

**“DON’T WORRY, IT’S NOT  
ADDICTIVE...”**

The Impaired Healthcare Provider

# INTRODUCTIONS

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Husband & Father, Christian,  
Addict

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August 28<sup>th</sup>, 2014 is where this should have ended...



# SUBSTANCE USE DISORDER, THE TIES THAT BOND

**1:3 People** personally know  
someone with SUD

**1:7 People** live with someone  
suffering with SUD

**1:15 People** meet the DSM V  
Criteria for a diagnosis of SUD

**1:10 HCPs** suffer from SUD

- National Institute on Drugs
- National Safety Council



# CHARACTERISTICS OF THE ADDICTED HCP

# Stereotypical Addict?

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**DISHEVELED**

**NO WILLPOWER**

**UNEMPLOYED**

**CRIMINAL**

**IRRESPONSIBLE**

**DIRTY**

**DEGENERATE**

**IMMORAL**



# SUBSTANCE USE DISORDER

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- Intelligent, top 25% of class
- Well liked and Respected
- Supervisors and Manager
- Advanced Degrees
- Top performers
- *“The last person I’d suspect...”*

Talbot Recovery Center, 2004

**THIS IS YOUR BRAIN ON DRUGS**



# Risk Factors

## Nature and Nurture

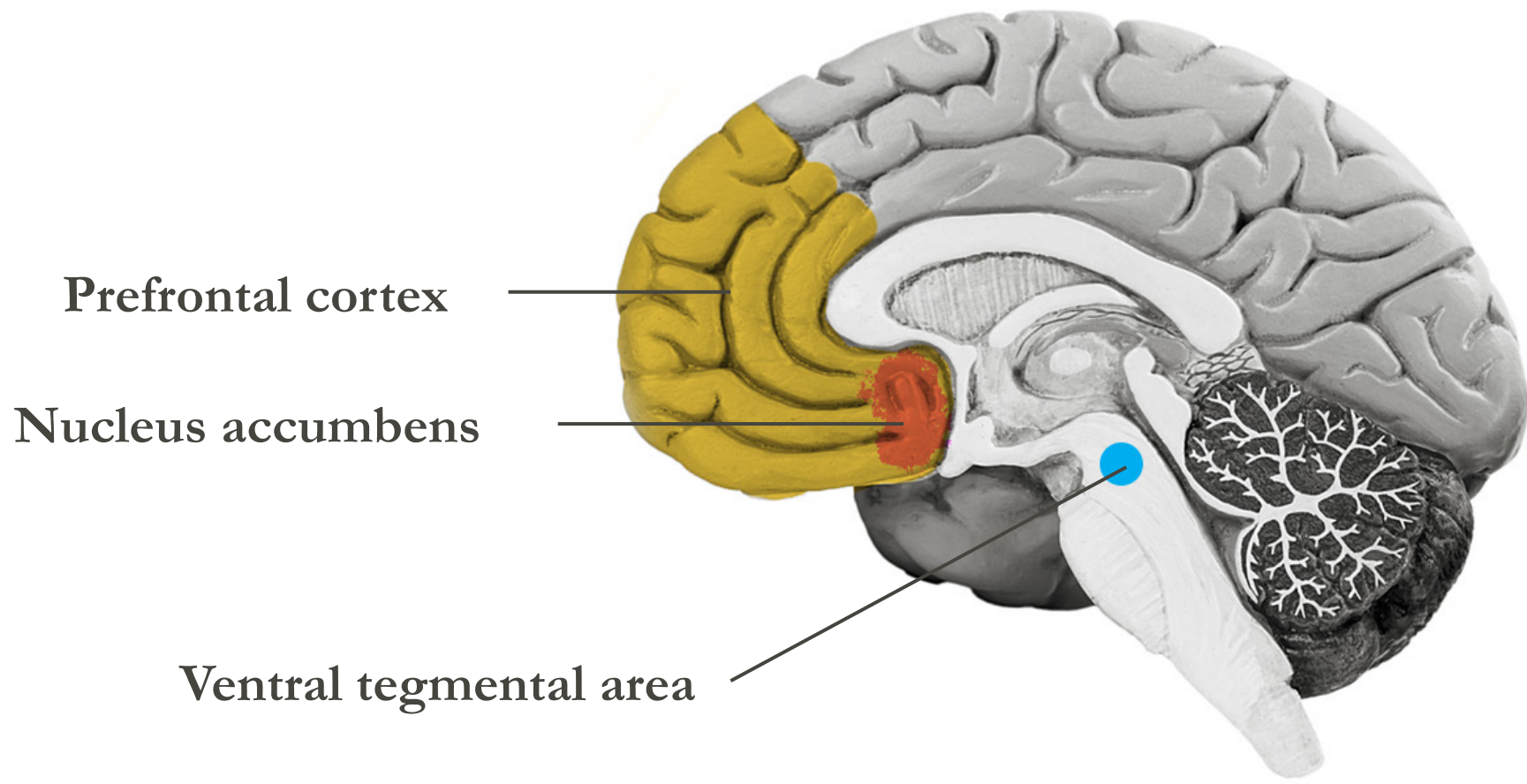
40-60% epigenetic

(thx fam...)



## Environmental Factors

- Home & family life
- Peers
- Age of first use
- Route of administration

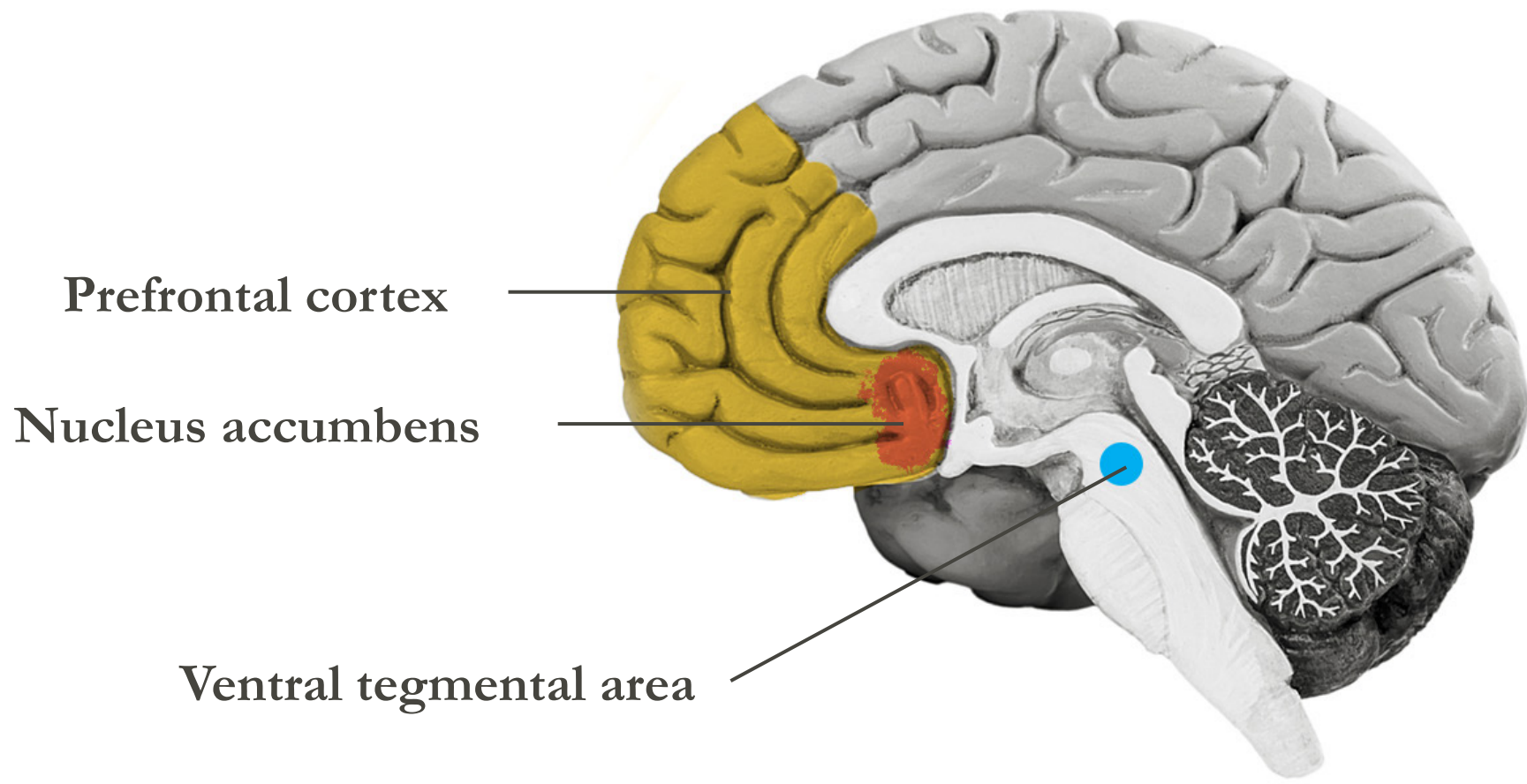


Prefrontal cortex

Nucleus accumbens

Ventral tegmental area

Hugging, Connections	50ug
Reading, Laughing	100ug
Smelling Flowers	
Food	150ug
Sex/ Procreation	200ug



Cocaine	400ug
Opiates	450ug
Methamphetamines	1200ug

# MY STORY

# What Doesn't Work?

## Inadequate Intervention

Fire them



- Move on to the next facility
- Self-harm

Arrest them



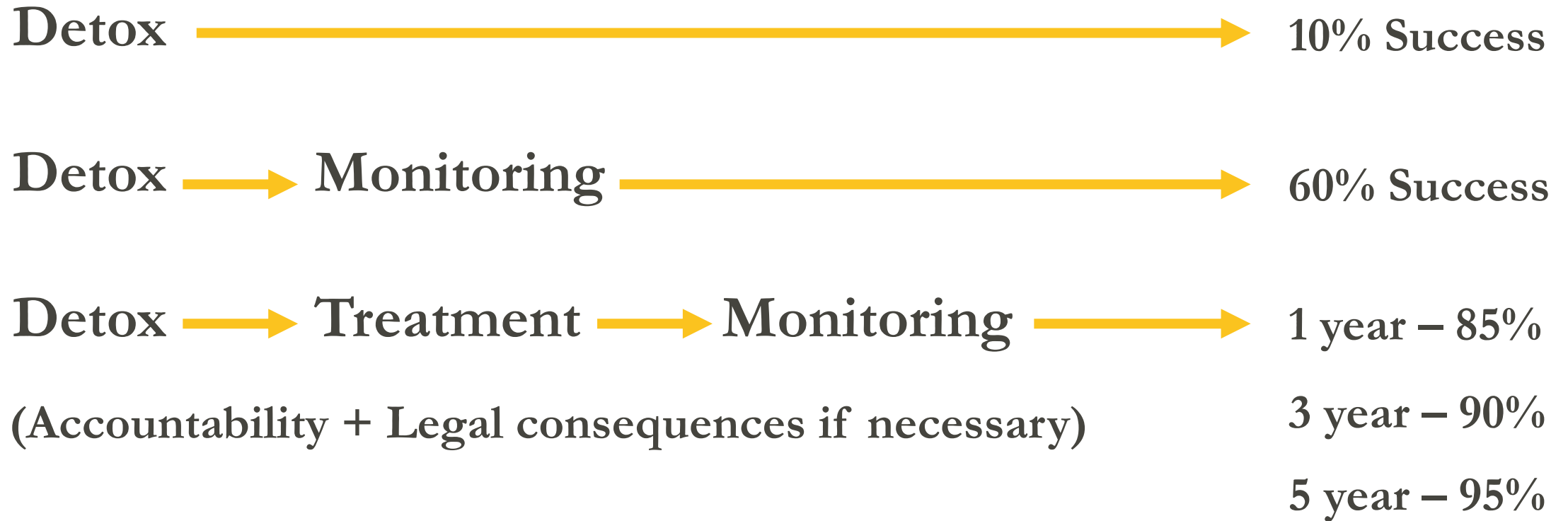
- Sometimes necessary, but doesn't fix the problem or treat the person

Ignore them



- “Not in our facility”
- Patient harm, provider harm

# What Works?



# ONE STEP AHEAD

- Substitution
- Nebulization
- Vial Types
- Alcohol
- Propofol
- Documentation
- Witness/waste
- Etc...



# How can you affect change?

- Policies and procedures
  - UDS
  - Testing of 'waste' syringes
  - Propofol treated as controlled
- Diversion committees
  - How to conduct an intervention safely
  - Process for investigating
  - Chain-of-custody and drug waste policies/controls
  - Awareness of diversion prevention measures in place
- Culture of self-reporting
  - Precedent of treat before consequence
  - Treat each other like we treat our patients







Every 20 minutes someone overdoses and dies in the United States. In the time it took for this presentation, two lives have been lost and two families will never be the same. Thank you, for allowing me to share my story

**Rex & Family**

# HOW TO FIND HELP

- <https://www.aana.com/practice/health-and-wellness-peer-assistance>
  - **AANA Peer Assistance Helpline for drugs/alcohol concerns**  
24/7 confidential live support and resources for CRNAs/SRNAs  
**800-654-5167**

**Thank you for your time and  
attention**

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