

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

Getting to the Good Part, How to Take An Engaging Substance Use History

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Takeaway Tips

- Taking a substance use history can be informative, effective and engaging.
- Eye contact is important when asking substance use questions.
- Open Ended questions are a great Motivational Interviewing tool for obtaining a substance use history.

Objectives

- At the conclusion of this presentation participants will be able to:
 - Recall the important questions that need to be asked in order to obtain a substance use history.
 - Discuss the main categories of substances asked in a substance use history.
 - Distinguish between substance use questions that may be different for each substance category
 - Demonstrate how to take an engaging, informative and effective substance use history.

Taking a Substance Use History should not be....

- Intimidating
- Burdensome
- Complicated

Taking a Substance Use History should be...

- Engaging
- Effective
- Informative

Common Drugs of Use by Category

- Smoking
 - Tobacco
 - Marijuana
 - Vaping
- Alcohol
 - Beer
 - Wine
 - Liquors
- Benzodiazepines

Common Drugs of Use by Category

- Opioids
 - Oxycodone
 - Hydrocodone
 - Methadone
 - Fentanyl
 - Heroin
- Stimulants
 - Caffeine
 - Cocaine
 - Methadone

Prior to taking the Substance Use History

- Take a deep breath.
- Inform the patient you have to ask questions about Substance Use to complete their history during the visit.
- Ask the patient if it is ok to proceed with asking about Substance Use.
 - Most patients will give permission to proceed with the questions.



A background image showing a misty or foggy landscape with a body of water in the foreground and mountains in the distance. The scene is serene and somewhat obscured by the weather conditions. The text is overlaid on this background.

OBTAINING A SUBSTANCE USE HISTORY BY DRUG CATEGORY

Obtaining a SMOKING USE history

- TOBACCO USE: Ask the following questions
 - Any history of tobacco use such as smoking cigarettes or chewing tobacco?
 - If there is a history ask:
 - How many cigarettes or how many cans currently?
 - When did you first start smoking or chewing tobacco?
 - What does tobacco use do for you? (excellent open ended question)
 - What are your thoughts about cutting down or quitting?

Obtaining a SMOKING USE history cont.

- MARIJUANA USE: Ask the following questions
 - Any history of marijuana use such as smoking or edibles?
 - If there is a history ask:
 - What is your method of use?
 - How many blunts smoked or edibles eaten, etc.?
 - How often do you smoke, eat edibles, etc.?
 - When did you first start using marijuana?
 - What does marijuana do for you?
 - What are your thoughts about quitting?

Obtaining a SMOKING USE history cont.

- VAPING: Ask the following questions
 - Any history of vaping?
 - If there is a history ask:
 - What do you usually vape, tobacco or marijuana?
 - How many cartridges do you use in a day?
 - When did you first start vaping?
 - What does vaping do for you?
 - What are you thoughts about quitting?

Obtaining an ALCOHOL USE history

- ALCOHOL:USE: Ask the following questions
 - Any history of alcohol use such as beer, wine, liquor, etc.?
 - If there is a history ask:
 - What is your drink of choice?
 - How many or how much?
 - When did you start drinking_____?
 - If you suspect that the patient may be drinking more than 7 drinks per week (female) or 14 drinks per week (male) ask the following question:
 - **What does drinking alcohol do for you?**
 - How many times have you experienced withdrawal?
 - What are your thoughts about quitting?

Obtaining an OPIOID USE history

- OPIOID USE: Ask the following questions
 - Any history of opioid use such as pain medication, methadone, heroin or fentanyl?
 - If there is a history ask:
 - Method of use?
 - How often do you use?
 - When did you start using?
 - What does _____ do for you?
 - When was the last time you experienced withdrawal symptoms
 - What are your thoughts about quitting?

Obtaining a STIMULANT USE history

- STIMULANT USE: Ask the following questions in the exact order as listed. The order assists the patient with not feeling judged or accused about your possibly knowing about their stimulant use.
 - Any history of stimulant use such as Caffeine (Monsters, Rockstars)?
 - Any history of cocaine use?
 - Any history of methamphetamine Use?

Obtaining a STIMULANT USE history cont.

- If there is a Stimulant Use history ask:
 - What is the method of use?
 - How often are you using?
 - How much are you using?
 - When did you start using?
 - What does _____ do for you?
 - What are your thoughts about quitting?

Clinical Pearls

- Remember to thank the patient for their willingness to answer the substance use history questions.
- If the patient discloses that he/she is interested in quitting recommend referral if possible for evaluation and/or treatment.
- If the patient is ambivalent or not ready to quit using their substance ask the patient if he/she is comfortable with following up with you to further discuss options for treatment.
- Asking Open Ended Questions is a Motivational Interviewing tool that can engage patients without them feeling judged.
- Document as much as possible the answers to your Substance Use history questions.





THANK YOU

Clinical Provider Quick Tips

-- Addressing Stimulant Use in Primary Care



For content information/questions:

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Check website often for more Quick Tips Videos and Resources:

www.uclaisap.org/clinicalproviderquicktips

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