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Title: Importance of Maintaining a Healthy Lifestyle while Recovering from Addiction

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Through the Leroy Rodgers Scholarship and the Ohio Academy of Family Physicians, I completed a summer preceptorship at AxessPointe Community Health Centers in Barberton and Kent with Dr. Paul Coleman. Addiction has become a major problem in the United States, especially in certain counties such as Summit or Portage, in the past few decades. My preceptor had a lot of experience with addiction medicine and had multiple patients who were addicts. Dr. Coleman, my preceptor, actually saw every patient who was under Medication-Assisted Treatment (MAT) in the AxessPointe network. MAT consisted of giving patients Suboxone or Vivitrol which helped ease their withdrawal symptoms and made it easier for them to recover from their addiction since it also eases cravings. Dr. Coleman explained to me that MAT is only effective when used in conjunction with other lifestyle changes such as therapy or changes that lead to a healthier lifestyle. Thus, I created a project that focused on the importance of maintaining a healthy lifestyle while in recovery. I created two documents for my project: a questionnaire to assess if patients were actually actively making changes in their lives to become a healthier individual and a patient education pamphlet that contained tips on maintaining a healthy lifestyle while in recovery. The questionnaires were administered to each MAT patient and each of those patients were also given the pamphlet.