

## Capstone for Impact Submission | GY2019

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**Project Title:** Podcast on Fundamentals of Addiction Psychiatry for Medical Students

**Student Name(s):** Weiland, Brian

**Advisor Names(s):** Edward Jouney

**Branch:** Patients & Populations

**Path of Excellence:** Health Policy

**Handover/Transition:**

If this project can be continued by another UMMS student, you may contact them at the following email address/phone number (N/A if project cannot be handed over): **N/A**

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**Summary:**

This project consists of an audio podcast interview with Michigan Medicine addiction psychiatrist Edward Jouney, DO, on the fundamentals of addiction for medical students. My goal with this project is to provide medical students with a base of knowledge to assess for substance use disorders in patients and be able to safely and effectively link them with treatment services. The inspiration for this project developed during my core clinical rotations, where I often found myself treating the biomedical complications of substance abuse but found that I lacked the core competencies to necessary to clinically assess, diagnose and treat the substance use disorder underlying their presentation. Given the prevalence of substance use disorders among the general population and across healthcare settings, nearly all physicians are likely to encounter this disorder in their career. Yet our medical school training in addiction is minimal and insufficient to meet this challenge.

I intend to cover three broad topics in this project:

- 1) The nature of addiction from a behavioral and phenomological perspective;
- 2) How to clinically assess a patient whom you suspect of having a substance use disorder; and
- 3) Discussing the range of available treatment options. Much of the discussion will be focused on clinical evaluation, including the importance of a nonjudgmental approach to establishing trust, interview techniques when taking a history, relevant questions in the social and substance use history to make a diagnosis, and provider-patient communication about urine drug testing.

The other major focus will be treatment, including the importance of a nonjudgmental approach, establishing trust and a therapeutic relationship, and countering stigma within healthcare. We also outline the major treatment options, the importance of a multi-disciplinary approach, appreciating and managing risk in this patient population, abstinence versus harm-reduction, understanding relapse as an expected outcome, and treatment of opioid use disorder in the context of chronic pain.

### **Methodology:**

The majority of this podcast consists of an expert interview in question and answer format with Michigan Medicine addiction psychiatrist Edward Jouney, DO. I also include a brief discussion of the epidemiology of substance use disorders and several real-world case-based discussions. This interview will be published as a publicly available podcast through common directories such as iTunes or Google Play. I have found podcasts to be an effective learning platform throughout medical school and furthermore feel that audio is an excellent format to capture the nuances of patient communication necessary in addiction treatment.

### **Results/Conclusion:**

This project attempts to convey some of the essential components of caring for patients with substance use disorders for a target audience of upper level medical students. This project was borne out of my own clinical experiences in which I found myself unprepared to address this important aspect of patient care. Based on my own anecdotal experience with my medical school colleagues, there appears to be significant interest among medical students in substance use disorders, especially opioids given the magnitude of the current opioid overdose crisis. My interview with Dr. Jouney outlines a perspective and approach to working with this challenging clinical population and will serve as a jumping off point for interested students to learn more about the technical and interpersonal dimensions of treating addiction.

### **Reflection/Lessons Learned:**

I found this project professionally meaningful on a number of levels. In terms of my own medical knowledge, this project served to reinforce and clarify many aspects of addiction medicine. The process of formulating and refining a set of topics and interview questions was helpful in clarifying the essential dimensions of patient care. I also found this project rewarding on a professional level as I truly feel that all medical students will benefit from the knowledge and perspective conveyed in this interview. I was fortunate to have had the opportunity to work with Dr. Jouney as my longitudinal clinical experience in the patients and populations branch, and I found it personally meaningful to be able to share the insights I have gained with my colleagues through this medium. This project has also helped inform a burgeoning interest in medical education, and I intend to continue this endeavor with future podcasts on a range of topics both within internal medicine and at the interface with other disciplines.