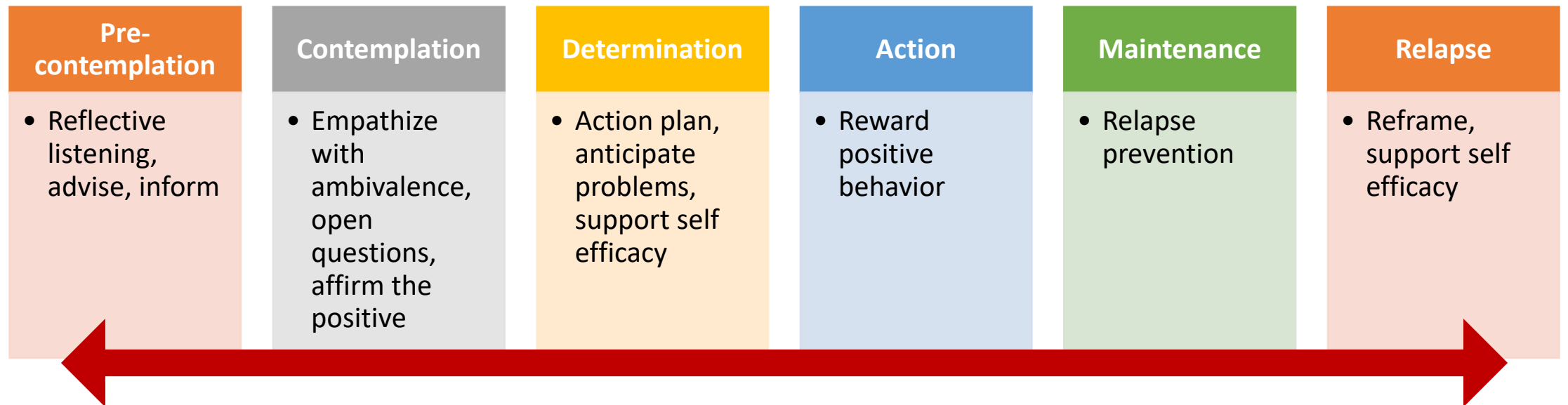


Know that DV is up

Harm Reduction vs. Punishment as a motivator



Stages of Change



WE are in the action stage. THEY may be pre-contemplative

Empathy For Universal Nature of Pandemic

- Empathy is understanding.
- Sympathy is crying WITH them and/or getting sucked into an emotional response to/with them



Boundaries are a Good Thing



- “These are the guidelines of our clinic, and it allows us to help lots of people”
- “I am here to help you and I do not believe that would be helpful”
- You may need to be repetitive
- Refer as needed

Triage—Know what your goal is

- We can't fix everything all at once.
- Recognize and avoid escalation when possible.
- De-escalate and redirect as needed.
- Critical skills for ALL healthcare professionals, not just behavioral health!



Case Examples – Non-Supp UA

Pt comes in with a UA that has meth in it (confirmed) and denies use.

Pt is crying, stating that they cannot make it in this frequently, their boyfriend hates them, they are losing their home, and their kids are getting kicked out of school. Client has Borderline Personality Disorder, chronic pain, and Depression. And has THC, meth, and oxy in the UA. And this is a typical appointment.

Case Examples – Non-Supp UA



What is your immediate response?



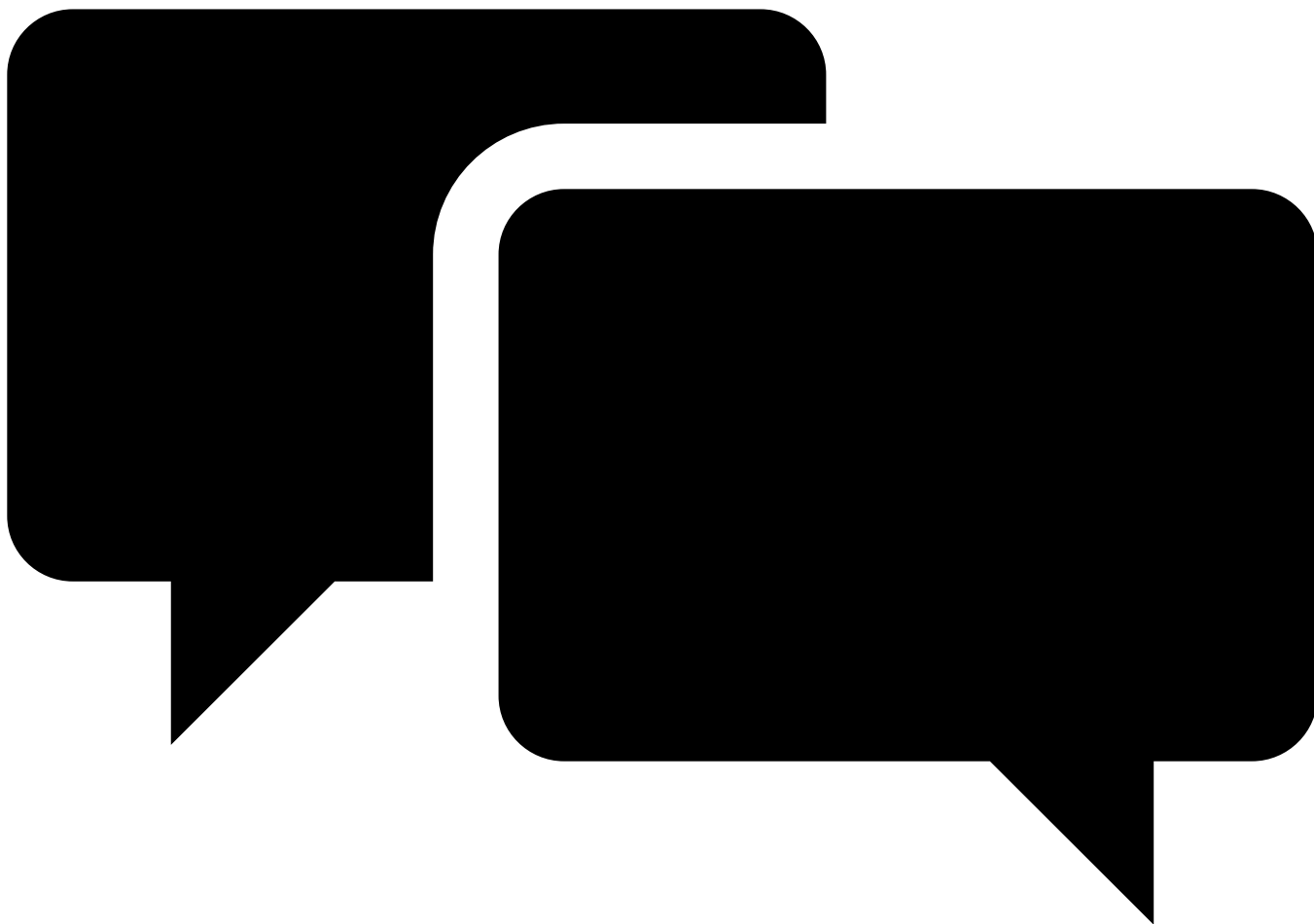
What do you think of the patient's response?



How do you set the agenda for the visit?




How do you respond? What would you say?



Questions.

Discussion.



Thank You!
Treat Addiction. Save Lives.
Next Forum: July 25(?)

Resources

1. Sharon K. Hull, MD, MPH, Karen Broquet, MD Fam Pract Manag. 2007 Jun;14(6):30-34
2. Joseph O. Merrill, MD, MPH, Lorna A. Rhodes, PhD, Richard A. Deyo, MD, G. alan Marlatt, PhD, Katharine A. Bradley, MD, MPH JGEN INTERN MED 2002; 17:327-333
3. Jeannie Baumann and Jacquie Lee Virus Pandemic, Opioid Epidemic Collide Around Social Distancing Health Law and Business News April, 7, 2020
4. William Haning, MD, DFAPA, DFASAM CDC April 14, 2020

Resources; SAMHSA

Intimate Partner Violence and Child Abuse Considerations During COVID-19	https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf
SAMHSA Coronavirus (COVID-19)	https://www.samhsa.gov/coronavirus
SAMHSA FAQs: Provision of methadone and buprenorphine for the treatment of Opioid Use Disorder in the COVID-19 emergency Updated 4/21/2020	https://www.samhsa.gov/sites/default/files/faqs-for-oud-prescribing-and-dispensing.pdf
Training and Technical Assistance Related to COVID-19 Resources from MHTTC	https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf