

CLINICAL PROVIDER QUICK TIPS

ADDRESSING STIMULANT USE IN PRIMARY CARE SETTINGS

WHAT YOU NEED TO KNOW

CME AVAILABLE AT NO COST

UCLA

David Geffen School of Medicine

Integrated Substance Abuse Programs



Opioid and Stimulant Implementation Support
Training and Technical Assistance

Session Title

Primary Care/Harm Reduction for People Who Use Stimulants

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Takeaway Tips

- If you are a primary care provider who treats chronic diseases, you already have the skill set you need.
- Stigma kills; you should be comfortable asking questions and giving practical advice

Take a thorough history

- Routes and frequency of use (Injection, smoke, snort, swallow, booty bump)
- Common complications: weight loss, skin problems, dental problems, cardiac symptoms, abnormal movements, mood disorders
- Sexual practices
- Do you have any concerns about your substance use?
- Are you interested in cutting back or trying to quit your substance use?
- If so, what has worked for you before?
- Are there times/situations you find yourself using more than you intended?

- Do NOT assume people who use drugs don't care about their health
- DO use non-stigmatizing language: people who use drugs, substance use disorder, expected/unexpected urine drug screen OR positive for/negative for

Advice for patients who inject-

- Use an alcohol swab to clean site, rotate sites, don't inject through clothing
- Don't lick the needle
- Know your local syringe services, have printed handouts
- Use clean water when injecting
- Use needle, syringe, cooker, cotton/filter only once; don't share with others
- Don't use tampons or cigarette filters

“Safer Use” is possible

- Sustained periods of non-use can reset your tolerance levels
- Can you set limits before use? (substance use, risky behaviors)
- Safer routes of administration
- Educate about possible fentanyl contamination, fentanyl test strips, and naloxone

Practical Advice

- Drink water and eat before and during use
- Brush and floss daily
- Skin care, warning signs/symptoms of skin infections
- Hep A, Hep B, HPV, PPV-23, Tetanus vaccines if appropriate
- “You matter, using or not, and can always get care here”

Write down important advice/instructions-auditory memory is often more impaired

Sexual and Reproductive Health Care

- Sexual harm reduction: condoms, PrEP/PEP, choosing more known than unknown partners; serosorting/seropositioning
- Discuss sexual practices and offer regular STI screening if indicated.
- Stimulant use increases the risk of unplanned pregnancy. Explore pregnancy wishes of all individuals with a uterus.
 - Encourage LARCs, educate about “morning after” treatments for those not wanting pregnancy.
 - For those wanting or undecided about possible pregnancy, advise about treatment programs in your area. Have a plan if pregnancy occurs.

In summary:

- Use the same skills you use to help patients with other chronic diseases
 - Compassion
 - Knowledge
 - Collaboration to develop a treatment plan to improve quality of life and mitigate the complications associated with the person's chronic disease



THANK YOU

Clinical Provider Quick Tips

-- Addressing Stimulant Use in Primary Care



For content information/questions:

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