

ADDICTION INTERVENTION

Grado en Terapia Ocupacional

Academic Year: 2022-23

Course code: 804149

Type: Core subject

Level: Third course.

Department: Experimental Psychology, Cognitive Processes and Speech Therapy / Pharmacology / Psychiatry.

Credits: 6 ECTS

Semester: 2nd.

Instructors.

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Course overview.

Addictions are a health problem of great importance in our society. The program of the course exposes in a global way the current concept of addictive behavior, the neurobiological, psychological and social models that explain addiction and the pharmacological characteristics of the most widely consumed drugs of abuse. It also describes the mechanism of action of the different substances capable of producing addiction with emphasis on their differences as elements to be considered in intervention programs for treatment and relapse prevention, being these programs approached from the most significant perspective for occupational therapy.

Intended learning outcomes

These are those corresponding to the Module and Subject to which this course belongs.

General Competences

CG.02., 03., 04., 05., 06., 09., 11., 12., 13., 14., 17., 21., 22., 23.y 24.

Specific Competencies

CE.M1.3., M1.7., M1.8., M2.11., M2.16., M2.17., M2.21., M2.23., M2.3., M2.4., M2.6., M2.7., M2.9., M3.1., M3.2., M3.3., M4.1.y M4.2.

Course Objectives.

- Integrate the knowledge learned and apply it to clinical cases in the hospital and outpatient setting as well as to actions in health and social care in the field of addictions.
- Develop intervention and prevention programs from the occupational therapy activity in the field of addictions.
- Elaborate protocols for the treatment of individualized cases from the activity of occupational therapy in the field of addictions.
- Transmit information, ideas and solutions to both a specialized and non-specialized audience in addictions.
- Acquire the ability to make judgments that include reflections on relevant social or scientific issues in the field of drugs of abuse.
- Acquire learning and improvement skills necessary to undertake further studies with a high degree of autonomy.
- Acquire the ability to work independently as occupational therapists or to cooperate with other professionals and participate in projects in the area of addictions.

Program

Theoretical

Introduction. Fundamentals

-Addictive behavior. Epidemiology of addictive disorders (National Plan on Drugs, UNODC, European Observatory).

-Neurobiological models of addictive behavior: reward pathway, reinforcing effect and dopaminergic system, neuroadaptation, craving and relapse, vulnerability towards addiction and relapse (stress).

-Psychological and social models of addictive behavior: classical conditioning, operant conditioning, social learning, oppositional process theory of acquired motivation, models of change in addictive behavior: Prochaska and DiClemente's transtheoretical model.

Pharmacology of Drugs and Substances of Abuse:

composition, nomenclature, routes of administration and forms of consumption, pharmacology, acute and chronic toxicity, tolerance, dependence and withdrawal syndrome.

-Alcohol.

-Sedatives.

-Tobacco.

-Cocaine.

-Amphetamines and cathinones.

-Designer drugs: ecstasy.

-Piperazines (herbal highs, herbal tonics, herbal ecstasy or party pills), pyrrolidionophenones, and GHB.

-Cannabis.

-Opiates.

-LSD, ketamine, phencyclidine.

-Inhalants.

-Spice Drugs.

-Other substances of vegetable origin: ayahuasca, iboga, salvia, hallucinogenic mushrooms, peyote, betel, khat, kawa kawa.

Diagnostico y Evaluación de los Trastornos

Adictivos

-Substance use disorders: abuse-dependency-intoxication-withdrawal syndrome.

-Behavioral addictions.

-Psychiatric disorders associated with addictions.

-Medical complications of drugs of abuse. 21. Family and social complications of addictions.

-The assessment process in patients with addictions. 23.

-The performance-oriented assessment of rehabilitative activities performed by the occupational therapist.

Psychosocial Factors and Variables Intervening in the Onset and Maintenance of Drug Dependence

-Models and theoretical frameworks of OT in addictions.

-Components and social and personal variables of occupation in addictions.

-Personality, emotion and cognition in addictions. Personalidad, emoción y cognición desde la TO

Psychological Intervention in Drug Dependency

-Intervention in addictions from the TO.

-Psychological evaluation of addictive behavior from the TO.

-Intervention techniques I: control and management of negative emotions.

-Intervention techniques II: behavioral techniques.

-Intervention techniques III: cognitive techniques.

-Intervention techniques IV: relapse prevention.

Medical-Psychiatric Treatment and Intervention

-Specific medical treatments in alcohol addiction.

-Specific medical treatments in opiate addiction.

-Specific medical treatments in addiction to nicotine. nicotine addiction.

-Specific medical treatments in the addiction for sedatives.

-Specific treatments in the addiction by stimulants.

-Treatments in the addiction for cannabis.

-Specific treatments for behavioral addiction.

Other Psychosocial and Rehabilitative Interventions

-Group interventions.

-Family and couple interventions.

-Specific interventions for patients with addictions and other psychiatric disorders (dual pathology).

-Brain injury and addictions.

-Interventions according to the severity of the disorder.

Special Groups.

- Addictions in youth population.
- Addictions in women.
- Addictions in the elderly.
- Addictions and culture: immigrant population.

Care Networks for Addiction Patients

- Overview of care networks for patients with addictions in Spain.
- Self-help groups for patients with addictions in Spain.

Teaching methodology

Theory

Included are the lessons of the syllabus

Practical activities

The main objectives of the practical activities will be the following:

- Apply the knowledge acquired about the different addictions towards the intervention in occupational therapy. -To manage the evaluation process as an essential step in occupational therapy for the approach of a patient. -To consider the influence of the socio-familial situation on a patient's condition.
- Identify the repercussion in the therapeutic evolution and determine the possible participation of cohabitants, reference persons or the patient's social network in the occupational therapy treatment.

Groups of approximately 6 students will have to do a PowerPoint presentation on the assigned topic for the presentation in the face-to-face session with the rest of the classmates and the professor responsible for the practice.

For each work one of the addictions of the theoretical content will be assigned.

Students will have to develop the following steps: -

- Construct/carry out a prototypical case linked to said addiction.
- Describe what would be the relevant aspects, within the situation of consumption of the case, to take into account in a possible approach in occupational therapy and field of intervention.
- To identify the key aspects of the case in order to carry out an OT assessment.
- To analyze the socio-familial repercussion of the case from occupational therapy.
- To reflect on the possibilities and limitations to be taken into account for occupational therapy treatment.

The presentation will have a maximum duration of 15 minutes. At the end of each presentation there will be a space for contributions and feedback. Once the presentation is finished, the contributions will be included in the last slide of the document and the work will be delivered to the professor responsible for its evaluation.

In the Virtual Campus all the information about the course will be posted: program, class schedule, teachers, presentations used in the classes and grades. A discussion forum will be opened to facilitate and encourage student-student and student-teacher communication on issues related to this subject.

Examination

The grade of the course will result from the evaluation of the theoretical contents and the practical activities that will be computed in a weighted way according to the following percentages:

-Final exam: 60%. Evaluation of the theoretical contents of the course by means of a multiple-choice exam of approximately 60 questions with 5 options and only one correct one. To pass the exam it will be necessary to obtain a score equal to or higher than 50% of the maximum possible score.

-Practical activities: 40%.

The preparation of the work, the attendance to the practical session, the contributions and interaction, the skills during the presentation and/or defense of the work and the capacity to dynamize during the presentation and/or in the subsequent space for the contributions of the assistants will be valued.

Students who fail in the ordinary exam will be able to take the complete course in the extraordinary exam (June-July).

The grading system will follow the stipulations of RD.1125/2003, article 5 of which states that "The results obtained by the student in each of the subjects of the syllabus will be graded according to the following numerical scale from 0 to 10, to one decimal place, to which the corresponding qualitative grade may be added:

0-4.9 Fail (SS) 5.0-6.9 Pass (AP) 7.0-8.9 Notable (NT) 9.0-10 Outstanding (SB)

The mention of "Matrícula de Honor" will be awarded to students who have obtained a grade equal to or higher than 9.0. Their number may not exceed five percent of the students enrolled, unless this number is less than 20, in which case only one "Matrícula de Honor" may be awarded.

Attitude to follow before a voluntary or accidental infringement of the rules of conduct of the examination. *The voluntary or accidental infringement of the rules of the exam will prevent the assessment of the same, so the offending student will be submitted to oral examination of the subject to establish their knowledge of the subject. If intentionality in the cheating is confirmed, it will be considered very serious misconduct, and will be brought to the attention of the Services Inspectorate to take the disciplinary measures it deems appropriate.*

Literature.

- Helbig K.; McKay E., An exploration of addictive behaviours from an occupational perspective, *Journal of Occupational Science*, 10(3):140-145, 2003.
- Lindsay W., The role of the occupational therapist treatment of alcoholism, *The American Journal of occupational Therapy*, 37(1):36-43, 1983.
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- Moyers P.A., Occupational therapy intervention with the alcoholic's family, *The American Journal of occupational Therapy*, 46(2):105-111, 1992.
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- Rojo Mota G., *Terapia Ocupacional en el tratamiento de las adicciones. Trastornos Adictivos*, 10(2):88-97, 2008.
- Rojo Mota G.; Pedrero Pérez E.J.; Ruiz Sánchez de León, J.M.; Llanero Luque M.; Olivar Arroyo A.; Puerta García C., *Terapia Ocupacional en la rehabilitación de la disfunción ejecutiva en adictos a sustancias. Trastornos Adictivos*, 11(2):96-105, 2009.
- Stoffel, V.C.; Moyers P.A., An evidence-based and occupational perspective of interventions for persons with substance-use disorders, *American Journal of Occupational Therapy*, 58(5):570-586, 2004.