

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

Presenter

Motivational Interviewing:
Strategies to help increase
engagement in care

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Takeaway Tips

- Use curiosity to engage the patient. What is important to them?
- Remain non-judgmental and ask open-ended questions
- Understand what the patient wants to change. Link that to their substance use to increase motivation for change

What is Motivational Interviewing?



Collaborative



Patient-centered



**With a specific
objective**

GOAL: Arrange the conversation so that the patient is talking about:

- **Why** they want to change
- **How** they would go about changing if they wanted to
- What **reasons** they have for changing
- How **important** it is for them to change

Change Talk – when the patient talks about wanting something different

Tools to increase motivation

1. Engagement

- Be curious
- Ask open-ended questions
- Remain non-judgmental
- Avoid telling, pushing or arguing
- Validate, validate, validate

2. Pros/Cons

- Use to understand what they like/don't like about using meth
- Also to understand pros/cons if they stopped use

3. Ask-Tell-Ask

- Use to provide education about how meth use is linked to medical/mental health concerns

4. Readiness Ruler

- Use to understand how important/confident/ready they are to make a change

1. Engagement

TASK:

- Build rapport
- Arrange conversation so patient is talking 80%
- Open questions
- No judgment

GOAL: Find out what patient is worried about and link that to substance use

EXAMPLE:

- I'm so glad you came in today.
- I'd like to get an idea of how you have been feeling so I can best help you. You can ask me any questions you would like. To start, I'd like to understand:

Ask: What worries you most about your health?

Ask: What worries you most about your use?

Patient Example

- 36yo male-identified person with history of substance use
- Has been using stimulants more regularly over the last year
- Needs stimulants to help him stay awake for work
- Increasing health problems (e.g., high blood pressure, COPD, work-related injuries)
- Complaints for visit are anxiety, insomnia, lack of energy and depression
- Contemplation Stage – knows he should quit at some point, but he hasn't had a lot of negative consequences so he feels he is handling his use pretty well

What is your goal with this patient?

2. Pros & Cons

TASK:

- Explore pros & cons of using stimulants
- Reflect back what they say
- Summarize statements

GOAL:

- Help them to identify things they don't like about using, how life would be better if they cut down
- Link their concerns to substance use

Pros/Cons of Status Quo:

- I'd like to understand more about your meth use. What do you like about using?
- What don't you like about using?
- What are the negatives?

Pros/Cons of Change:

- What are the bad things about changing?
- What would be good about changing?

Use reflective statements and summarize

- You use because ... and at the same time:
- You're worried about...(dying, your health, withdrawal)

2. Pros & Cons



3. Feedback using Ask-Tell-Ask

- Use this step when you want to provide psychoeducation or when you want patient to know something specific
- Provide information without judgement
- Elicit response – what do they think?

Ask:

- What do you know about how stimulants affect your health?
- What are your thoughts about how your insomnia and anxiety are related to your using meth?
- What do you know about the risks of high blood pressure?
- What do you know about how medication can help you?
- What do you know about your options for treatment?

Tell:

- Provide psychoeducation
- Keep it brief – one or two pieces of information

Ask:

- What are your thoughts?

4. Readiness Ruler

Use to determine:

- How **important** making a change is to them
- How **confident** they are that they will be able to make the change
- How **ready** the patient is to make a change

- On a scale of 1 to 10, how ready are you to change your stimulant use?
 - How come you chose that number and not a lower number, like a 1 or a 2?
- If they choose a low number, ask:
 - What would it take to raise that number, and make you more ready to change your use?
- **Reflect their response and say:**
 - It sounds like you have some reasons to make a change.
 - When (insert consequence), you will be ready to make a change

1

2

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10

Core Skills – Use to elicit and respond to Change Talk



- Ask Open-ended Questions
- Reflect and Respond
- Use Ask-Tell-Ask
- Affirm any step in the right direction
- Validate the patient
- Summarize the Change Talk



THANK YOU

Clinical Provider Quick Tips

-- Addressing Stimulant Use in Primary Care



For content information/questions:

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