

CHAPTER 3

LINDA

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## CHAPTER 3 LINDA



“You can’t save everybody. It’s their life. It’s not mine.”

Liz James, Street Nurse

### CHAPTER 3: LINDA (1:03)

Reflections on Practice:

Therapeutic Communication (1:17)

+ Topics:

Drugs & the Brain (15:51)

Mental Health & Drugs (7:49)

Street Drugs 101 (34:58)

### CHAPTER OVERVIEW

Chapter 3: *Linda* examines the challenges outreach nurses face when communicating and negotiating with people who are under the influence of drugs. Chapter 3 also explores therapeutic communication strategies in a drug-using context, and the +Topics describe the chemical, mental and physiological effects of many illicit drugs.

### SUMMARY OF LEARNING OBJECTIVES

1. To understand the principles of therapeutic communication by identifying strategies a nurse can use to effectively communicate with a person who is high.
2. To understand how and when to use therapeutic communication strategies with a person using drugs.
3. To learn the chemical and physiological effects of several common street drugs.
4. To understand some of the reasons why people use drugs.

### LEARNING ACTIVITY FOR CHAPTER 3: LINDA

#### Background

It is common for people to think that when people are high they are incapable of understanding or remembering what is said to them. Therapeutic communication techniques, which are often the key to the client accessing mainstream health care, help to establish nurse-client relationships, whether the clients are high or not.

### Objective

To understand the principles of therapeutic communication by identifying strategies a nurse can use to effectively communicate with a person who is high.

### Before Viewing

Ask participants to describe some of the physical behaviours of people experiencing the effects of drug use.

Recall the therapeutic communication strategies Caroline and Janine used in earlier episodes.

### During Viewing

View Chapter 3: *Linda* (1:03)

Ask participants to note Linda’s and Liz’s body language and voices.

### After Viewing

Ask participants the following:

- What might be people’s reactions to seeing Linda’s behaviour? Why?
- How does Liz use her voice and body language effectively?

Identify the therapeutic communication strategies Liz uses with Linda.

Reflect on a recent client encounter of your own. How did you use therapeutic communication strategies to improve the health care you delivered?



## LEARNING ACTIVITY 1 FOR THERAPEUTIC COMMUNICATION

### Objective

To understand how and when to use therapeutic communication strategies with a person using drugs.

### Before Viewing

Ask the group to define “therapeutic communication”.

Ask the group to list and describe therapeutic communication strategies.

Add to their list from the following:

- Using open-ended questions
- Demonstrating attentive listening
- Showing accepting attitudes
- Presenting reality
- Restating the point or question
- Asking for clarification
- Voicing doubt
- Using silence at the appropriate time
- Using appropriate humour

(Will/Grundy, 2005)

### During Viewing

View *Therapeutic Communication* (1:17)

### After Viewing

Direct participants to identify the therapeutic communication strategies Liz uses with Linda.

1. Divide participants into groups of 3. Ask the members of each group to role-play nurse and client. One member of each group should act as an observer.
2. Ask the nurse and the client to role-play a health-care encounter, with the nurse using the therapeutic communication techniques outlined above. The client may be presenting the behaviours of different street drugs. The setting may be the street, an ER or a clinic.
3. The observer provides feedback and, if necessary, demonstrates how the nurse could have responded differently to effect a better outcome.
4. Circulate and support the small groups.
5. If there is time, rotate the roles.
6. Gather the entire group together, and discuss/explore the challenges they encountered.
7. Ask participants to reflect on how well they met the challenges.

### CHAPTER 3: LINDA (1:03)

Reflections on Practice:

**Therapeutic Communication** (1:17)

+ Topics:

- Drugs & the Brain (15:51)
- Mental Health & Drugs (7:49)
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## CHAPTER 3

## +TOPICS DRUGS & THE BRAIN



### CHAPTER 3: LINDA (1:03)

Reflections on Practice:

Therapeutic Communication (1:17)

+ Topics:

**Drugs & the Brain** (15:51)

Mental Health & Drugs (7:49)

Street Drugs 101 (34:58)

### Overview

In *Drugs & the Brain*, neuroscientist Dr. Anthony Phillips explains the actions of cocaine, crystal methamphetamine and heroin on brain function. He discusses drug-induced behaviour and the neurochemical basis of addiction.

### LEARNING ACTIVITY 1 FOR DRUGS & THE BRAIN

#### Objective

To learn the chemical and physiological effects of several common street drugs.

#### Before Viewing

Ask participants to define synapse, neuron, dopamine, serotonin, uptake transporter, dopamine system, and endorphins.

#### During Viewing

View *Drugs & the Brain* (15:51)

Use the *Drugs & the Brain* handout on page 41 to organize and remember the biochemical mechanisms of several drugs.

#### After Viewing

Ask participants the following:

- How might understanding the mechanisms of addiction help nurses be more effective?
- How does knowledge of the mechanisms affect the nursing care provided?
- Discuss the connection between nurturing and stress vulnerability genes.

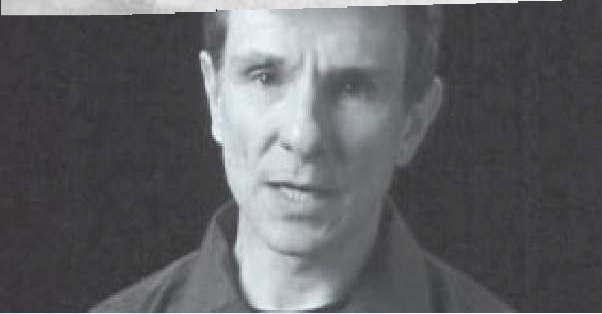
# DRUGS & THE BRAIN

DRUGS	EFFECTS	BIOCHEMICAL MECHANISM
Cocaine		
Crystal Meth		
Heroin		

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## CHAPTER 3

## +TOPICS MENTAL HEALTH & DRUGS



### CHAPTER 3: LINDA (1:03)

Reflections on Practice:

Therapeutic Communication (1:17)

+ Topics:

Drugs & the Brain (15:51)

**Mental Health & Drugs (7:49)**

Street Drugs 101 (34:58)

### Overview

In *Mental Health & Drugs*, mental health counsellor Andrew Larcombe speaks about the clients that he sees who use or have used drugs.

### LEARNING ACTIVITY 1 FOR MENTAL HEALTH & DRUGS

### Objective

To understand some of the reasons why people use drugs.

### Before Viewing

List reasons why people might use drugs.

What is post-traumatic stress disorder (PTSD) and how might it be linked to drug use?

### During Viewing

View *Mental Health & Drugs* (7:49)

### After Viewing

Ask participants:

- What does Andrew mean by the concept of “self soothing”?
- How do Anthony Phillips’ explanations of the effects of stress on addiction connect with Andrew Larcombe’s explanation of drug use and PTSD?
- How does Andrew describe over-identifying with or detaching from clients?
- How might Andrew’s explanations influence a nurse’s health care delivery?

### STREET DRUGS 101

+Topics: *Street Drugs 101* is included in the Chapter 3 DVD menu.

The +Topics: *Street Drugs 101* Learning Activity is on page 21.