



University Of Oklahoma School of Medicine

Oklahoma Health Professionals Program 2019

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Family Practice

Addiction Medicine

Overview



- 1. Describe what constitutes an Impaired Physician
- 2. Describe getting acquainted with the OHPP
- 3. Identify unacceptable behaviors among physicians

Impaired Physicians



In 1973, the American Medical Association defined the impaired physician as one who is unable to fulfill professional and personal responsibilities because of a psychiatric illness, alcoholism, or drug dependency

Impaired Professional



- n Chemically Dependent
- n Disruptive Physicians
- n Elderly- Fitness of Duty
- n Mental Disorders
- n Illegal Activities
- n Behavior Problems (Process Addictions)
- n Boundary Issues/Predator?
- n The FLU ?? Cancer Tx's ??

OHPP



**Helping Health Care Providers Having
Problems in their Professional & Personal
Lives**

**OHPP has been a Model Programs in the
Nation**

**What makes us unique is our
relationship with our Medical Boards**

**Work with MD, DO, PA, Vets, Dentist,
Psychologists Residents & Medical Students.
In past also worked with Allied Health**

OHP

We Work with Docs who are:

- **ADDICTED to “Something”**
- **DISRUPTIVE (Distressed Physician)**
- **BOUNDARY ISSUES**
- **FITNESS FOR DUTY**
- **Mental Health Disorders**

OHPP



- We help sick Docs get healthy
- Intervene on Addicted Doctors and get them into Treatment
- We try to get Docs back to work
- Our Docs can avoid the licensing board
- Stress Non-Punitive Actions and Compassionate Healing

Prevalence Among Health Professionals



- 10-15% Lifetime prevalence
- .5 – 1% Annual incidence (new cases)
- Suicide Rate >> general population

DRUGS OF ABUSE



- EtOH- major substance of abuse in Drs
- Narcotics-2nd, more common than gen.
- Stimulants
- Sedative-Hypnotics
- Designer Drugs
- Hallucinogens
- IV Drug use very common

Symptoms of Substance Abuse



- Changes in Behavior
- DUI
- Disruptive
- Withdrawn
- Unavailable on Call/Missing Work
- *Missing drugs
- Cognitive Impairment—often a late sx
- “Where there’s smoke there’s fire”

Symptoms of Substance Abuse



Interestingly,

The ability to practice is the last
skill to go,

Relationships are first

OHPP



- **How are Doctors referred?**
- Medical Practice Act- Requires a medical doctor to report to the Board if there is a prudent basis to suspect that another physician is practicing while impaired due to substance abuse or is habitually drunk.

OHPP



- **How are Doctors referred?**

1. Medical Boards refers after a complaint has ben filed
2. Referred by spouse, employee, nurse, hospital...
3. Self-referral

OHPP



- **Why report your Colleagues?**

1. Your oath/board requires you to protect the public.
2. You can save their life.
3. You can save their career.
4. It is the right thing to do.

Physician Health Program Component Parts



- Intervention
- Evaluation
- Treatment
- Monitoring

Physicians As Patients



- Less than objective in their own medical treatment
- Potential or real loss of status and authority associated with becoming a patient is difficult.
- Myth: Having knowledge protects them from illness.
- Major Denial

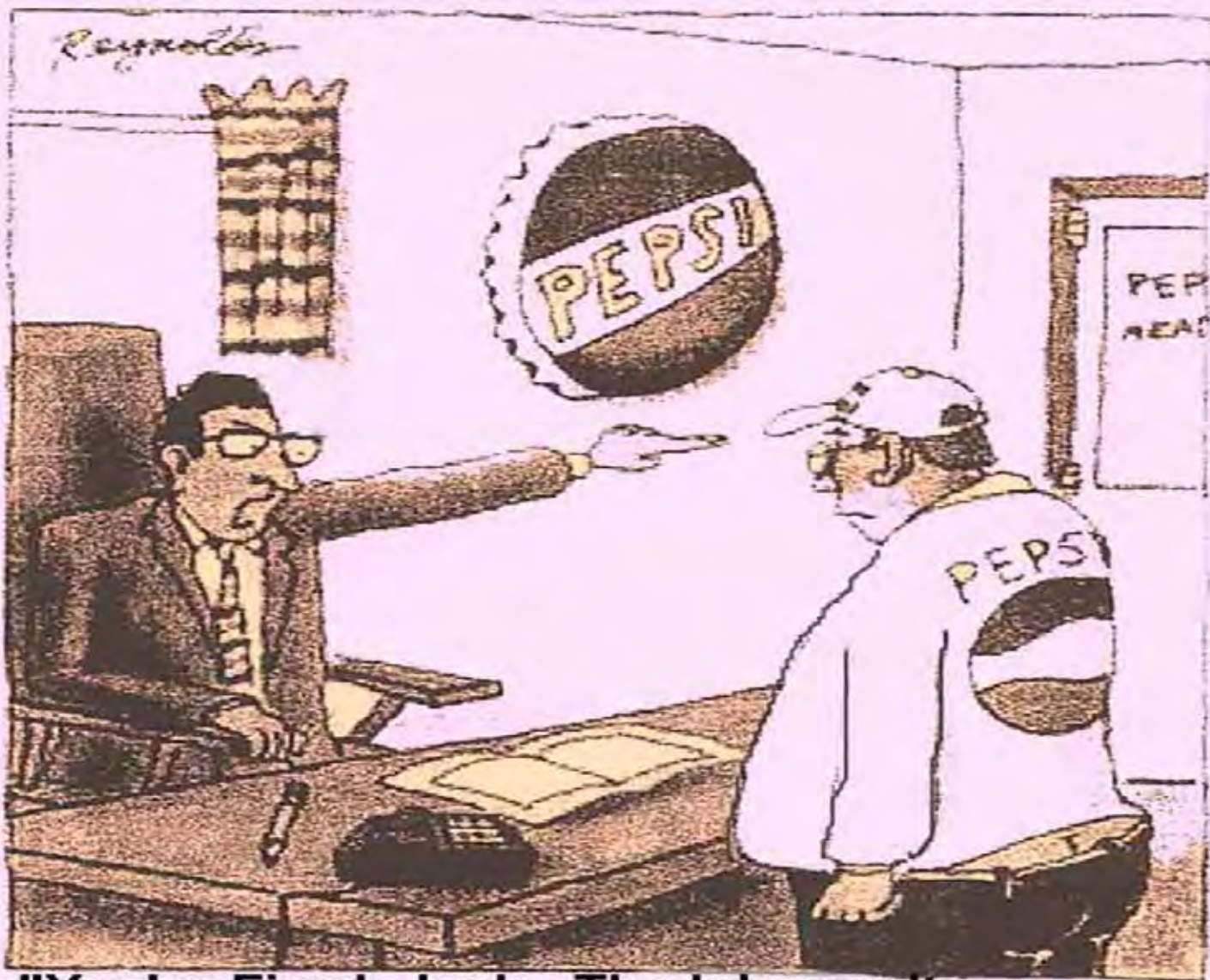
My Doctor said "Only 1 glass of alcohol a day". I can live with that.



Monitoring



- Wellness Programs - PHP's - improve outcome
- Contract important
 - Abstinence, Medications, Random urine monitoring, Groups, Therapy, Self-help groups, etc.
- Length of follow-up – 5 years. lifetime preferable?



"You're Fired, Jack. The lab results just came back, and you tested positive For COKE!"

Oklahoma Experience



- Since 1985 Nearing 1200-- 5 year graduates(PHP's began in late 1970's)
- Most never appeared before the board
- Small percentage of failures similar to national data
- Attempt to identify every physician at risk to protect the public
- 5 year success rate about 85-90%

CHANGING ADDICTIONS



- Many people have multiple Addictions
- Many others change Addictions
- Addiction to what is a normally a benign activity, is when you continue an activity despite adverse consequences.
- Doing the same thing over again and expecting different results.

Process Addictions

- Work compulsively.
- Gamble compulsively.
- Exercise compulsively.
- Compulsive sexual behaviors.
- Shop, accumulate possessions compulsively.
- Compulsive use of defensive behaviors.



Distressed Physician



Also called the *Disruptive Physician*
Is a physician who through behavior
jeopardizes patient safety

Examples: Angry, Passive-aggressive,
Belittling ,
Blaming, Sarcastic, etc.

Distressed Physicians



Most Common Specialty is:

Surgery

Other Common Specialties:

Anesthesia

Hospitalist

WHY?

SEXUAL BOUNDARIES



Considered by Medical Boards to be the worst behavior a physician can engage in.

The physician has all the Power in the relationship, therefore physician abusing the patient.

Even a so called “Consensual Relationship” is an Abuse of the trust of the Physician-Patient Relationship.

SEXUAL BOUNDARIES



- There really is no statute of limitations.
- Even a one time encounter is misconduct
- Often the Physician has a Relationship or Love Addiction
- Males >> Females
- If you had relationship first, then see them as a patient, can be considered boundary violation.
- **JUST SAY NO!!!**

No Matter What, Stay Out of Trouble with the Medical Board

- Impaired Doc
- Disruptive Doc
- Boundary Doc
- Psychiatric Problems-Seek Help
- Ethical Problems- i.e.- Rx Writing, Operating on your wife, etc
- Know the Rules of Professional Conduct

