

Substance Use Disorders (SUD) and Addictions among Older Adults in Health Centers

Learning Collaborative (LC)



Overview of learning collaborative sessions:

- Overview of SUD
- SUD Diagnosis
- SUD screening and assessment
- SUD treatment and referral
- SUD case management
- SUD innovative models/programs for older adults

National Center for Equitable Care for Elders (NCECE) www.ece.hsdm.harvard.edu

Who We Are- Established in 2017, the National Center for Equitable Care for Elders (NCECE) is a training and technical assistance Center that provides innovative and culturally competent models of care, inter-professional training and educational resources to health care professionals providing care to older adults

Our Mission is to build strong, innovative and competent health care models by partnering with CHCs, PCAs and FQHCs to provide quality, and inclusive care for older adults



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Health Center Resources Clearinghouse

- This comprehensive website provides easy access to a broad framework of resources, tools, and information developed by the National Cooperative Agreement (NCA) organizations, and additional partners soon! Check it out at www.healthcenterinfo.org.



Topic: Kickoff – Overview of Substance Use Disorder (SUD)/Addiction in older adults

Learning Collaborative (LC) Session 1



LC Session 1 Objectives:

- Discuss types and rates of SUD/addiction among older adults and older adult health center patients.
- Describe the unique vulnerabilities for older adults with substance use (e.g., role of poly pharmaceuticals in unintended opioid misuse).



Poll:

Older adults are hospitalized as often for alcohol-related problems as they are for heart attacks.

True or False?

Source: Huffington Post Jan 23, 2018

Poll:

Older adults are hospitalized as often for alcohol-related problems as they are for heart attacks.

True

Source: Huffington Post Jan 23, 2018

Poll:

Widowers over the age of 75 have the highest rate of alcoholism in the United States.

True or False?

Source: Huffington Post Jan 23, 2018

Poll:

Widowers over the age of 75 have the highest rate of alcoholism in the United States.

True

Source: Huffington Post Jan 23, 2018

Poll:

Addiction to painkillers is decreasing for older adults.

True or False?

Source: Huffington Post Jan 23, 2018

Poll:

Addiction to painkillers is on the rise for older adults.

False

Source: Huffington Post Jan 23, 2018

Poll:

Healthcare professionals often miss the signs of addiction because of old age.

True or False?

Source: Huffington Post Jan 23, 2018

Poll:

Healthcare professionals often miss the signs of addiction because of old age.

True

Source: Huffington Post Jan 23, 2018

Substance Use Disorder (SUD), in general:

Most common SUD types:

- Alcohol Use Disorder – 1-16% among older adults
- Tobacco Use Disorder
- Cannabis Use Disorder
- Stimulant Use Disorder
- Hallucinogen Use Disorder
- Opioid Use Disorder - ~1% among older adults

Projected increase in SUD rates for adults 50 years and older:

2.8 million (2006) to 5.7 million (2020)

Undetected Substance Abuse in Older Adults:

- Older adults may be ashamed about drinking or drug problems (moral failings).
- Providers may confuse substance use disorder symptoms for age-related changes.

Prescription Drug Abuse in Older Adults – health impacts:

- Opioids
 - Falls, delirium, fractures, pneumonia
- Tranquilizers
 - Falls and other motor coordination impairments, potentially intellectual and cognitive impairment
- Sedatives
 - Dizziness, loss of balance – higher risk for falls, disorientation; slowing of heart rate to dangerous levels if overdose occurs.

Risk of Harm from Polypharmacy in Older Adults:

- Those with ≥ 5 prescriptions
- Have chronic diseases of liver, kidney, or heart
- Taking certain drug classes (sedatives, opioids, tranquilizers, NSAIDS, anticoagulants etc)
- Those with memory impairments – difficulty taking medications as prescribed
- Those living alone
- Those with a substance abuse or psychiatric history



Source: Preventing Prescription Abuse in the Workplace

Non-medical Prescription Drug Use:

National Survey on Drug Use and Health

Examined use of opioids, tranquilizers and stimulants

- Across all medication types – lifetime increase in all older adults
- Opioids – increase within the last year in all older adults
- Opioids and tranquilizers – increase within the last 30 days for adults 50 and older



Source: Schepis et al Addict Behav 2016

Florida BRITE Project

- Screening and intervention program Florida Brief Intervention and Treatment for Elders (BRITE) project, a 3-year, state-funded pilot program of screening and brief intervention for older adult substance misusers (alcohol, medications, illicit substance misuse problems) and psychiatric issues (depression and suicide risk).
- Findings: most prevalent substance use problem was with misuse of prescribed medications then alcohol, over the counter medications and illicit substances. Recipients of the brief intervention had improvement in medication misuse, alcohol and depression measures.

Source: Schonfeld et al AJPB 2011

Discussion –



What are your major concerns regarding SUD among your older adult health center patients?

What are you currently doing to understand/manage SUD within your older adult health center patients?

Additional Information:

- Mattson, M., Lipari, R.N., Hays, C. and Van Horn, S.L. *A day in the life of older adults: Substance use facts*. The CBHSQ Report: 2017. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Rockville, MD.
- Too many prescription drugs can be dangerous, especially for older adults.
https://publichealth.hsc.wvu.edu/media/3331/polypharmacy_pire_2_web_no-samhsa-logo.pdf

Session 2: Substance Use Disorder (SUD) Diagnosis

