

Substance Abuse Counseling - A GP's Perspective

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NARCOTICS
ANALGESICS
麻醉鎮痛劑

HALLUCINOGENS
迷幻劑

DEPRESSANTS
鎮抑劑

STIMULANTS
興奮劑

TRANQUILLIZERS
鎮靜劑

OTHERS
其他

Substance Abuse and Primary Care

- Substance Abuse – A disease on its own (DSM IV)
- Costs to abusers, families, society
- Healthcare costs
- Morbidities, Co-morbidities and Mortalities
- Reduced Productivity
- Crime, Suicide, Violence, Abuse

- 彼此信任
- 第一線接觸
- 診斷及評估
- 併發症檢查
- 及時轉介
- 預防醫療及教育
- 可靠及保密

Brief Intervention

- Brief Intervention can range from 5 minutes brief advice to 15-30 minutes brief counseling.
- Effective in primary care settings for Cannabis use. (Copeland et al, J Subst Abuse Treat 2001; 21: 55-64)

Components of Brief Intervention

- Education
- Motivational Interview
- Body check up
- Treatment and Rehabilitation
- Relapse Prevention
- Referral

Motivatonal Interview

行爲改變六步驟 Six Stages of Changes

(Miller & Rollnick, 1991; Prochaska & Diclemente, 1982)

- Stage 1: 懵懂期 Pre-contemplation Stage
- Stage 2: 沉思期 Contemplation Stage
- Stage 3: 決心期待 Determination Stage
- Stage 4: 行動期 Action
- Stage 5: 維繫期 Maintenance
- Stage 6: 復發 Relapse

GP's role

- Tip the Balance
- Evoke Changes
- Aim to change client's behaviour and strengthens self efficacy
- From Contemplation to Action

Body Check up as a tool for change

- Observe and enquiry about client's feelings about body check up
- Facilitate clients to compare own health before and after substance abuse
- Assess readiness to change (? Contemplation)
- Provide information, support, understanding and feedback

Body Check up (continue)

- Discuss quantity, type and duration of substance abuse
- Education of consequence of substance use
- Identify stressors / situation of substance use
- Identify past history of quitting
- Identify barriers of quitting

Body Check up (continue)

- Height, Weight, BMI, BP, Pulse
- Urea Calcium, ALT, AST, Alkaline Phosphatase, CBP, Urinalysis, HBsAg,
- CXR, ECG
- Urinalysis
- Purdue Pegboard Score (Hand-eye coordination)
- Rivermead Memory Behaviour Test
- Peak Expiratory Flow Rate
- +/- Ultrasound Abdomen /Pelvis

Body Check up (continue)

- Further history taking: Past health, Social history, Family history
- Smoking and Drinking Habit
- Sex history and contraception
- History of mood problem, ADHD in school
- Family mental illness history

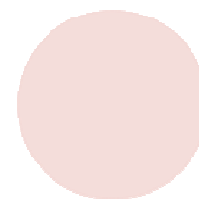
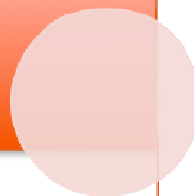
Counseling summary

- Brief summary of check up report
- Discussion of drug-induced problems
- Goal setting, planning
- Discussion ways to resist further substance use
- Discussion with social workers for other meaningful activities
- Timely referral for medical related complications, e.g. cystitis, cholangitis
- Watch for psychiatric co-morbidities

Referral for allied health & other resources

- Smoke Cessation
- Alcohol cessation
- Sex Education
- Exercise prescription
- Vocational training
- Substance Abuse Clinic

醫社合作



Thank you