

The Privilege' of Addiction

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Family Medicine Grand Rounds

Overview

- Background
- Literature Review
- Research Question
- Methods
- Results
- Discussion

Background: Rehab Site

- Drug and Alcohol Addiction Rehabilitation Facility
 - Primary, long-term, relapse
 - Gender separate and specific
 - 12-step model
 - High cost

Background

- Rationale for Topic
 - Little information
 - Stigma attached to addiction medicine
 - Voice to culture
- Reason for Interest
 - Prevalence of addiction among physicians¹
 - Unknown culture

Background: Literature Review

- Treating Doctors as Patients
 - The quality of care is higher when treating Physicians compared to the current standard of care²
- Addicted Physician Recovery Rates
 - Generally, healthcare professionals have a higher recovery rate when compared to that of the general population³
- Ethics
 - Ability of Physicians being treated for drug/alcohol addiction without reporting to the state licensing board^{4,5}
- Treatment
 - 12-step programs remain the mainstay of treatment and have generally better outcomes in regards to both recovery and decreasing the incidence of relapse⁸

Question

- What privileges are granted to physicians being treated for drug/alcohol addiction?

Method: Autoethnography

- “Autoethnography is an approach to research and writing that seeks to describe and systematically analyze personal experience in order to understand cultural experience.”⁶
- Why I chose autoethnography

Method: Data Collection

- Data Collection
 - One week rotation at drug/alcohol addiction rehab facility
 - Recorded notes
 - Observed multiple small groups, medical office visits, intake exams, and family education lectures
 - Collected stories, self reflection, analyzed stories for underlying themes
 - Ethical Measures Taken

Results

- Privilege
 - Occupational – Physician
 - Better quality of care
 - Comfort in safety

Results

- Privilege
 - Socioeconomic
 - Discomfort in groups with significantly higher socioeconomic class
 - Struggled with empathy

Results

- Privilege
 - One type of treatment program
 - 12 step program

Discussion

- Privilege of occupation and socioeconomic status which allows for better quality of care
- Ethical dilemma of permitting Physicians to practice without report to state licensing board
- Available treatment options

Limitations/Challenges

- Method
 - Self-reflection and recall
 - Single point of view
 - Data Collection
 - Anonymity in stories
 - Limited time to collect data

Conclusion

- In Conclusion...
- “The road to sobriety is a simple journey for confused people with a complicated disease.” – Alcoholics Anonymous

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Questions?