

Welcome :

Addiction Treatment Starts Here: Primary Care Learning Collaborative
Addiction as a Chronic Disease
May 19, 2021

While we're waiting, please:
Rename yourself



1

Click the
Participants icon



2

Hover over your
name & click
Rename



3

Add your name,
pronouns and
organization's
name



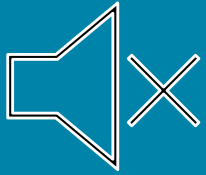
4

Click OK

If you connected
to the audio
using your
phone

- Find your participant ID; it should be at the top of your Zoom window
- Once you find your participant ID, press: #number# (e.g., #24321#)
- The following message should briefly pop-up: "You are now using your audio for your meeting"

Housekeeping Reminders



Mute

Please mute when not speaking. Please don't put the call on hold!



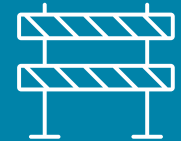
Chat Box

Use the chat box to introduce yourself and questions



Slides + Recording

Slides and recording will be posted to the ATSH Online Home



Tech Issues

Private chat Briana or Meaghan for assistance

Today's Presenters



Joe Sepulveda, MD, FAPA, FASAM
Chief of Psychiatry

Family Health Centers of San Diego



Kenneth Pettersen, MD
Primary Care Physician

Olive View – UCLA Medical Center

Addiction = Chronic Disease

Joe Sepulveda, M.D., FAPA, FASAM

Chief of Psychiatry, Family Health Centers of San Diego

Medical Director, Substance Use Disorder Services

Medication-Assisted Treatment (MAT) Program

Psychiatric Nurse Practitioner Program

Voluntary Assistant Clinical Professor, UCSD Health Sciences—Dept. of Psychiatry

Diplomate of the American Board of Psychiatry and Neurology

Diplomate of the American Board of Preventive Medicine—Addiction Medicine

Fellow of the American Psychiatric Association

Fellow of the American Society of Addiction Medicine

Agenda

- Stigma vs. Health
- Genetics role in addiction
- Neurobiology of addiction
- Addiction = Chronic Brain Disease
- Stigma associated with treatment
- Addiction is treatable
- Access to treatment... YOU ARE IMPORTANT!!!

What are some things you offer to patients with chronic diseases such as diabetes, asthma, or COPD to help them manage their conditions? And why isn't this offered to individuals who have addiction?

The Stigma of Addiction

"Addiction is primarily a social problem, not a health problem."

Reality... Addiction is a Medical Disease



Genetic Heritability

Twin and adoption studies confirm a genetic role

- Account for between $\frac{1}{2}$ and $\frac{3}{4}$ of the **risk for addiction.**
- Twins (Monozygotic)> Dizygotic

Genetic factors appear to be stronger drivers than environmental factors for initiation of substance use at an early age.



Genetic Heritability

“Traditional” Medical Diseases

- HTN → 0.25-0.5
- Diabetes Type 1 → 0.30 to 0.55
- Diabetes Type 2 → 0.80
- Adult-onset Asthma → 0.36-0.70

Substance Use Disorders

- Heroin → 0.34
- Marijuana → 0.52
- Alcohol → 0.52
- Cigarette → 0.61

Monozygotic > Dizygotic



*0.0 = genetics are not a contributing factor at all

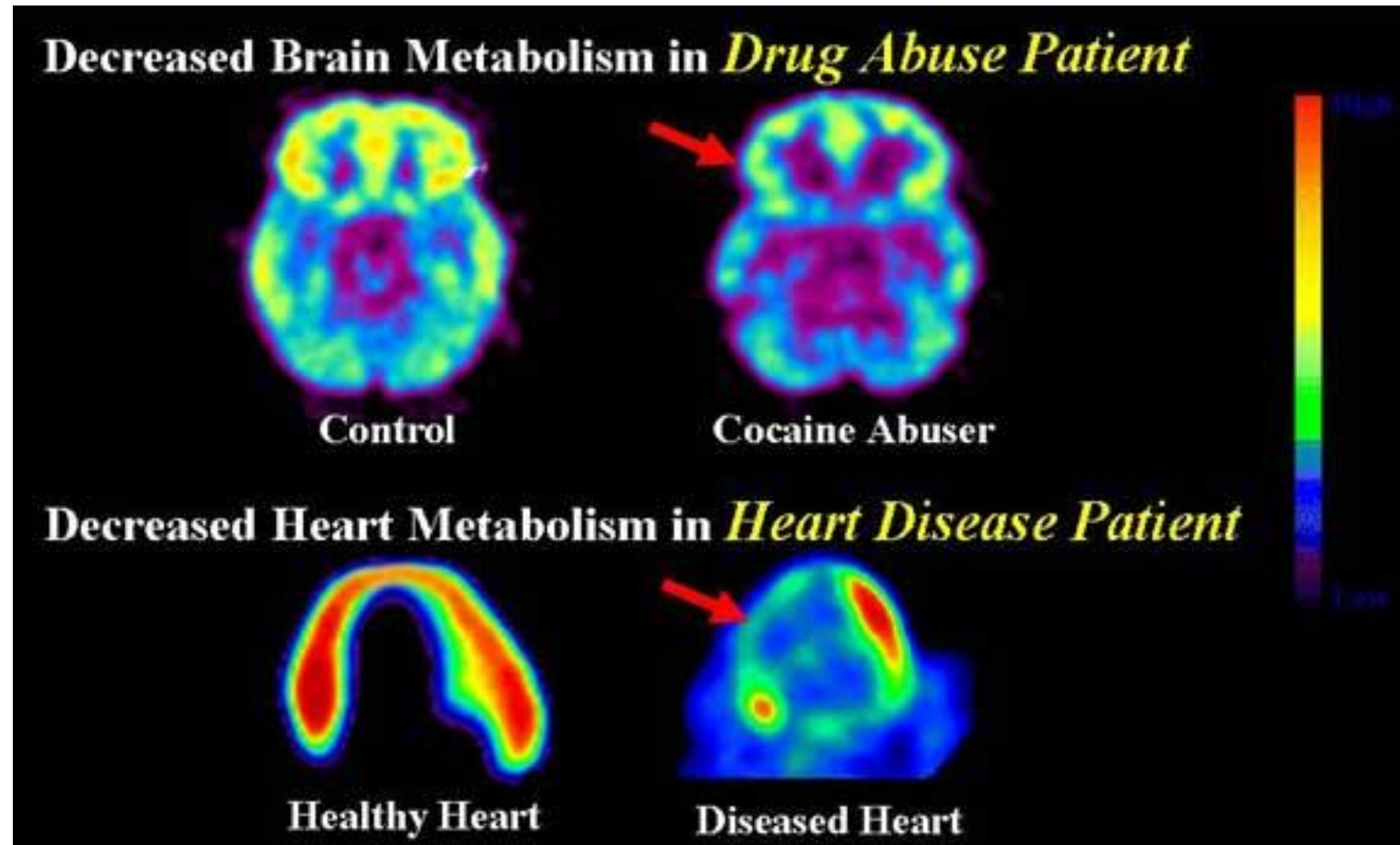
** 1.0 = genetics are the only factor

Addiction = Chronic Brain Disease

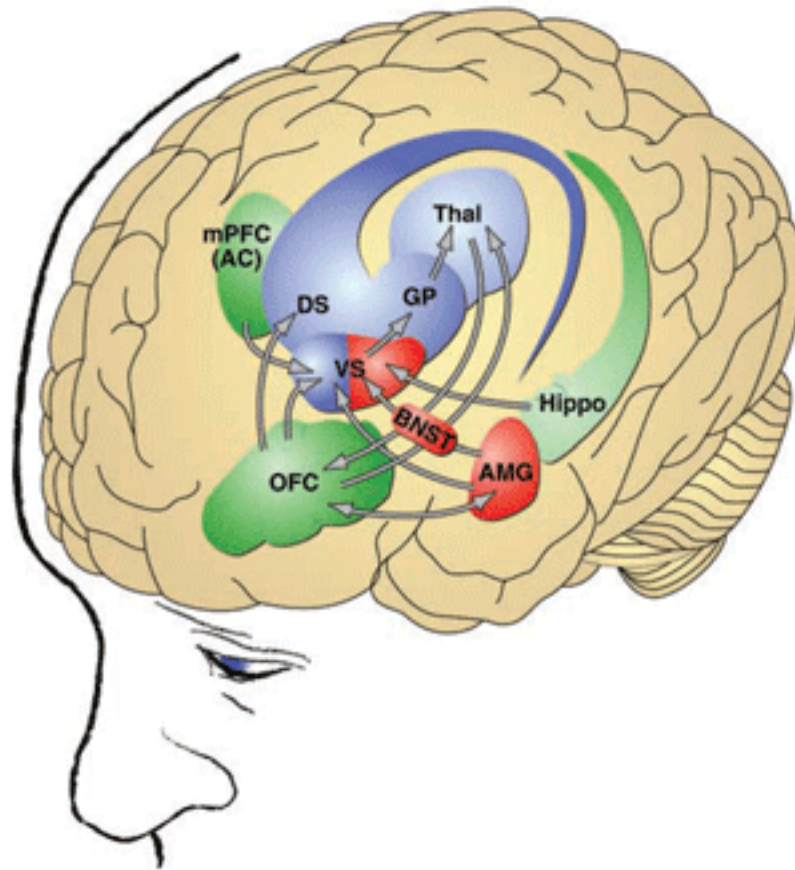
1. Brain diseases → some form of behavioral expression
 - Alzheimer's = memory loss
 - Schizophrenia = unusual perceptions of reality and mood changes
 - Opioid addiction = cravings which lead to uncontrollable compulsion
2. Precipitated by fundamental, long-term, changes to the biological structures and functioning of this organ



Addiction and Changes to biological structures



Neurobiology of Addiction



Binge/intoxication

- ventral striatum (VS), including nucleus accumbens
euphoria, reward
- dorsal striatum (DS)
habits, perseveration
- globus pallidus (GP)
habits, perseveration
- thalamus (Thal)
habits, perseveration

Withdrawal/negative affect

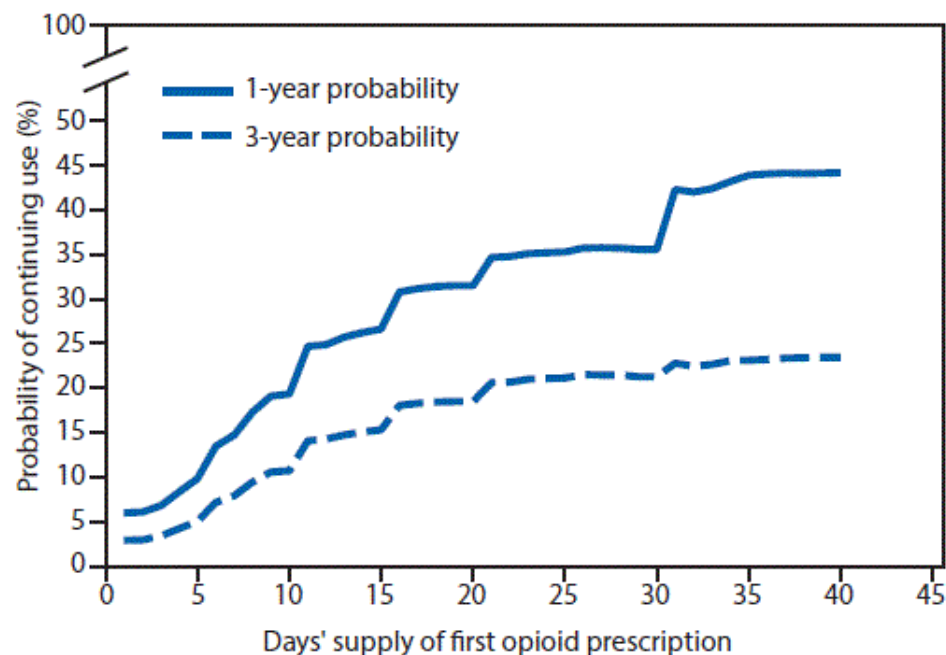
- amygdala (AMG), bed nucleus of the stria terminalis (BNST), together also known as the "extended amygdala"
malaise, dysphoria, negative emotional states
- ventral striatum (VS)
decreased reward

Preoccupation/anticipation

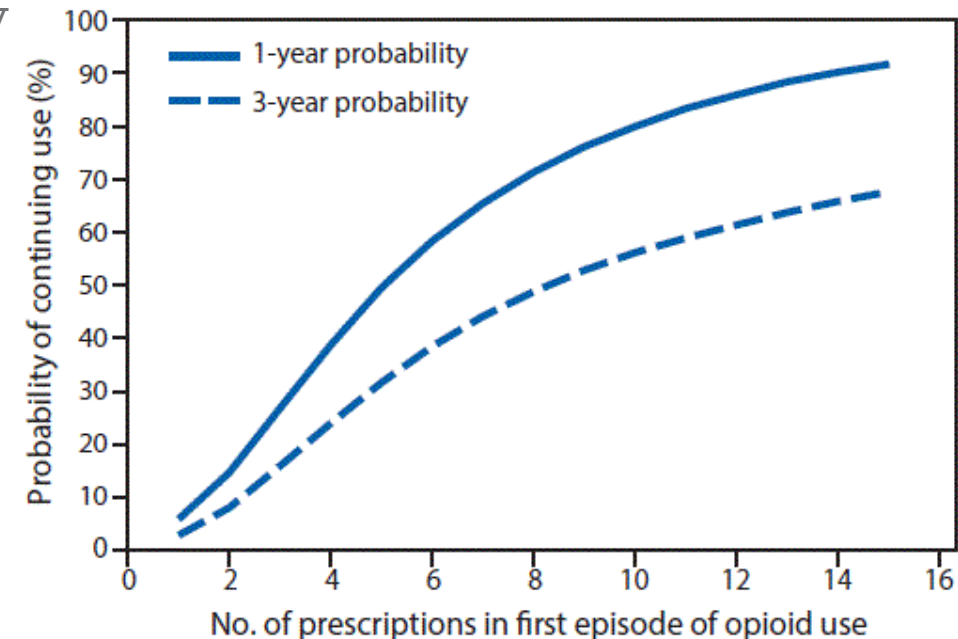
- anterior cingulate (AC)
- prefrontal cortex (mPFC), orbitofrontal cortex (OFC)
subjective effects of craving, executive function
- basolateral nucleus of the amygdala
conditioned cues
- hippocampus (Hippo)
conditioned contextual cues

Addiction can happen to anyone

1. The longer you are prescribed an opioid the greater likelihood you'll develop addiction.
 - Prevalence rates as high as 50% for an opioid use disorder on chronic opioid therapy
 - Opioid therapy >90 days at >120 MME = 100x's as likely to develop OUD

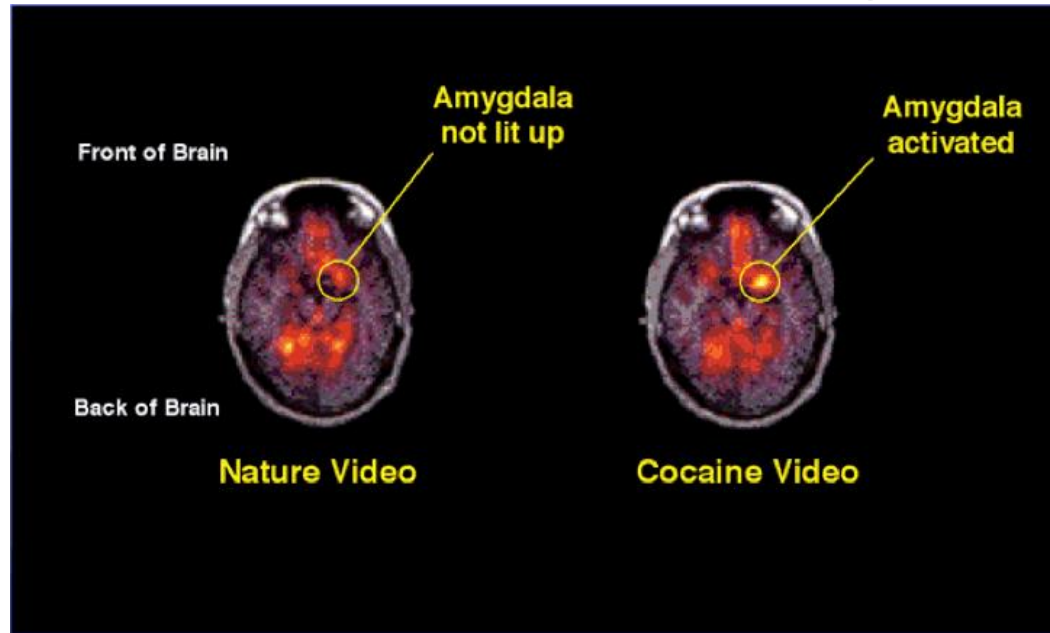


1 90-day



Wait a minute... addiction was a choice

2. ...they chose to try it for the first time = their fault
- Initial voluntary misuse does **NOT** make their condition any less the result of disease
 - Addiction = INVOLUNTARY COMPULSIVE USE, cravings CANNOT be controlled = Chronic Condition



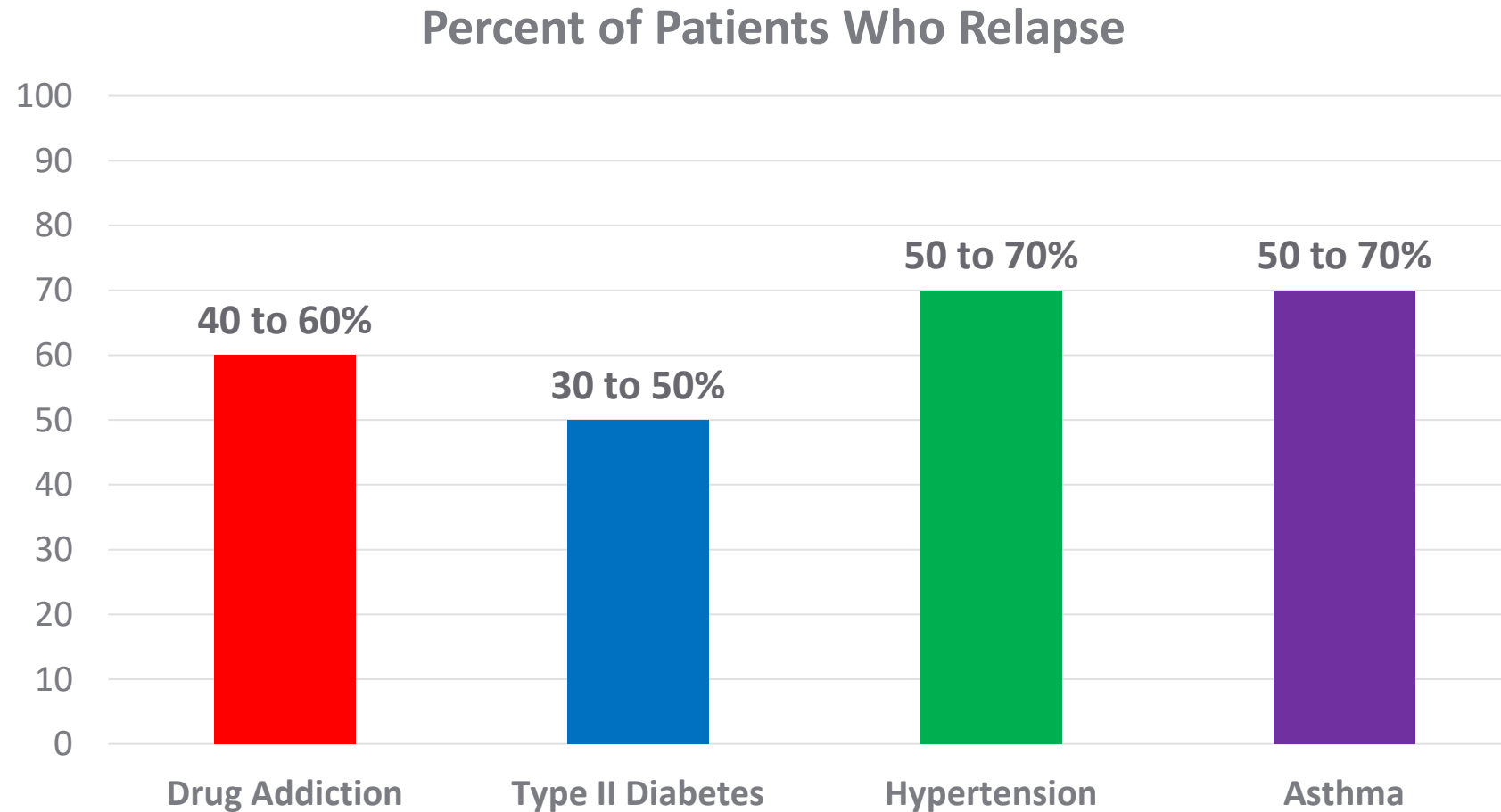
What cravings and involuntary compulsive use feels like... a patient experience...

- Shaking her head and trying to hold back tears...
- "It's like God tells you that if you take another breath, your children will die."
- "You do everything you can not to take a breath. But eventually you do. That's what it's like. Your brain just screams at you."

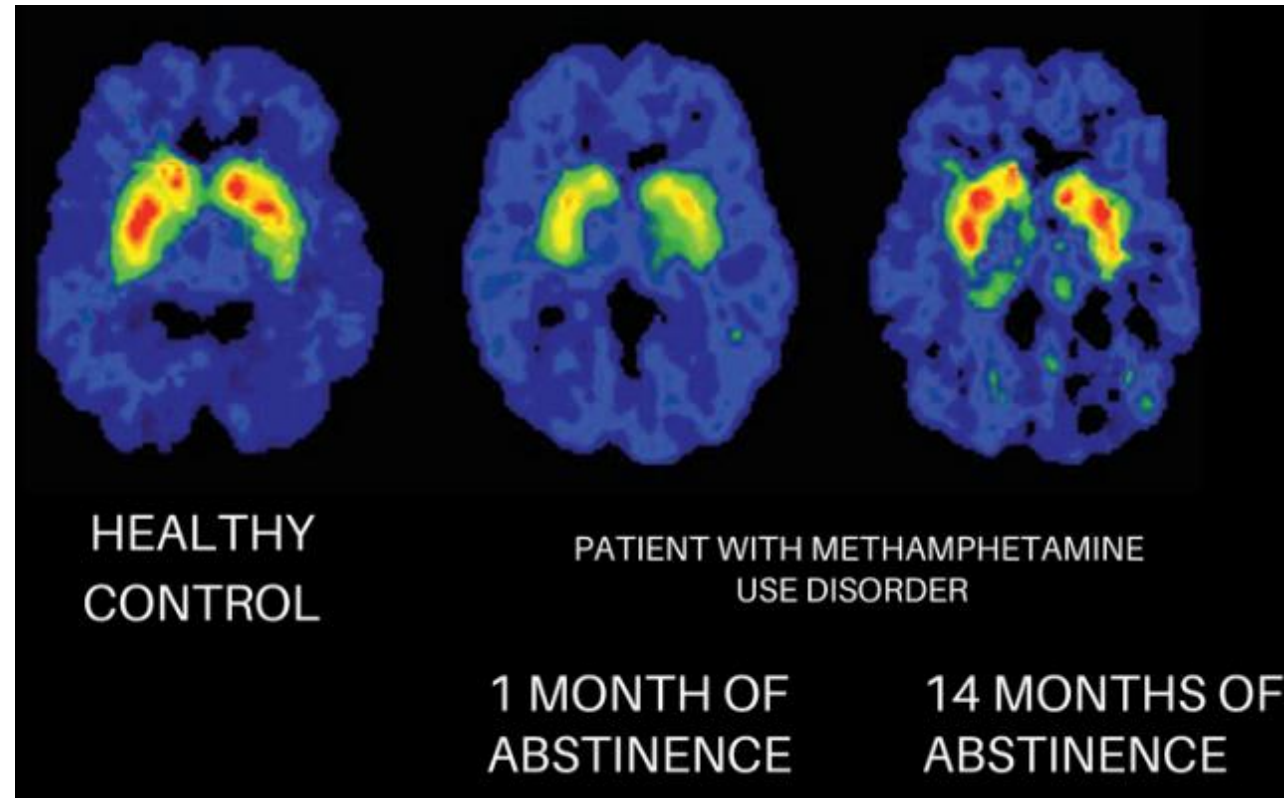


• Source:
<https://www.usatoday.com/story/news/health/2019/11/02/meth-use-surges-stronger-cheaper-drugs-imported-mexico/424765002/>

You relapsed = You're not serious or committed



It takes time for your brain to recover



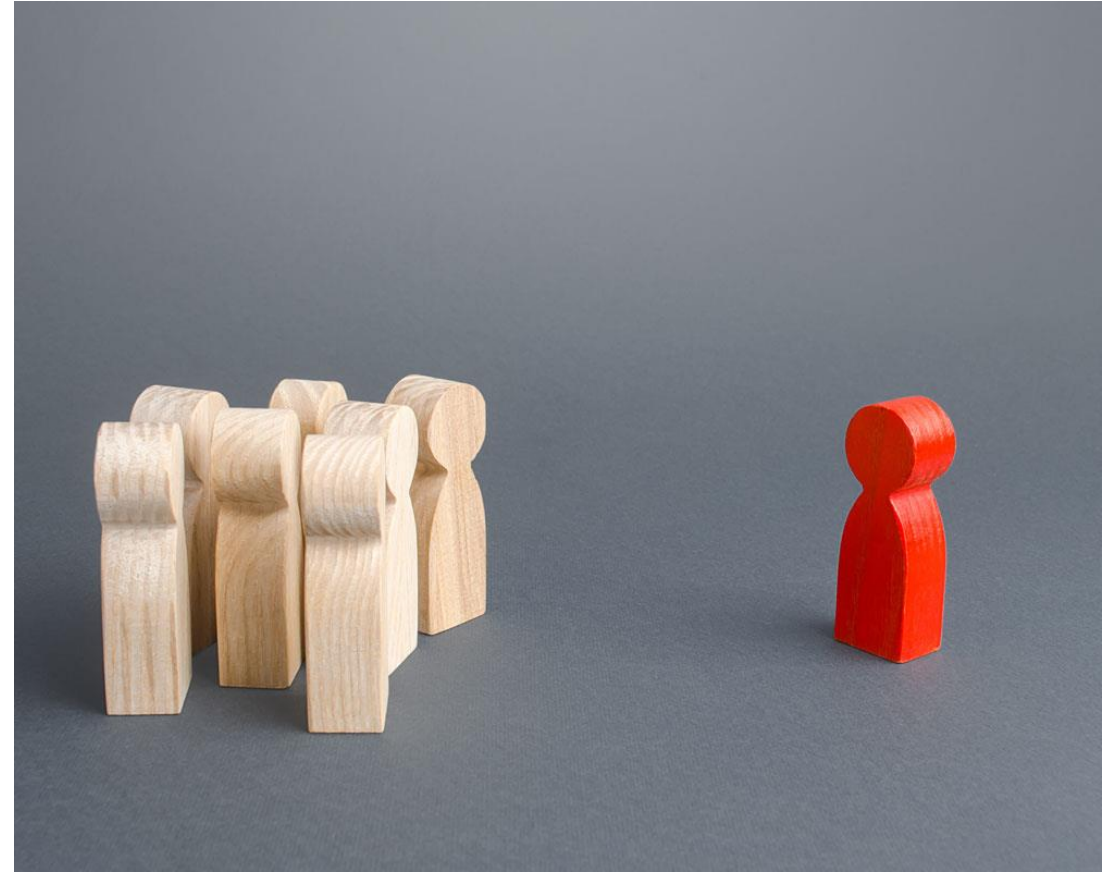
Selective forgiveness and understanding

3. What other choices lead to chronic disease

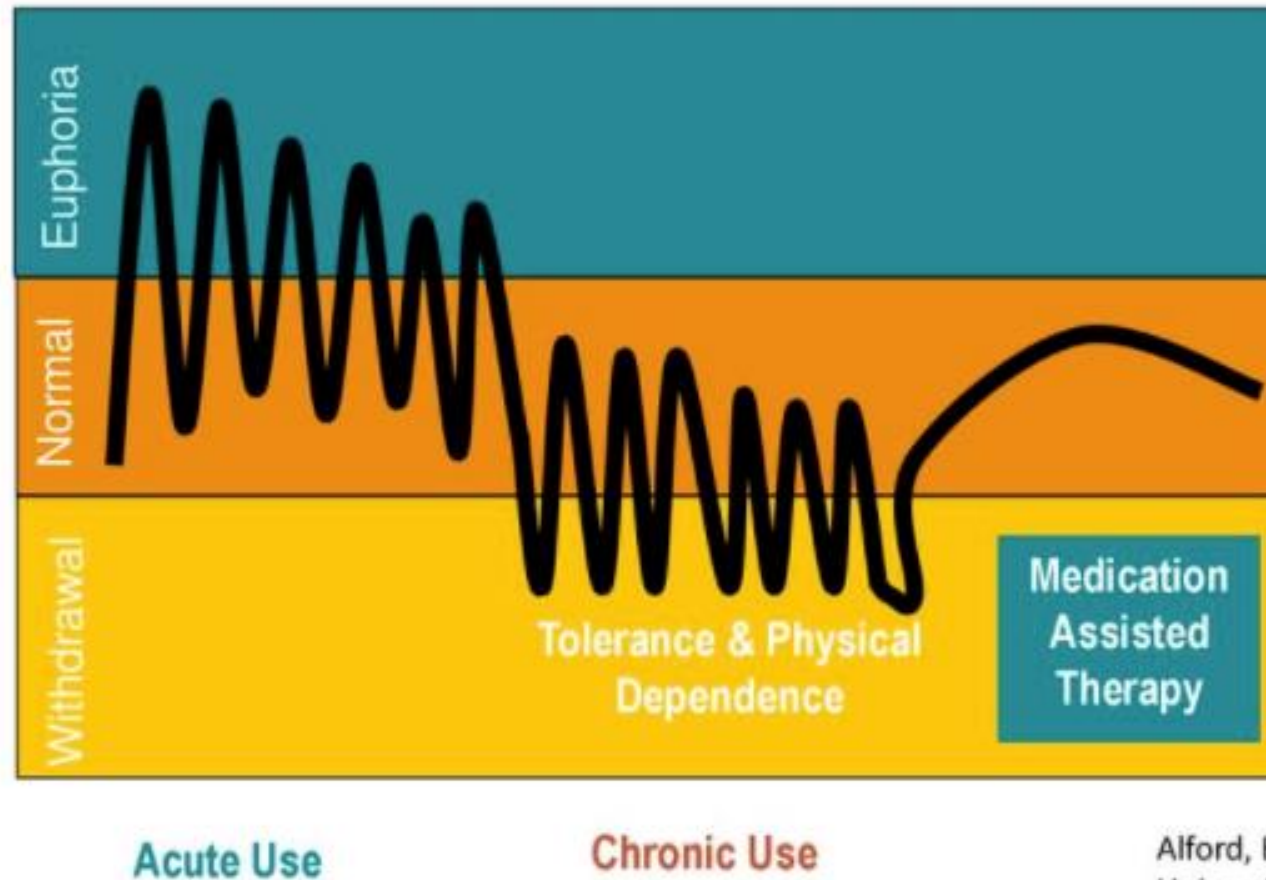
- Diet and Exercise → Diabetes, Hypertension and Congestive Heart Failure to name a few.



MOUD and stigma

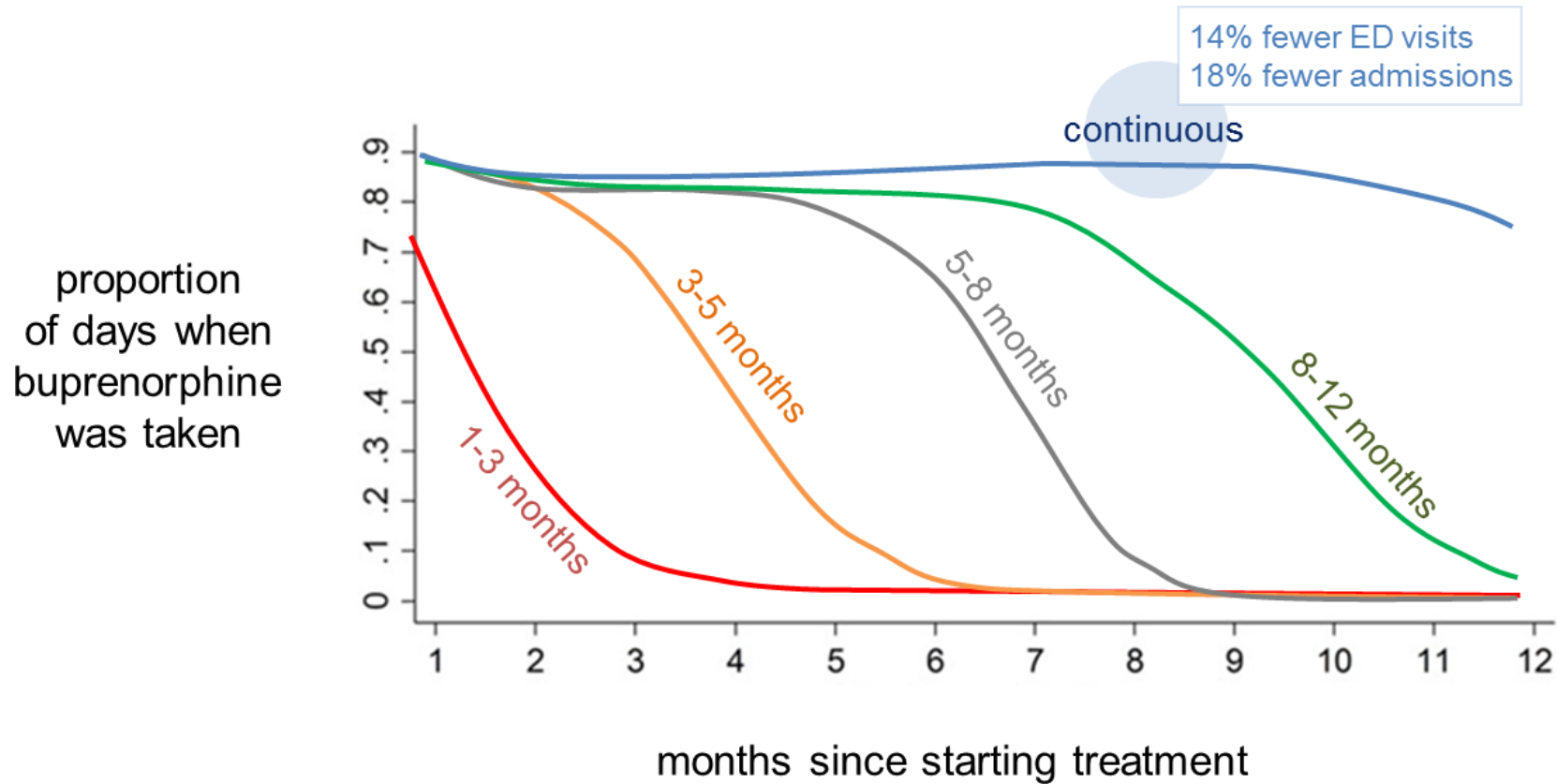


MOUD \neq substituting one drug for another



Alford, Boston
University, 2012

You've been on MOUD long enough... you should think about stopping

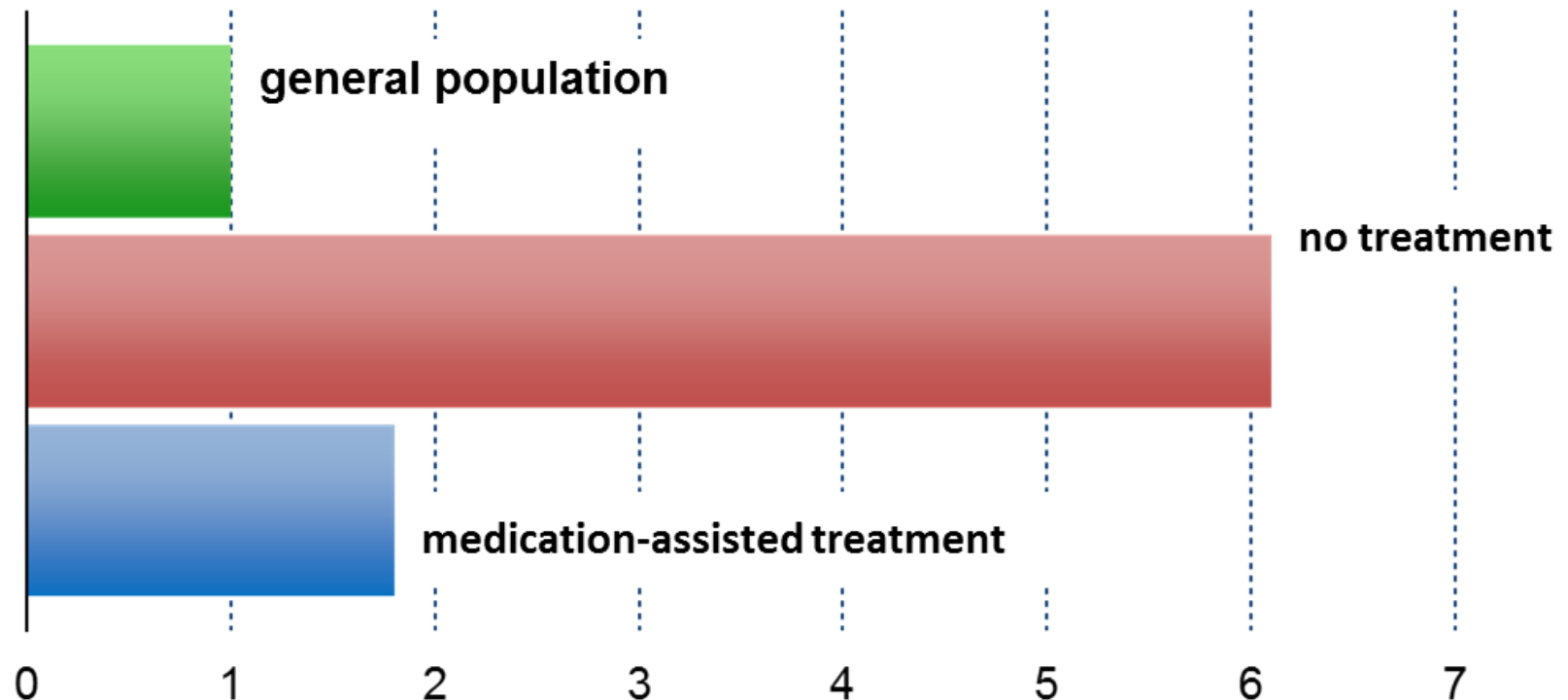


Addiction is a treatable condition



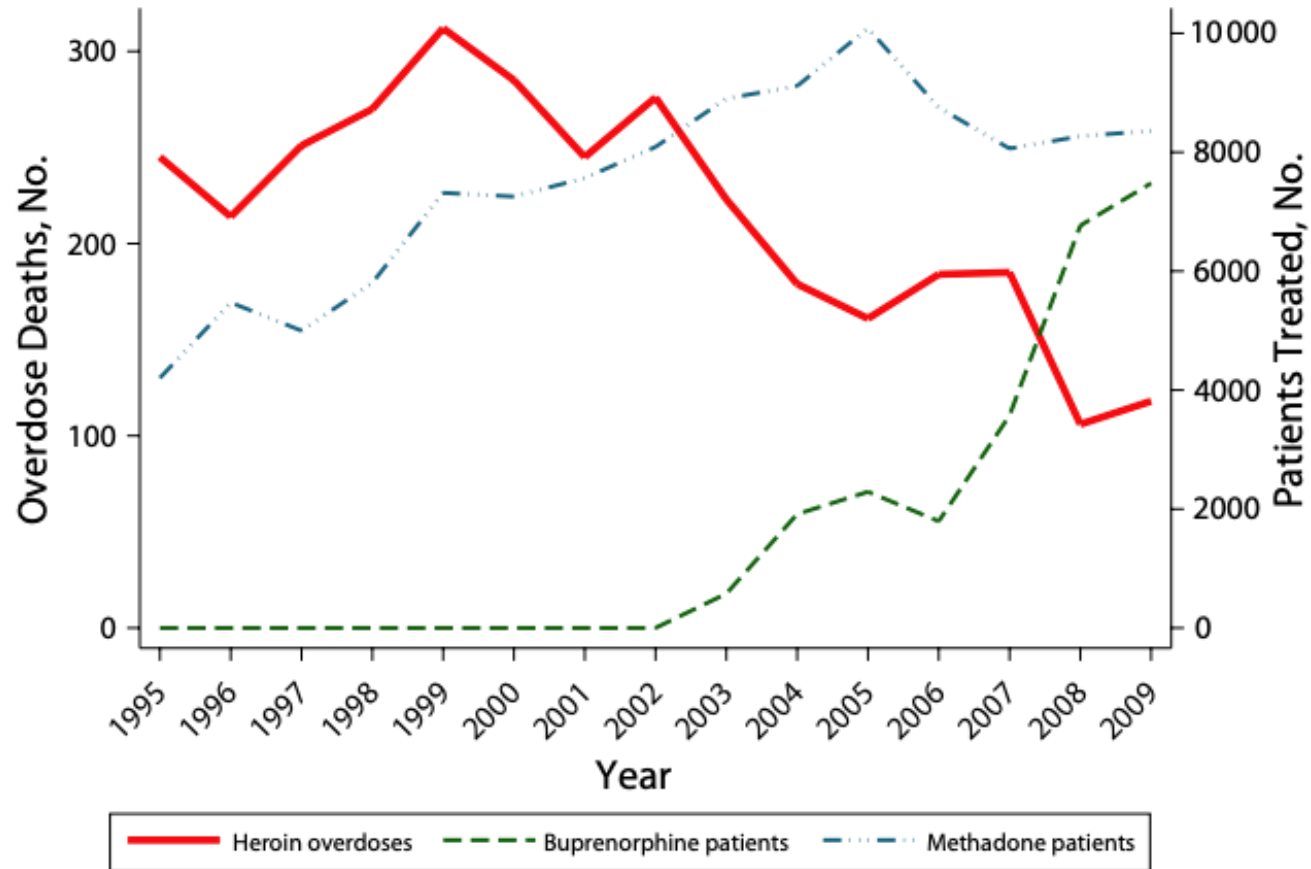
Benefits of MOUD: Decreased Mortality

Death rates:



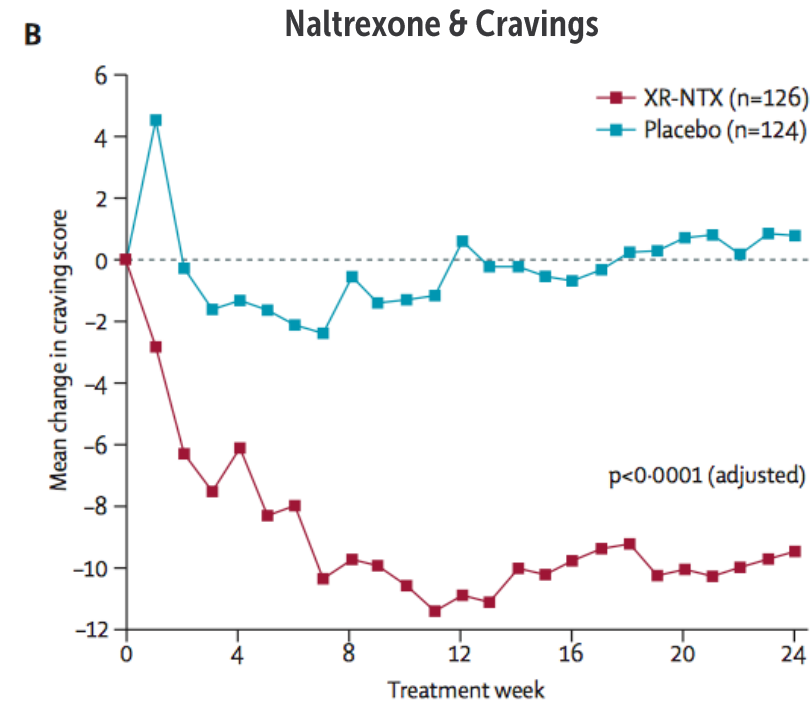
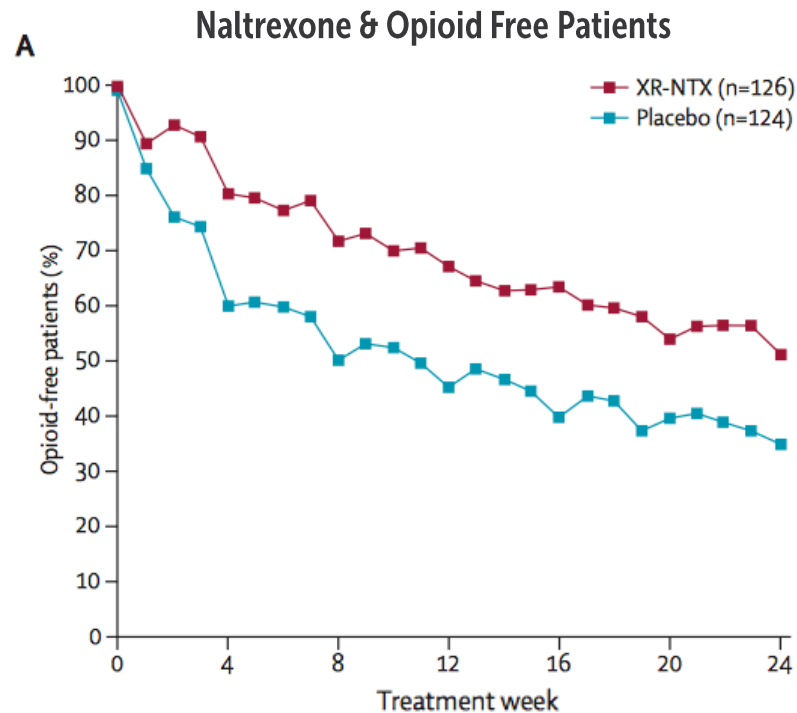
- Dupouy et al., 2017
- Evans et al., 2015
- Sordo et al., 2017

Overdoses decreased with buprenorphine availability



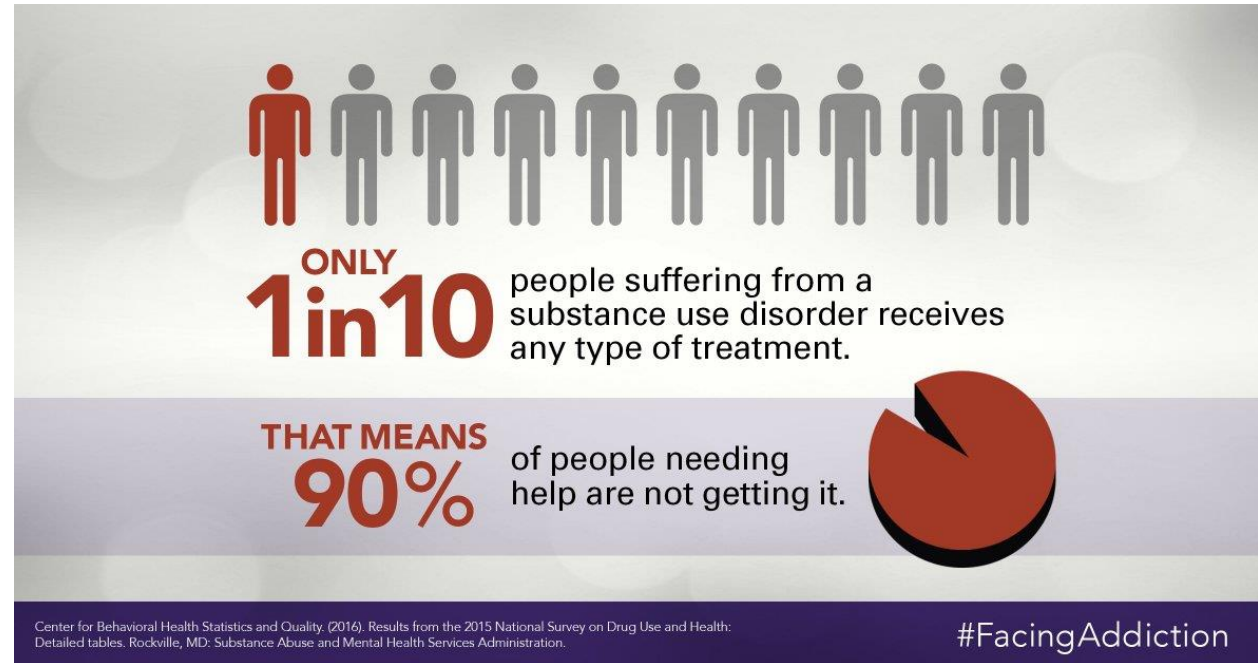
• Schwartz, AJPH, 2012

Addiction is a treatable disease—Naltrexone



THM: Naltrexone added to standard federal probation lead to **70%** less opioid use and **50%** less incarceration

Access to treatment is critical



THM: Few receive anything that approximates evidence-based care

THM: In contrast, 70%-80% of people with diseases such as HTN and DM receive care

You are making a big difference

Published in final edited form as:

J Subst Abuse Treat. 2017 July ; 78: 1–7. doi:10.1016/j.jsat.2017.04.005.

Why Aren't Physicians Prescribing More Buprenorphine?

Andrew S. Huhn, Ph.D.¹ and Kelly E. Dunn, Ph.D.¹

¹Behavioral Pharmacology Research Unit, Johns Hopkins University School of Medicine, Baltimore MD

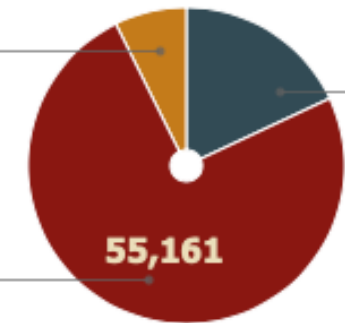
Practitioner and Program Data

Total: 73921

275 Patient
Certified
7.3%

100 Patient
Certified
18%

30 Patient
Certified
74.6%

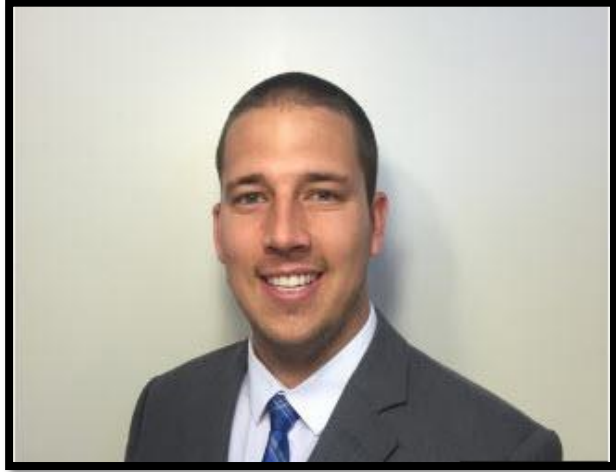


THM: Approx. **48%** of X-waivered physicians prescribe on average **5** patients per provider



Questions?

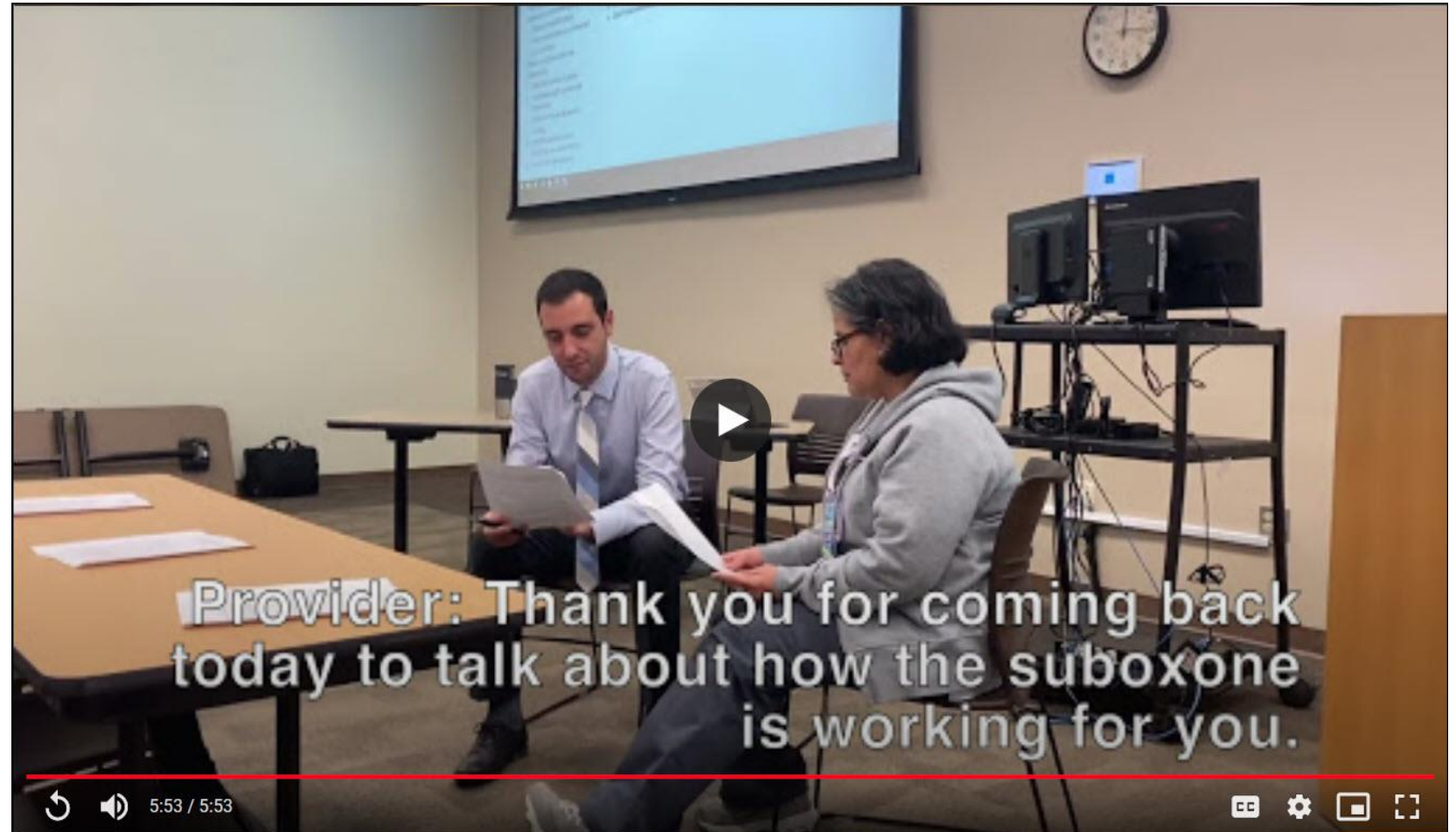
Olive View – UCLA Medical Center



Kenneth Pettersen, MD

Primary Care Physician

Olive View – UCLA Medical Center



Group Discussion

- What is one insight you will bring back to your organization?
- Share your responses in the chat box!



Poll Questions

1. On a scale of 1 – 5, please select the number that best represents your experience with today's session



- 5 – Strongly Agree
- 4 – Agree
- 3 – Neutral
- 2 – Disagree
- 1 – Strongly Disagree

2. Please select the number that best represents your response to the statement: Today's session was a valuable use of my time.



- 5 – Strongly Agree
- 4 – Agree
- 3 – Neutral
- 2 – Disagree
- 1 – Strongly Disagree

References

1. McLellan AT, Lewis DC, et al., Drug dependence, a chronic medical illness: implications for treatment, insurance, and outcomes evaluation. JAMA. 2000;284:1689-1695.
2. Leshner AI, Koob GF. Drugs of abuse and the brain. Proceedings of the Association of American Physicians. 1999;111:99-108.
3. Kosten TR, George TP. The Neurobiology of Opioid Dependence: implications for treatment. Science & Practice Perspectives. 2002;1:13-20.
4. The National Center on Addiction and Substance Abuse. Addiction medicine: closing the gap between science and practice; 2012. 2) McLellan AT, Lewis DC, et al., Drug dependence, a chronic medical illness: implications for treatment, insurance, and outcomes evaluation. JAMA. 2000;284:1689-1695.
5. National Institute on Drug Abuse and National Institutes of Health. Lesson 5. Drug addiction is a disease—so what do we do about it? The Brain: Understanding Neurobiology Through the Study of Addiction. Accessed April 27, 2005.
6. Shah, A, Hayes, C, et al. MMWR March 17, 2017. 66(10);265-296.
7. Kakko J, Svanborg KD, et al., 1-year retention and social function after buprenorphine-assisted relapse prevention treatment for heroin dependence in Sweden: a randomized, placebo-controlled trial. Lancet. 2003 Feb 22;361(9358):662-8.
8. National Institute on Drug Abuse Advancing Addiction Science
9. Krupitsky E, et al., Injectable extended-release naltrexone for opioid dependence: a double-blind, placebo-controlled, multicenter randomized trial. Lancet. 2011 Apr 30;377(9776):1506-13.
10. McLellan AT, et al., Drug dependence, a chronic medical illness: implications for treatment, insurance, and outcomes evaluation. JAMA. 2000;284:1689-1695.
11. The National Center on Addiction and Substance Abuse. Addiction medicine: closing the gap between science and practice; 2012. <http://www.centeronaddiction.org/addiction-research/reports/addiction-medicine-closing-gap-between-science-and-practice>
12. Nora D. Volkow et al., J. Neurosci. 2001;21:9414-9418
13. Krawczk N., et al., "Opioid agonist treatment and fatal overdose risk in a state-wide US population receiving opioid use disorder services." Addiction 2020 Feb 24.
14. Additional citations can be found on the PPT slides

Thank you!

For questions contact:

Tammy Fisher
Vice President
Center for Care Innovations
tammy@careinnovations.org

Briana Harris Mills
Senior Program Coordinator
Center for Care Innovations
briana@careinnovations.org