

Dapdune House Surgery: Care of People who Misuse Drugs and Alcohol

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Content

- Case study - Helen
- Homeless services in Guildford – Dr Williams
- Alcohol Dependence and Management – Jo
- AKT questions - Lorna

Why talk about this?

- Significant stigma
- Common
- GPs are ideally placed to identify
- Responsibility to provide care
- Primary care-based interventions can be very effective
- Can be very rewarding for dr, life changing for pt

Drug and Alcohol Misuse in the Homeless Population

- 2013-15, 27% Crisis clients reported problematic drug/alcohol use
- 75% cite drug/alcohol use as a reason for first becoming homeless
- Those who use drugs are 7 x more likely to be homeless

Case Study

- 39 year old, female
- Moved to Guildford 2002
- PMHx: Epilepsy, depression, ?childhood asthma
- Alcohol intake 2units/week, cigarette smoker 25/day, denied ongoing drug use (occ cannabis)
- DHx: Carbamazepine and OCP



Social Set-up

- Long history of sexual abuse as child
- Moved from Dorking – abusive ex partner
- Regained custody of son
- Had a place in mother and baby hostel in Guildford

Asthma



- Background childhood asthma
- Winter 2017 – bad chest infection
- Commenced on salbutamol/ICS
- Ongoing difficulty with asthma control

Barriers to Optimising Asthma Care



NAME
SOME

Barriers to Optimising Asthma Care

- Living conditions
- Chaotic lifestyle
- Ongoing follow up
- Dr bias
- Smoking
- Sharing medications

Epilepsy

- Switched to valproate by neuro
- Recent years, ongoing issues with increasing seizure frequency
- Have been periods of good control
- November 2017 - documented need to discuss contraception/pregnancy risk

Contraception



- 2017 - not on any contraception
 - Sodium valproate
 - Not sexually active?!!
 - (Last SI 3/52 ago)
- G3P1, 1 x TOP, 1 x miscarriage
- Counselling and consented for IUS
- Benefits of LARC in homeless population

Current Situation

- 2018 – keen to try for a baby
- Issues for optimisation
 - Epilepsy control
 - Medication
 - Alcohol
 - High risk pregnancy – refer to O&G prior to removing coil

Challenges in this Population

- Complexity of managing chronic conditions
- Alcohol and drug misuse and compliance
- Reflective self-practice - bias



References

- <https://www.nejm.org/doi/full/10.1056/NEJMc1508556>
- <https://www.crisis.org.uk/ending-homelessness/health-and-wellbeing/drugs-and-alcohol/>