

Reducing Healthcare Professionals' Stigmatized Attitudes Toward Patients with Substance Use Disorder in a Mental Health Clinic

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Introduction

Stigma of SUD

- Stigma is a set of negative attitudes and stereotypes against people with substance use disorders (NIDA, 2022).

Causes of Stigma

- Education, fear
- Misconceptions

Impact of Stigma

- Barriers
- Relapses
- Treatment
- Poor outcomes.

(NIDA, 2022; Rizk et al., 2021).



Background and Significance

Prevalence

- In 2022, 48.7 million people aged 12 or older (or 17.3%) had a substance use disorder (SUD) (NSDUH, 2023).
- Globally, over 296 million people used drugs in 2021, an increase of 23 percent over the previous decade (UNODC, 2023)

Significance

- According to a multi-country study by the World Health Organization (WHO, 2018), substance use disorder is the most stigmatized health condition globally. The study also found that alcohol use was the fourth most stigmatized condition.
- Over 10 million people die annually in the USA (NSDUH, 2019).
- \$740 billion in annual costs in the US (NSDUH, 2019).
- Healthcare providers have a stigma and negative attitudes (Rizk et al., 2021).

Needs Assessment

- Global stigmatization of SUD is high.
- Meeting with Stakeholders
- Areas identified for improvement
- customer service survey results
- High Patient turnover
- Lack of education on SUD and stigma


Stigma & Bias in Healthcare: The Obstacles, Consequences and Changes Needed



(Rizk et al., 2021; Zwick et al., 2020).



Problem statement

- Healthcare providers have negative attitudes toward patients with SUD, creating barriers to accessing treatment, resulting in lower quality care and poor outcomes (Jackman et al., 2020).
 - According to SAMHSA (2021), between 70% and 99% of patients with Substance Use Disorders are being denied access to treatments.
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Guiding Question

In healthcare professionals at a mental health clinic, does an educational intervention about stigma and substance use reduce stigmatized attitudes toward patients with substance use disorder?





Purpose/Goals/and
Objectives

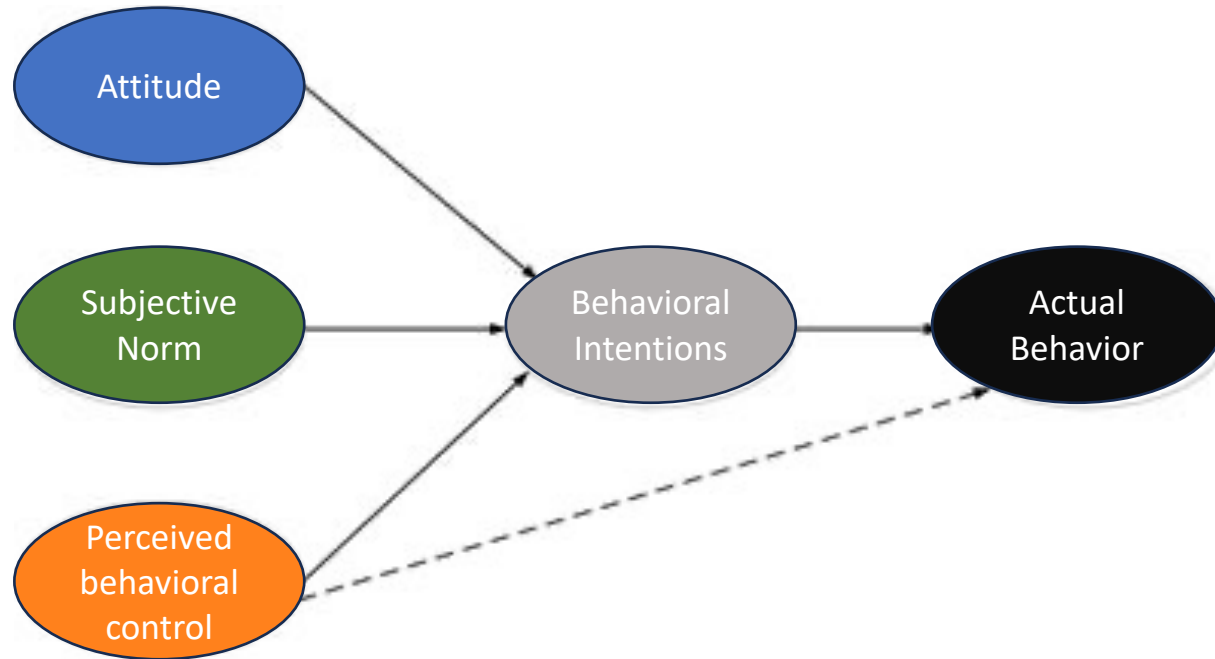
The purpose of this project is to implement an educational intervention on Stigma and substance use disorder to reduce healthcare professionals' stigmatized attitudes toward patients with substance use disorder.

The Brief Substance Attitude Survey was administered as a pre-post-survey to evaluate participants' attitudes toward SUD patients.

The post-survey was compared to the pre-survey to evaluate the effectiveness of the educational session.

Disseminated the results to Stakeholders.

Theoretical Framework



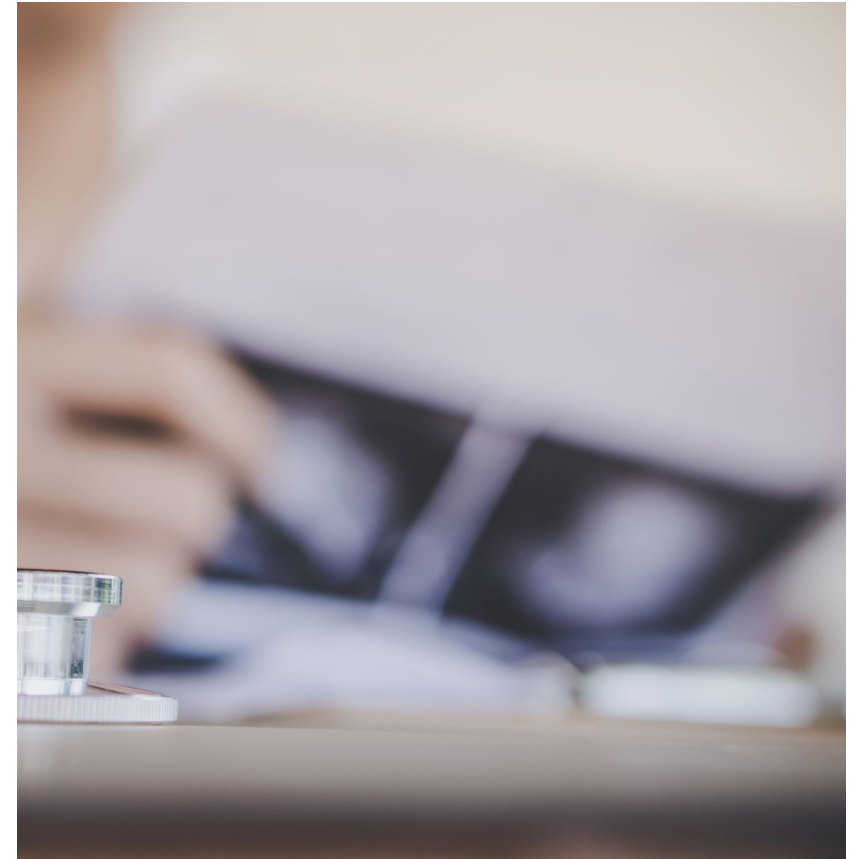
- Theory of Planned Behavior
- The theory was created by Ajzen (1985)
- Social Psychology Theory
- People's behaviors are influenced by three factors.
- intentions may include motivation and commitment to providing adequate care to patients with SUD.
- Intentions, attitudes toward the behavior, subjective norms, and perceived behavioral control can influence behaviors

Literature Review

- The databases used to retrieve data were: CINAHL, Complete Medline, PubMed.gov, Google Scholar, and Psych.org.
- The search keywords were: stigma, stigma towards SUD, substance abuse, SUD and negative attitudes, Stigma and addiction, and Stigma and Alcohol use.
- Jackman et al. (2020) conducted a study and found that negative healthcare provider attitudes toward patients with substance use disorder (SUD) may adversely impact the quality of care and treatment outcomes.
- Molina-Mula et al. (2019) found that emergency and mental health nurses have negative attitudes toward alcoholics and drug-dependent patients due to a lack of education.

Literature Review

- According to Merrick et al. (2022), nurses and other healthcare professionals hold negative attitudes toward patients with SUD.
- According to Rizk et al. (2021), patients with substance use disorders often receive lower healthcare quality due to negative attitudes from healthcare professionals stemming from a lack of knowledge.
- According to Sreeham et al. (2022), mental health professionals display stigmatized attitudes towards individuals with mental illnesses, which can hinder their recovery due to negative perceptions.





Literature Review

Interventions

- Anti-stigma programs are crucial in effectively improving SUD patient outcomes (Merrick et al., 2022).
- Carrara et al. (2021) suggest that educational anti-stigma programs share accurate information to correct misconceptions and change negative attitudes and beliefs about stigmatized conditions.(Carrara et al., 2021).
- Sreeham et al. (2022) conducted a systematic review to understand the perceptions and attitudes of mental health nurses towards alcohol and drug use in mental health clients. Significant improvement was observed post-education.

Literature Review

Zwick et al. (2020) found that healthcare professionals often hold negative attitudes toward patients with Substance Use Disorders (SUD) and that the education and training of medical staff in treating SUD patients was inadequate

Tool

Russolillo et al. (2023) investigated clinician attitudes toward substance use and found that using the Brief Substance Abuse Attitudes Survey (BSAAS) and education could improve clinician attitudes and enhance care.

Methodology

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- Quantitative Quasi-Experimental method.
 - Pre-survey and post-survey design.
 - Internal Review Board (IRB) approval received.
 - The employees' roster was reviewed by the primary investigator (PI).
 - Nurses, Social workers, Physicians, and APRNs who met the inclusion criteria were selected.
 - Stakeholders gathered the eligible Healthcare professionals' emails.
 - Eligible Healthcare professionals were invited via email.
 - Flyers were posted in the nurse's lounge, conference room, hallway, and by the time clock.
 - Purpose, risks, benefits, date, time, eligibility criteria, and the name of the primary investigator.

Methodology/Interventions

- Two days before the intervention, consent and the pre-survey were distributed, and the consent forms and BSAAS were explained to the participants .
 - Written informed consent was signed.
 - The mother's DOB was used as an identifier.
 - Pre-surveys were collected immediately upon completion.
 - The HCPs were educated via a 15-minute PowerPoint on Stigma and SUD created by ATTC.
 - The same process was repeated in the second week of the intervention.
 - Educational sessions were implemented over two-week periods
 - Post-survey questionnaires were given immediately after the Educational session.
 - Post-surveys were collected immediately upon completion and placed in a locked cabinet.
 - Survey results were entered manually in Survey Monkey.
 - Descriptive statistics to analyze results and a paired t-test to compare pre-post survey.
 - The F/U survey link was emailed to the participants.

Methodology/ Interventions

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- What is Stigma?
 - Facts about SUD and Stigma
 - Burden of Stigma
 - Negative Consequences of Stigma
 - Role prevention providers
 - Addressing Stigma with Language
 - Open Discussion
 - Reminders

Sample, Sampling, Sample Size, Inclusion, Exclusion Criteria, And Recruitment

Setting: Mental Health Clinic in South Florida

Sample: Convenience sampling

A sample of 7 participants

One registered nurse, three APRNs, and three social workers attended the sessions

Inclusion Criteria:
18 years or older,
Must have worked with SUD patients for over one year, and must speak, write in English

Exclusion Criteria:
No direct contact with patients with SUD, do not speak or write English
worked at the clinic for less than a year

Recruitment: flyers, emails



Facilitators/Barriers

➤ Facilitators

- Project success
- Healthcare Professionals' willingness to participate
- Stakeholders' collaboration and support

➤ Barriers

- Healthcare professionals' schedule
- The small sample size makes it difficult to generalize findings to the larger population.
- High number of questions on the BSAAS tool.

Ethical Concepts

IRB approval
From NSU

Voluntary


Anonymous

Data kept in a
locked cabinet



Budget

- The Project manager's time was the main cost of implementing the project.
- Printing: \$50.00
- DNP Time: 36 hours x \$ 50 = \$ 1,800
- Flyers: \$ 20.00
- SPSS: \$ 100.00
- Survey Monkey: 100.00
- Replication: \$ 2070.00

A white computer keyboard is partially visible in the top left corner, with keys like 'S', 'D', 'F', 'G', 'H', 'J', 'K', 'L', 'Z', 'X', 'C', 'V', 'B', 'N', 'M', and 'command' visible. A black stethoscope is positioned diagonally across the white surface, with its chest piece on the left and its earpieces extending towards the bottom right.

Measurement of Outcomes

- Scores on the BSAAS survey tool have decreased post-educational intervention, and healthcare professionals' negative attitudes have reduced post-educational intervention.
- The results have been disseminated to the Stakeholders.

Instrument Tool

A Brief Substance
Abuse Attitude
Survey (BSAAS).



Developed by
Veach and
Chappel (1990).



BSAAS has 25
questions.



Cronbach's alpha
= 0.77 (Veach &
Chappel, 1990).



Five-point Likert
Style

BRIEF SUBSTANCE ABUSE ATTITUDE SURVEY

Project :#.....	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Date:.....	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

INSTRUCTIONS: Indicate your degree of agreement or disagreement by circling the appropriate choice to the right of each statement. There are no right or wrong answers	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
1. Alcoholism is associated with a weak will.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
2. An alcohol or drug dependent person cannot be helped until he/she has hit rock bottom.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
3. Heroin is so addicting that no one can really recover once he/she becomes an addict.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
4. Alcohol and drug abusers should only be treated by specialists in that field.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
5. Smoking leads to marijuana use, which in turn leads to hard drugs.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
6. Physicians who diagnose alcoholism early improve the chance of treatment success.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
7. Daily use of one marijuana cigarette is not necessarily harmful.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
8. Urine drug screening can be an important part of drug abuse treatment.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
9. A physician who has been addicted to narcotics should not be allowed to practice medicine again.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
10. Marijuana use among teenagers can be a healthy experiment.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
11. An alcohol or drug addicted person who has relapsed several times probably cannot be treated.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
12. Long-term outpatient treatment is necessary for the treatment of drug addiction.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5

Image Of the Tool

13. Paraprofessional counselors can provide effective treatment for drug and alcohol abusers.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
14. Lifelong abstinence is a necessary goal in the treatment of alcoholism.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
15. Once a person becomes drug-free through treatment, he can never become a social user.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
16. Drug addiction is a treatable illness.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
17. Group therapy is very important in the treatment of alcoholism or drug addiction.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
18. A hospital is the best place to treat an alcoholic or drug addict	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
19. Alcoholism is a treatable illness.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
20. Most alcohol and drug dependent persons are unpleasant to work with as patients.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
21. Pregnant women who use alcohol or other drugs should be punished.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
22. Coercive pressure, such as threat or punishment, is useful in getting resistant patients to accept treatment.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
23. A recovering person who is active in Alcoholics Anonymous does not respond well to psychotherapy.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
24. A nurse who is drug dependent should not be allowed to give medications to patients.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5
25. Active participation in a program such as AA is essential for a patient to recover from alcohol or drug dependence.	Strongly Disagree...1	Disagree...2	Undecided...3	Agree...4	Strongly Agree...5

Data Collection & Data Analysis

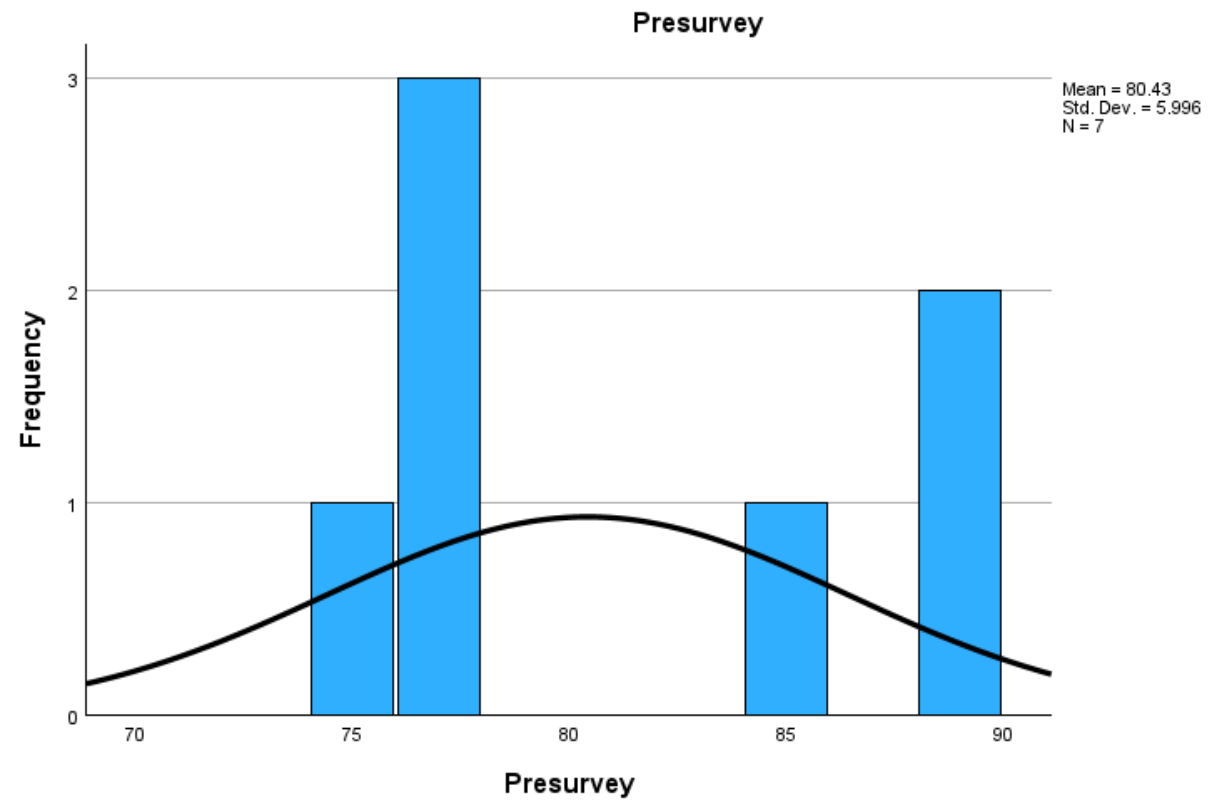
Data Collection

- Data was collected immediately after the Pre/post survey using the BSAAS.

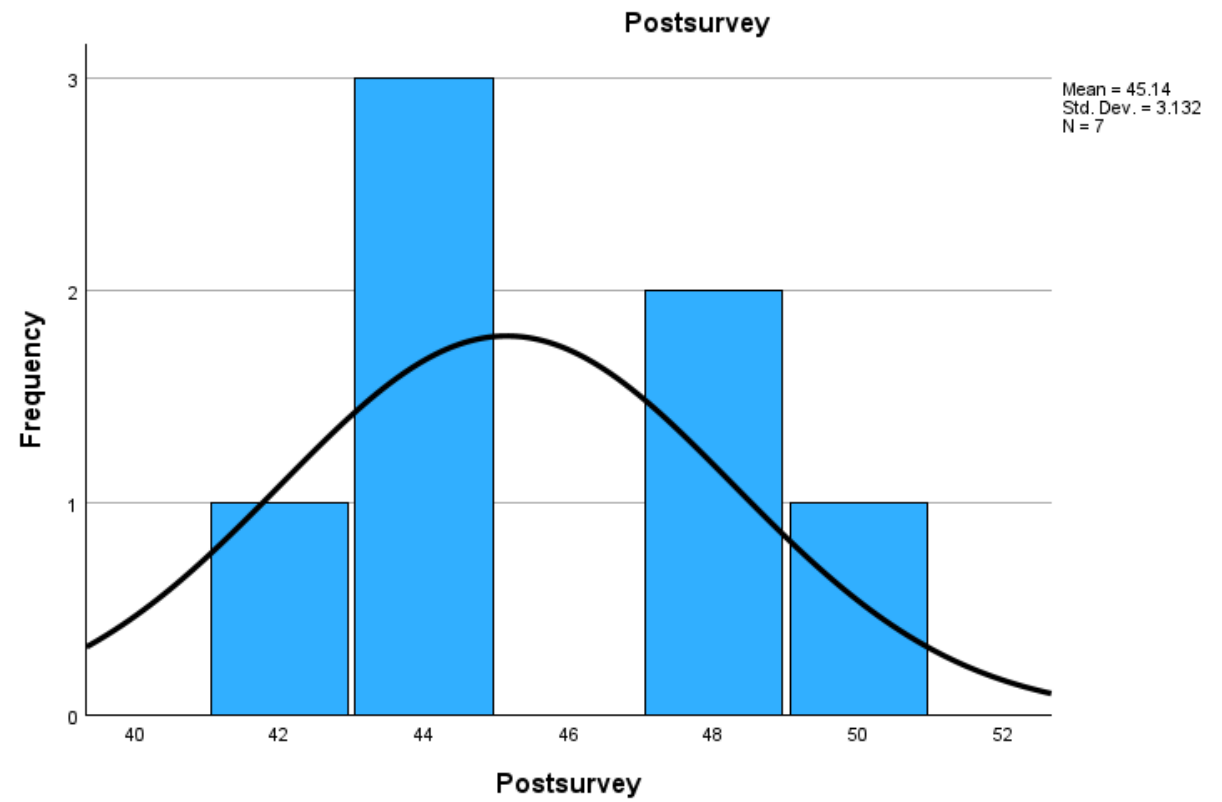
Data Analysis

- Data was entered manually in Survey Monkey.
- Data was downloaded to a password-protected file and imported to SPSS.
- Descriptive statistics were used to analyze the data.
- A paired t-test was used to compare the pre-post results.

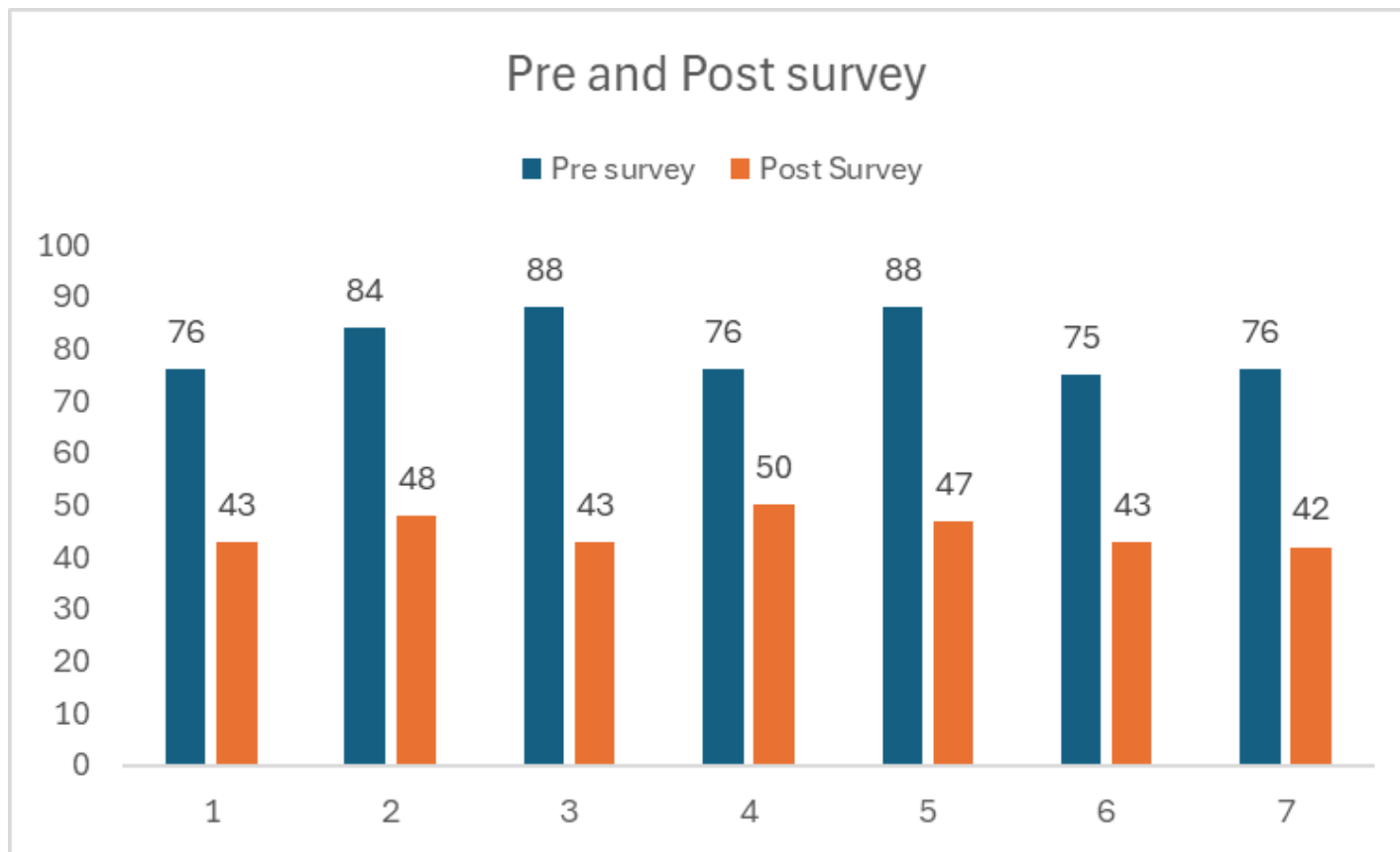
Outcome
Measure



Outcome
Measure



Outcome Measure





Interpretation/Discussion

- Seven eligible participants completed the pre-post survey (N=7).
- The pre-test scores had a mean of 80.43 with a standard deviation of 5.996, while the post-test scores had a mean of 45.14 and a standard deviation of 3.132. The t-value was 15.032, with a p-value less than 0.001. The paired t-test results show a statistically significant difference between the pre-test and post-test scores.
- Before the education, healthcare professionals' attitudes towards patients with SUD were very negative. However, they showed a significant improvement post-educational session, as evidenced by decreased scores on the BSAAS survey tool.

Strengths and Weaknesses

Strengths

- Opportunity to raise awareness about the impact of stigma on individuals with SUD
- A better understanding of SUD
- Easy to Replicate

Weaknesses

- Small population
- English speaking only
- Education time limit



Cost Benefit Analysis

- Total project cost was \$2,070
- The cost of an Intensive outpatient program (IOP) is \$3,000-10,000 Monthly
- 3-4 unplanned discharges monthly
- $3 \times \$3,000 = \$9,000$
- ROI: $\$9,000 - \$2,070 = \$7,270$
- $3 \times \$10,000 = \$30,000$
- ROI: $\$30,000 - \$2,070 = \$27,930$



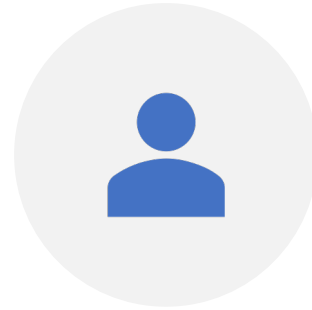
Sustainability/Dissemination



ORIENTATION PACKAGE



NURSING REPOSITORY




PUBLISH TO SAMHSA,
PSYCH.ORG



INTRODUCE THE PROJECT
AND DATA TO DIFFERENT
MENTAL HEALTH CLINICS



Future Implications

- Future research would include conducting this study with a larger group of participants.
 - Future research can explore other effective interventions and educational programs to reduce stigmatizing attitudes and behaviors among healthcare professionals toward patients with SUD.
 - Future research on the stigma that healthcare professionals hold towards patients with Substance Use Disorder (SUD) is crucial because it can help understand the extent of the issue, develop interventions to address it, and improve the overall quality of care provided to individuals with SUD.
- 



Application of DNP Essentials

Essential I: Scientific Underpinnings for Practice

- The project manager was Prepared to address current and future practice issues requiring a strong scientific foundation.

Essential III: Clinical Scholarship and Analytical Methods for Evidence-Based Practice

- Analytic methods play a crucial role in the process of critically appraising existing literature and other evidence, guiding the determination and implementation of the best evidence for practice.

Essential VIII: Advanced Nursing Practice

- By utilizing Essential 8, the project manager engaged in ongoing professional development, acquired and applied knowledge of research-based practices, and collaborated with colleagues and stakeholders to effectively address the stigma surrounding SUD.



Conclusion

- This project provided a very crucial and helpful framework that addressed stigma towards patients with SUD in a mental health clinic.
- The stigma surrounding substance use disorders (SUDs) can hinder treatment engagement and impact service delivery due to the negative attitudes of healthcare professionals toward patients with SUD (Bielenberg et al., 2021).
- Using the BSAAS to assess healthcare professionals' knowledge of stigma towards SUD patients was very beneficial. It helped them understand substance use disorder and its treatment and realize how stigmatized attitudes can negatively affect treatment and cause the patient to relapse.

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