

Adding Complimentary Approach Strategies to Substance Use Disorder Treatment Content within Nursing Curricula

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What's in a Name? Behind the Name

- National Institute of Health (NIH) department is National Center for Complementary and Integrative Health (NCCIH)
 - Previously Office of Alternative Therapy
 - “Alternative” and “Medicine” removed
 - No longer complementary alternative integrated medicine (CAIM)
 - Best terminology “Complementary Approaches”

Why Complementary Approaches for SUDs?

- Limited treatment options and effective treatments for SUDs
- Patients are looking for new treatment options
- People with SUDs often have co-occurring disorders that respond to complementary approaches
 - Many people use substances to self medicate and complementary approaches can help relieve symptoms that trigger use
- Complementary approaches can be easily taught and self administered
- Complementary approaches can be integrated with medical and therapy approaches

Evidence Based Complementary Approaches



- Mind Body Approaches/Practices
 - Mindfulness
- Manipulative Body Approaches/Practices
 - Emotional Freedom or Energy Field Tapping (EFT)
 - Also called needlessness acupuncture
 - Acupressure
- Potentially for Evidence Based Use
 - Dietary Supplements
 - Micronutrients
 - Herbal medicine

Studies on Nurses and Complementary Approaches



- Study of 320 Nurses - Researcher developed instrument
 - 50% used complementary approach, 60% very little knowledge of complementary approaches, positive association between knowledge and attitudes
 - Shoroff, S. A., & Arbon, P. (2010). Nurses' knowledge, attitudes, and professional use of complementary and alternative medicine (CAM): a survey at five metropolitan hospitals in Adelaide. *Complementary therapies in clinical practice*, 16(4), 229-234

Potential Benefit of Complementary Health on Nursing Students Health



- Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians Study (included NPs)
 - Reductions in indicators of job burnout, depression, anxiety, and stress
 - Fortney, L., Luchinsband, C., Zaklitskaya, L., Zeprenka, A., & Rakel, D. (2013). Abbreviated mindfulness intervention for job satisfaction, quality of life, and compassion in primary care clinicians: a pilot study. *The Annals of Family Medicine*, 11(5), 412-420
- Physician Mindfulness and Health Care Quality Study
 - Clinicians rating themselves as more mindful engage in more patient-centered communication, positive emotional tone, engagement in patient psychosocial issues and have more satisfied patients
 - Beach, M. C., Roter, D., Korhulu, P. T., Epstein, R. M., Sharp, V., Ratanawongsa, N., ... & Saika, S. (2013). A multicenter study of physician mindfulness and health care quality. *The Annals of Family Medicine*, 11(5), 421-428.

Potential Benefit of Complementary Health on Nursing Students Health



- **Mindfulness and Undergraduate Nursing Students**
 - positive impact on sleep, concentration, clarity of thought and a reduction in negative cognitions
 - van der Riet, P., Rossiter, R., Kirby, D., Duzewska, T., & Harmon, C. (2015). Piloting a stress management and mindfulness program for undergraduate nursing students: Student feedback and lessons learned. *Nurse Education Today*, 35(1), 44-49.
- **Impact of Mindfulness on Nursing Student Stress and Empathy Study**
 - Significantly reduced anxiety and improved empathy
 - Beddoe, A. E., & Murphy, S. O. (2004). Does mindfulness decrease stress and foster empathy among nursing students? *Journal of Nursing Education*, 43(7), 305-312.

Rush University DNP PMHNP Students



- 15 Students final year of program
 - 100% agreed that complementary health
 - is important for psychiatric nurse practitioners
 - patients have a right to complementary integration in their conventional therapy
 - psychiatric NPs should have knowledge of common complementary approaches
 - 76% complementary approaches have impact on symptoms, conditions or diseases
 - 73% agreed complementary approaches play a role in my nursing practice
 - 13% agreed they could find reputable complementary resources for their patients
 - 33% agree comfortable answering questions from patients about complementary health
 - 68% agreed evidence of physiological mechanism has impact on attitudes toward complementary approaches

Preparing to add Complementary Approaches into an online NP course



- Agreement/Support among faculty
- Alignment with course objectives
- Curriculum committee approval
- Determine approaches to cover - evidence based
 - Content - PowerPoints, evidence based articles, YouTube videos
 - Content expert collaboration
 - Develop guided exercises for students
- Develop an overview of complementary health presentation (PowerPoint)
- Organization of Content by Diagnosis (Blackboard folder for each week/module)
 - Medical Approaches
 - Therapy Approaches
 - Complementary Health Approaches
 - For each diagnosis overview presentation on all three approaches
- Determine evaluation
 - Student video demonstration of teaching approaches to patients
 - Paper about approaches
 - Test items

Content: Complex Issues with Herbs and Supplements



- Not FDA approved, potency and ingredients not known
- Do need to teach students to ask patients about herb and supplement use
- Natural Medicines Comprehensive Database
<http://naturaldatabase.therapeuticresearch.com>
 - Available through most university libraries \$169/year individual
 - Safety, pharmacokinetics, labs, drug interactions, printable patient handout (Spanish, English, French)

Herbs Supplements with Some Evidence in Psychiatry



- **N-acetylcysteine (NAS)**
 - Potential precursor to glutathione, modulating of glutamatergic, dopaminergic, neurotropic and inflammatory pathways. Potential use for SUDs, orders, autism, obsessive-compulsive spectrum disorders, schizophrenia, depression, bipolar disorder, and excoriation (skin picking) disorder.
 - Minarini, A., Ferrari, S., Galletti, M., Giambalvo, N., Perrone, D., Rioli, G., & Galeazzi, G. M. (2017). N-acetylcysteine in the treatment of psychiatric disorders: current status and future prospects. Expert opinion on drug metabolism & toxicology, 13(3), 279-292.
- **Fish Oil**
 - Potentially useful to treat bipolar disorder
 - McNameara, R. K., & Welge, J. A. (2016). Meta-analysis of erythrocyte polyunsaturated fatty acid biostatus in bipolar disorder. Bipolar disorders, 18(3), 300-306.
- **Ginkgo Biloba**
 - Possibly useful for memory, depression and anxiety but chance of adverse reactions including bleeding
 - Montes, P., Ruiz-Sanchez, E., Rojas, C., & Rojas, P. (2015). Ginkgo biloba extract 761: a review of basic studies and potential clinical use in psychiatric disorders. CNS & Neurological Disorders: Drug Targets (Formerly Current Drug Targets: CNS & Neurological Disorders), 14(1), 132-149

Content: Evidence Based Complementary Approach - Mindfulness



- Mindfulness Based Meditation (MBM) and Mindfulness Based Cognitive Therapy (MBCT)
 - Strategies - Expert developed guided exercises for students to engage in
 - Introduction (36 minutes) what it is, what it isn't, and why it's important as a foundational mindfulness technique known to help rewire the brain for greater focus and less stress
 - Guided mindful breathing meditation (6 minutes)
 - Mindfulness: developing wise attention to the body (44 minutes) paying attention to the body provides a much needed break from our natural tendency of being stuck "in our head." Guide through 2 mindfulness techniques - mindful listening, and a mindful body scan
 - Developing wise attention to thoughts/emotions (37 minutes) insight on the neuroscience of thoughts and emotions, tools to help retrain your brain to more skillfully respond to the stresses of daily life. Guided through 3 mindfulness practices - an opening breathing meditation, R.A.I.N mindfulness meditation, and a closing mindfulness meditation
 - Mindfulness loving kindness and compassion (50 minutes) connect to others, during times of difficulty, in a way that is kind, understanding, and supportive. Here you will be guided through a brief opening meditation, introduced to "3-Good Things," and guided through a loving kindness meditation and three good things practice.

Content: Mindfulness



- Many evidence based articles related to each diagnosis
- Videos (converted to Panopto for preservation of content) Keep videos under 10 minutes
 - Mindfulness Neuroscience Animated (4 minutes) <https://www.youtube.com/watch?v=mitfvuTTQFY>
 - Intro to Mindfulness Based Cognitive Therapy (MBCT)(5 minutes) <https://www.youtube.com/watch?v=rZWV-Cqyifg>

Content: Evidence Based Approach - Manipulative Body Practices



- Stimulate acupoints which have been shown on fMRI to cause a physiological response
- Acupoints identified in Asian Medicine, follow channels known as meridians
- Activation of these points without needles via EFT or Acupressure can relieve a variety of symptoms, have restorative effects, and create a sense of well being.
- fMRI Studies on acupuncture
 - Usichenko, T. I., Wesolowski, T., & Lotze, M. (2015). Verum and sham acupuncture exert distinct cerebral activation in pain processing areas: a crossover fMRI investigation in healthy volunteers. *Brain imaging and behavior*, 9(2), 236-244.
 - Hui, K. K., Liu, J., Makris, N., Gollub, R. L., Chen, A. J., I Moore, C., ... & Kwong, K. K. (2000). Acupuncture modulates the limbic system and subcortical gray structures of the human brain: evidence from fMRI studies in normal subjects. *Human brain mapping*, 9(1), 13-25.

EFT - Emotional Freedom or Energy Field Tapping (Needless acupuncture)

EFT™ (Emotional Freedom Techniques) SHORTCUT TAPPING PROCEDURE

THE SETUP

- 1) Focus on a SPECIFIC Issue, and rate the intensity on a 0-10 scale.
- 2) Repeat Three Times: "Even though I have this problem, I deeply & completely accept myself."
- 3) While continuously tapping the "Karate Chop" points.

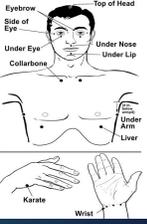


KARATE CHOP POINT

THE SEQUENCE



- 4) Tap about 5X on each point while repeating "This Problem..."



Wrist

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Evidence Based Articles on EFT



- The effect of EFT (emotional freedom techniques) on psychological symptoms in addiction treatment: A pilot study. Church, D., & Brooks, A. J. (2013). *International Journal of Scientific Research and Reports*, 2(2).
- Meta analysis: Emotional freedom techniques for anxiety Clond, M. (2016). *The Journal of nervous and mental disease*, 204(5), 388-395.
- A systematic review and meta-analysis of randomized and nonrandomized trials of clinical emotional freedom techniques (EFT) for the treatment of depression (2016). Nelms, J. A., & Castel, L. *Explore: The Journal of Science and Healing*, 12(6), 416-426.
- Is acupoint tapping an active ingredient or an inert placebo in emotional freedom techniques (EFT)? A randomized controlled dismantling study. (2013). Fox, L. *Energy Psychology: Theory, Research, and Treatment*, 5(2), 15-28.
- Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. (2008). Brattberg, G. *Integrative Medicine*, 7(4), 30-35.

EFT Videos



- EFT for Alcohol Cravings (8 minutes)
<https://www.youtube.com/watch?v=nPfgSvllOJc>
- EFT for Withdrawal Symptoms (6 minutes)
<https://www.youtube.com/watch?v=qVJHTrIG3XU>
- Emotional Freedom for Stress and Anxiety (11 minutes)
<https://www.youtube.com/watch?v=IWu3rSEddZl&t=17s>
- EFT for Pain (9 minute)
<https://www.youtube.com/watch?v=9bb4xZUjzsE>

Evidence Based Articles on Acupressure



- Effects of acupressure on anxiety: a systematic review and meta-analysis. Au, D. W., Tsang, H. W., Ling, P. P., Leung, C. H., Ip, P. K., & Cheung, W. M. (2015). *Acupuncture in Medicine*, 33(5), 353-359.
- Self-administered acupressure for insomnia disorder: a pilot randomized controlled trial. Yeung, W. F., Ho, F. Y. Y., Chung, K. F., Zhang, Z. J., Yu, B. Y. M., Suen, L. K. P., ... & Lao, L. X. (2018). *Journal of sleep research*, 27(2), 220-231.
- The effectiveness of acupressure on relieving pain: a systematic review. Chen, Y. W., & Wang, H. H. (2014). *Pain Management Nursing*, 15(2), 539-550.
- Effect of self-acupressure for symptom management: a systematic review. Song, H. J., Seo, H. J., Lee, H., Son, H., Choi, S. M., & Lee, S. (2015). *Complementary therapies in medicine*, 23(1), 68-78.

Videos on Acupressure



- Acupressure for addictions (4 minutes)
<https://www.youtube.com/watch?v=optYHNZ9leQ>
- Acupressure for Stress Video and Website from Cleveland Clinic video (2 minutes)
<https://www.youtube.com/watch?v=Nf76rlzMj5Q> Webpage
<https://health.clevelandclinic.org/stressed-try-this-easy-9-minute-acupressure-exercise-video/>
- Acupressure for Stress, Depression, Anxiety and Insomnia (6 minutes)
<https://www.youtube.com/watch?v=eqMmPGjVkJZc&t=113s>
