

Addiction Medicine Elective Internal Medicine Residency Program

Rotation structure and setting

- Two week elective rotation, consecutive days
- Inpatient and outpatient setting
 - Inpatient
 - Medical Detoxification Unit (bulk of elective time)
 - Addiction Medicine Consult service
 - Outpatient/Blended Outpatient
 - Medication Assisted Therapy clinics (e.g., Opioid Treatment Program)
 - Partial Hospitalization program
 - Intensive outpatient program
 - Final blend of Inpatient and Outpatient experience to be determined by the CATS Medical Director

Goals

- Gain clinical experience in addiction treatment in the inpatient and/or outpatient setting
- Describe the basic neurobiology of substance use disorders
- Explain the basic pharmacology/metabolism/elimination of common substances
- Understand the basic epidemiology of substance use (genetic and/or environmental)
- Develop a vocabulary for addiction medicine and substance use and apply towards proper history taking
- Discuss the medical model of addiction and the biopsychosocial approach to comprehensive care
- Identify levels of care across the addiction spectrum
- Understand 12-step program philosophy
- Explain the structure of the multidisciplinary addiction team
- Recognize the importance of cognitive behavioral therapy and motivational interviewing in the addiction care spectrum
- Define when to consult the addiction medicine team in the inpatient setting

Objectives

Assessment. Residents will be able to:

- Take a comprehensive addiction history
- Identify medical complications of addiction
- Utilize appropriate screening tools to identify co-morbid psychiatric disorders
- Utilize appropriate screening tools to identify co-morbid pain disorders
- Identify the withdrawal and intoxication patterns of various substances
- Apply the DSM-5 criteria for substance use disorder (SUD) diagnosis
- Identify when and how to utilize Screening and brief intervention tools and concepts (SBIRT), including identification of those at-risk for substance use
- Apply the ASAM criteria, and transition patients to different levels of care
- Utilize the COWS scale for opioid withdrawal evaluation
- Identify appropriate urine and blood testing in the inpatient and outpatient setting

Management. Residents will be able to:

- Participate with a multidisciplinary team to formulate a treatment plan
- Order and interpret appropriate toxicology tests
- Apply evidence-based pharmacotherapy for select substance detoxification or medically supervised withdrawal management, including but not limited to Opioids, Alcohol and Stimulants
- Manage medical complications of addiction (as appropriate for the rotation)
- Manage co-morbid psychiatric conditions, principally depression, anxiety/panic, and PTSD
- Manage co-morbid pain and addiction
- Understand how both pharmacotherapy and group therapy are integrated into a comprehensive addiction treatment plan
- Address psychosocial barriers to treatment