Prescription Drug Misuse Quiz

Most people take prescription medications responsibly and as directed by their healthcare provider. However, prescription drug misuse is a growing problem. In the United States alone, an estimated 54 million people over the age of 12 have used prescription drugs for non-medical reasons in their lifetime (National Institute on Drug Abuse, August 2016). So what exactly is prescription drug misuse?

Prescription drug misuse means taking a medication in a manner or dose other than prescribed; taking someone else’s prescription, even if for a legitimate medical complaint such as pain; or taking a medication to feel euphoria (i.e. to get high). The most commonly misused drugs are:

1. **Opioids**—usually prescribed to treat pain.
2. **Central Nervous System (CNS) Depressants**—typically include tranquilizers, sedatives, and hypnotics that are used to treat anxiety and sleep disorders.
3. **Stimulants**—often prescribed to treat attention deficit hyperactivity disorder (ADHD).

**True or False?**

1) Seventy percent of people who misuse prescription drugs get them from friends or relatives.
   - True
   - False

2) Teens who misuse prescription drugs mainly buy them from dealers.
   - True
   - False

3) Every day, 34 people in the U.S. die from an overdose of prescription painkillers.
   - True
   - False

4) The misuse of prescription drugs in the workplace leads to increased injuries, worker’s compensation claims, and emergency room visits.
   - True
   - False

5) Prescription drug misuse affects employees by increasing the risks of driving to and from work, operating heavy equipment, and making critical errors.
   - True
   - False

* Answer key found on page 4 *

Sources: National Safety Council, the Centers for Disease Control and Prevention, and the National Institute on Drug Abuse.
Our Milwaukee summer won’t be complete without at least one major heat wave. According to the Center for Disease Control (CDC), nearly 400 Americans die from heat waves each year. Most of them are elders who often don’t recognize they are overheating and in danger. High temperatures are particularly risky for our elders for a few reasons:

- Elders do not adjust as well as young people to sudden temperature changes.
- Chronic medical conditions may make regulating body temperature more difficult.
- Some prescription medications impair the body’s ability to perspire and subsequently cool off naturally.

Caregivers need to be familiar with the signs and symptoms of heat-related problems.

**Heat fatigue:** The signs and symptoms of heat fatigue are feeling weak, cool/moist skin to the touch, weakened pulse and feeling faint.

**Heat exhaustion:** The hallmarks of heat exhaustion are heavy sweating, rapid pulse, muscle cramps, nausea and headache. These symptoms may develop over time or come on suddenly. If symptoms are not addressed, heatstroke can follow.

**Heat stroke:** can be LIFE-THREATENING! A person with heat stroke has a body temperature above 104°F. Other symptoms may include confusion, combativeness, bizarre behavior, faintness, staggering, strong rapid pulse, dry flushed skin, lack of sweating, possible delirium or coma.

If you notice any signs of heat-related stress, call for immediate medical assistance.

- If outdoors, move the person to a shaded area.
- Attempt to bring their body temperature down with cool water (e.g. mist spray bottle, towel/sponge) and by fanning.
- Continue cooling efforts until their body temperature drops to 101°–102°F (Centers for Disease Control).

**Caregiving Tips**

- Make sure they are visited at least twice a day to check for signs of heat exhaustion or heat stroke.
- Make sure they are keeping themselves hydrated by drinking plenty of cool water. *Consult with prescribing doctor before increasing fluid intake.*
- Discourage beverages with caffeine or alcohol. Alcohol in particular, increases dehydration.
- Make sure they have access to an electric fan/air conditioning whenever possible.
- Suggest limiting appliance use and unnecessary lighting that gives off heat.
- Encourage elders to stay indoors in a cool area during the hottest part of the day.
- If it is necessary to be outside, stay in the shade and limit exercise as much as possible.
- Keep frozen treats available that have a high water and low sugar content.
- Encourage light-weight clothing.

**Ways to Support**

**Be available.** Use walk-throughs to check-in and directly ask individuals about how they are doing and what they need.

**Communicate.** Provide as much appropriate information as possible. If there are unknowns, explain when information will be available. This avoids rumors and speculation.

**Available resources.** Provide information on resources, such as the City of Milwaukee’s EAP program, Workforce Health, Care24 and UnitedHealthCare.

**Encourage healthy self-care.** Remind individuals to rest and eat right.
Adult ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is often thought of as a childhood disorder. The mere mention of ADHD often brings to mind images of kids that can’t sit still, bouncing off furniture and causing disruptions in a classroom. This is because ADHD is typically first diagnosed in children around age seven. However, more than half (60%) of children diagnosed will exhibit some ADHD symptoms into adulthood. This equals four percent of the adult population or 8 million adults. (National Comorbidity Survey Replication. American Journal of Psychiatry. 2006)

Unfortunately, less than 20 percent of adults with ADHD have been diagnosed or treated, and only about one-quarter of those adults seek help. (First Treatment Contact for ADHD, http://ps.psychiatryonline.org/doi/ref/10.1176/appi.ps.201300298). Why is adult ADHD undiagnosed and undertreated?

First, ADHD features often change in adulthood. The hyperactivity associated with children is not as prevalent. Instead, an adult is more likely to struggle with focus and staying on tasks that require sustained attention. Adults with ADHD are more inattentive vs. hyperactive. Behaviors like forgetting appointments, habitual lateness, and poor listening skills are common. The condition also reveals itself in one’s communication style. Adult ADHD triggers a compulsion to finish other people’s sentences or to interrupt someone while they are talking. A high level of impatience is associated with adult ADHD. What may be considered high-strung, nervous behavior or quirky character traits might actually be adult ADHD.

It is important to note that people who have ADHD may exhibit different symptoms, and they may experience them at different levels of severity, ranging from mild to significant impairment.

Second, adults with ADHD often present to their health provider with mood or anxiety symptoms, be treated for these complaints and have the ADHD diagnosis missed. This is because adults with ADHD are likely to have an anxiety disorder, depression, bipolar disorder, or another comorbid (refers to a condition that exists with another one) psychiatric disorder.

Screening tools, such as the Adult ADHD Self-Report Scale (ASRS-v1.1) may give you some feedback and information to discuss with your health care provider.

How to Deal With my ADHD at Work?

Effectively dealing with ADHD as an adult means employing strategies that target: 1) distractions 2) attention 3) organization/memory and 4) hyperactivity. The example strategies below are not a “one size fits all” approach. You may need to think of different tactics and experiment with what works for you and your job.

Managing distractions
- Use a headset when on the phone. This may help tune out background noise.
- Use “white noise” (a fan or calming music at low volume) to drown out office noise.
- Jot down ideas that come in a notebook to avoid jumping from one task to another.
- Try to do one task at time and not start a new one until the current task is finished.

Managing attention
- Break-up tasks into smaller ones.
- Avoid getting stuck in the same routine. Use breaks and make slight changes to your work routine to keep you focused.
- Set an alarm to focus for set periods of time, followed by a break.

Organization and memory
- Take notes during meetings.
- Follow up on verbal conversations with an email for clarification.
- Create to-do lists and use a day planner. Having a visible schedule helps organize appointments/meetings and stay on task.
- Set alerts for phone calls and meetings.
- Use alerts for phone calls and meetings.
- Use sticky notes for reminders of important action items.
- Purge unnecessary paperwork and develop a system to organize your work (use colors, and labels that are easy to remember).

Coping with hyperactivity
- Take breaks to move around, go for a walk or up and down the stairs.
- Practice relaxation and meditation techniques.
- Take notes during meetings to channel your energy.

Remember to consult with your doctor for additional strategies and treatment considerations.
Drug Misuse Quiz Answers

1) TRUE. In addition, more than half (54.2%) obtained the drugs for free.
2) FALSE. Sixty-two percent obtain them from their parent’s (caregiver) medicine cabinet.
3) FALSE. Forty-four people die each day from an overdose of prescription pain medication.
4) TRUE. It may also contribute to longer periods of disability and higher costs related to insurance fraud, drug testing and treatment.
5) TRUE. It can also lower productivity by negatively affecting focus, alertness, and attention to tasks.

Mood Boosters at Work

Some days our motivation, drive and energy just isn’t there...we lose our mojo. When this happens, there are ways we can boost our mood:

1). Help out a co-worker. We feel good when we do something for others. Researchers call this good feeling “altruism,” and it is linked to happiness.
2). Break-up your routine. Tasks done exactly the same can leave you feeling in a rut. Vary your day, even if just slightly.
3). Look for wins, even the small ones count. There is a famous commencement speech circulating on social media whereby the speaker advised everyone to make their bed each morning. The rationale was that even if everything else goes south that day, at least one thing was accomplished.
4). Fake it. Put on a smile even if you don’t feel like it. When we smile, our brain responds to our facial/mouth muscles by releasing dopamine and serotonin, chemicals associated with happiness.

EAP Mission Statement

It is the mission of the Employee Assistance Program (EAP) to assist employees who develop behavioral/emotional problems that may directly affect their work performance, and to provide Key Personnel with policy and procedural guidelines for the management of these problems.

City of Milwaukee Events and Reminders

- Not feeling well? Visit the Workplace Clinic (841 N. Broadway, Milwaukee, WI. 53202 (Zeidler Municipal Building) for FREE onsite health care services. Call 414-777-3413 for information or to schedule an appointment.
- Obtain Free screening, consultation, and education services to prevent and treat potential musculoskeletal injuries. Schedule an appointment with a physical therapist at the Injury Prevention Clinic. Call 414-777-3413 to schedule an appointment.
- Health4Me™ is a UnitedHealthcare (UHC) mobile app that provides instant access to your family’s critical health information, anytime/anywhere. Find a physician, check the status of a claim or speak directly with a healthcare professional.

EAP Contact Information
200 E. Wells St. #706
Ph. 414-286-3145
Email.
czamora@milwaukee.gov