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Independent Evaluation Consultant
Wellington

Friday, June 9, 2017

16:30 - 17:25  WS #66: Substance Impaired Driving: Patient Education
17:35 - 18:30  WS #78: Substance Impaired Driving: Patient Education
(Repeated)
NZTA led collaboration
Patient Education

SUBSTANCE IMPAIRED DRIVING

Margaret Stevenson-Wright, Senior Education Advisor, NZTA
Anne Dowden, independent evaluation consultant [TODAY’S SPEAKER]
Todays session

Resources GPs and Pharmacists Substance Impaired Driving Patient Education

1. What is Substance Impaired Driving
2. Collaboration with health, police and transport
3. Substance Impaired Driving & medication
4. Substance Impaired Driving in NZ
5. Resources to support patient education – ‘How to’
6. Continuing education
7. Take home tips
Substance Impaired Driving

Drivers at risk of driving impaired due to the effects of medications (or drugs) used with or without alcohol
Substance Impaired Driving

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver.
Substance Impaired Driving

In New Zealand, it's **illegal** to drive impaired by ... ?
Substance Impaired Driving

In New Zealand, it's illegal to drive impaired by any substance
SID: What do health practitioners need to know and do?
Health Practitioners told us what they wanted

Want NZ not international ‘evidence’
Want ‘medication' not ‘drug’ evidence
Want support with patient education
### Better evidence

<table>
<thead>
<tr>
<th>International literature</th>
<th>New Zealand literature</th>
<th>Admin &amp; primary data</th>
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<tbody>
<tr>
<td>Epidemiological &amp; Experimental studies</td>
<td>Revisit drug impaired stats</td>
<td>NZ stakeholders &amp; data sets</td>
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<tr>
<td></td>
<td></td>
<td>- Drink driver bloods</td>
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<td>- Prescription patterns</td>
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<td>- License reviews</td>
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International research: impairing effects of medications
International experimental studies

16 common New Zealand medications used for **anxiety**, **pain**, **depression**, **insomnia**, **psychosis** cause driving impairment

1. drivers given medication
2. impairment and skills tested
3. compared to pre-test or controls
International experimental studies

Long-acting **insomnia** and **anxiety med** (Lorazepam) impairs driving 10hrs – 17hrs later). They may increase risk of crash [100K ‘scripts]

Low doses of combined **codeine/paracetamol** for pain impairs driving in ‘elderly’ (average age 60 years). [Over-the-counter]

Zopiclone (mainly for **insomnia**) causes marked impairment 10 hrs. after taken at bedtime [½ MIL ‘scripts]

Oxazepam (for **anxiety**) taken alone or with alcohol significantly impaired driving performance [13K ‘scripts]

Alprazolam (for **anxiety**) effects driving performance (inc. weaving; risky following; dec. reactions / alertness. [11k ‘scripts]
International epidemiologic study

Polydrug use: an international study

Mixing alcohol with medications or drugs that impair driving can make drivers many times more impaired.

A driver is 13X more likely to be in fatal crash after drinking.

How many X more likely if you mix impairing meds or drugs with alcohol?
International epidemiologic study

Polydrug use: an international study

Mixing alcohol with medications or drugs that impair driving can make drivers 23 times more likely to have a fatal crash than those that use neither (U.S.A)

ODDS OF FATAL CRASH FOR DRIVERS WHO TEST POSITIVE DRUGS / ALCOHOL

1x 2x 13x

NEITHER DRUGS, MEDS ALCOHOL

UNITED STATES WEEKEND NIGHTS IN 2007 n=700+ FATAL CRASHES (LI, 2013)
International epidemiologic al study

Polydrug use: an international study

Mixing alcohol with medications or drugs that impair driving can make drivers

23 times more likely to have a fatal crash than those that use neither (U.S.A)
The size of medication related SID in New Zealand

SUBSTANCE IMPAIRED DRIVING
New Zealand study of 1000 killed drivers over 5 years (to 2009)

How much of this is medication?
New Zealand study of 1000 killed drivers over 5 years (to 2009)

Your chances of having a crash if you’re impaired by medication are much higher than previously thought.

1 IN 13 DRIVERS KILLED ON NEW ZEALAND ROADS HAS MEDICATIONS IN THEIR SYSTEM THAT MAY IMPAIR DRIVING.

Reanalysis of data using list of impairing medications developed by Poulsen as an expert advisor to the SID education project.
Drivers are at risk through prescribed/OTC medication
Prescriptions in New Zealand

Common prescription medications that may impair driving

• Analgesics
• Antidepressants
• Beta blockers/calcium channel blockers
• Substance dependence treatments
• Anti histamines
• Sedatives
• Anti-psychotics
• Anti-epilepsy
• Anti-nausea
• Anxiolytics

MEDICATIONS PRESCRIBED TO NEW ZEALANDERS OF DRIVING AGE

How many drivers take impairing medications each year?
NZ drivers regularly use impairing medication

The majority of drivers take potentially impairing medications

Nearly 7.5 MIL new ‘scripts a year for people of driving age (not counting repeats) for medications that may impair
NZ drivers regularly use impairing medication

7 in 10 drivers took meds last year

Drivers report they took potentially impairing medications in last 12 months

One in four prescriptions are for medications that may impair driving

Nearly 7.5 MIL new ‘scripts a year for people of driving age (not counting repeats) for medications that may impair driving
The frequency increases with age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Total 'scripts/yr</th>
<th>Impairing 'scripts/yr</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24 yrs</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>25-39 yrs</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>40-49 yrs</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>50-59 yrs</td>
<td>11</td>
<td>3</td>
</tr>
<tr>
<td>60-69 yrs</td>
<td>17</td>
<td>4</td>
</tr>
<tr>
<td>70-79 yrs</td>
<td>25</td>
<td>5</td>
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</tbody>
</table>
NZ drivers drink alcohol while using medication
NZ drivers & polypharmacy/alcohol

<table>
<thead>
<tr>
<th>1 in 7 report impaired</th>
<th>of these</th>
<th>7 in 10 drank alcohol</th>
</tr>
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<tbody>
<tr>
<td>15% of ALL drivers report they took meds or drugs last year that may affect ability to drive</td>
<td>70% of these drivers drank alcohol while using or taking medications or drugs, at least some of the time.</td>
<td></td>
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</table>
NZ drink drivers found with impairing substances

how many drink drivers were also positive for medications that impair?
NZ drink drivers found with impairing substances

1 in 6 drink drivers were also positive for medications that impair

- 1 in 6 (15%) test positive for medications that could impair
- 1 in 16 (6%) used less impairing medication - advice includes \textit{“limit/avoid alcohol”}
- 1 in 11 (9%) were taking strong impairing medications – advice includes \textit{“do not drive”}
- 1 in 50 (2%) had used illicit drugs (excludes cannabis)
- More than 1 in 4 (27%) had used cannabis concurrent or historic use

3x more likely to use strong medications than illicit drugs excluding cannabis
Drivers know little but are keen to know more

SUBSTANCE IMPAIRED DRIVING
## NZ drivers surveys: they want and need education

<table>
<thead>
<tr>
<th>Its an important topic</th>
<th>Half not recall warning</th>
<th>1 in 3 don’t know where</th>
<th>1 in 4 not well informed</th>
<th>Half want to know more</th>
</tr>
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<tbody>
<tr>
<td>96% of drivers* agree its important</td>
<td>55% recall being warned about their medication and driving</td>
<td>34% of drivers don’t know where to get information</td>
<td>27% of drivers don’t feel well informed</td>
<td>50% of drivers want to know more</td>
</tr>
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</table>

*survey of 3000 NZ drivers

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Half in 4 not well informed

1 in 3 don’t know where

55% recall being warned about their medication and driving
NZ health practitioners: not always educating drivers

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage/Count</th>
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<tbody>
<tr>
<td>Its an important topic</td>
<td>97%</td>
</tr>
<tr>
<td>2 in 3 not well informed on alternatives</td>
<td></td>
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<tr>
<td>1 in 3 don’t know its illegal</td>
<td></td>
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<tr>
<td>1 in 4 don’t caution regularly</td>
<td></td>
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<tr>
<td>2 in 3 don’t discuss alternatives</td>
<td></td>
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<tr>
<td>37% not well informed on alternatives to driving while impaired</td>
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<tr>
<td>34% don’t know - impaired by prescribed medications</td>
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<tr>
<td>60% don’t know - medications used as directed</td>
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<tr>
<td>11% strongly agree; 63% agree they caution</td>
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<tr>
<td>26% neither or disagree</td>
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<tr>
<td>4% strongly agree; 31% agree they discuss alternatives to driving</td>
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<tr>
<td>while impaired</td>
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*survey of GPs
New Zealand Solutions

SUBSTANCE IMPAIRED DRIVING
## Education objectives

**Collaborate & strengthen relationships with Safer Journeys' partners**
- Increase the **priority** of SID
- Increase **access** to information on SID

**Culture change**

- **Increase awareness and understanding of SID**
- **Increase access to information on 'what works'**
- **Contribute** to the safe road system & less serious injuries & deaths on New Zealand roads
Solution: Education by trusted influencers

**Aims**

Develop tools in collaboration with trusted influences to educate drivers to raise awareness and change behaviour

**Operational partners**

1. **Health**: GPs and Pharmacists
2. **Transport**: operators with Police & CVIU
First education solution: GPs/Pharmacists educate drivers

SUBSTANCE IMPAIRED DRIVING
Collaboration: a key feature

Reference group partners

- NZTA
- New Zealand Police
- Ministry of Transport
- Ministry of Health
- Accident Compensation Corporation
- New Zealand Drug Foundation
- Safe and Sustainable Transport Association (SASTA)
- The New Zealand Automobile Association (AA)

Expert Collaborators

- Various peak bodies (e.g. RNZCGP, GPNZ, Pharmaceutical Society)
- Environmental Science Research (ESR)
- Experts / Stakeholders (e.g. Heavy Transport sector)
It is a tested evidence based resource

It did not cause undue worry or cause drivers to stop taking their medications so that they can drive.

No patients stopped taking medications as directed so that they could drive.

It delivers content that is new and interesting to drivers.
Promoting safe-to-drive conversations

A. ‘How to’ and promote action for doctors, pharmacists and nurses
Is my patient safe to drive?

B. Prompts drivers to ask for advice
Driver information sheet: Are you safe to drive?

C. Fold out to support patient education
Fold out patient education: Are you safe to drive?
A. Resources

Resources for health practitioners

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Information for doctors, pharmacists and nurses.

**IS MY PATIENT SAFE TO DRIVE?**

**SUBSTANCE IMPAIRED DRIVING IS A SIZEABLE AND SERIOUS PROBLEM**

- **25%** of all scripts are for medication that can impair driving.
- **51%** of drivers don't recall being warned about potential impairment.
- **Nearly 65%** of drivers are not aware it's illegal to drive while impaired by medications.

Road crashes caused by substance impaired driving occur much more often in New Zealand than previously thought. People are unaware about how their medications and drugs can affect their driving.

As a health practitioner, you can help your patients to be informed about how their medication - and when substances they may be taking - can affect their driving. You can help them make a good choice about whether or not they are safe to drive.

What is substance impaired driving?

Substance impaired driving is when a person’s ability to drive a car is affected because they have taken a drug or medication, a combination of those or combined them with alcohol. It’s illegal to drive while impaired and NZ police will enforce the law.

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A. Resources

Resources for health practitioners

HAVE THE ‘SAFE TO DRIVE’ CONVERSATION WITH YOUR PATIENTS.

Give your affected patients a copy of the ‘Are you safe to drive?’ leaflet, ask their medications and possible symptoms, and discuss the following:

- Let your patient know if their medication could affect their driving.
- Make sure they check for symptoms each time they drive.
- Advise how long the effects of their medication may last.
- Tell them whether they should avoid alcohol while taking their medication as it may multiply the side effects.
- Advise them not to stop taking their medication so they can drive.
- Talk about the options, such as trying a different medication or dose, or taking their medication at a different time.

You might also want to raise one of these:

- The decision to drive is their responsibility.
- Reactions times are really slowed when they’re impaired.
- Impairment may only be temporary.
- Other drugs like over-the-counter or over-the-counter medications may affect their driving.
- Car insurance may be affected if they’ve been told not to drive on strong medications.
- Discuss alternatives to driving such as taking the bus or getting a lift. Talk about how long they may have to do this.
- Consider the effects when they change their routine such as evening activity or a very early start.
- Make a plan for emergency night-time driving.

Some signs or symptoms of medication impaired driving:

- Mood changes/Depression
- Insomnia
- Headaches
- Feeling weak
- Swallowing difficulty
- Talking/behaving abnormal
- Having trouble forming or finding words

THE RISK MULTIPLIES IF YOU MIX ALCOHOL WITH MEDICATION OR DRUGS THAT MAY IMPAIR DRIVING, IT CAN MAKE YOU 23 TIMES MORE LIKELY TO FATALLY CRASH THAN DRIVERS WHO HAVE TAKEN NONE OF THESE.

Tips for medications most often prescribed by New Zealand doctors make up three-quarters or those that may impact driving:

- Antimicrobials
- Antidepressants
- Heart medications
- Beta blockers/Calcium channel blockers
- Antihistamines
- Sedatives
- Pain relievers: common prescription medications make up most of the rest.

- Anti-Parkinson
- Anti-epilepsy drugs
- Substance dependence treatments
- Anti-nausea medications
- Antibiotics

These add account for over 95 percent of prescription medications that may impact driving. Ask your patient about how their driving could be affected if they’re:

- Taking one or more of these medications (or)
- Taking some of the antipsychotic drugs, such as ‘chemical weapons’ (or)
- Taking over-the-counter medications such as antihistamines or cold and flu preparations.

New Zealand’s roads were built for their systems...
A. Resources

Resources for health practitioners

HAVE THE ‘SAFE TO DRIVE’ CONVERSATION WITH YOUR PATIENTS.

Give your affected patients a copy of the ‘Are you safe to drive?’ leaflet, tick their medications and possible symptoms, and discuss the following:

• Let your patients know if their medication could affect their driving.
• Make sure they check for symptoms each time they drive.
• Advise how long the effects of their medication may last.
• Tell them whether they should avoid alcohol while taking their medication as it may multiply the risk.
• Advise them not to stop taking their medication so they can drive.
• Talk about the options, such as trying a different medication or dose, or taking their medication at a different time.

Five types of medications most often prescribed by New Zealand doctors make up three-quarters of those that may impair driving.

- Analgesics
- Antidepressants
- Heart medications
  - Beta blockers/Calcium channel blockers
- Antihistamines
- Sedatives

Five less common prescription medications make up most of the rest.

- Antipsychotics
- Anti-epilepsy drugs
- Substance dependence treatments
- Anti-nausea medications
A. Resources

Resources for health practitioners

You might also want to raise one of these:
- The decision to drive is their responsibility.
- Reactions times are really slowed when they’re impaired.
- ‘Impairment’ may only be temporary.
- Other drugs like cannabis or over-the-counter medications may affect their driving.
- Car insurance may be affected if they drive impaired when they’ve been told not to drive on strong medications.
- Discuss alternatives to driving such as taking the bus or getting a lift. Talk about how long they may have to do this.
- Consider the effects when they change their routine – such as evening activity or a very early start.
- Make a plan for emergency night-time driving.

Some signs or symptoms of medication impaired driving:
- Feeling drowsy, sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused or having trouble forming a sentence
- Slurred speech
- Feeling tired and overconfident (although a person may not notice this themselves).

The risk multiplies if you mix alcohol with medication or drugs that may impair driving. It can make you 23 times more likely to fatally crash than drivers who have taken none of these 1.

If you have further questions, you can visit www.nzta.govt.nz/medication call our contact centre on 0800 699 000 or write to us:
NZ Transport Agency
Private Bag 5095, Wellington 6141

B. Driver information sheet

A self read sheet that prompts questions and taking responsibility

List of medications
B. Driver information sheet

List of signs & symptoms

List of actions
C. Fold out patient education
Includes details such as

Impairment is…
It’s the law
It’s more common than you think
It’s your responsibility

Facts “1 in 4 prescriptions”
Tips “how to be responsible”
Scenarios “make a plan”

ARE YOU SAFE TO DRIVE?
Have a ‘safe to drive’ conversation with your doctor or pharmacist.

1 IN 13 DRIVERS KILLED ON NEW ZEALAND ROADS HAS MEDICATION IN THEIR SYSTEM THAT MAY IMPAIR DRIVING.
Structured prompts
specific, personalised, time relevant
education for patients who are drivers

Four step patient education:

1. This medication they are getting today may impair driving
2. How impairing
3. About signs & symptoms
4. About staying safe with driving
Responsible drivers care about the safety of themselves and others.

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver. You need to make sure you’re safe to drive before you get in the car. Many prescribed medications (or those purchased over-the-counter) can impair your driving, as can many recreational drugs. A car crash can happen very unexpectedly. If you’re not fully alert you could be a danger to yourself, other drivers or your passengers.

Safe drivers take responsibility

It’s important you talk honestly with your doctor, pharmacist or nurse about your medication (and anything else you’re taking) so they can help you stay safe on the road.

1 IN 4 prescriptions are for medication that can impair driving

These are the prescription medications that may impair your driving.

- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication

‘Safe to drive’ conversation with your doctor, pharmacist or nurse.

- These medication/s could impair driving.
- These medication/s could impair driving when first taken or a change of dose.

Before you drive, check for any of these symptoms:

- Feeling drowsy/sleepy
- Nausea, feeling sick
- Blurred vision
- Unable to focus or pay attention
- Headache
- Being easily confused
- Feeling weak
- Slurred speech
- Slowed reactions
- Having trouble forming a thought
- Dizziness
- Feeling wired and overactive (although you may not notice you)

To avoid driving while impaired:

- Avoid driving altogether when taking these medications.
- Consider avoiding driving at first when taking these medications.
- Do not drink alcohol while taking these medications.
One

- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- These medication/s could impair driving.
- These medication/s could impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- Feeling drowsy/sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused
- Slurred speech
- Having trouble forming a sentence
- Feeling wired and overconfident (although you may not notice yourself)

To avoid driving while impaired:

- Avoid driving altogether when taking these medications.
- Consider avoiding driving at first when taking these medications.
- Do not drink alcohol while taking these medications.
Two

- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.
(Health practitioner to tick)

- These medication/s could impair driving.
- These medication/s could impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:
- Feeling drowsy/sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused
- Slurred speech
- Having trouble forming a sentence
- Feeling wired and overconfident (although you may not notice yourself)

To avoid driving while impaired:
- Avoid driving altogether when taking these medications.
- Consider avoiding driving at first when taking these medications.
- Do not drink alcohol while taking these medications.
Three

- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

*(Health practitioner to tick)*

- These medication/s *could* impair driving.
- These medication/s *could* impair driving when first taken or with a change of dose.

**Before you drive, check for any of these symptoms:**

- Feeling drowsy/sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused
- Slurred speech
- Having trouble forming a sentence
- Feeling wired and overconfident *(although you may not notice yourself!)*

**To avoid driving while impaired:**

- Avoid driving altogether when taking these medications.
- Consider avoiding driving at first when taking these medications.
- Do not drink alcohol while taking these medications.
Four

- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication

'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.
*(Health practitioner to tick)*

- These medication/s *could* impair driving.
- These medication/s *could* impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- Feeling drowsy/sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused
- Slurred speech
- Having trouble forming a sentence
- Feeling wired and overconfident (although you may not notice yourself)

To avoid driving while impaired:

- **Avoid driving** altogether when taking these medications.
- **Consider avoiding driving** at first when taking these medications.
- **Do not drink alcohol** while taking these medications.
Extra patient education

Talk about options: different medication/dose; different time.
Discuss alternatives to driving such as taking the bus or getting a lift, and how long they may have to do this.
Reactions times are really slowed when they’re impaired.
Drugs like cannabis or over-the-counter medications may affect their driving.
Car insurance may be affected if they drive impaired when they’ve been told not to.
Consider the effects when they change their routine – such as evening activity or a very early start.
Make a plan for unplanned or emergency night-time driving.
C. Fold out

patient education

The back provides further reading and advice for patients.

You don’t have to cover everything.
Be a responsible driver when taking medication

- Always take medication according to the instructions.
- Don’t stop taking medication because you want to be okay to drive.
- Check how you’re feeling after you start a new medication. Talk to your health practitioner if you’re concerned.
- Check whether you can drink alcohol when taking your medication.
- Ask your health practitioner how long the effects last. Some medication taken at night may affect you the next morning.
- Don’t keep driving if you feel impaired. Call someone to pick you up or take a bus or taxi.
- Talk to your health practitioner about all medication or drugs you’re taking - prescription, over-the-counter and recreational.

Not being able to drive doesn’t have to disrupt your life. It’s usually only temporary. Your health practitioner can help you find alternatives or could change your medication or dose so you’re able to drive again.
Further information for GPs/Pharmacists and others

SUBSTANCE IMPAIRED DRIVING
Continuing Medical Education: Online Learning

Currently NZTA in collaboration with the Pharmaceutical Society, NZ Police, and with support from RNZCGPs is developing online education.

This is aimed at providing CME/CPD for GPs, other doctors, pharmacists, nurses, dentists as well as other health practitioners.
Continuing Medical Education: Online Learning

It covers a range of SID topics inclusive of:

• The New Zealand context and SID problem definition
• Medication effects that relate to driving impairment
• Providing patient education on SID
• Road policing: the law and enforcement
• NZTA’s Driver Licence Medical Review process
• Health & Safety: patients as workers, and workplace drug tests
• SID and car insurance
Take home tips

SUBSTANCE IMPAIRED DRIVING
Take home tips

A lot of patients are at risk each year

1 in 4 prescriptions are for medication that may impair driving

Substance impaired driving is more common than previously thought, most patients need to think about it every year

Mixing multiples impairing effects: NZ mixing is often alcohol (and/or cannabis)
Take home tips

Patients want a need information

Patients at risk often don’t recall being told

Patients have little knowledge about what SID is and how to stay safe

Patients want to know more
Take home tips

Four step patient education

Using the fold out resource “Are you Safe to Drive?”

1. This medication today may impair driving
2. How impairing (always, when first taken)
3. The signs & symptoms to watch for
4. Staying safe & driving (don’t drive, don’t drive if effected, don’t drink)
Take home tips

Get on the website

HAVE THE ‘SAFE TO DRIVE’ CONVERSATION WITH YOUR PATIENTS

Order copies of the patient education resources

Search: NZTA/medications
Are you safe to drive? →

It can be unsafe to drive when taking medication which impairs/affects your driving ability. It’s also against the law to drive when you’re impaired.

Information for doctors and pharmacists – is your patient safe to drive? →

Substance impaired driving is a sizeable and serious problem. As a health professional you can help your patients make good choices about whether or not they’re safe to drive.
Take home tips

Get on the website

HAVE THE ‘SAFE TO DRIVE’ CONVERSATION WITH YOUR PATIENTS

Tips, conversation starters and scenarios

Search: NZTA/medications
NZTA SID project

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