

Treatment of Prescription
Medication Abuse and
Dependence

How to Identify the Problem
Definitions

- Misuse - Use of the prescribed medication as intended, but not at correct dose or time interval.
- Abuse - Use of prescribed medication for reasons other than intended (to get high, create altered state).

Definitions

- Diversion - Exchange of prescribed medication (for money, sex, other drugs) that leads to use of the medication by persons other than intended.
- Dependence

Warning Signs of Potential Prescription Drug Abuse or Dependence

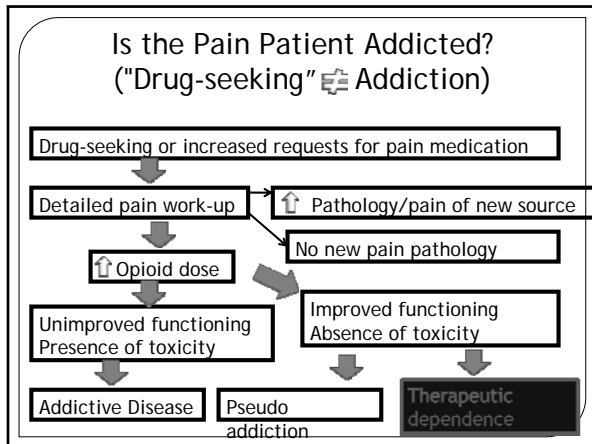
- You take more pain medication than your doctor has prescribed
- You request prescriptions from multiple doctors.
- You use alcohol or other medications to increase the effects of the medication
- You take medication to deal with other problems, such as anxiety or stress
- Your doctor, friends or loved ones express concern about your use of the medication

Dependence The 5 "C's"

- Control
- Compulsion
- Consequences
- Continued use despite adverse consequences
- Craving

Warning Signs

- Patient appears loaded
- Other substances in urine or lack of prescribed substance (diversion)
- Unauthorized rapid dose increase
- Lost or stolen prescriptions
- Early refills



- ### Now What?
- Confront the patient with concerns and data (expect denial)
 - Intervention
 - Know referral sources (SAP, IOP, Residential programs)

- ### Office Treatment
- Opiates - Switch to longer acting agent (methadone, buprenorphine) and taper slowly
 - For withdrawal symptoms
 - Clonidine
 - Immodium
 - Levisin
 - Robaxin
 - Phenergan

Office Treatment

- Benzo's and sedatives - switch to longer acting agent and taper
- Depakote
- Stimulants - taper or discontinue
- Strattera
- Wellbutrin

Detox is NOT Treatment

- Encourage patient to attend 12 step meetings
- Substance abuse counseling
- IOP program
- Treat medical and psychiatric problems

When is Residential Care Needed?

- Denial
- Failure of lower level of care
- Multiple drug/alcohol dependency
- Poor social environment
- Psychiatric or medical co-morbidities

Residential Treatment

- Detox First
- Opiates
 - Clonidine
 - Robaxin
 - Levicin
 - Immodium
 - Phenergan
 - Buprenorphine

Benzodiazapines

- Depakote

- Librium taper

Stimulants

Crash

After Stabilization

- CBT
- Education
- 12 step facilitation
- Chronic pain program
- Treat medical and psychiatric problems
- Family therapy
- Referral to aftercare

Summary

- Important to identify the problem
- Refer if needed
- This is a treatable disease
- "Treat addiction, Save lives"
