

Welcome!

*“All Hands on Deck”  
in Battling Addiction...  
Where is Nursing?*

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*Please~*

*Take one moment to  
reflect on a patient you  
have cared for with a  
substance use disorder.*

# International Nurses Society on Addictions



# Addiction Nursing Certification Board

Established in 1989 under parent organization IntNSA

Mission:

*“To establish an addictions nursing specialty certification as the standard of excellence by which all stakeholders recognize quality addictions nursing.”(ANCB, 2014)*

Credential CARN, CARN-AP



# ANCB

Addictions Nursing Certification Board

# Objectives

- 1. Identify the impact of substance use in nursing history and continued impact on current nursing education, criminalization, and the profession of nursing today.
- Explore three theoretical models of addiction and their relation to nursing practice
- Illustrate the importance of nursing in the “All hands on deck” approach to battling addiction.

# Florence Nightingale



- Mother of Modern Nursing
- Responded to crisis of war (1855-1856)
- Elevated nursing as a profession (Hoyt, 2011)
- Distinguished between “Untrained” and “Professed” Nurse

# "Mrs. Gamp, on the Art of Nursing"

Fred Barnard

Scanned image by [Philip V. Allingham](#)

1870s



Nightingale:  
Nurses who worked in  
the hospital were  
women,  
“were too old, too  
weak, too drunken,  
too dirty, too stolid, or  
too bad to do anything  
else”

(Reverby, 1987)

<http://www.victorianweb.org/art/illustration/barnard/mc1html>.

“Who embodies the “ideal nurse candidate?”

Florence Nightingale, “**Sober**, honest, and truthful” (Hoyt, 2010)

1892 Dorothea Dix, “Matronly persons of experience, good conduct, or superior education and serious disposition... habits of neatness, order, **sobriety**, and industry, are prerequisite” (Dix, 1862)

# The Nightingale Pledge

*“I will abstain from whatever is deleterious and mischievous, and **will not take** or knowingly administer any harmful drug”*

(Gretter, 1893)

*1908, Lavinia Dock, “...remind nurses of the subtle dangers of many potent remedies with which they will be entrusted...”* (Dock, 1908 as

*cited in Heise, 2003)*

# Civil War (1861-1865)



“The Angel of the Battlefield”

Women “caregivers” to their families and loved ones, took to the battlefields to care for husbands, sons, and loved ones. They focused on sanitation, nourishment, emotional, and spiritual support .

# WWI(1917-1920)



Nurses braved battlefields in foreign lands and engaged in autonomous practice abroad with the influenza pandemic waiting in the wings

# WWII (1939-1945)



**Nurses Are Needed Now!**



FOR SERVICE IN THE  
**ARMY NURSE CORPS**

IF YOU ARE A HIGH SCHOOL GRAD AND NOT YET 35 YEARS OF AGE,  
APPLY TO THE ADJUTANT GENERAL, UNITED STATES ARMY,  
WASHINGTON 25, D. C., OR TO ANY MILITARY RECRUITMENT OFFICE.

- Nursing services in demand
- Bolton Act created the U.S. Cadet Nurse Corps
- Identified need to attract more students to nursing
- ADN program developed post WWII

Nursing' History runs  
parallel to  
Addiction History

# Florence Nightingale

1<sup>st</sup> Addictions

Nurse



1855-1856 Florence Nightingale identified alcohol intoxication as a “life threatening” disease, not a moral failure

(Naegle, 1991).

# Nightingale 1<sup>st</sup> Addictions Nurse

- Established promotion of health & prevention of illness outside hospitals
- Identified patient relationships as recreation, and prevention of dysfunctional coping
- Focus on care of patient within family & community environments
- Alcohol as disease not moral failing
- Change through political activism that impacts health & wellness (Naegle, 1991)

# Miracle Drugs

- 1806 morphine was discovered by German pharmacist, Fredrick Serturner (Heise, 2003).
- 1853 Dr. Alexander Wood perfected the hypodermic needle (Aldrich, 1994).
- Opium was manufactured by spice companies unregulated and prescribed for asthma, female ailments, gonorrhoea and yellow fever and to calm crying infants “infant doping”. (Heise, 2003).



Revised Retail Prices of

# COCA WINE.

ARMBRECHT'S  
FOR FATIGUE OF MIND AND BODY.  
*And Consequent Affections, as*  
**NEURALGIA,  
SLEEPLESSNESS,  
DESPONDENCY,**  
ETC., ETC.

**TWELVE BOTTLES, 48s. TWENTY-FOUR BOTTLES, 84s.**  
(Large and English Made, and Filled by Special and Licensed Bottlers, and others.)

Professional Prices 40s. per dozen; 21s. half-dozen.  
(Large and English Made.)

**ARMBRECHT, NELSON & CO.,**  
Largest Wholesalers, 2, Duke St., Grosvenor Square, London, W.  
Telephone No. 4811. Telegrams: "ARMBRECHT, LONDON."

A Large Sale is made by Special Bids and Directly to the Trade of Wholesale Retailers.

## A MOTHER'S KISS

Is Not Half So Soothing to Baby as

### Mrs. Winslow's Soothing Syrup

As Millions of Mothers Will Tell You.

*It Soothes the Child,  
It Softens the Gums,  
It Allays all Pain,  
It Cures Wind Colic,  
It is the Best Remedy for Diarrhoea.*

It is absolutely harmless and for over sixty years has proved the best remedy for children while teething.

**BE SURE YOU ASK FOR  
Mrs. Winslow's Soothing Syrup  
AND TAKE NO OTHER.**

## COCAINE TOOTHACHE DROPS

Instantaneous Cure!  
PRICE 15 CENTS.  
Prepared by the  
**LLOYD MANUFACTURING CO.**  
219 HUDSON AVE., ALBANY, N. Y.  
For sale by all Druggists.  
(Registered March 1885.) See other side.

FIGURE 2. Source: Wikipedia

THE IDEAL BRAIN TONIC,  
DELICIOUS SUMMER AND WINTER BEVERAGE!

# Coca-Cola

For Headache & Exhaustion  
AT SODA FOUNTAINS

Bottle cap and label from 1930s era.



**7up**  
TRADE MARK

Seven Up Settles the Stomach  
For Hospital or home use.

**LITHIATED LEMON SODA**

The added citrates neutralize free acid, The sugar is inverted . . . burns clear. 7-Up is more than a mixer...It blends out the harsh features. Dispels hangovers. Takes the "ouch" out of grouch.

*Slenderizing*

PRINTED IN U.S.A.

You Deserve The Original → **7up** ← That's Your Assurance

1955 print advertisement.



*Watch "Soldiers of Fortune" For exciting action, on the 3 1/2 TV Anniversary week.*



*Avoid imitations served from cups or cup-machines. Seven-Up is sold in bottles only.*

## Why we have the youngest customers in the business

This young man is 11 months old—and he isn't our youngest customer by any means.

For 7-Up is so pure, so wholesome, you can even give it to babies and feel good about it. Look at the back of a 7-Up bottle. Notice that all our ingredients are listed. (That isn't required of soft drinks, you know—but we're proud to do it and we think you're pleased that we do.)

By the way, Mom, when it comes to toddlers—if they like to be coaxed to drink their milk, try this: Add 7-Up to the milk in equal parts, pouring the 7-Up gently into the milk. It's a wholesome combination—and it works! Make 7-Up your family drink. *You like it . . . it likes you!*

# Nothing does it like Seven-Up!

# Consequences of Miracle Drugs

- 1853 Dr. Wood's wife was the first patient identified with addiction attributed to hypodermic use (Aldrich, 1994).
- Studies obtained 1878, 1880, & 1885 revealed females outnumber males 3:1 (Aldrich, 1994)
- Most common occupations for addicts: housewife, doctor's wives and **nurses** (Aldrich, 1994)

# Legal Consequences of Miracle Drugs

- 1912: Mrs. Winslow's soothing Syrup prompted Congress to pass the Sherey Amendment (Food and Drug Administration, 2014)
- 1914 Harrison Narcotics Act passed to control and regulate **non-medicinal** use of narcotics and cocaine (Heise, 2003)
- 1919 US Supreme Court *Webb vs. United States* Mandated physicians could not prescribed narcotics to keep an addict comfortable (White, 1998)

# Historic Impact: Criminalization

- Physicians were charged as “dope doctors” for perpetuating the addictive cycle by the continued prescribing of narcotics (Heise, 2003)
- From 1914-1938 25,000 doctors were indicted and 3,000 of them were jailed for violating the Harrison Narcotics Act (Musto, 1999 cited in Heise, 2003)
- Decision of *Webb vs US Supreme Court* still felt today.

# Impact of Historic Beliefs

## Nursing Profession

- Throughout history nurse leaders have focused on raising the bar on nursing as a profession
- Licensure remains a hard won victory acknowledging this goal.

# Impact of Historic Beliefs

## Nursing education:

- Side by side medical ailments & illness related to the use of substances were occurring as well as legal consequences enacted during these challenges.
- Nursing has been reluctant to formally educate students on the disease of addiction

*The  
Present  
U.S. Fighting War on Drugs*

# National Crisis “War on Drugs”

US prevalence

22.6 million persons aged 12 and over identified as illicit drug users in 2011 (ONDCP, 2013)

Financial Burden 2011

\$193 Billion in costs to society  
(SAMHSA-HRSA, 2011)

# Heroin Deaths Double in NJ Since 2011

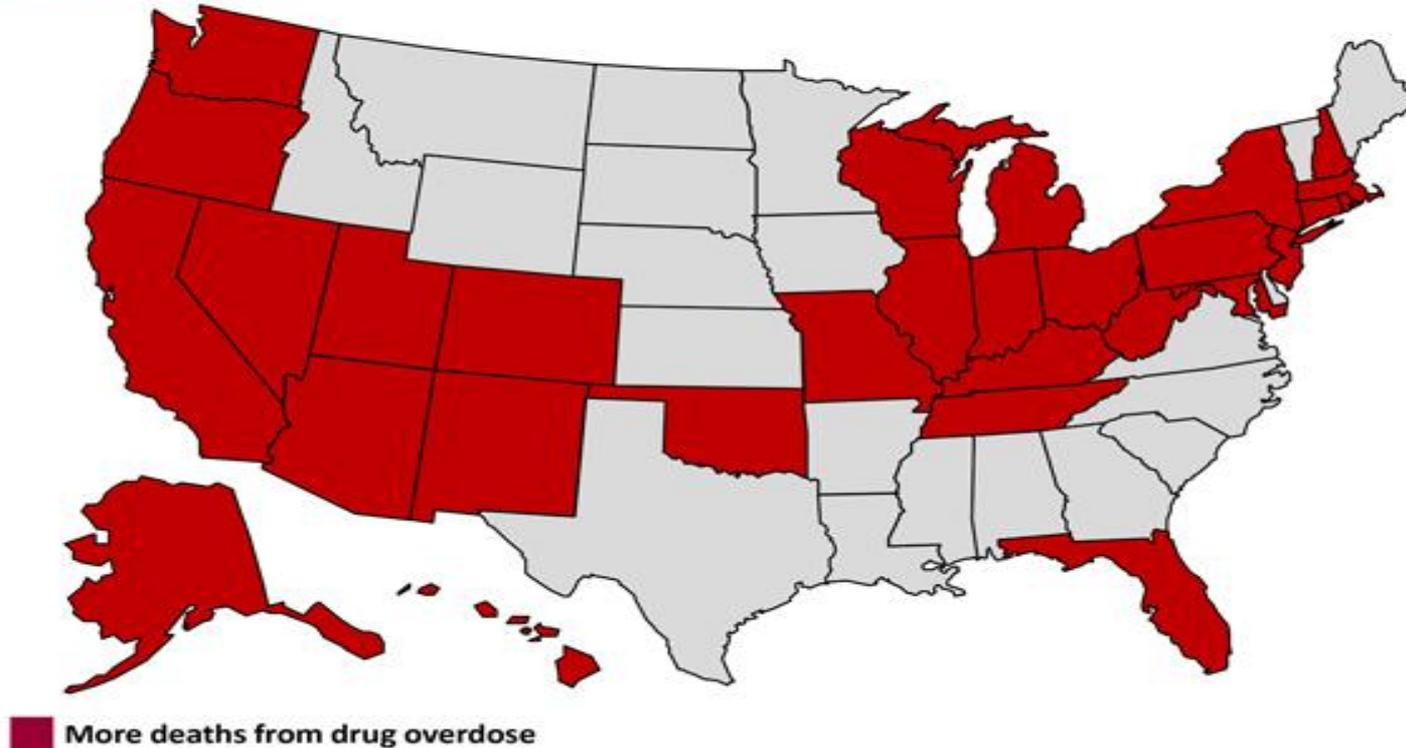
(Davis, 2015)

COUNTY	2011	2012	2013	2014	Pct. +/- 2013	Pc. +/- 2011
ATLANTIC *	22	26	35	40	14	81
BERGEN	25	27	26	42	61	68
BURLINGTON	22	30	35	24	-31	9
CAMDEN *	66	75	65	89	36	34
CAPE MAY	5	14	16	14	-12	180
CUMBERLAND *	3	13	11	17	54	460
ESSEX *	13	36	49	50	2	284
GLOUCESTER	17	28	29	39	34	129
HUDSON *	8	22	26	30	15	275
HUNTERDON	3	3	4	3	-24	0
MERCER	17	25	22	22	0	29
MIDDLESEX *	27	46	39	71	82	162
MONMOUTH	28	29	35	53	51	89
MORRIS *	9	29	19	23	21	155
OCEAN	33	43	62	57	-8	72
PASSAIC	5	23	33	40	21	700
SALEM	3	5	2	3	33	0
SOMERSET	2	5	15	14	-6	600
SUSSEX	7	9	8	7	-12	0
UNION *	9	23	23	21	-8	133
WARREN *	3	2	3	5	66	66
TOTAL	327	513	557	664	19	103

# 2010

## Drug Overdose Deaths Outnumber Motor Vehicle Traffic Deaths

31 States, 2010



CDC National Vital Statistics System, Multiple Causes of Death. 2010

[www.129aday.org/](http://www.129aday.org/)

*129 People Die*

*from*

*Drug Overdose*

*Everyday in the United States*

## Addiction Defined

- Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.
- Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations.
- This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

# Addiction Defined

- Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response.
- Like other chronic diseases, addiction often involves cycles of relapse and remission.
- Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death (ASAM, 2010).

# Is Addiction a Disease?

Choice argument:

People use drugs because they choose to.  
This argument implies “the addict” can stop taking drugs, they just don’t want to (McCauley, 2009)

# Disease Model

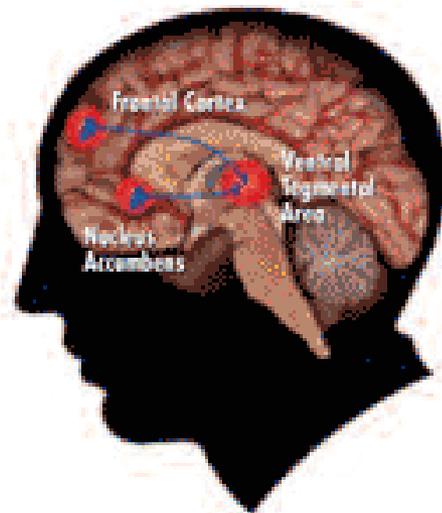
Based on Germ Theory, as posited by Pasteur and Koch states;

- there is an organ (heart, lung, liver, etc.)
- experiences a cellular defect (cells die, infection occurs, or cancer develops)
- As a result of the defect, symptoms develop (elevated blood sugar, pain, seizures)

(McCauley, 2009)

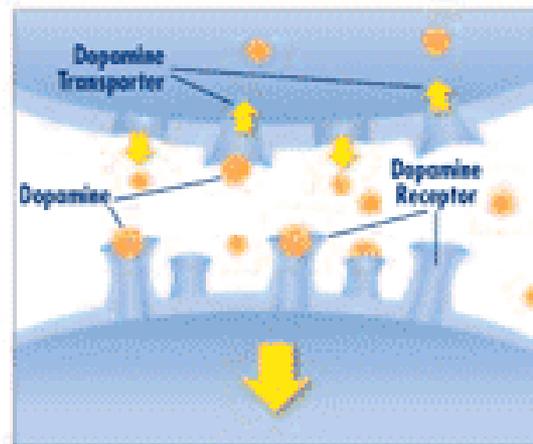
# ALL DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

## Brain reward (dopamine) pathways



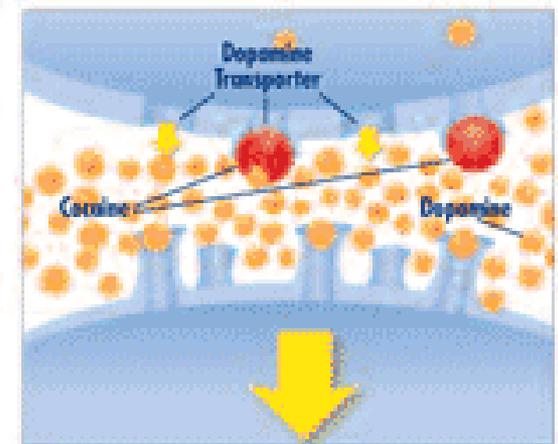
These brain circuits are important for natural rewards such as food, music, and art.

## All drugs of abuse increase dopamine



**FOOD**

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

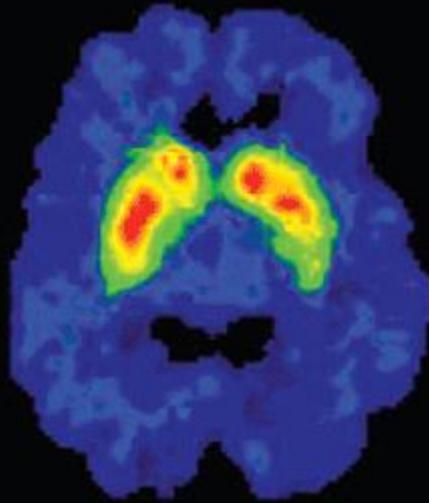


**COCAINE**

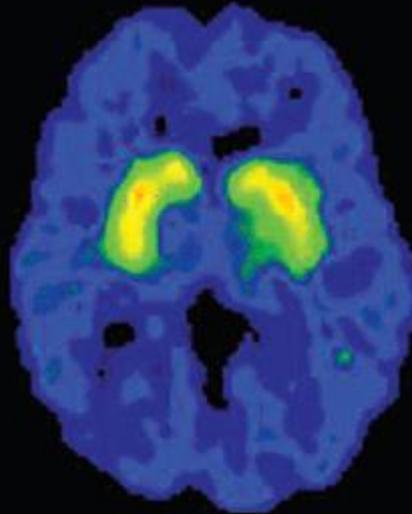
# Can Addiction be Cured?

- Not always, but like other chronic diseases, addiction can be managed successfully.

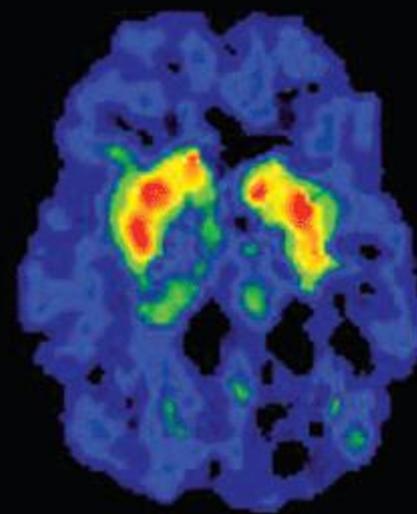
## BRAIN RECOVERY WITH PROLONGED ABSTINENCE



Healthy Person

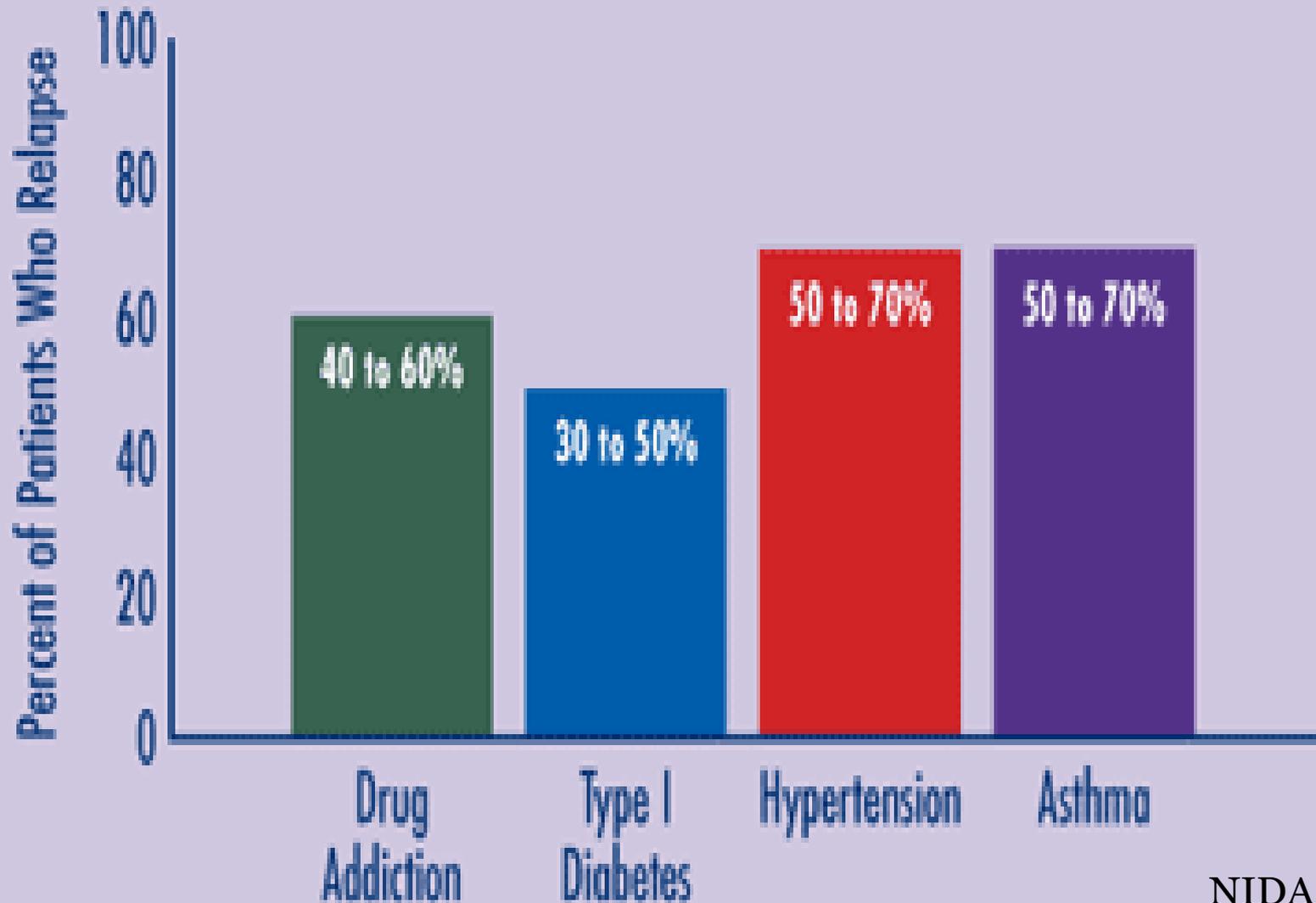


METH Abuser  
1 month abstinence



METH Abuser  
14 months abstinence

# COMPARISON OF RELAPSE RATES BETWEEN DRUG ADDICTION AND OTHER CHRONIC ILLNESSES



# Bio-Psycho-Social-Spiritual-Model

<https://youtu.be/ao8L-onSYzg>

# Who are the Providers?

Currently patients with the disease of addiction are treated in the U.S. by:

Social Service professionals  
(LCSW, LCADC, LCSW)

And

The Criminal Justice System  
Narcan pilot program

# Narcan Use by Police/EMT's 2014

Monmouth County (97) all but 11 were successful

Ocean County (129) all but 8 were successful

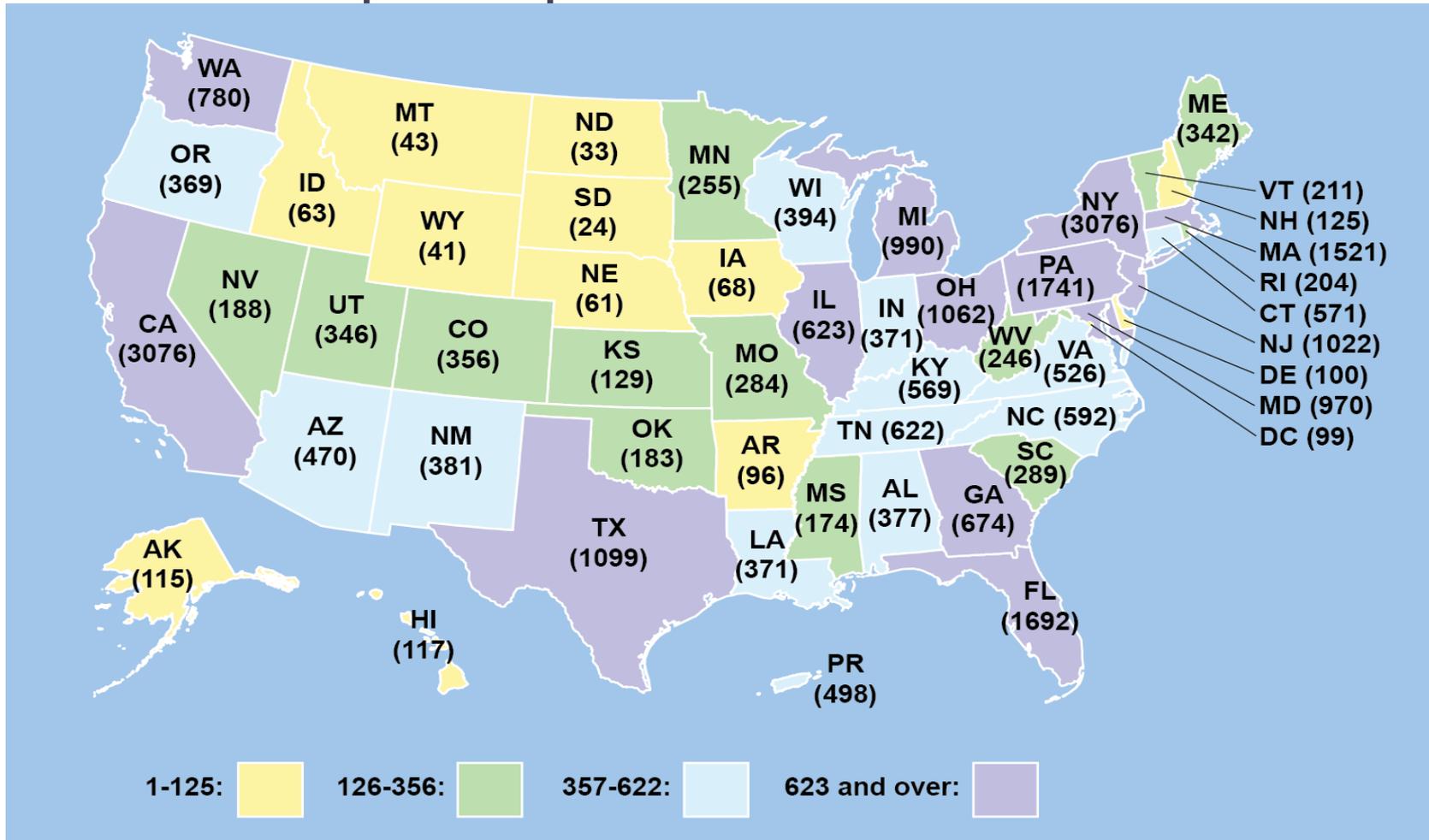
Total of Heroin overdose saves in Monmouth and Ocean County in 2014 (207)

# Provider Availability Index

- NJ estimated to have 38/providers for every 1,000 “Adults with substance use disorder” (Vestal, 2015)
- We have an increased need for providers due to ACA (see CARA Act handout)
- Increase in dually diagnosed (co-occurring) patients with **medical** and **psychiatric** comorbidities.
- Increase evidence based prevention strategies across interdisciplinary professionals

# Only 4% of Eligible US Doctors are Certified to Prescribe Buprenorphine

CSAT, 2015



# Where is Nursing?

- Nurses are the largest group of healthcare professionals
- Repeatedly the most trusted profession
- Strategically have more contact with patients than any other profession.
- Instead of screening and intervening, we consistently treat the **consequences** of this disease in our patients.

# Largest Group of Healthcare Professionals

(Henry J. Kaiser Family Foundation, 2015)

<b>Location</b>	<b>Registered Nurse (RN)</b>	<b>Licensed Practical Nurse (LPN)</b>	<b>Total Professionally Active Nurses</b>
<b>United States</b>	<b>3,083,487</b>	<b>833,480</b>	<b>3,916,967</b>
New Jersey	95,041	20,054	115,095

# Where should Nursing be?

- Included in educational offerings specific to identification and treatment of this disease
- Ideally integrate addiction into the “drinking water” of Nursing students (Carmel Clancy, 2013)
- Part of the “all hands on deck” plea to government officials in fighting addiction
- Incorporate SUD screening into ***routine*** nursing assessment (the 6<sup>th</sup> vital sign)
- Normalize the conversation across all disciplines

# Question to ponder

- As a disease if addiction were compared to cancer, we identify this disease routinely in **Stage IV!**
- What would be the success rate for cancer diagnosed routinely in **Stage IV?**

# Nursing Defined:

- *Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of **human response**, and advocacy in the care of individuals, families, communities, and populations (ANA, 2010).*

# Work to be done

- APNs currently have less than 3 hours of addiction content in their curriculum (except CARN-AP)
- Silos exist within our current system
- Money matters \$\$\$
- Nurses are not represented on multiple levels of the local, county, state, and National levels in treatment planning.
- Bias exists related to lack of evidence based education

# SBIRT: Screening, Brief Intervention, Referral to treatment

- CAGE Questionnaire
- Audit Tool
- TAP 33 (handout)
- SBRIT APP
- Billable \$\$\$ (handout)

# CAGE Questionnaire

- Have you ever felt you should **C**ut down on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye opener)?

**1. How often do you have a drink containing alcohol?**

- (0) Never (Skip to Questions 9-10)
- (1) Monthly or less
- (2) 2 to 4 times a month
- (3) 2 to 3 times a week
- (4) 4 or more times a week

**2. How many drinks containing alcohol do you have on a typical day when you are drinking?**

- (0) 1 or 2
- (1) 3 or 4
- (2) 5 or 6
- (3) 7, 8, or 9
- (4) 10 or more

**3. How often do you have six or more drinks on one occasion?**

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) 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?**

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

**5. How often during the last year have you failed to do what was normally expected from you because of drinking?**

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

**6. How often during the last year have you been unable to remember what happened the night before because you had been drinking?**

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

**7. How often during the last year have you needed an alcoholic drink first thing**

**in the morning to get yourself going after a night of heavy drinking?**

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

**8. How often during the last year have you had a feeling of guilt or remorse after drinking?**

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

**9. Have you or someone else been injured as a result of your drinking?**

- (0) No
- (2) Yes, but not in the last year
- (4) Yes, during the last year

**10. Has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down?**

- (0) No
- (2) Yes, but not in the last year
- (4) Yes, during the last year

**Add up the points associated with answers. A total score of 8 or more indicates harmful drinking behavior.**

# SBRIT

## LOW-RISK DRINKING LIMITS

Source: National Institutes of Health

MEN 18-65



No more than:  
≤ **4 drinks per day**  
AND no more than:  
≤ **14 drinks per week**

WOMEN 18-65\*



No more than:  
≤ **3 drinks per day**  
AND no more than:  
≤ **7 drinks per week**

AGE 66+



No more than:  
≤ **3 drinks per day**  
AND no more than:  
≤ **7 drinks per week**

\*Women who are pregnant or breastfeeding should not drink.

## Alcohol Risk Calculator

WHAT COUNTS AS A DRINK?



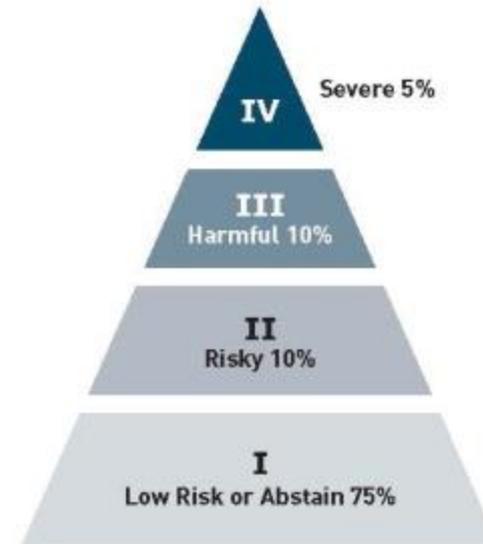
**A drink is:**

One 12-ounce can of beer

One 5-ounce glass of wine

One shot of hard liquor (1½ ounces)

## RISK LEVEL PYRAMID



Adapted from World Health Organization



## Readiness Ruler: back

I Healthy AUDIT: 0-7 DAST: 0	II Risky AUDIT: 8-15 DAST: 1-2	III Harmful AUDIT: 16-19 DAST: 3-5	IV Dependent AUDIT: 20+ DAST: 6+
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## Raise the subject

- "If it's okay with you, let's take a minute to talk about the annual screening form you've filled out today."

## Provide feedback

- "As your doctor, I can tell you that drinking (drug use) at this level can be harmful to your health and possibly responsible for the health problem you came in for today."

## Enhance motivation

- "On a scale of 0-10, how ready are you to cut back your use?"
- if >0: "Why that number and not a \_\_\_\_ (lower one)?"
  - if 0: "Have you ever done anything while drinking (using drugs) that you later regretted?"

## Negotiate plan

- "What steps can you take to cut back your use?"
- "How would your drinking (drug use) have to impact your life in order for you to start thinking about cutting back?"

# IntNSA Conference 2014 Washington D.C.



# Magnitude of Problem

- Substance abuse in Nursing has been identified as high as 20% (Monroe 2011)
- ATD Programs have been identified as the most effective method for :
  - Removing the nurse from the workforce
  - Monitoring the nurse for safe re-entry into practice



## Clarion Call to Nurses:

"Get to the table and be a player, or someone who does not understand nursing will do that for you."

~ Loretta Ford, Ed.D, RN, PNP, FAAN,, FAANP,  
University of Rochester School of Nursing

## Patient's Fear:

“I’m going to die because  
these people aren’t properly  
trained.”

~Derek Shepard

(Grey’s Anatomy, April 23, 2015)

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Questions?