

## Substance abuse is one of the top public health issues in the U.S. today

# 100,000

medical professionals have a substance or alcohol abuse problem in any given year

# 69%

of doctors in 2013 reported that they abused prescription medicine to relieve stress and physical or emotional

## MORE THAN 75%

of physicians have remarkable abstinence rates after completing an addiction/rehabilitation program.

### Characteristics of substance abuse

- Withdrawal from social setting with colleagues
- Decreased performance at work
- Increased anxiety, defensiveness, or disruptive behaviors
- Deterioration in appearance or physical health
- Apathy toward patient care

### How to help colleagues with SUDs

- Be alert of conditions and behaviors that may signal substance abuse disorder in colleagues
- Share concerns, show support, and express positive regards instead of accusation and blame
- Present facts about the physician's behavior in a way that lessens denial and encourages treatment

### Resources

- Informational Podcasts
- Journal Articles on Substance Abuse
- CME Learning Modules

