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## Canadian Family Medicine Clinical Card

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# Substance Addictions

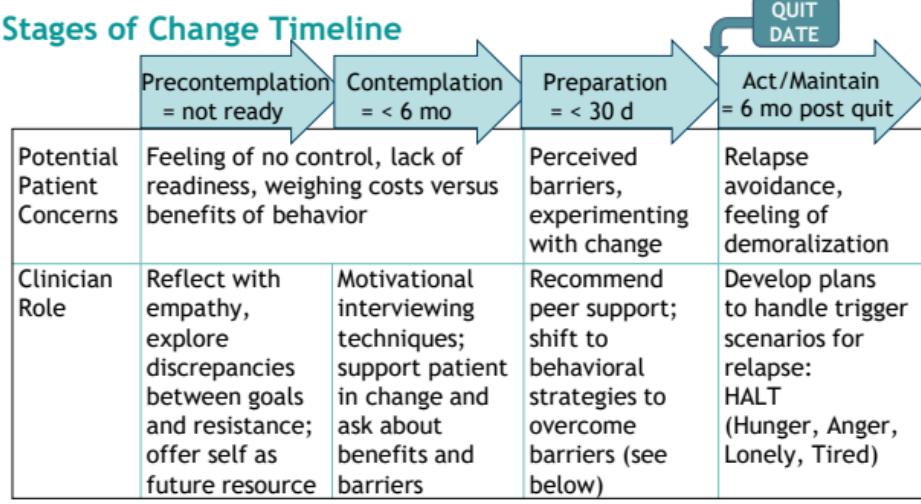
## Risk Factors for Chemical Dependency

- |   |   |
|---|---|
| <input type="checkbox"/> family history of addiction (child or sibling of addict) | <input type="checkbox"/> high-risk scenarios (gangs, sex-trade, raves)          |
| <input type="checkbox"/> abuse survivors (physical, emotional, sexual)            | <input type="checkbox"/> other addiction (gambling, internet, additional drugs) |
| <input type="checkbox"/> traumatic event or loss                                  | <input type="checkbox"/> other psychiatric diagnosis                            |

## Psychiatric Disorders & Substance Addiction Neurobiology

- Individuals with **anxiety** are prone to self-medicate with alcohol, heroin, and/or benzodiazepines to lower their elevated levels of norepinephrine
- Individuals with **ADHD** are prone to self-medicate with marijuana, cocaine, and/or tobacco to elevate their lowered levels of dopamine

## Stages of Change Timeline



## Tobacco Cessation Treatment Options

- ① Lifestyle - 15 minute bursts of daily moderate activity; balanced diet
- ① Behavioral - identify and modify triggers associated with tobacco; document strategies along with a start date; plan titration of tobacco use, craving substitution; address any modifiable risk factors listed above
- ③ Nicotine Replacement Therapy - gum plus inhaler; patch takes 3 days for steady state so add mouth spray (e-cigarettes may increase relapse rate)
- ④ Medications - Varenicline 0.5mg qD 3d, 0.5mg bid 4d, 1mg bid 11wk  
Bupropion SR 150mg qD 3d, 150mg bid 4d, 150mg bid 11wk
  - Patients taking olanzapine or clozapine require antipsychotic dosage reductions of 30-40% to reduce risk of toxicity during smoking cessation
  - Patients with schizophrenia or substance use disorders have smoking rates 70-80% (versus average rate 16-20% for Canadian adults and youth); expect and empathize with an increase in relapse rate

## Educational Resources

Patients: Healthy Living tab at [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)  
and 1-866-366-3667

Clinicians: CAN-ADAPTT through [www.nicotinedependenceclinic.com](http://www.nicotinedependenceclinic.com)

**Key References:** Zimmerman, GL, et al. A 'stages of change' approach to helping patients change behavior. *Am Fam Physician*. 2000;61(5):1409-16; Cohen S, et al. Disease Interrupted: Tobacco Reduction and Cessation- Psychosocial Interventions. (C Els, et al, Ed.). CAMH. 2012;CAN-ADAPTT:103-30; Kalman D, et al. Co-morbidity of smoking in patients with psychiatric and substance use disorders. *Am J Addict*. 2005;14(2):106-23.