

DRUG AND ALCOHOL PROGRAM

School of Medical Sciences, Discipline of Pharmacology

Program Coordinator: Dr Olga Lopatko, Lecturer, Drug and Alcohol Studies

Program Advisor: Professor Jason White, Chair in Addiction Studies

INTRODUCTION

During your first three years of medical training you have been gradually introduced to various aspects of alcohol and other drug dependence and the medical and social issues associated with it. Because drug and alcohol problems occur through all areas of medicine, this program is designed so that the skills developed will have broad applicability.

During fourth year you will have one Common Program session focused on the drug and alcohol topics at the beginning of the year and 4 specialized drug and alcohol tutorials. These tutorials will occur throughout your academic year: one during the Medical Home Unit rotation, one during the Surgical Home Unit rotation and two during the Psychological Health rotation. All tutorials will be clinically relevant and based on real case scenarios. During these sessions you will have the opportunity to discuss situations involving drug or alcohol problems seen during your Medical/Surgical Unit or Psychological Health rotations, with clinicians specializing in the addiction field. You will also visit two specialized Drug and Alcohol Clinics, which have inpatient and outpatient facilities for treatment of drug and/or alcohol problems and interview patients there.

Areas to be covered in the program this year include detection of alcohol and drug problems, history taking, diagnosis and management of withdrawal states and effective long-term treatment methods, with the emphasis on pharmacological treatment options. Building on material in earlier years and continuing the “spiral learning” approach, you will be expected to expand your knowledge of the clinical aspects of the diagnosis and treatment of drug and alcohol problems and to develop a reasonable degree of clinical competency.

PROGRAM OBJECTIVES

Knowledge objectives

1. An understanding of the *clinical pharmacology of the following drugs and drug classes*:
 - a) alcohol
 - b) opioids
 - c) benzodiazepines
 - d) cannabis
 - e) GHB (gamma-hydroxybutyrate)
 - f) ketamine
 - g) LSD
 - h) CNS stimulants, including cocaine, methamphetamine and ecstasy

including their:

 - mechanisms of action (where known)

- effects (including symptoms and signs of intoxication)
 - routes of administration
 - pharmacokinetics (absorption, duration of action, metabolic pathways, elimination)
 - acute and chronic toxicity (overdose and long-term effects)
2. An understanding of:
 - mechanisms of *tolerance, dependence and withdrawal*
 - major *aetiological factors* underlying drug and alcohol problems
 3. Knowledge of the range of *treatment alternatives* for alcohol and other drug dependence including
 - treatment of withdrawal and overdose
 - long-term maintenance treatment
 - other interventions available
 4. An understanding of current national drug policies, including the rationale for *harm minimisation approach*.

Skills and attitudes

You should be able to

1. Identify and elicit information during the *history-taking interview* that is critical to the total assessment, management and referral process.
2. Identify patient's *stage of change*.
3. Perform a *brief intervention*.
4. Diagnose substance *dependence and* evaluate *its severity*.
5. Diagnose alcohol, opioid, benzodiazepine, stimulant and cannabis *intoxication and withdrawal*.
6. Develop a *treatment and management plan* (short and long-term) for a patient with substance dependence.
7. Be familiar with *accessible resources and referral organizations* and effectively communicate treatment options to a patient with substance dependence.
8. Appreciate a need for a *non-judgmental, empathic approach* towards substance dependent patients.

These objectives should serve as the basis for your clinical work and reading.

ACADEMIC DATES AND VENUES

Common Program session– Thursday, 2nd week, February, from 2.00 to 5.00 pm, Royal Adelaide Hospital, Eleanor Harrald Building, Lecture Theater

Tutorials will be held on Tuesdays from 2.00 to 5.00 pm on the following weeks:

Weeks 2 and 4 of Psychological Health Rotation

Week 3 of Surgical Home Unit Rotation

Week 6 of Medical Home Unit Rotation

This means that the sequence in which you attend the drug and alcohol tutorials will depend on the sequence of your major rotations.

During the Psychological Health rotation you will be attending two specialized Drug and Alcohol Clinics. Because these clinics cannot accept large numbers of students, your group will be divided into two parallel streams. On week 2 the RAH and Glenside students will attend the Warinilla Clinic at Norwood while QEH and LMH students will be attending the Alcohol Unit at Joslin. The groups will then swap the venues in week 4.

Alcohol Unit, 90-92 Fourth Avenue, Joslin – report to Reception

Warinilla Clinic, 92 Osmond Terrace, Norwood - report to Reception

Royal Adelaide Hospital, Eleanor Harrald Building, room 2:50

ESSENTIAL TEXTBOOK

Hulse G., White J. and Cape G. “Management of Alcohol and Drug Problems”, 2002, Oxford University Press, 400 pages; \$42.50 at Unibooks and Ramsay bookshops (after 15% student discount). 2 copies of this text are available in the Reserve Collection at Barr Smith Library.

SESSION CONTENTS

Rotation	Venue	Topics	Pre-readings
<i>Common Program</i>	<i>RAH</i>	<ol style="list-style-type: none"> 1. Introduction to the course 2. Biological basis of dependence 3. General principles and practice: approach to patient; assessment and diagnosis of dependence; treatment options 	Lecture notes Years 1-3
<i>Psychological Health Rotations (Weeks 2 And 4)</i>	<i>Warinilla Clinic</i>	<ol style="list-style-type: none"> 1. Pharmacotherapies for opioid dependence 2. Patient contact 3. Management of opioid withdrawal 	Textbook Chapter 6: "Opioids"
	<i>Alcohol Unit</i>	<ol style="list-style-type: none"> 1. Benzodiazepine dependence and withdrawal 2. Patient contact 4. Cannabis dependence and withdrawal 	Textbook Chapter 11: "Sedative-Hypnotics"; Textbook Chapter 9: "Cannabis"
<i>Surgical Home Unit Rotation, Week 3</i>	<i>RAH</i>	<ol style="list-style-type: none"> 1. CNS Stimulants 2. "Party drugs" 3. Drug Overdose 	Textbook Chapter 8: "CNS Stimulants"
<i>Medical Home Unit Rotation, Week 6</i>	<i>RAH</i>	<ol style="list-style-type: none"> 1. Alcohol dependence and withdrawal 2. Non-pharmacological treatment options: Brief interventions 3. Pharmacotherapies for alcohol dependence 	Textbook Chapter 10: "Alcohol"

TEACHING STAFF

Dr Olga Lopatko, Dept of Clinical and Experimental Pharmacology
 Prof. Jason White, Dept of Clinical and Experimental Pharmacology
 Dr Matt Gaughwin, Drug and Alcohol Resource Unit, RAH
 Dr Chris Angley, Emergency Department, RAH
 Dr Carolyn Edmonds, Drug and Alcohol Services Council (DASC)
 Dr Tony Chadderton, DASC
 Dr Wendy Wickes, DASC
 Dr Paul Williamson, DASC
 Mr Stephen Lymb, DASC

ASSESSMENT

Please note that full session attendance in the 4th year will be essential for the successful completion of the Drug and Alcohol Program.

1. End of Year written examinations in the 4th and 5th Year

(MCQ and/or Problem solving format). Questions directly related to the Drug and Alcohol Program will be included in these examinations

REFERENCES AND RESOURCES

Essential Text

Gary Hulse, Jason White and Gavin Cape (Eds), "Management of Alcohol and Drug Problems", 2002, Oxford University Press, Melbourne

Additional text

Gary Hulse (Ed.) "Alcohol and Drug Problems: A case Studies Workbook", 2003, Oxford University Press, Melbourne

Journals

On-line full text is available to students and staff:

- 1) "Addiction".
- 2) "Addiction Biology".
- 3) "Drug and Alcohol Dependence".

A useful reference source is the **Library of the Drug and Alcohol Services Council (DASC)**, 161 Greenhill Rd., Parkside. Material can be read or photocopied at the DASC Library, or borrowed through inter-library loan, but cannot be borrowed directly.

Videos

Two videos on taking a history of alcohol and other drug use will be available from the RAH Clinical Studies Office

PERSONNEL

Co-ordinator: Dr. Olga Lopatko,
Room 513, Medical School North,
Discipline of Pharmacology
Phone: 8303 5989
Email: olga.lopatko@adelaide.edu.au

In the absence of Dr. O. Lopatko, co-ordination will be carried out by:
Prof. Jason White
Room 506, Medical School North,
Discipline of Pharmacology
Phone: 8303 4102
Email: jason.white@ adelaide.edu.au