

# Methamphetamine ('ice'): A clinical guide for Primary Care Health Professionals

## NCCRED

National Centre for Clinical  
Research on Emerging Drugs

*This resource is by NCCRED (National Centre for Clinical Research on Emerging Drugs).*

*This resource provides a clinical guidance tool for primary care health professionals for assessment, management, and treatment of methamphetamine use.*



**Summary:** This clinical guidance tool provides practical information and resources for primary care health professionals for assessment, management, and treatment of **methamphetamine** use.

This resource covers a broad range of content including:

- tips for starting a conversation about alcohol or other drug use with clients
- brief screener tools
- brief guides and checklists for conducting a stimulant-specific health assessment, social situation assessment and mental health assessment
- information about the stages of change and questions assessing a person's motivation to change their methamphetamine use
- harm reduction tips
- strategies for coping with methamphetamine **withdrawal**

In addition to being available online, this resource can be downloaded as a PDF A5 booklet or ordered as a hard-copy booklet. Click to access the online resource below and scroll to the bottom of the resource for further information about downloading a PDF booklet or ordering hard-copy booklets.

**Developers:** This resource was developed by [NCCRED \(National Centre for Clinical Research on Emerging Drugs\)](#).

**Year:** 2020

**Costs:** Free

**Evidence base:** This resource has undergone expert review. Refer to the [NCCRED website](#) for more information about this resource.

[Access the clinical guidance tool](#)