

Importance of Behavioral Health Screening of People with Chronic Conditions

Lea Ayers LaFave, PhD, RN
Community Health Institute
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**SCREEN &
INTERVENE**
NH Youth SBIRT Initiative

An initiative of the
New Hampshire
Charitable Foundation

Chronic Conditions

Health problems that require ongoing management over a period of years or decades

- World Health Organization

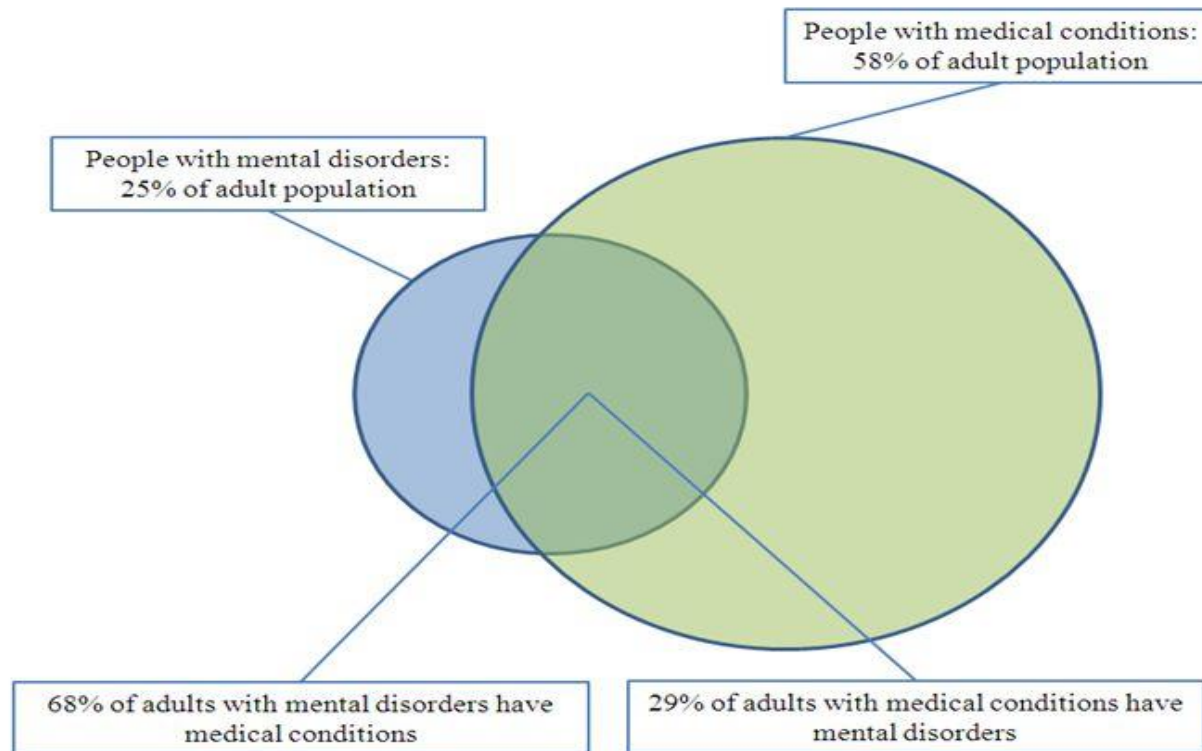
- Comorbidity: the co-occurrence of mental and physical disorders in the same person, regardless of the chronological order in which they occurred or the causal pathway linking them

-SAMHSA

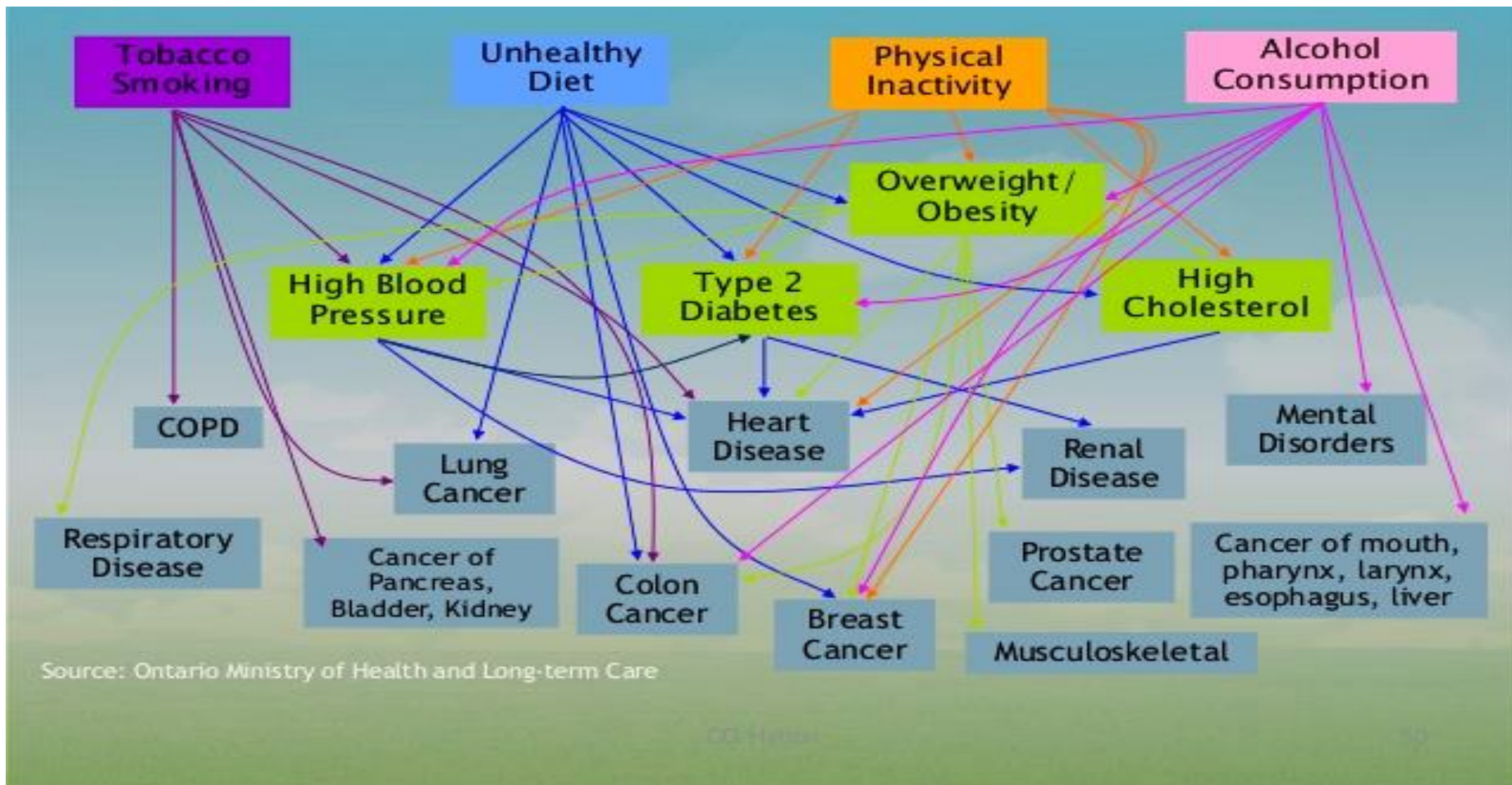
Prevalence

Chronic Condition	US %	NH %
Arthritis	26	27.2
Asthma	8.9	10.2
Cardiovascular	4.2	4.2
Chronic Obstructive Pulmonary	6.5	6.5
Depression	19	21
Diabetes	10	9.2
Kidney Disease	2.7	2.1
Cancer	6.8	8
<i>Adult use of Illicit drugs, marijuana and heroin is increasing</i>		

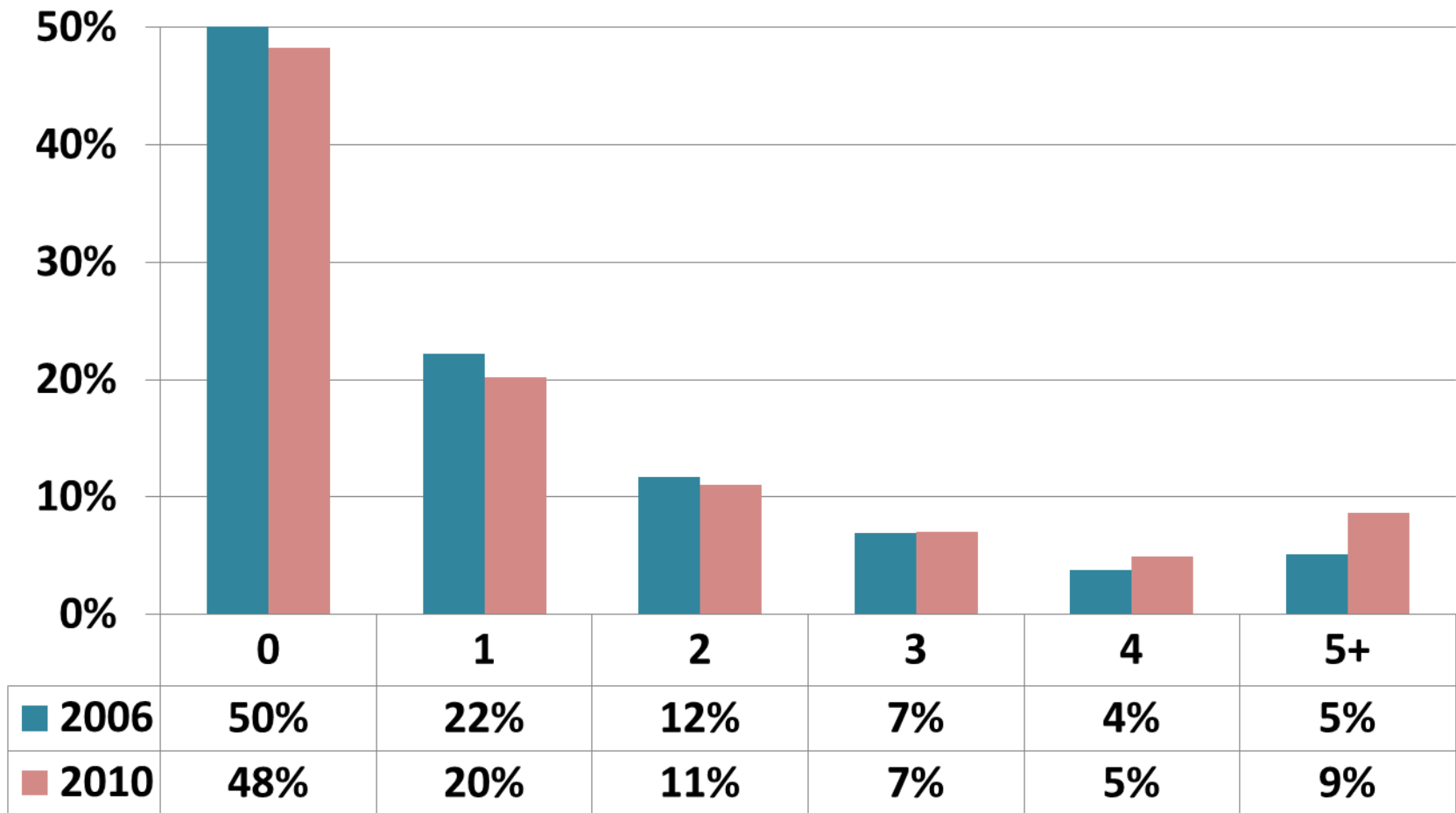
Co-morbidities in the Adult Population



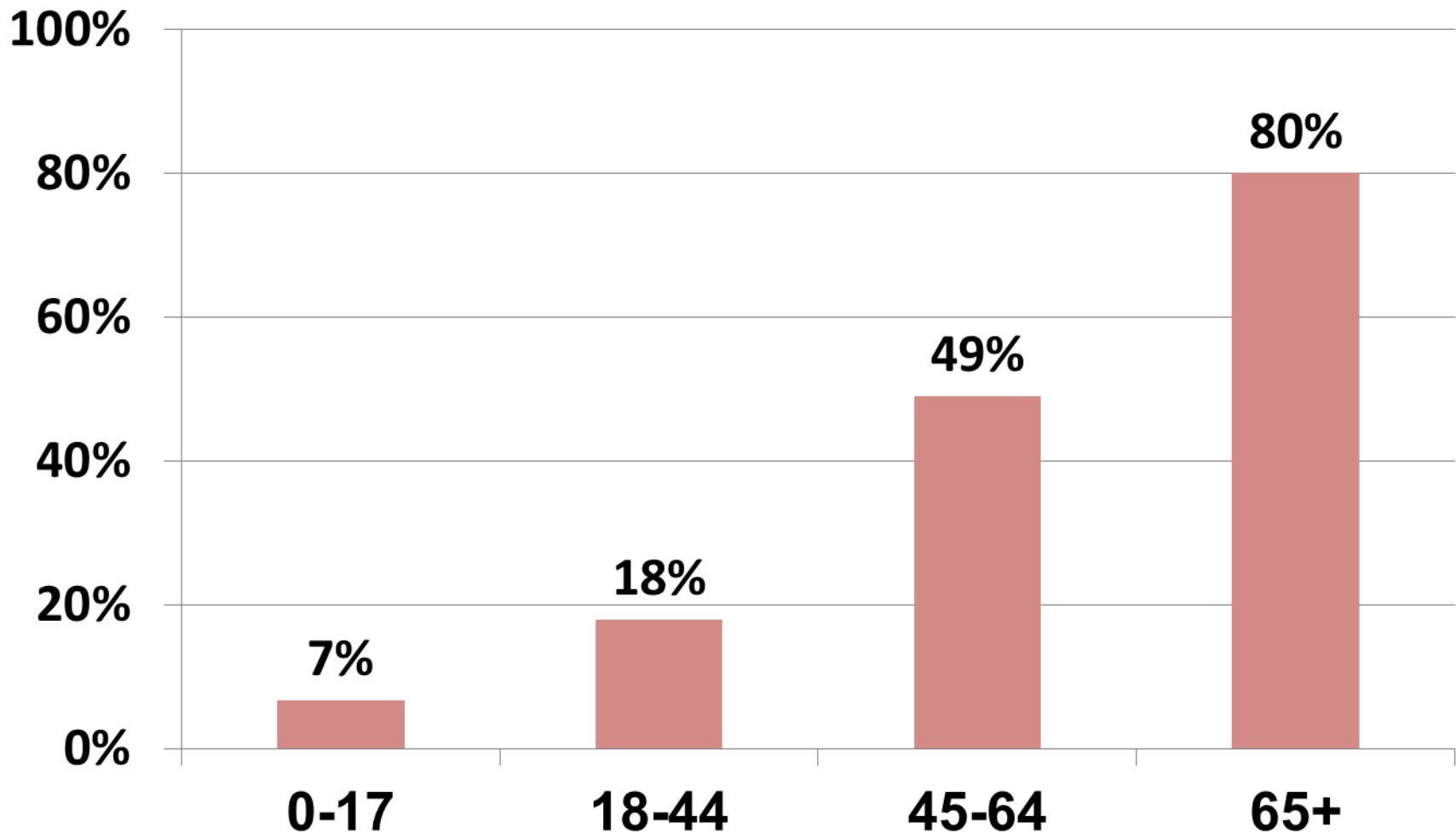
Common Chronic Disease Risk Factors



Percentage of People by Number of Multiple Chronic Conditions: 2006 -2010



Percentage of People by Number of Multiple Chronic Conditions by Age Group: 2006



Substance use → Chronic Disease

- Alcohol use can lead to chronic conditions; exacerbate existing conditions
- Poor adherence to prescribed care
- Increased incidence of chronic conditions with age
- Interferes with commonly prescribed medications
- Unnecessary physician visits and medical testing
- Potential for misdiagnosis
- High incidence of co-morbidity of substance use and mental health issues (depression)
- A major cofactor in depression, a highly prevalent condition that, in turn, affects care for many other conditions.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3984935/pdf/nihms570578.pdf>

<http://bmcgeriatr.biomedcentral.com/articles/10.1186/1471-2318-14-57>

Chronic Disease → Substance Use/Depression

More often subject to

- Loss
- Social isolation
- Economic worries

Depression → Chronic Disease

- Increased risk of developing some physical illnesses
 - cardiovascular disease, diabetes, stroke, and Alzheimer's disease, osteoporosis
- Greater challenge caring for their health
 - seeking care
 - taking prescribed medication
 - eating well, exercising

Chronic Disease → Depression

Depression common among people with chronic conditions

- significant impact on quality of life, adherence to therapy, and prognosis
- Some conditions result in changes in the brain
- Loss of control/despair with chronic conditions/disruptive life event
- Common medication side effect



MEDICATION-RELATED ISSUES

Polypharmacy and Adverse Drug Events

American Adults:

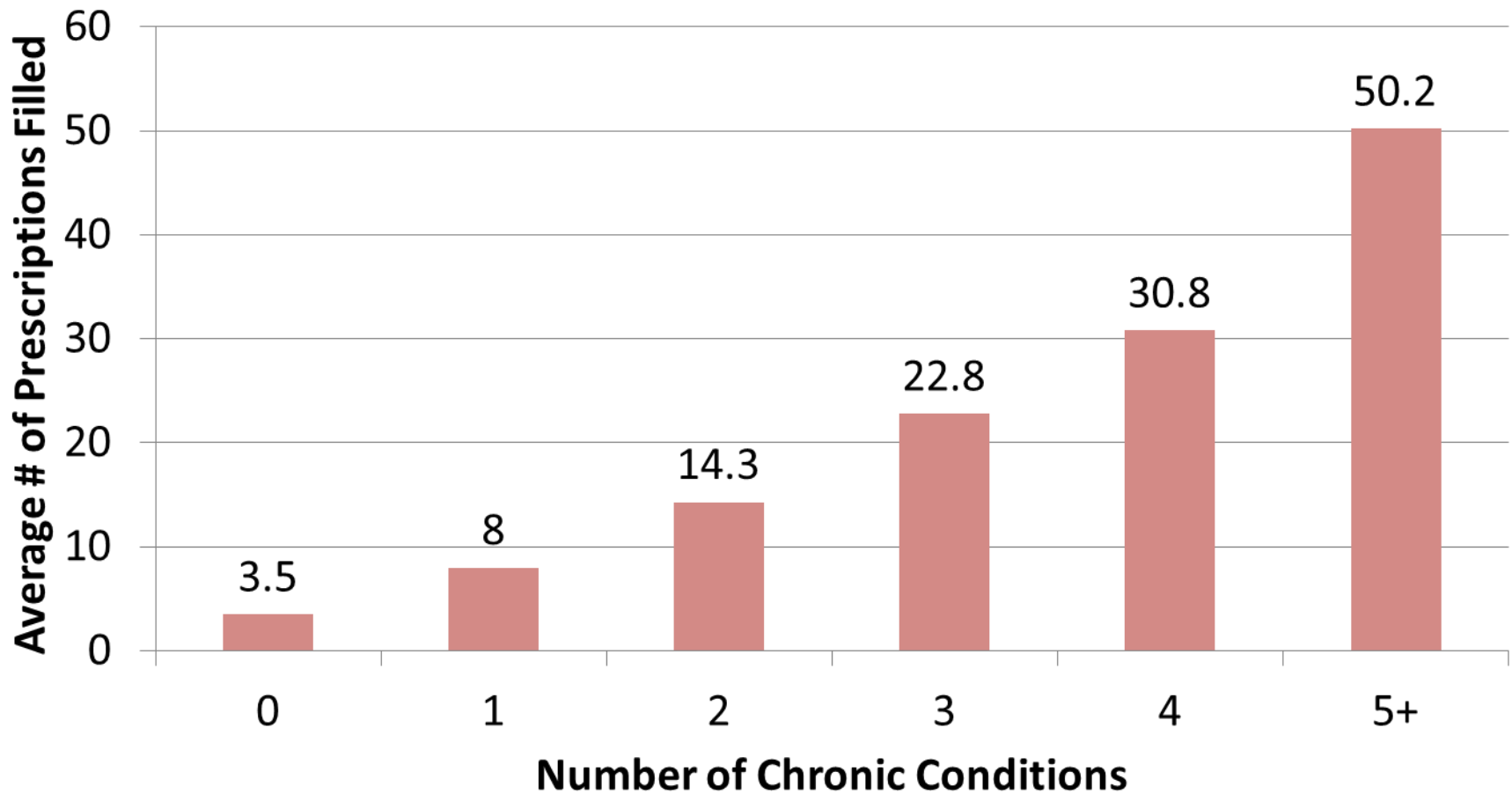
- 82% of take 1+ medications, 30% take 5+
- 700,000 emergency department visits and 120,000 hospitalizations are due to “adverse medicine events” each year
- \$3.5B / year spent on extra medical costs of “adverse medicine events”
- At least 40% of non-hospital costs are preventable

Seniors:

- 13% of the population; consume \approx 1/3 of prescription drugs
- 1 in 4 have prescriptions from FIVE or more providers
- 1 in 20 have prescriptions from EIGHT or more providers
- Elderly use more OTC drugs than any other age group
 - A combination of alcohol and over-the counter medications is the most common source of adverse drug reactions in the elderly
- These numbers are expected to increase as baby boomers age



Annual Number of Prescriptions Filled per Capita by Number of Chronic Conditions: 2010





AGE-RELATED ISSUES

Implications for the Elderly

- Older adults / their families more likely to hide substance abuse and less likely to seek help
- Older adults can present w/ multiple complex comorbidities
- Late onset (after 50) substance use (~30% of elderly who use):
 - Triggered by a major life stressor
 - A better prognosis for recovery - since they have not suffered the physical and psychological ravages of long term substance abuse

Implications for the Elderly

Increased Sensitivity to Alcohol

- Decreased tolerance -- experience effects of alcohol more quickly than when they were younger
- Increased risk for falls, car crashes, and other unintentional injuries

Increased Health Problems

- Heavy drinking can worsen existing health problems
- Diagnosis may be difficult - symptoms of alcohol and drug dependency in older individuals sometimes mimic symptoms of other medical and behavioral disorders such as diabetes, dementia, depression.

Medication Interactions

- Prescription, OTC and herbal remedies can be dangerous or even deadly when mixed with alcohol.

Implications for Youth

Study of youth 9-18 years old (mean 15.6) with asthma/cystic fibrosis, type 1 diabetes, arthritis, or inflammatory bowel disease

- Alcohol and marijuana use are common among youth with chronic medical conditions
- Associated with treatment nonadherence
 - 32% (8.3% of high school) youth reported regularly forgetting or skipping medications in the past 30 days
 - 1.79 and 1.61 times as likely to report regularly missing or skipping medications

Routine Screening for Behavioral Health Issues with People with Chronic Conditions...

- Provides info that informs quality patient-centered care
 - Alcohol-induced illness in older adults often is reversible, or its progress can be significantly delayed.
 - Older adults are more compliant with treatment recommendations and have treatment outcomes as good as or better than those of younger patients.
 - Brief interventions for smoking with older adults can more than double their 1-year quit rates
- Provides a way to “start the conversation”- prevention



Thank you!