

A Performance & Image Enhancing Drugs (PIEDs) Webinar

Managing a patient who is not yet ready to stop

Engaging the pre-contemplative patient & minimising harms

Presented by

Dr Esther Han

19 November 2020



HUMAN
ENHANCEMENT
DRUGS NETWORK

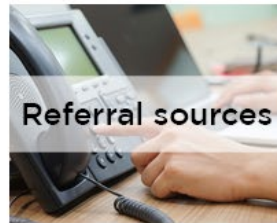
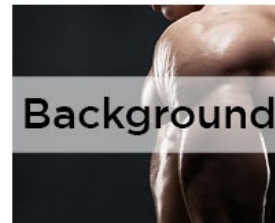


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GP Guide to harm minimisation for patients using non-prescribed Anabolic-Androgenic Steroids (AAS) and other Performance And Image Enhancing Drugs (PIEDs)

The Guide and PIEDs webinars are available [here](#) on the Sydney North Health Network (SNHN) website



Project Team: Dr Katinka van de Ven, Dr Beng Eu, Dr Eva Jackson, Dr Esther Han, Dr Nicole Gouda, Craig Parsons, and Pat Simmonds

PERFORMANCE AND IMAGE ENHANCING DRUGS WEBINARS

- ◆ **Introduction to PIEDs: What, why, and how?** - Types of Performance and Image Enhancing Drugs (PIEDs) - Prevalence, why people use non-prescribed Anabolic-Androgenic Steroids (AAS) and methods of administering.
- ◆ **How to identify non-prescribed Anabolic-Androgenic Steroid (AAS) use** - Red flags, screening, and assessment.
- ◆ **How to manage non-prescribed Anabolic-Androgenic Steroid (AAS) use** – Adverse effects and managing withdrawal.
- ◆ **How to manage a patient who does not want to stop non-prescribed Anabolic-Androgenic Steroids (AAS)** – engaging pre-contemplative patients and harm minimisation.

SPEAKER INTRODUCTION

DR ESTHER HAN

GP (Sydney), Drug & Alcohol Staff Specialist - Royal North Shore Hospital

Clinical Lecturer in the Discipline of Addiction Medicine, the Northern Clinical School, the Faculty of Medicine and Health, The University of Sydney

Dr Esther Han has provided health advice to people using PIEDS both in GP and specialist settings

She is a big believer in motivational interviewing and harm minimisation and incorporates both of these elements into her practice



LEARNING AIM AND OUTCOMES

Learning Aim - Use a motivational interviewing approach

Learning Outcomes

- Identify the pre-contemplative patient (i.e. one not ready to stop using yet)
- Engage the pre-contemplative patient
- Develop some discrepancy in the patient's mind about some harms
- Discuss harm reduction/harm minimisation strategies with this patient

UNDERSTANDING MOTIVATION

“Motivation is a fire from within.
If someone else tries to light that fire
under you, chances are it will burn
very briefly.”

- Stephen R. Covey



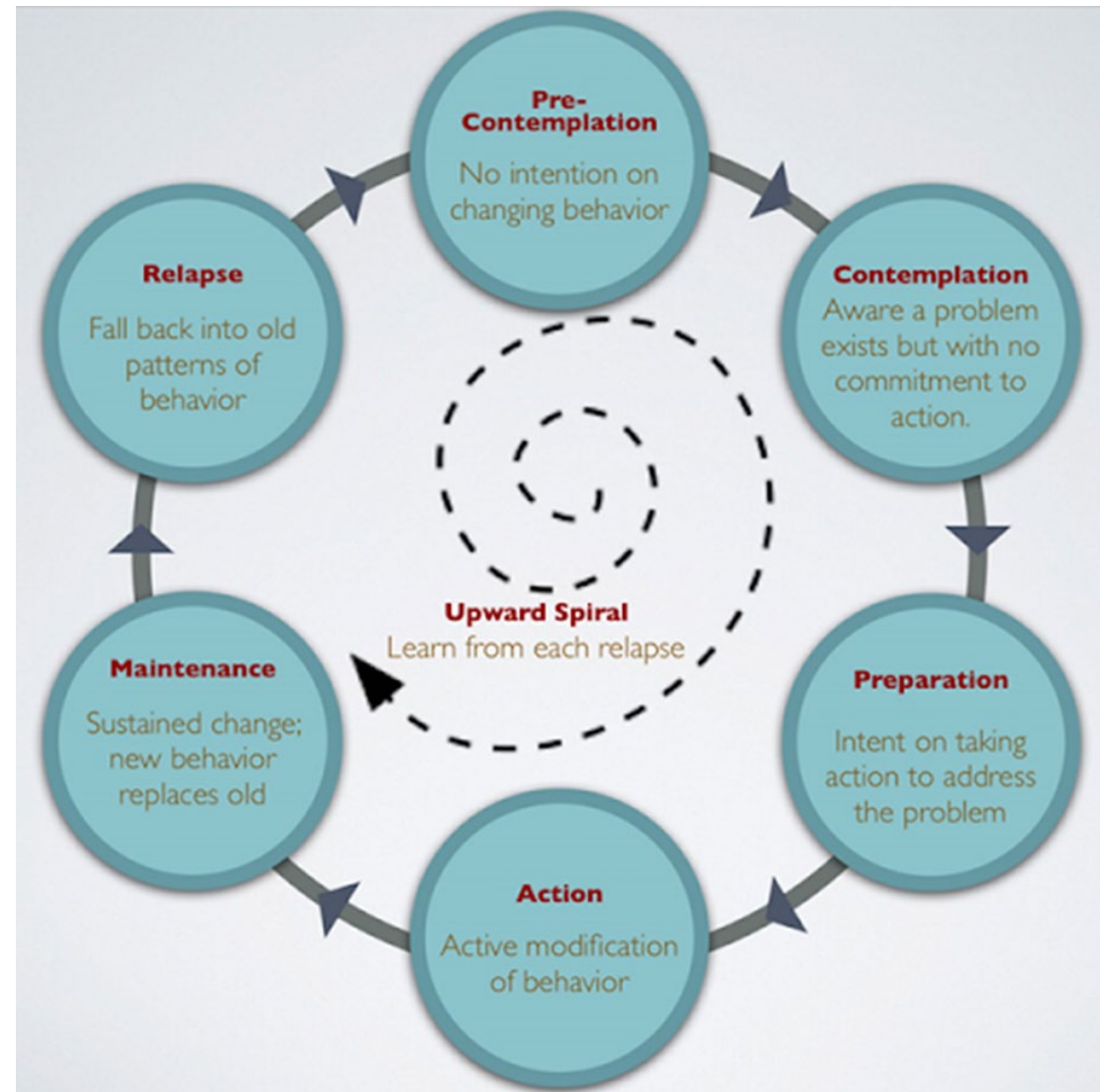
AMBIVALENCE



MOTIVATIONAL INTERVIEWING



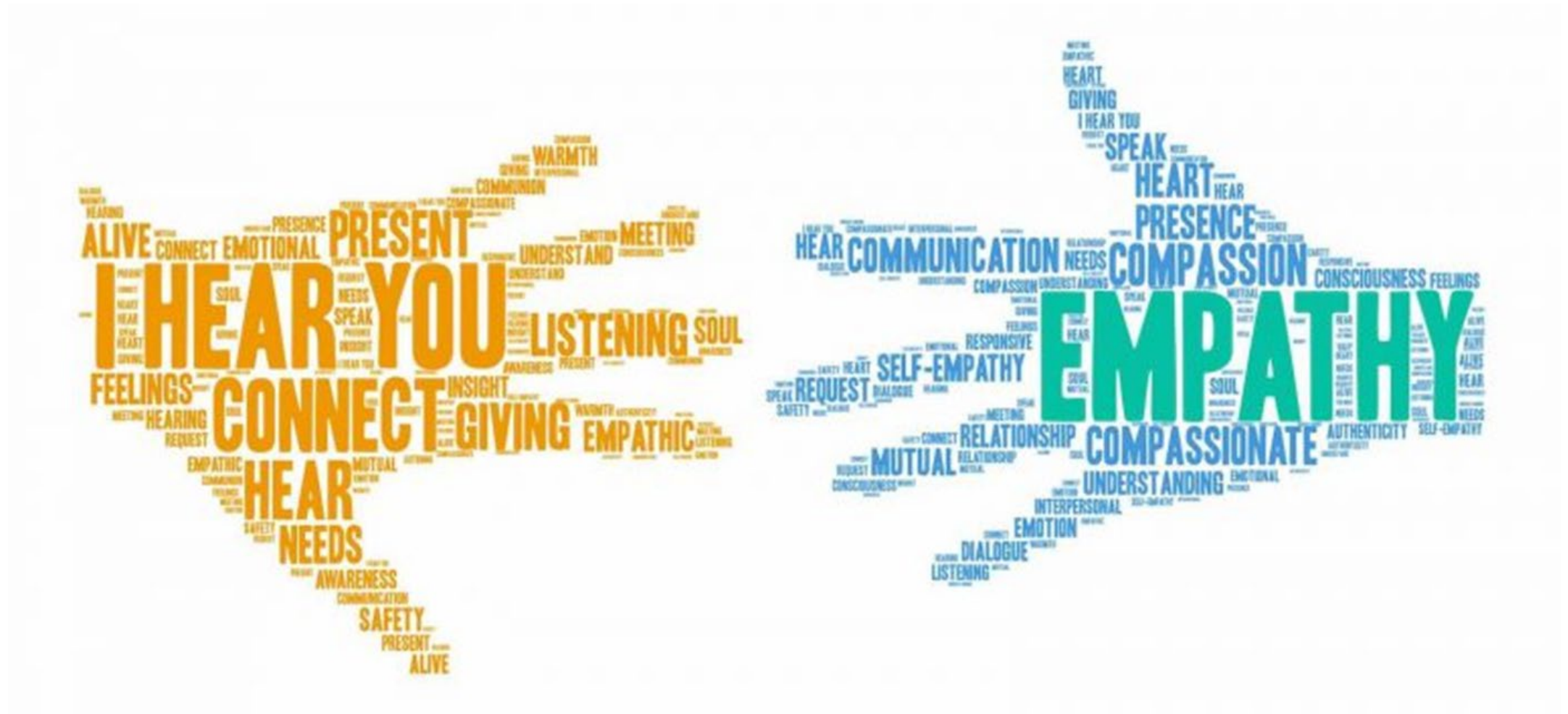
STAGES OF CHANGE



PRE-CONTEMPLATIVE



ENGAGING PATIENTS



AVOID ARGUMENT



DEVELOP DISCREPANCY



HARM MINIMISATION



SUMMARY

By using a motivational interviewing approach we can:

- Identify the pre-contemplative patient by listening to what they're saying
- Engage them by reflective listening and expressing accurate empathy
- Develop some discrepancy in the patient's mind about some harms
- Discuss some harm reduction strategies with this patient

Sydney North HealthPathways

List of pathways related to PIEDs

Addiction and Drug Misuse

[Alcohol](#)
[Benzodiazepines](#)
[Cannabis](#)
[Codeine - Chronic Use and Deprescribing](#)
[Drug Seekers](#)
[Methamphetamine \(Ice\)](#)
[Opioids](#)
[Opioid Treatment Program \(OTP\)](#)
[Problem Gambling](#)

Addiction and Drug Misuse Requests

[Drug and Alcohol Treatment](#)
[Drug and Alcohol Support](#)
[Drug and Alcohol Advice](#)
[Problem Gambling Counselling](#)

Mental Health

[Anxiety in Adults](#)
[Depression in Adults](#)

Sexual Health Requests

- [Sexual Health Review](#)
- [HIV Support](#)

Eating Disorders

[Eating Disorders](#)
[Eating Disorders Specialised Review](#)



<https://sydneynorthhealthnetwork.org.au/programs/healthpathways/>

Primary care username:
healthpathways

Primary care password:
gateway

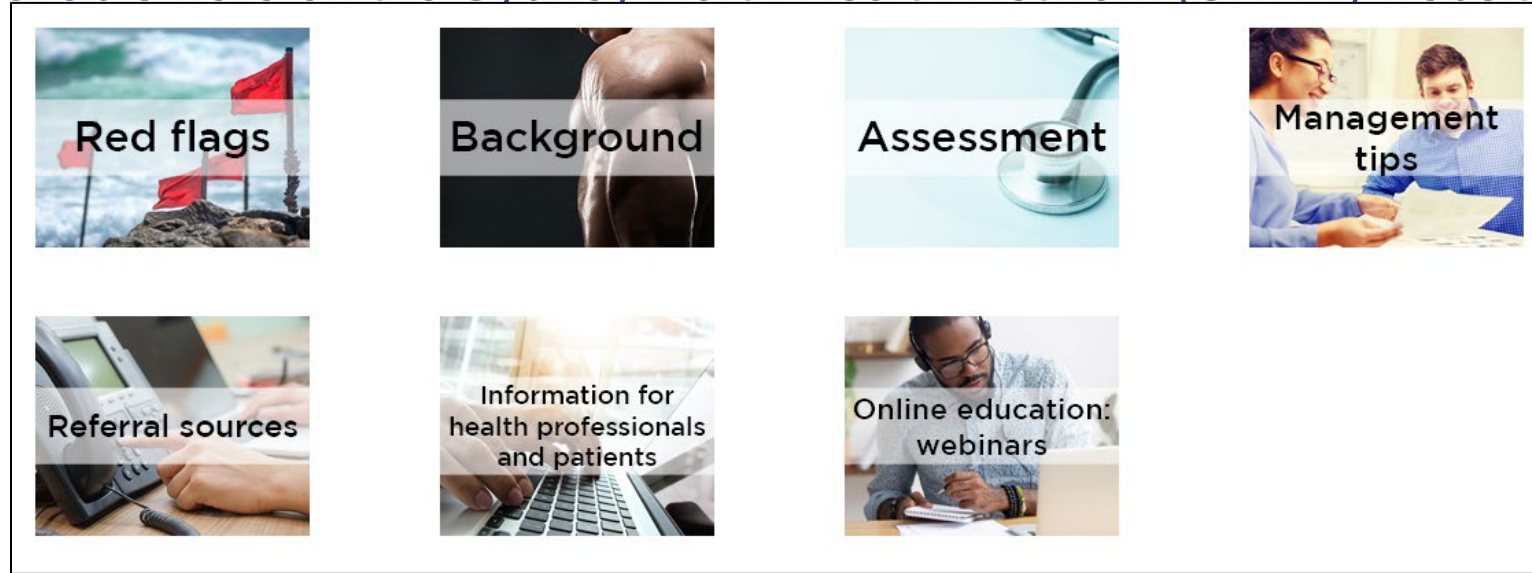


Health
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GP GUIDE TO HARM MINIMISATION FOR PATIENTS USING NON-PRESCRIBED ANABOLIC-ANDROGENIC STEROIDS (AAS) AND OTHER PERFORMANCE AND IMAGE ENHANCING DRUGS (PIEDS)

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