

The Right Medicine: Paths out of Alcohol & Other Drug Use

Webinar 1: Alcohol and Other Drug
Assessment and Withdrawal

WE ACKNOWLEDGE THE TRADITIONAL OWNERS & CUSTODIANS OF THE
LAND THAT WE LIVE & WORK ON AS THE FIRST PEOPLE OF THIS COUNTRY.





ALCOHOL AND OTHER DRUG ASSESSMENT

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KNOW YOUR CENTRAL NERVOUS SYSTEM DRUG CLASSIFICATIONS

Depressants: Alcohol, heroin and other opiates, cannabis, GHB and benzodiazepines

Stimulants: Meth/Amphetamines, tobacco, caffeine, cocaine and ecstasy

Hallucinogens: LSD, psilocybin (magic mushrooms) cannabis and ecstasy

Emerging psychoactive substances



Image source: Alcohol https://upload.wikimedia.org/wikipedia/commons/thumb/f/f3/Alcohol_drinking_icon.svg/1200px-Alcohol_drinking_icon.svg.png

Image source: Needles: <https://www.pexels.com/photo/silver-tray-on-brown-wooden-table-4978842/>

ALCOHOL



Alcohol type, frequency and container size

Convert drinks consumed to standard drinks

“Take me through a typical drinking day, when is your first drink, when is your next
8-10 standard drinks daily for at least two weeks are at risk of alcohol withdrawal

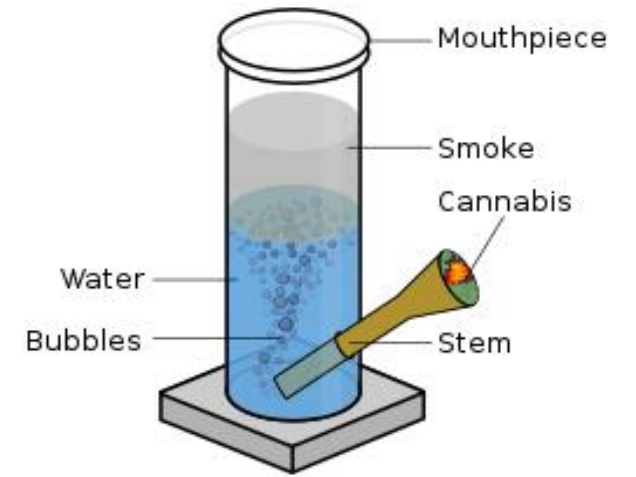
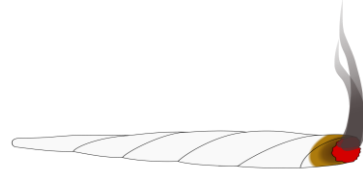
Withdrawal symptoms

Mental health symptoms and night sweats are common symptoms

Match the drinking pattern to the appropriate alcohol health information

Image source: http://1.bp.blogspot.com/-yB0fOORHIFw/UIXU-das1YI/AAAAAAAAAvk/GMJJe-1rInCE/s1600/addictions_alcohol_300.jpg

CANNABIS



Common slang names

Cannabis can be smoked or eaten

1 gram equals ten cones (explore number of cones/joints)

Usually mixed with tobacco (spin/flash)

Consider and treat tobacco withdrawal too

Withdrawal symptoms

Leaf image source: https://cdn.pixabay.com/photo/2017/03/07/23/54/cannabis-2125586_960_720.png

Joint image source: https://upload.wikimedia.org/wikipedia/commons/thumb/f/fa/Animation_of_a_joint_cannabis_weed.svg/1200px-Animation_of_a_joint_cannabis_weed.svg.png

Bong image source: https://upload.wikimedia.org/wikipedia/commons/thumb/e/e1/Bong_diagram_3.svg/250px-Bong_diagram_3.svg.png



METHAMPHETAMINES

Dexamphetamine, amphetamines and methamphetamines

Meth includes speed (powder), base and ice (crystal meth)

Withdrawal

- Acute Phase
- Withdrawal symptoms
- Long-term ice use withdrawals can be protracted

Base image source: https://psu.pb.unizin.org/app/uploads/sites/99/2018/08/Image_037.png

Ice image source: https://www.talkingdrugs.org/sites/default/files/images/Australia_crystal_meth.jpg

Meth pipe image source: https://live.staticflickr.com/3254/2940126197_b7b1b7ebe6_b.jpg



OPIOIDS

Powder can be smoked or injected

Tablets are either swallowed or crushed to be injected

Heroin through to opiate pain medication

Methadone

Buprenorphine

Heroin withdrawal: First Week In (duration 2 minutes):

<https://www.youtube.com/watch?v=NaMgdIUcsko>



Image source: <https://foto.wuestenigel.com/wp-content/uploads/api2/drug-syringe-pills-and-heroin-on-spoon-top-view.jpeg>

DRUG USE HISTORY TABLE

Drug Type	Ever Used	Current Use	Amount	Frequency /30	Last used	Other information (periods of abstinence/heavier use/treatments)
Caffeine	Y	Y	4 large coffees	30/30	Today	Started drinking coffee regularly at 24 years
Tobacco	N	N				
Alcohol	Y	Y	8 SD White wine	15/30	Sunday 7/2/21	Tried when 15, social drinking 18, regular weekend drinking 28 onwards.
Cannabis	Y	N	N/A			Tried with friends when 16
Amphetamines	Y	Y	Ecstasy 1 tablet	Twice a year	January 2020	Takes when attending music concerts
Opioids						
BZD						
LSD						
Inhalants						
Other Drugs						

TIME LINE FOLLOW BACK



Date	Amount	consumed	Situation			

NB: Remember to convert drinks to standard drinks

Image source: <http://www.pngall.com/wp-content/uploads/2016/10/Calendar-PNG.png>

SCREENING TOOLS: CAGE

Have you ever:

C = Have you ever felt you need to Cut down on your drinking?

A = Have people Annoyed you by criticising or commenting on your drinking?

G = Have you ever felt guilty about your drinking?

E = Have you ever felt you needed a drink first thing in the morning (Eye-opener) to steady your nerves or to get rid of a hangover?

Each item answered yes is scored as 1

Scores of 2 or more indicates excessive drinking



Assessments

Assessment image source: <https://enhancingteaching.files.wordpress.com/2011/06/assessment1.jpg>

SCREENING TOOLS: AUDIT

Table 1. Alcohol use disorders identification test (AUDIT) questions and scoring

Questions	0	1	2	3	4
1. How often do you drink alcohol?	Never	Monthly or less	2 - 4 times a month	2 - 3 times a week	4 or more times a week
2. How many standard drinks containing alcohol do you have on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10 or more
3. How often do you have six or more standard drinks on one occasion	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor or other healthcare worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year

Scoring for AUDIT: Questions 1 - 8 are scored 0, 1, 2, 3 or 4; Questions 9 and 10 are scored 0, 2 or 4 only.

SCREENING TOOLS: IRIS



INDIGENOUS RISK IMPACT SCREENER

IRIS is a validated, evidence-based, culturally-appropriate screening and brief intervention tool for Aboriginal and Torres Strait Islander people

It has two sections:

AOD section has 7 items

The Mental Health and Wellbeing section has 5 items

You can access the IRIS at: <https://insight.qld.edu.au/shop/iris-screening-instrument-and-risk-card>

For training on the IRIS contact Insight email iris@health.qld.gov.au

Iris image source: https://upload.wikimedia.org/wikipedia/commons/thumb/3/3b/Unidentified_Iris_Chanticleer_Purple_2868px.jpg/1200px-Unidentified_Iris_Chanticleer_Purple_2868px.jpg

SCREENING TOOLS: SADQ-C AND ASSIST

Severity of Alcohol Dependence Questionnaire-C (SADQ-C)

- 20 items that measures alcohol dependence symptoms
- 5 subscales
- Total score out of 60
- The higher the score the more severe the alcohol dependence symptoms are

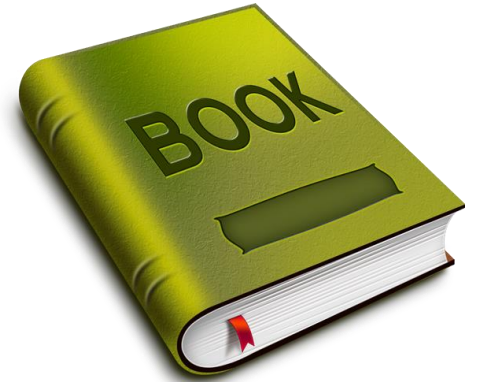
Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)

- 8 Questions
- Each question covers every substance (formatted similar to The Drug Use History Table)
- Total risk score for each question is 60
- Low risk (0-3), Moderate risk (4-26; cannabis is 11-26) and High risk (27+)



Checklist image source: https://cdn.pixabay.com/photo/2017/11/21/10/19/icon-2967800_960_720.png

RESOURCE FOR AOD SCREENING TOOLS



NADA: Network of Alcohol and Other Drugs Agencies

Text: A Review Of Screening, Assessment And Outcome Measures For Drug And Alcohol Settings

“Provides an overview of the most relevant and useful standardised tools available to measure treatment outcomes, and to screen and assess mental health symptoms and conditions, drug and alcohol use and disorders and general functioning. Focus has been given to tools that require limited training to use and are freely available.”

<https://www.nada.org.au/resources/a-review-of-screening-assessment-and-outcome-measures-for-drug-and-alcohol-settings/>

Book image source: http://pngimg.com/uploads/book/book_PNG2118.png