

***Unraveling The Puzzle of
Substance Abuse and
Chemical Dependency
Within Pharmacy***

Wally Cross, RPh, MHS, CADC
Resurrection Behavioral Health –
Professionals Program
847 493 3519

wcross@reshealthcare.org

The speaker has no conflict of interest to disclose.

What we will cover

- Addiction 101 – basic facts about addiction
- Statistics regarding addiction
- Issues associated with addictive disease in pharmacists
- Observable signs of addiction
- How to help a colleague or patient with addiction
- Prescription drug abuse
- Resources available to you

Questions you will be able to answer

- What is the likelihood that one of you will develop chemical dependency in your lifetime?
- What is the primary drug of choice for pharmacists?
- What is the best referral you can make to a colleague in trouble ?
- What differentiates pharmacists from other addicted health professionals ?
- What is the most common way people get controlled drugs without a prescription ?

Some Facts of Interest

- One in every 8 Americans will have a problem with alcohol or another drug at some point in their lives.
- Approximately 27 million Americans use illicit drugs regularly or are heavy drinkers.
- An untreated alcoholics medical costs are 300% higher than a non alcoholic.
- Interestingly, nicotine kills more Americans than alcohol, cocaine, heroin, methamphetamine, motor vehicle accidents, homicides, suicides, and fires combined.
- Addiction is potentially the most serious health problem facing America in 2012.
- The drug of choice for pharmacists is hydrocodone = other health professionals = alcohol
- The most serious illness to afflict pharmacists in the 1st 15 years of practice is addiction.

* 1) SAMHSA – Substance Abuse and Mental Health Services Administration 2012 statistics

Addiction 101

Experiential Learning
Experience

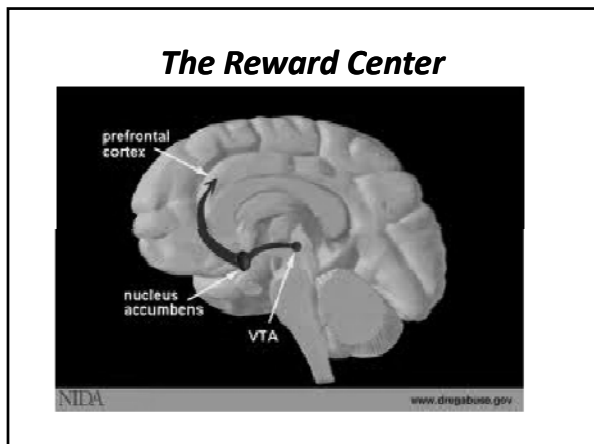
Addiction defined

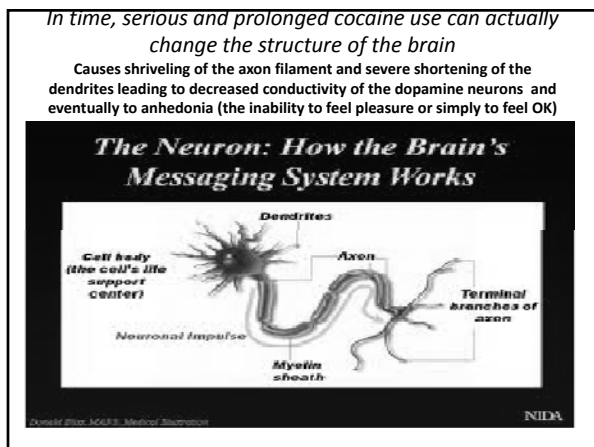
Addiction is defined as a chronic, relapsing, brain disease that is characterized by compulsive drug seeking and use despite harmful consequences



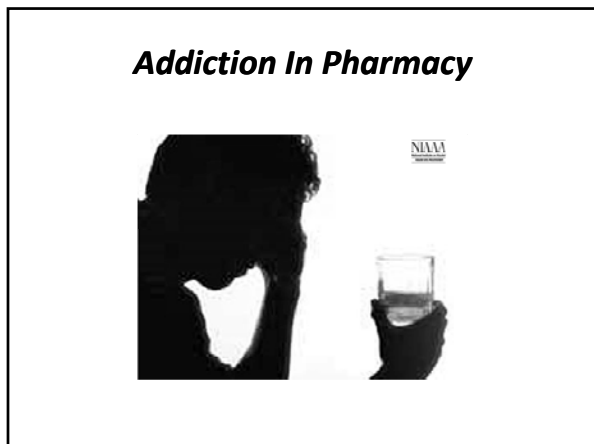
Nora D. Volkow, MD

Director : National Institute
of Drug Abuse










Environmental influences on pharmacists that increase vulnerability to addiction

- **Job stress** --
 - 400 opportunities to make a mistake -- longer hours -- less help
- **Life's usual stressors**
 - Problems with parents or children, financial problems
- **Culture of tolerance**
 - The tendency to self medicate + feelings of invincibility
- **Exposure / access to addicting drugs**



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So what makes addicted pharmacists different from other health professionals?

- The highest risk work setting period.
- More paranoia regarding the loss of their license.
- Fear of losing their job.
- Greater issues with shame.
- Miscellaneous differences:
 - Pharmacists rarely use IV drugs
 - Pharmacists rarely use illegal drugs
 - Pharmacists rarely obtain drugs from anywhere but their work setting
 - Most common drug of choice is hydrocodone
- Best difference = pharmacists have the best success rate

What to look for in a colleague

- Increased absences
- Late to work
- Long bathroom breaks
- mysterious disappearances
- Appears groggy in the morning
- Generally seems “different”
- Stays late for no apparent reason
- Confused easily
- Increased problems in the rest of his/her life
- Appears more unkempt than previously
- Looks /sounds mildly impaired for short periods
- Appears distant / hard to reach emotionally
- Comes to work on days off and “helps out” for a short period
- Finally – just seems very different than the way you knew him/her

Best choice for help

Illinois Professionals Health Program

701 Lee Street
Desplaines, Illinois 60015
847 795 2810

Helpline – 24 hours
800 215 4357

*Illinois Professionals
Health Program*

- **Voluntary Program** -- completely confidential
- **Pharmacy Board mandated program**

***Resources for addicted health
professionals :***

- Most states have **Assistance Programs** for each profession : Pharmacy – Medicine – Nursing - Dentistry
- Pharmacists most often have a PRN or **Pharmacists Recovery Network Program** in their state.
www.usaprn.com
- Treatment facilities that specialize in treating health professionals:
 - Talbott Recovery Campus – Atlanta
 - Resurrection Behavioral Health – Chicago
 - Hazeldon – Minnesota
 - Betty Ford – California
 - Pine Grove – Mississippi
 - Professional Renewal Center – Kansas
 - Farley Center – Virginia
 - Rogers Memorial - Wisconsin

*What you can do to help
your patients*

- Have "[help for addiction](#)" pamphlets available (free = NIDA)
- Have [AA pamphlets](#) available (inexpensive = www.aa.org)
- Give [direction on how to get to AA/NA](#) and what they can expect.
- Give options re where they can get a [chemical dependency assessment](#) (usually free) to find out if they really have a problem with drugs / alcohol
- Post a sign offering [confidential information](#) regarding problems with alcohol / drugs
- [Inform physicians](#) in your area that you have information about treatment and AA

How to find a treatment center

Online:

www.Drug-Rehab.org/Rehab_Center

By Phone:

877-392-5926

Treatment Centers that offer free assessments

Hospitals

- Central Du Page Hospital – Winfield
- Mercy Hospital – Chicago
- Allelixan Brothers Hospital – Schaumburg
- Hinsdale Hospital – Hinsdale
- Good Samaritan Hospital – Downers Grove
- Lutheran General Hospital – Des Plaines
- St. Joseph Hospital – Lincoln Park
- Holy Family Hospital –



nida image "therapy" (1)

Treatment Centers

- Haymarket Center – Chicago
- Gateway Foundation – Chicago
- Resurrection Behavioral Health – Downers Grove, Palos
- Share – Addison
- Lutheran Social Services – Chicago
- New Day Center - Hinsdale

12 Step Programs

Alcoholics

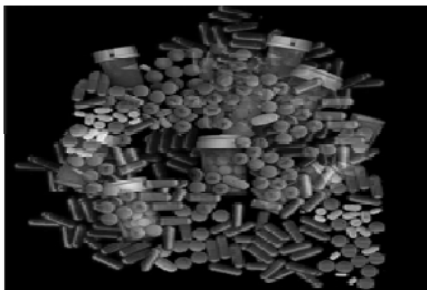
Anonymous



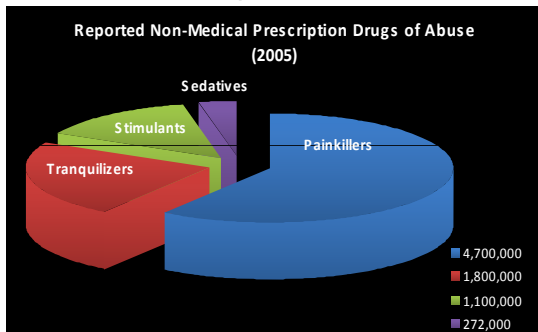
WWW.CHICAGOAA.ORG

Prescription Drug Abuse

SAMHSA image



Substance Abuse and Mental Health Services Administration
[SAMHSA]



Which is the most frequent way drugs are diverted for non-medical use?

1. Theft
2. Drug Dealers
3. Family members or friends
4. Physicians
5. Internet

Internet Drug Abuse

Study conducted in January 2004 identified 157 internet sites that sold RXs

- 90% did not require prescription
 - 41% “you do not need a Rx”
 - 49% offered online “consultation”
- 4% required faxed Rx
- 2% required mailed Rx
- 4% no mention of Rx

National Center on Addiction and Substance Abuse at Columbia University 2004

157 Internet sites

- **None of the sites had safeguards blocking purchases by children**
- **144 offered schedule II – V controlled drugs**
- **103 offered fentanyl, oxycontin, and hydrocodone**
- **47 % were outside the U.S.**

The web sites spring up and disappear quicklyNational

Center on Addiction and Substance Abuse at Columbia University 2004

Post lecture questions

1. What are the odds one of you will suffer from an addiction at some point in your life?
 - a. One in eight
 - b. One in twenty
 - c. Probably no one will
 - d. One in fifty
2. What is the most common drug of choice for pharmacists?
 - a. Alcohol
 - b. Hydrocodone
 - c. Cocaine
 - d. Marijuana
3. What is the best referral you can make to a health professional in trouble?
 - a. A treatment center
 - b. Alcoholics Anonymous
 - c. Illinois Professionals Health Program
 - d. Department of Financial and Professional Regulation

Post lecture questions

- 4. The most frequent way drugs are diverted for non-medical purposes is:
 - a. Theft
 - b. Drug dealers
 - c. Family members or friends
 - d. Physicians
 - e. Internet
- 5. What differentiates pharmacists from other addicted health professionals?
 - a. Their primary drug of choice is alcohol.
 - b. They work in a less stressful environment.
 - c. They tend to use IV opioids more often.
 - d. They tend to be more successful in recovery.

The End



Addiction Information Resources

- 1. *National Institute of Alcohol Abuse and Alcoholism - NIAAA*
- 2. *National Institute of Drug Abuse - NIDA*
- 3. *Substance Abuse and Mental Health Services Administration SAMHSA*
- 4. *Addiction Science Research and Education Center—Univ.Of Texas College of Pharmacy*
- 5. *Alcohol Research and Health – 10 th Special Report to Congress – NIAAA*
- 6. *American Society of Addiction Medicine (ASAM) www.asam.org*
- 7. *Center for Alcohol Studies - www.alcohol.studies.rutgers.edu*
- 8. *Guide to Mutual Support Resources – www.facesandvoicesofrecovery.org/resources/support/ home.php*

NIAAA = best resource for alcohol dependence

Alcohol Alert – Neuroscience : Pathways to alcohol dependence

<http://pubs.niaaa.nih.gov/publications/AA77/AA77.htm>

Who is at Risk for Alcoholism

<http://pubs.niaaa.nih.gov/publications/arh40/64-75.htm>

Neurobiology of alcohol dependence

<http://pubs.niaaa.nih.gov/publications/313/185-195.htm>

Alcohol Alert – Epidemiology – How Common is Alcohol and Other Drug

Addiction?

<http://pubs.niaaa.nih.gov/publications/AA76/AA76.htm>

What is Addiction?

<http://pubs.niaaa.nih.gov/publications/arh312/93-95.htm>

Helping Patients Who Drink too Much – A Clinicians Guide

www.niaaa.nih.gov/guide

Medication Management Support for Alcohol Dependence- Template

www.niaaa.nih.gov/guide

Medications For Treating Alcohol Dependence

www.niaaa.nih.gov/guide
