

Introduction

What is Substance Use Disorder Related Stigma?

- An estimated 4.8 million (2.2%) adults aged 26 or older had an illicit drug use disorder in the past year and that 11 million (5.1%) adults of the same age group had an alcohol use disorder in the past year (NSDUH, 2018).
- The National Institute of Drug Abuse (2005) identified stigma as a major factor contributing to the gap between individuals with the disorder and those seeking treatment for the disorder

Overview of Issue

- As a subset of the adult population, nurse anesthetists and student nurse anesthetists may be at higher risk of developing a substance use disorder due to their access to controlled substances paired with occupational and academic stressors (Chipas et al. (2012).

Purpose

- Provide awareness, educate and reduce SUD stigma

Background & Significance

Factors Affecting CRNA & RRNA SUD

- CRNAs: Long hours, fatigue, accessibility to narcotics and potent drugs, stress and need for vigilance during long surgeries (Luck and Hendrick, 2004)
- RRNAs: High risk for SUD due to pre addiction, achievement-oriented, excitement seeking personalities, the desire to self-medicate and increased knowledge of pharmacodynamics (Chipas et al. 2012; Luck and Hendrick, 2004).

Problem

- Stigma related to SUD is very high among the general public and it is suspected that this stigma would be transferable to nurse anesthesia providers as well. (Yang, L. H., Wong, Grivel, & Hasin, 2017).

Proposed Intervention

- **Anti-Stigma Campaign**
- Feasibility: Cost-effective and evidence-based
- Research shows stigma reductions strategies “Stigma reduction strategies” programs on the organizational and community level have proven to not only reduce stigma but overcome the barriers individuals must face to seek help (Heijnders & Van Der Meij, 2006).

Methodology

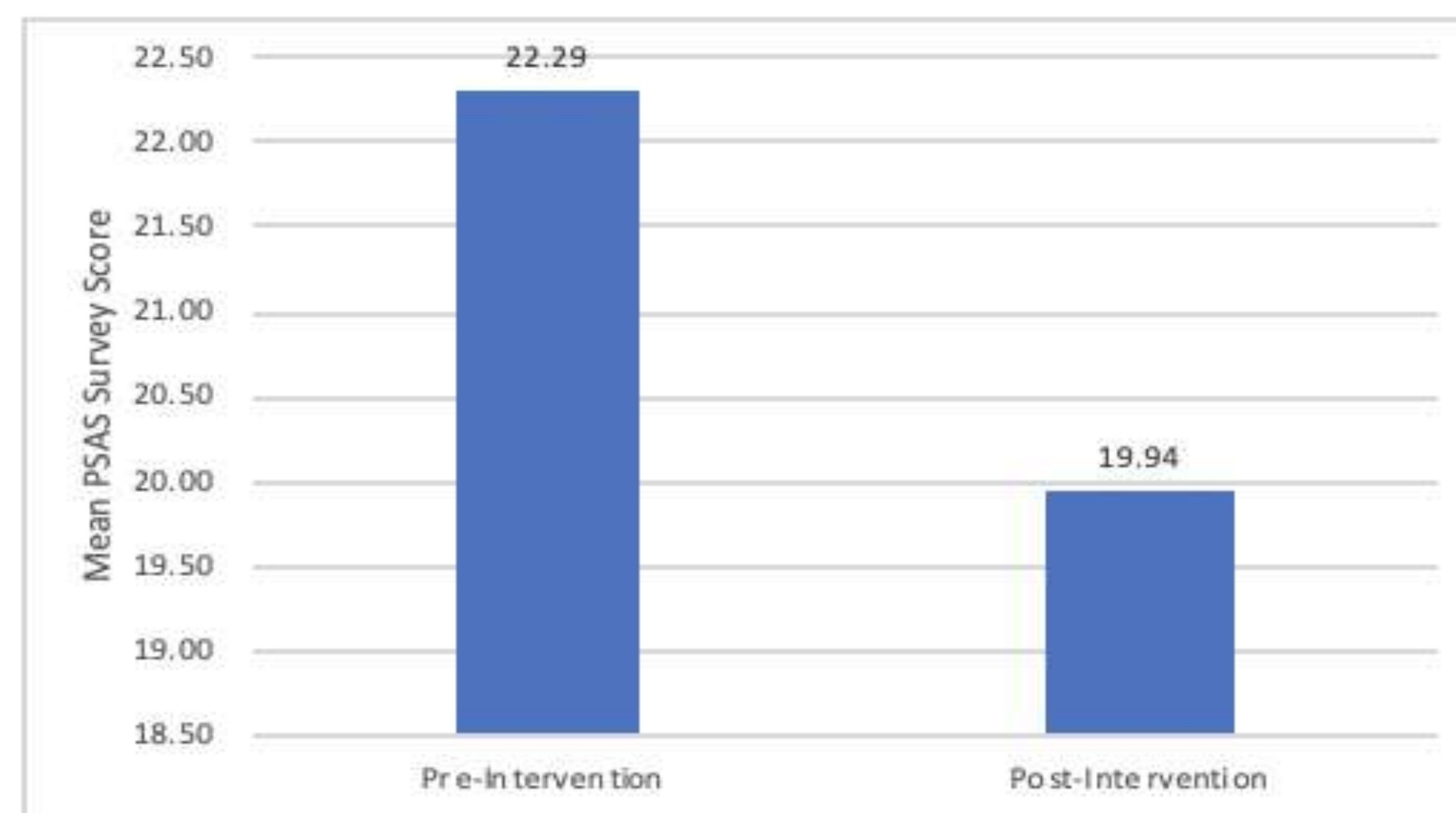
- **Design:** Quantitative Research using pre-/post- test analysis
- Sample:** 127 participants
- **Intervention:** Anti-stigma campaign through PowerPoint presentation
- **Measures:** Perceived Stigma of Substance Abuse Scale (PSAS) - scored using a 4-point Likert scale. Scores range from 8-32. Higher scores indicate greater levels of perceived stigma.

Perceived Stigma of Substance Abuse Scale (PSAS)

- Most people would willingly accept someone who has been treated for substance use as a close friend.
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most people believe that someone who has been treated for substance use is just as trustworthy as the average citizen
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most people would accept someone who has been treated for substance use as a teacher of young children in a public school
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most people would hire someone who has been treated for substance use to take care of their children.
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most people think less of a person who has been in treatment for substance use
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most employers will hire someone who has been treated for substance use if he or she is qualified for the job
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most employers will pass over the application of someone who has been treated for substance use in favor of another applicant.
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- Most people would be willing to date someone who has been treated for substance use.
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree
- The anti-stigma campaign has changed my perception on substance use disorder
1 = Strongly disagree 2 = Disagree 3 = Agree Strongly 4 = agree

- **Analysis:** Descriptive statistics using paired t-test to assess data through SPSS.

Results



PSAS Pre-Intervention & Post-Intervention Paired t-test	Paired Differences				t Stat	t Critical (2-tailed)	df	Significance (2-tailed)	
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
				Lower					Upper
	2.357	4.975	0.418	1.530	3.183	5.664	1.976	142	<.0001

- The mean pre-intervention PSAS score was 22.29 and the mean post-intervention PSAS score was 19.94. The post-intervention score was lower than the pre-intervention indicating a decrease in stigma.
- The mean difference between pre- and post-scores was 2.357 (SD 4.975), and it was statistically significant ($p < 0.0001$), suggesting that there is a high degree of certainty that a decrease in stigma was due to the intervention and not due to a chance alone.

Discussion

- SUD is a known problem within the nurse anesthesia community. Unfortunately, with SUD comes the inherit problem of stigma associated with SUD. Based on the data collected from this project, it is apparent that a high degree of stigma exists within this community.
- The results from this study indicate that stigma-reduction strategies are effective however, even after the intervention a high degree of stigma still exists. This finding reflects that further discussion, awareness, peer-assistance and continuation of stigma reduction strategies would be beneficial in keeping stigma low.

References

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