



# How to Talk with Patients about Substance Use and Viral Hepatitis

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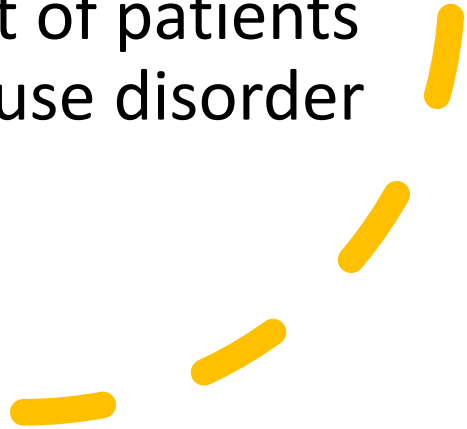
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# Disclosures

- I have no financial conflicts of interest.



# Learning Objectives

- Understand common myths related to addiction and potential harms related to these myths
  - Describe how language impacts stigma and ways to decrease stigmatization in oral and written communication
  - Describe a patient focused approach towards screening and treatment of patients with HCV who have a substance use disorder
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# Myths about Addiction

- Myth: Addiction is a matter of choice and can be overcome with will power
  - Social situations and policy both have an impact on likelihood of developing a substance use disorder
  - People from disenfranchised backgrounds have a different response to dopamine reinforcement that impacts susceptibility to substance use disorder
  - Will power is essential but not sufficient for change – John Norcross
    - Changing environments, healthy alternatives, reward contingency, healthy relationships

# Myths about Addiction

- Myth: Because people may return to use or continue to use substances following treatment, treatment does not work
  - Substance use disorders are treatable chronic illnesses
    - Only 1 in ten people with an SUD will access treatment
    - Multiple treatment episodes and modalities may be needed prior to finding an effective treatment
      - This is an expected course for a chronic illness and not a personal failure of an individual or a sign that treatment is ineffective




# Myths about Addiction

- Myth: If people really wanted to stop, they could
  - Loss of control is a factor in the disease process
  - This puts the onerous on the individual person rather than in the environmental, social and political context
  - Ambivalence is a normal part of the change process



# Stigma and Substance Use Disorders

- Sources of stigma
    - Family
      - Shame, fear, lack of knowledge
    - Media
      - Often motivated by sensationalism
    - Healthcare
      - Overdose deaths are rising faster among Black than White Americans
      - Black patients are 20-50% less likely as White patients to initiate MOUD
    - Policy
      - Punitive policies historically and currently disproportionately impact communities of color
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# Words Matter Campaign: National Institute on Drug Addiction



## NON-STIGMATIZING LANGUAGE

- Person with a substance use disorder

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- Babies born with an opioid dependency

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- Substance use disorder or addiction
- Use, misuse
- Risky, unhealthy, or heavy use

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- Person in recovery
- Abstinent
- Not drinking or taking drugs

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- Treatment or medication for addiction
- Medication for Opioid Use Disorder/Alcohol Use Disorder
- Positive, negative (toxicology screen results)



## STIGMATIZING LANGUAGE

- Substance abuser or drug abuser
- Alcoholic
- Addict
- User
- Abuser
- Drunk
- Junkie

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- Addicted babies/Born addicted

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- Drug habit
- Abuse
- Problem

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- Clean

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- Substitution or replacement therapy
- Medication-Assisted Treatment
- Clean, dirty



# Impacts of Stigma and Language

- Mass General study comparing health professionals views on a clinical vignette in which the term “person with a substance use disorder” was compared to “substance abuser”
  - Substance abuser: more likely to describe the situation as a moral issue or law enforcement issue
  - Person with a substance use disorder: more likely to recommend therapeutic interventions

Peabody JW, Luck J, Glassman P, Dresselhaus TR, Lee M. Comparison of Vignettes, Standardized Patients, and Chart Abstraction: A Prospective Validation Study of 3 Methods for Measuring Quality. *JAMA*. 2000;283(13):1715–1722. doi:10.1001/jama.283.13.1715



# Patient Centered Approach to HCV Screening and Evaluation

## *Motivational Interviewing*

- Motivation comes from the client, not from outside sources
- Ambivalence cannot be resolved through direct persuasion
- Counselors use reflective listening & pointing out discrepancy
- Readiness to change is a fluctuating result of interpersonal interaction, not a trait

## *Clinical work up*

- Screening labs:
  - HIV
  - HCV
  - STI including syphilis
  - TB
- Immunizations
  - HBV
  - HAV
  - Tetanus
  - Influenza/covid



Questions?

