Welcome!

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

Rosemary Smentkowski
MSN Ed., RN, CARN
Please~
Take one moment to reflect on a patient you have cared for with a substance use disorder.
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
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
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)  
“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, Lavina 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.
Nurses braved battlefields in foreign lands and engaged in autonomous practice abroad with the influenza pandemic waiting in the wings.
WWII (1939-1945)

- 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
1st Addictions Nurse

1855-1856 Florence Nightingale identified alcohol intoxication as a “life threatening” disease, not a moral failure (Naegle, 1991).
Nightingale 1st 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 Sertturner (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, gonorrhea and yellow fever and to calm crying infants “infant doping”. (Heise, 2003).
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 Satisfies the Child.
It Satiates the Great.
It Allights the Fire.
It Clears Wind Colic.
It is the Best Remedy for Diarrhea.
It is absolutely harmless and for over sixty years has graced the best remedy for children's minor complaints.

Be Sure You Ask For
Mrs. Winslow's Soothing Syrup
And Take No Other.

Coca-Cola

For Headache & Exhaustion

At Soda Fountains.
Why we have the youngest customers in the business

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 Sherely 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)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ATLANTIC *</td>
<td>22</td>
<td>26</td>
<td>35</td>
<td>40</td>
<td>14</td>
<td>81</td>
</tr>
<tr>
<td>BERGEN</td>
<td>25</td>
<td>27</td>
<td>26</td>
<td>42</td>
<td>61</td>
<td>68</td>
</tr>
<tr>
<td>BURLINGTON</td>
<td>22</td>
<td>30</td>
<td>35</td>
<td>24</td>
<td>-31</td>
<td>9</td>
</tr>
<tr>
<td>CAMDEN *</td>
<td>66</td>
<td>75</td>
<td>65</td>
<td>89</td>
<td>36</td>
<td>34</td>
</tr>
<tr>
<td>CAPE MAY</td>
<td>5</td>
<td>14</td>
<td>16</td>
<td>14</td>
<td>-12</td>
<td>180</td>
</tr>
<tr>
<td>CUMBERLAND *</td>
<td>3</td>
<td>13</td>
<td>11</td>
<td>17</td>
<td>54</td>
<td>460</td>
</tr>
<tr>
<td>ESSEX *</td>
<td>13</td>
<td>36</td>
<td>49</td>
<td>50</td>
<td>2</td>
<td>284</td>
</tr>
<tr>
<td>GLOUCESTER</td>
<td>17</td>
<td>28</td>
<td>29</td>
<td>39</td>
<td>34</td>
<td>129</td>
</tr>
<tr>
<td>HUDSON *</td>
<td>8</td>
<td>22</td>
<td>26</td>
<td>30</td>
<td>15</td>
<td>275</td>
</tr>
<tr>
<td>HUNTERDON</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>-24</td>
<td>0</td>
</tr>
<tr>
<td>MERCER</td>
<td>17</td>
<td>25</td>
<td>22</td>
<td>22</td>
<td>0</td>
<td>29</td>
</tr>
<tr>
<td>MIDDLESEX *</td>
<td>27</td>
<td>46</td>
<td>39</td>
<td>71</td>
<td>82</td>
<td>162</td>
</tr>
<tr>
<td>MONMOUTH</td>
<td>28</td>
<td>29</td>
<td>35</td>
<td>53</td>
<td>51</td>
<td>89</td>
</tr>
<tr>
<td>MORRIS *</td>
<td>9</td>
<td>29</td>
<td>19</td>
<td>23</td>
<td>21</td>
<td>155</td>
</tr>
<tr>
<td>OCEAN</td>
<td>33</td>
<td>43</td>
<td>62</td>
<td>57</td>
<td>-8</td>
<td>72</td>
</tr>
<tr>
<td>PASSAIC</td>
<td>5</td>
<td>23</td>
<td>33</td>
<td>40</td>
<td>21</td>
<td>700</td>
</tr>
<tr>
<td>SALEM</td>
<td>3</td>
<td>5</td>
<td>2</td>
<td>3</td>
<td>33</td>
<td>0</td>
</tr>
<tr>
<td>SOMERSET</td>
<td>2</td>
<td>5</td>
<td>15</td>
<td>14</td>
<td>-6</td>
<td>600</td>
</tr>
<tr>
<td>SUSSEX</td>
<td>7</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>-12</td>
<td>0</td>
</tr>
<tr>
<td>UNION *</td>
<td>9</td>
<td>23</td>
<td>23</td>
<td>21</td>
<td>-8</td>
<td>133</td>
</tr>
<tr>
<td>WARREN *</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>66</td>
<td>66</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>327</td>
<td>513</td>
<td>557</td>
<td>664</td>
<td>19</td>
<td>103</td>
</tr>
</tbody>
</table>
2010

Drug Overdose Deaths Outnumber Motor Vehicle Traffic Deaths

31 States, 2010

More deaths from drug overdose

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

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

• Not always, but like other chronic diseases, addiction can be managed successfully.
COMPARISON OF RELAPSE RATES BETWEEN Drug Addiction AND OTHER CHRONIC ILLNESSES

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent of Patients Who Relapse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug Addiction</td>
<td>40 to 60%</td>
</tr>
<tr>
<td>Type I Diabetes</td>
<td>30 to 50%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>50 to 70%</td>
</tr>
<tr>
<td>Asthma</td>
<td>50 to 70%</td>
</tr>
</tbody>
</table>

NIDA 2015
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 co-morbidities.
• 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)

<table>
<thead>
<tr>
<th>Location</th>
<th>Registered Nurse (RN)</th>
<th>Licensed Practical Nurse (LPN)</th>
<th>Total Professionally Active Nurses</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>3,083,487</td>
<td>833,480</td>
<td>3,916,967</td>
</tr>
<tr>
<td>New Jersey</td>
<td>95,041</td>
<td>20,054</td>
<td>115,095</td>
</tr>
</tbody>
</table>
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 6th 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)
- SBIRT APP
- Billable $$$ (handout)
CAGE Questionnaire

• Have you ever felt you should Cut down on your drinking?

• Have people Annoyed you by criticizing your drinking?

• Have you ever felt bad or Guilty 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 (Eye 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.
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 65+
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

I  Low Risk or Abstain 75%
II  Risky 10%
III  Harmful 10%
IV  Severe 5%

Adapted from World Health Organization
Readiness Ruler: back

<table>
<thead>
<tr>
<th>I</th>
<th>Healthy</th>
<th>II</th>
<th>Risky</th>
<th>III</th>
<th>Harmful</th>
<th>IV</th>
<th>Dependent</th>
</tr>
</thead>
</table>

- **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?"

Oregon alcohol & drug referral hotline: 1-800-923-4357
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)
References


  ▫ http://www.nursingworld.org/EspeciallyForYou/What-is-Nursing

• ASAM Public Policy Statement on Treatment for Alcohol and Other Drug Addiction, Adopted: May 01, 1980, Revised: January 01, 2010
  CDC


References


  - Retrieved from: http://www.fda.gov/AboutFDA/WhatWEDo/History/Milestones/ucm128305.htm

References


References


References


References


Questions?