

Quick Guide for Assessment and Management of Psychostimulant Use



This resource is by the Sydney South West Area Drug Health Service.

This resource helps assess and manage clients who use psychostimulants (including methamphetamine).

Clinical Guidelines for Assessment and Management of Psychostimulant Users

Assessment

- Complete core assessment as per usual with special attention paid to current level of psychostimulant and other drug use, severity of dependence, mental health status, pregnancy, route of administration and stage of change.
- Differentiate between intoxication and withdrawal, as there may be common features.

Intoxication

Increased confidence, excitement, euphoria, anxiety, agitation, reduced need for sleep, reduced appetite, rapid speech, hypervigilance, increased body temperature and blood pressure, dry mouth, paranoia, psychotic features.

Withdrawal

not life-threatening. May exacerbate pre-existing psychiatric symptoms.

Crash phase: excessive sleeping, eating and mood irritability. Lasts hours to 2-3 days.

Acute phase: emotional lability, mood swings, anger, aggression, intense cravings. Lasts 5-7 days.

Chronic protracted phase: depression/dysphoria, lethargy and cravings. Can last months.

Management

Summary: This is a 2-page guide to assessing and managing people who use **psychostimulants** (including **methamphetamine**) . It includes a flowchart on the second page to guide decision making from initial contact through to follow up.

Developers: Sydney South West Area Drug Health Service

Year: 2015

Costs: Free

Evidence base: This resource has undergone expert review.

[Access the quick assessment and management guide](#)