

# AOD - Alcohol and Other Drugs

## AOD-C      COMPLICATIONS

**OUTCOME:** The patient/family will understand the complications of alcohol and other drugs (AOD) abuse/dependence.

### **STANDARDS:**

1. Review the short and long term effects that AODs have on the body (tolerance and withdrawal symptoms, tissue adaptation, liver damage/cirrhosis, brain damage) and mind (changes in thinking/personality, poor judgment, emotional disorders), and behavior (loss of inhibitions, theft to support use, acting out of anger/irritability).
2. Discuss the stages of addiction and the progression of use, abuse, and dependence over time.
3. Review the potential adverse effects of AOD abuse/dependence on the lifestyle of the individual, the family, and the community, which often results in:
  - a.      loss of job
  - b.      divorce or marital and family conflict
  - c.      legal problems
  - d.      associated health risks, e.g., sexually transmitted infections, unplanned pregnancies, acute illness, exacerbation of chronic health problems
  - e.      increased risk of injury or death, e.g., motor vehicle crashes, falls, assaults
4. Discuss the common co-morbidity of AOD with mental health diagnoses, including depression, anxiety, and features of personality disorders.

## AOD-CM      CASE MANAGEMENT

**OUTCOME:** The patient/family will understand the importance of integrated case management in achieving optimal health.

### **STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family, and providers in the case management plan.
2. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**
3. Discuss with patient/family the concept of continuum of care in the treatment of AOD use disorders including:

- a. the pre-treatment, treatment, sobriety maintenance, follow-up, and relapse prevention phases
  - b. progression of care, where available, from inpatient setting to half-way houses to intensive outpatient and outpatient
4. Provide assistance and advocacy to the patient/family in obtaining integrated services.

#### **AOD-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

#### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

#### **AOD-DP DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the disease process of AOD abuse and addiction and understand the stages of change.

#### **STANDARDS:**

1. Review the current medical information, including physical, psycho-social, and spiritual consequences of the patient's specific AOD abuse/dependency.
2. Discuss the diagnosis of AOD abuse/dependence and provide an opportunity to recognize the disease process/progression of abuse and dependence:
  - a. Tolerance and withdrawal symptoms
  - b. Substance is taken in larger amounts or over a longer period than intended
  - c. Persistent desire or unsuccessful efforts to cut down or control the substance use
  - d. A great deal of time spent in activities necessary to obtain the substance or recover from its effect
  - e. Important social, occupational, or recreational activities are given up because of the substance use
  - f. The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological pattern likely caused or exacerbated by the substance

## **AOD-EX      EXERCISE**

**OUTCOME:** The patient/family will understand the role of increased physical activity for a healthy and AOD-free life style.

### **STANDARDS:**

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any exercise, such as improvement in well being, stress reduction, sleep, bowel regulation, and self image.
3. Discuss obstacles to a personal exercise plan and solutions to those obstacles. Assist the patient in developing a personal exercise plan.
4. Encourage the patient to increase the intensity and duration of the activity as the patient becomes more fit.
5. Refer to community resources as appropriate.

## **AOD-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of alcohol and other drugs (AOD).

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **AOD-HPDP      HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient/family will understand the lifestyle changes necessary to promote and sustain healthy living.

### **STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.

3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Set small, realistic, sustainable goals.
  - d. Practice new knowledge.
  - e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

#### **AOD-INJ     INJURIES**

**OUTCOME:** The patient/family will understand the connection between alcohol or drug use and physical injury.

#### **STANDARDS:**

1. Discuss the results of alcohol screening, comparing quantity and frequency to non-hazardous drinking.
2. Discuss the connection between the use of alcohol and the injury or adverse health consequence(s) that resulted in the hospital or clinic visit.
3. Provide options that the patient can pursue to develop a plan for treatment of the underlying AOD disorder and injury prevention as appropriate.

#### **AOD-IR     INFORMATION AND REFERRAL**

**OUTCOME:** The patient/family will receive information and referral for alternative or additional services as needed or desired.

#### **STANDARDS:**

1. Provide the patient/family with alternative or additional sources for care and services.
2. Provide the patient/family with assistance in securing alternative or additional resources as needed.

#### **AOD-L     LITERATURE**

**OUTCOME:** The patient/family will receive literature on alcohol and other drugs.

#### **STANDARDS:**

1. Provide the patient/family with appropriate literature (including literature and/or Website addresses) to facilitate understanding and knowledge of AOD issues.
2. Discuss the content of the literature.

## **AOD-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand the lifestyle adaptations needed for recovery from AOD dependence.

### **STANDARDS:**

1. Discuss lifestyle adaptations specific to recovery from AOD dependence:
  - a. Minimizing exposure to AOD, such as avoiding bars
  - b. Developing new and enjoyable AOD-free activities/hobbies
  - c. Attending AOD-free social functions and community/family activities
    - a. Making new friends who are AOD-free or actively engaged in recovery
2. Discuss that family may also require lifestyle adaptations to care for the patient, including reducing enabling behaviors and avoiding social drinking in the presence of the recovering individual.
3. Discuss ways to optimize quality of life, such as exploring or deepening spirituality.
4. Refer to community services, resources, or support groups, as available.

## **AOD-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate. This includes OTC medicines that may contain alcohol, e.g., cough syrup.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Emphasize the importance of taking medications as prescribed, e.g., avoiding overuse, under use, or misuse.
5. Discuss the importance of keeping a list of all current prescriptions and OTC medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **AOD-MNT MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **AOD-N NUTRITION**

**OUTCOME:** The patient/family will understand the importance of role of nutrition and AOD.

### **STANDARDS:**

1. Emphasize that nutritional management includes meal planning, careful shopping, appropriate food preparation, and eating.
2. Describe healthy food preparation methods. Emphasize the importance of appropriate serving sizes and reading food labels.
3. Discuss the importance of regular meals and adequate fluid intake.
4. Explain that oral supplements are beneficial to boost calories if oral intake is less than optimal.
5. Refer to a registered dietitian for MNT.

## **AOD-P PREVENTION**

**OUTCOME:** The patient/family will understand the dangers of AOD-use disorders to promote a healthy and AOD-free lifestyle.

**STANDARDS:**

1. Emphasize awareness of risk factors associated with AOD abuse and dependence, such as experimentation with alcohol and other drugs, binge drinking, and family history of AOD abuse and dependence.
2. Discuss that the individual who is becoming dependent is often unaware of the progressive loss of control.
3. Discuss the impact of comorbid conditions and psychosocial stressors on AOD abuse and dependence.
4. Discuss how AOD abuse and dependence adversely affects the patient, the family, and the community.

**AOD-PSY PSYCHOTHERAPY**

**OUTCOME:** The patient/family will understand the goals and process of psychotherapy in the treatment of AOD.

**STANDARDS:**

1. Review the reason for the initial referral for therapy as part of the care plan.
2. Explain that therapy may include individual, group, psycho-educational /therapeutic, talking circles, or other modalities.
3. Emphasize that full participation and follow-up are critical to treatment success.
4. Emphasize the importance of openness and honesty with the therapist.
5. Discuss issues of safety, confidentiality, and responsibility.
6. Explain to the patient that the therapist and the patient will establish goals and duration of therapy together.

**AOD-S SAFETY**

**OUTCOME:** The patient/family will understand safety as it relates to alcohol and drug use.

**STANDARDS:**

1. Discuss behavior changes that can occur while someone is under the influence of alcohol or drugs and how these behaviors can put self and others in danger.
2. Discuss how rules and laws protect us.
3. Emphasize the importance of a designated driver.
4. Discuss the following child/adolescent safety items as appropriate:
  - a. How to protect themselves if they have no choice but to ride with a parent or guardian who is not alcohol free.

- b. Explain ways to resist peer pressure and teach responsible ways friends can protect each other.
- c. Discuss how to talk to parents and other adults about alcohol or drugs.
- d. Discuss information sources and how to make informed decisions.

## **AOD-SM      STRESS MANAGEMENT**

**OUTCOME:** The patient/family will understand the role of stress management in the treatment of AOD abuse and dependence.

### **STANDARDS:**

1. Discuss that uncontrolled stress may increase alcohol and other drug use and interfere with treatment.
2. Emphasize the importance of seeking professional help as needed to reduce stress.
3. Discuss the various stress management strategies which may help maintain a healthy AOD-free lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic and meaningful goals
  - e. Getting enough sleep
  - f. Making healthy food choices
  - g. Regular physical activity
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities.
4. Provide referrals as appropriate.

## **AOD-TX      TREATMENT**

**OUTCOME:** The patient/family will understand that AOD abuse/dependence is a chronic disease which may be treated, but which usually includes a long-term process for maintaining sobriety/recovery.

## **STANDARDS:**

1. Discuss the need to identify the patient's perceptions that promote AOD abuse/dependence and to learn the mechanisms to modify those perceptions and associated behaviors.
  - a. Explain the importance of identifying the triggers that lead to use, and finding alternative activities and coping strategies to avoid use when exposed to those triggers.
  - b. Discuss relapse risk of AOD abuse/dependence, and the need to utilize family, cultural/spiritual, and community resources to prevent relapse.
  - c. Discuss changes in lifestyle necessary to maintain sobriety, including new activities/hobbies, social functions, and friends.
2. Discuss the purpose for and the concerns/fears regarding placement at both inpatient and outpatient AOD treatment facilities:
  - a. Explain the rationale for the recommended placement based on patient/family preference, level of need, court order, safety, eligibility, availability, and funding.
  - b. Explain that the purpose of inpatient placement is to ensure a safe and supportive environment for recovery from AOD dependence.
  - c. Discuss alternative placement or treatment options if recommended placement is declined or unavailable.
  - d. Discuss the placement process, including the need for physical exams, the funding requirements, and the timelines for rehabilitation.
3. Explain that patients with dual diagnoses will require specialized treatment or adjunct mental health treatment.
4. Explain the stages of change as applied to the progression of AOD abuse/dependence, e.g., pre-contemplation, contemplation, preparation, action, and maintenance.