



TWIST Session 4: Treatment of problem drug use

Tuesday 24th October, 11:30h – 13:00h (Room 5C)

This TWIST Session is open to all Lisbon Addictions Conference participants



Thomas Clausen MD PhD. Professor and Head of the Norwegian centre for addiction research, University of Oslo, Oslo, Norway

Thomas Clausen has a research profile focused towards opioid addiction, overdose prevention and treatment outcomes in the field of addiction medicine. He is appointed as a National Expert to the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) for Norway, and has an ongoing collaboration with the WHO to investigate alcohol use and health outcomes particularly in low-and middle income countries. Professor Clausen has published more than 100 scientific papers and regularly serves as a mentor for numerous PhD- and Master students. He is a teaching professor at the Medical Faculty at the University of Oslo.

Ivar Skeie MD PhD and specialist in family medicine and addiction medicine. Chief physician and researcher in addiction medicine at Innlandet Hospital Trust Gjøevik, Norway and part-time researcher at the Norwegian centre for addiction research, University of Oslo, Oslo, Norway

Ivar Skeie has previously as a GP been engaged in clinical work and professional development of addiction treatment within family medicine in Norway. He now works as a clinician in addiction medicine within the national Norwegian OMT programme. His main research focus is on long-term effects of OMT, especially regarding mortality and somatic and psychiatric comorbidity. He is currently an adviser in the national strategy to prevent overdose deaths in Norway and a member of the task force revising the national guideline for OMT in Norway. He has been widely engaged in supervising and education of GPs and other professional groups in addiction treatment.



Christian Tjagvad MD PhD. PostDoc at the Norwegian Centre for Addiction Research, University of Oslo. Const. Consultant MD at Gladsaxe Substance Abuse Treatment Center

Christian Tjagvad is a medical doctor with experience in addiction research and particularly research on overdose deaths in Norway and Denmark. In addition, he works as a clinician in addiction medicine and has experience in treating patients with all types of substance abuse. He is also associated editor at BMC Psychiatry. Recently, he was appointed national expert in the process of revising the OMT guidelines in Denmark.

Session Description:

Learning objective(s):

- Increase understanding of the condition addiction within heterogeneous groups
- Improve understanding of the opioid addicted persons' accompanying comorbidity burden
- Build knowledge about treatment responses and preventive measures towards addiction

Scope/main topics covered:

Addiction is a condition which is often accompanied with somatic and psychiatric comorbidity as well as social challenges. The session will highlight the large heterogeneity in characteristics of persons with addiction, pointing towards the need for varied and multifaceted preventive and treatment approaches to be applied. As an example; opioid addicted persons experience high risk of morbidity and mortality, particularly during periods outside of formal treatment. The most adverse outcome of addiction is fatal overdose, and overdoses as preventable events will be highlighted.

The primary and evidence based approach to opioid addiction is opioid maintenance treatment (OMT) with long acting opioid agonists. Nevertheless, as many opioid addicted persons are not in treatment also other harm reduction approaches are required. How OMT falls into the spectrum of approaches/responses towards addiction will be discussed.



TWIST Session 4: Treatment of problem drug use

Session Description (cont.):

Treatments of addiction may include both pharmacological and non-pharmacological elements, depending on the type of addiction. Addiction and misuse of prescription drugs are an increasing problem. This includes misuse of the OMT medications; methadone and buprenorphine. OMT medications decrease illicit opioid use and reduce morbidity and mortality among opioid-dependent individuals, and are typically provided together with psychosocial support. However, if misused these medications may lead to negative health consequences and even result in overdose death. Therefore, the mechanism of opioids both as part of treatment as well as involved as risk factor for overdose are both equally important to understand. To support patients in using medications as part of a safe treatment and not as part of a misuse, it is essential that clinicians have knowledge of involved factors. Factors that can support the clinician to improve treatment outcome among addicted individuals overall, as well as prevent and treat overdoses, will be discussed.

The burden of comorbid psychiatric and somatic morbidity is great among persons with addictions. However, co-occurring diseases are often overlooked or ignored. The patterns of comorbidity, and especially how increasing age influence health conditions, will be described as well as possible strategies to confront this problem.

Historically, treatment programs have often been characterized as either harm-reduction-oriented or rehabilitation- or recovery-oriented. But is there necessarily a conflict between these two aims? Can for example OMT programs include both harm reduction perspectives as well as rehabilitation and recovery goals? This will be discussed, partly based on experiences from the Nordic OMT programs.

Concluding the session we will discuss with trainees what a city or a country will benefit from doing in order to optimally provide services towards persons with addiction, and to reduce the burden the disorder in the society.

Training/Learning formats:

- Multiple brief integrated mini lectures (10min) followed by discussion and Q&A with audience

Learning outcome(s) (what should the trainee be able to do following the session?):

- Describe varied and multifaceted preventive and treatment approaches for addiction
- Improve treatment approaches towards opioid addiction

Related LxAddictions 2017 sessions:

SS19 (mobile assessment & treatment), PS39 (development), SS39 (stigma) & PS50 (service delivery)

Related TWIST sessions:

- Alcohol treatment will feature in TWIST Session 12 – Alcohol
- Cannabis treatment options will be discussed in part of TWIST Session 5 – Cannabis
- Treating problem club drug use will feature in TWIST Discussion 16 – Sexuality, chemsex and club drugs – what are the priorities?