

Australasian Chapter of Addiction Medicine

Addiction Medicine Update

RACP Congress 2016

Dr Matthew Frei, AChAM President 2014-16 A/Prof Adrian Reynolds, AChAM President 2016-18

Update



- What is addiction medicine?
- Clinical & public/population alcohol & drug health
- The way forward



Huge burden of disease-small specialty



- Massive health burden & modest number of Fellows and trainees
- Crosses all areas of health
- Setting is right for a growth in specialty numbers

Addiction medicine as clinical clean up crew



- Specialty that steps in when there is chaos and mess
- Human behaviour disrupts clinical care*
- Risks start escalating
- Expertise in "under-understood", unattractive and imageproblematic field

^{*}At patient and governance levels

Addiction medicine in clinical practice & public health: an update

Alcohol: public health & clinical work



- College alcohol policy
- Public & community culture changes
 - Reduce price, access & promotion
 - Volumetric taxation & review of WET
 - Regulation of outlets
- Clinical role of addiction medicine
 - Engaging primary care
 - Medical management & innovation

Pharmaceutical drug use: public health & clinical work



- Largest growth field in clinical work for addiction medicine in last decade
 - Misuse and low value prescribing of opioid analgesics, benzodiazepines & antipsychotic drugs
 - Addiction medicine embedded in some pain clinics
- Public & policy
 - Professional clinical practice guidelines
 - Training packages
 - ERRCD (real time controlled drug monitoring)
- EVOLVE

Changing opioid prescribing practice and culture



- Precautions in opioid prescribing
 - Keep dose under 50mg MME, caution above 90mg MME (CDC, 2016)
 - Review opioid therapy regularly
 - Opioid therapy is not indicated for the long term management of chronic noncancer pain based on current evidence (HNE, 2015)
- Growth in OTC codeine use
- Role of maintenance opioid therapy programs

Methamphetamine



- Emerging evidence of increase in regular/dependent users of crystalline methamphetamine in last 3-5 years
 - ED & hospital separations
 - Ambulance attendances
 - Drug treatment episodes
- Medication assisted therapy
- National Ice Task Force

Other frontiers: an update

Cannabis as medicine



- New model in approach to substance of dependence
- Limited research supporting cannabis' benefit in (>100) promoted indications (over existing agents)
- Magical drug?
- "Evidence" based on emotionally potent anecdote
- US experience of conflating legalisation with medicalisation

Novel psychoactive substances

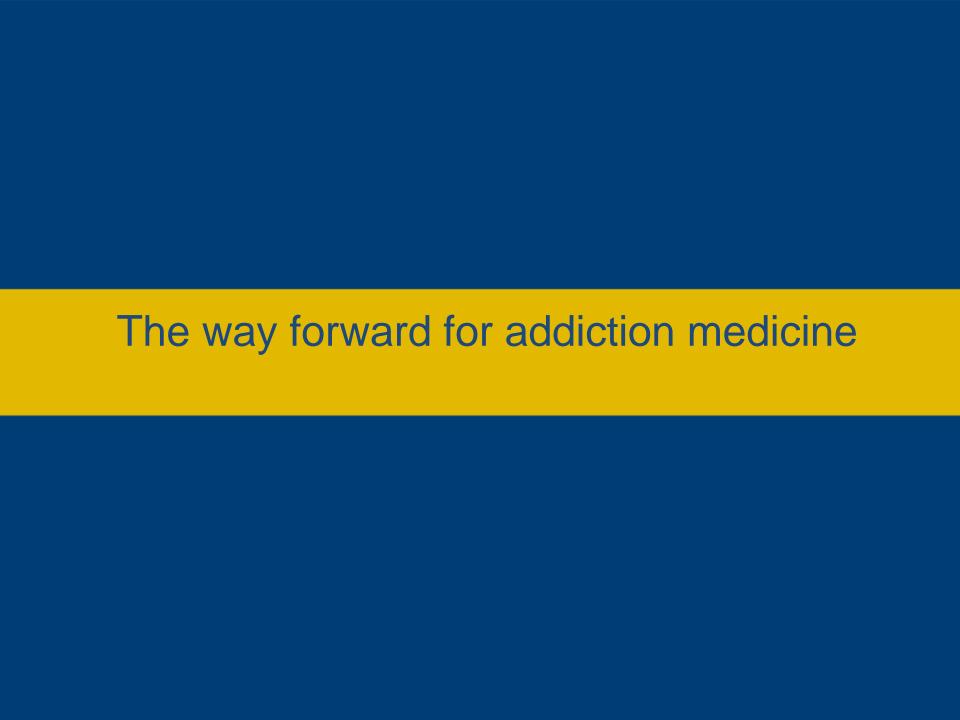


- Novel psychoactive substances
 - Online drug markets
 - "research chemicals"
 - Uncertain legal status
 - Adult/head/smoke shop products
 - Synthetic cannabis-like agents
 - Other synthetics
 - Difficult to detect in immunoassay urine toxicology

Tobacco control



- Nicotine vaporising devices
 - RACP position statement
 - Recent statements by RCP & PHE
 - New FDA regulations and EU TPD



The way forward



- A dynamic field crossing internal medicine, behavioural sciences and public health
- A modest size specialty "punching above weight" given breadth and burden of clinical issues
- Need to grow numbers to address increasing role in policy, clinical expertise and governance
- Ice task force plan for physician like item numbers from November 2016

Thank you myfrei@gmail.com