

Substance-Related Disorders

Jonathan Bolton MD
Center for Rural and Community
Behavioral Health
University of New Mexico

Risks Associated with Substance Use

- Risks from exposure
 - Infectious disease (HIV, Hepatitis, SBE)
 - Fetal exposure
- Risks from intoxication
 - Trauma
- Risks from withdrawal
 - Seizures, death
- Risks from dependence
 - Crime, violence, loss of life chance

Goal: Risk/Harm reduction

DSM V: Substance-Related and Addictive Disorders

- Substance Use Disorders
 - Alcohol; Caffeine; Cannabis; Hallucinogens (incl. phencyclidine); Inhalants; Opioids; Sedatives, Hypnotics, Anxiolytics; Stimulants; Tobacco; Other
- Substance-Induced Disorders
 - Substance intoxication and withdrawal
 - Substance/Medication-induced mental disorders

Substance Classes

- Alcohol *
- Sedatives/Hypnotics *
- Opioids *
- Cannabis
- Stimulants *
- Hallucinogens
- Tobacco *

Alcohol--Withdrawal

- 5% of alcohol-dependent pts have serious withdrawal
- 5% risk of fatality
- 6-12 hours: shaking, headaches, anxiety, nausea
- 12-24 hours: confusion, hallucinosis, tremor, agitation
- 24-48 hours: seizures
- Delirium Tremens (hyperadrenergic state, fever, hallucinations, reduced consciousness.
- Usu 25-72 hours; may persist 4-12 days

Alcohol--Detoxification

- Detoxification
 - Thiamine 100 mg po/im; Folate 1 mg
 - CIWA protocol
 - Benzodiazepines (Diazepam, Lorazepam)
 - Clonidine

Alcohol--Abstinence

- Alcoholics Anonymous
- Alcohol sensitizing agents
 - Disulfiram/Antabuse
- Anti-craving agents
 - Opioid antagonists
 - Naloxone
 - Naltrexone
 - Acamprosate/Campral

Sedatives/Hypnotics--Detoxification

Withdrawal

- Early signs: anxiety, agitation, nausea, fatigue
- Later signs: abdominal cramps, hyperreflexia
Tachycardia, post. Hypotension, tremor,
dyssomnia

Detoxification

- Out Pt vs In Pt
- Substitution of long-half life Benzodiazepine

Opioids

- Opiates: Derivatives from opium poppy (morphine, codeine)
- Opioids: Derivatives of opiates (hydrocodone, oxycodone, heroin, methadone)

Opioid Intoxication

- Overdose
 - Decreased consciousness, reduced breathing and heart rate, loss of gag reflex
 - Naloxone

Opioid--Detoxification

- Methadone
- Buprenorphine
- Clonidine

- Opioid antagonists
 - Naltrexone

Opioid Dependence--Maintenance

- Opioid agonist
 - Methadone
 - Levomethadyl acetate (LAAM)
- Opioid antagonist
 - Naltrexone/ReVia
- Mixed Opioid agonist-antagonist
 - Buprenorphine

Tobacco--Detoxification

- Nicotine replacement
 - Gum
 - Transdermal patch
 - Nasal spray

Tobacco--Maintenance

- Bupropriion (Wellbutrin/Zyban)
- Clonidine
- Varenicline/Chantix

- Others
 - Electric cigarette