

# The Intersection of Trauma and Substance Use in Women Living with HIV

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# Background

- Substance use
- Violence and trauma
- Impact on medication adherence and viral suppression
- 2015 National HIV/AIDS Strategy
- Impact in HIV primary care clinic

# Goals

- Transform an HIV primary care clinic to a Trauma-Informed Primary Care clinic
- Evaluate the impact of this transformation on:
  - Patients (physical, mental, social health outcomes)
  - Providers/Staff (vicarious trauma, burnout)

# Methods

- Prospective longitudinal study at the Women's HIV Program
- Baseline: October 2015 - January 2016
- Recruited from clinic waiting room
- 104 participants
- Team of interviewers

# Measures

- Interviewer-administered survey booklet
  - Demographics
  - ACES, Trauma History Screen, victim in last 30 days
  - AUDIT-C, ASSIST, DAST
- EMR data abstraction
  - CD4, VL
  - Co-morbidities
  - Prescribed medications

# Results: Demographics

<b>N=104</b>	<b>N (%)</b>
Age (mean, SD)	51.1 years (SD 10.6), range 20-76
Race	
African American / Black	50 (48.5%)
White (non-Hispanic)	21 (20.4%)
Asian / Pacific Islander	9 (8.7%)
More than one race	9 (8.7%)
Other	7 (6.8%)
Education	
High school or less	54 (51.9%)
Associate degree or more	50 (48.1%)
Food insecure (yes)	63 (60.6%)

# Results: Health

	N (%)
Year diagnosed with HIV	1996.5 (SD 8.5)
Ever told has AIDS (yes)	45 (43.7%)
Currently on ART (yes)	90 (86.5%)
CD4 (mean)	651.5 (SD 389.5)
Undetectable viral load (<40)	69 (66.4%)
Prescribed opiates	68 (65.4%)

# Results: Trauma

Adverse Childhood Experiences (mean; 0-10) 4+ ACES	4.2 (SD 2.9), range 0-10 60 (57.7%)
Trauma History Screen (mean; 0-14) 4+ THS	6.2 (SD 3.9), range 0-13 76 (73.1%)
Past 30 days ...coerced to have sex (yes) ...abused/threatened/victim of violence (yes)	4 (3.9%) 16 (15.7%)



# Results: Alcohol Use

	N (%)
AUDIT (mean, 0-12)	1.7 (SD 2.57)
Binge drinking (yes)	18 (17.3%)
Positive AUD screen (yes)	23 (22.1%)

# Results: Substance Use

	N (%)
Substance use in past 3 months (yes):	
Tobacco	45 (44.1%)
Cannabis	26 (25.5%)
Cocaine	17 (16.8%)
Amphetamines	9 (8.8%)
Sedatives	5 (4.9%)
Opioids	9 (8.8%)
Any illicit use in past 3 months (yes)	43 (41.4%)
DAST (mean, 0-10)	1.7 (SD 2.6)
No / Low risk	80 (76.9%)
Moderate/ Substantial / Severe	24 (23.1%)

# ACES and Substance Use

	<4	4+	<i>p</i>
Alcohol Use Disorder positive screen (yes)	14.0%	28.3%	0.08
Substance use, past 30 days (yes)			
Tobacco	40.5%	46.7%	0.54
Cannabis	19.1%	30.0%	0.21
Cocaine	7.1%	23.7%	<b>0.03</b>
Amphetamines	7.1%	10.0%	0.62
Sedatives	2.4%	6.7%	0.65
Opioids	4.8%	11.7%	0.30
Illicit substance use, past 30 days (yes)	36.4%	45.0%	0.38
Drug Abuse positive screen (yes)	9.1%	33.3%	<b>0.004</b>
Prescribed opiates (yes)	60.0%	73.3%	0.16

# THS and Substance Use

	<6	6+	<i>p</i>
Alcohol Use Disorder positive screen (yes)	18.2%	25.4%	0.38
Substance use, past 30 days (yes)			
Tobacco	41.9%	45.8%	0.70
Cannabis	23.3%	27.1%	0.66
Cocaine	9.5%	22.0%	0.10
Amphetamines	0.0%	15.3%	<b>0.007</b>
Sedatives	2.3%	6.8%	0.30
Opioids	4.7%	11.9%	0.21
Illicit substance use, past 30 days (yes)	17.8%	35.6%	0.05
Drug Abuse positive screen (yes)	13.3%	30.5%	<b>0.04</b>
Prescribed opiates (yes)	61.9%	72.4%	0.27
30 days, coerced sex (yes)	4.6%	3.4%	1.00
30 days, threatened/abused/victim (yes)	4.7%	23.7%	0.12

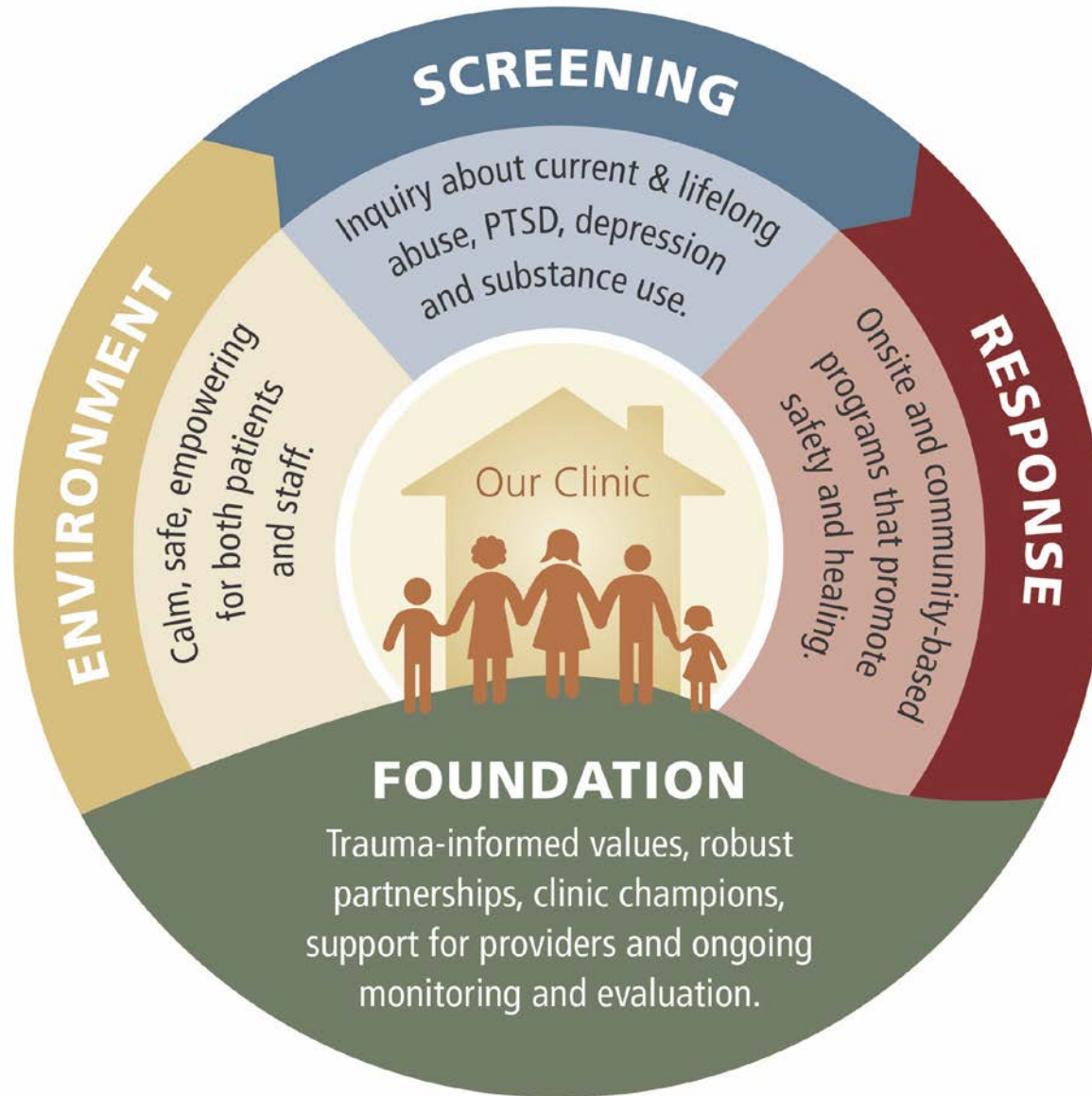
# Recent Trauma & Substance Use

	no	yes	<i>p</i>
Alcohol Use Disorder positive screen (yes)	19.8%	35.3%	0.16
Substance use, past 30 days (yes)			
Tobacco	42.4%	52.9%	0.42
Cannabis	23.5%	35.3%	0.31
Cocaine	14.3%	29.4%	0.16
Amphetamines	7.1%	17.7%	0.16
Sedatives	1.2%	23.5%	<b>0.003</b>
Opioids	7.1%	17.7%	0.17
Illicit substance use, past 30 days (yes)	25.3%	41.2%	0.18
Drug Abuse positive screen (yes)	19.5%	41.2%	0.05
Prescribed opiates (yes)	66.3%	76.5%	0.41

# Summary Results

- High levels of trauma in WLHIV
- High levels of substance use, prescribed and illicit
- ACES predict cocaine use and drug abuse
- THS associated with amphetamine use and drug abuse
- Recent trauma associated with sedative use
- Next steps...

# Trauma-informed Primary Care



Machtiger, E. L., Cuca, Y. P., Khanna, N., Dawson Rose, C., & Kimberg, L. S. (2015). From Treatment to Healing: The Promise of Trauma-Informed Primary Care. *Women's Health Issues, 25*(3).

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