Substance Abuse

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Outline:

- Commonly, used Psychotropic substance Classification,forms, routes,action, intoxication and withdrawal.
- Etiology, of dependence: tolerance, psychological and physical dependence,withdrawal syndrome diagnosis.
- Treatment (detoxification,anti-abuse and narcotic antagonist therapy and harm reduction) and nursing management of patients with substance use disorders.
- Follow-up and home care and rehabilitation.

Commonly, used Psychotropic substance Classification,forms, routes,action, intoxication and withdrawal:-

Disorders due to psychoactive substance use refer to conditions arising from the abuse of alcohol, psychoactive drugs and other chemicals such as

volatile solvents. المنتجات المنزلية والصناعية مثل الغراء والهباء الجوي والدهانات والمذيبات الصناعية ومخففات الطلاء والبنزين وسوائل التنظيف

Alcohol use

- **30% Americans ≥18 years old exceed recommended limits**
- **Smaller percentage have alcohol use disorder**

Drugs

- **9% Americans ≥12 years use**
- **Marijuana (7.5%)**
- **Prescription drugs (2.5%, mostly opioids), Heroin (0.1%)**
- **Cocaine (0.6%), Hallucinogens (0.5%), Inhalants (0.2%)**

Terms:-

- ***Abuse***: الإساءة It refers to maladaptive pattern of substance use that impairs health.
- ***Dependence***: الاعتماد It refers to certain physiological and psychological phenomena induced by the repeated taking of a substance. الناجم عن
- ***Tolerance***: التحمل درجة It is a state in which after repeated administration, a drug produces a decreased effect, or increasing doses are required to produce the same effect.
- ***Withdrawal state***: السحب A group of signs and symptoms recurring when a drug is reduced in amount or withdrawn, which last for a limited time. The nature of the withdrawal state is related to the class of substance used.

The criteria for diagnosing dependence :-

1. A strong desire to take the substance.
2. Difficult in controlling substance taking behavior .
3. A physiological withdrawal state.
4. Development of tolerance.
5. Progressive neglect of alternative pleasures or interests.
6. Persisting الـاستمرار with substance use despite clear evidence of harmful consequences.

The major dependence products substance:-

1. Alcohol
2. Opioids المواد الأفيونية
3. Cannabis القنب
4. Cocaine كوكايين
5. Amphetamines الأمفيتامينات
6. Hallucinogens, e.g. LSD,phencyclidine فينسيكليدين
7. Sedatives and hypnotics, e.g. barbiturates المهدئات والمنومات
8. Inhalants, e.g. volatile solvents
9. Nicotine النيكوتين
10. Other stimulants, e.g. caffeine المنشطات الأخرى، على سبيل المثال كافيين

Etiological factors in psychoactive Substance use:-

- *Biological Factors* :Genetic vulnerability: family history of substance use disorder, e.g. twin studies. genetic mechanisms might account for alcohol consumption.
- Biochemical factors: for example, role of dopamine and norepinephrine have been implicated in cocaine, ethanol and opioid dependence. Abnormalities in alcohol dehydrogenase or in the neurotransmitter

mechanism are thought to play a role in alcohol dependence.

- Withdrawal and reinforcing effects of drugs.
- Co-morbid medical disorder اضطراب طبي مزمن (e.g. to control chronic pain).

Psychological Factors

1. General rebelliousness التمرد العام
2. Sense of inferiority الشعور بالنقص
3. Poor impulse control السيطرة على الاندفاع
4. Low self-esteem احترام الذات متدني
5. Inability to cope with the pressures of living and society (poor stress management skills) عدم القدرة على التعامل مع ضغوط المعيشة والمجتمع (ضعف مهارات إدارة الإجهاد)
6. Loneliness, unmet needs الشعور بالوحدة، والاحتياجات غير الملباة
7. Desire to escape from reality
8. Desire to experiment, a sense of adventure الرغبة في التجربة، والشعور من المغامرة
9. Pleasure-seeking يريد المتعه / بحث عن السعادة
10. Machoism/ Machismo
11. Sexual immaturity عدم النضج الجنسي

Social Factors:-

1. Religious reasons
2. Peer pressure
3. Urbanization
4. Extended periods of education
5. Unemployment
6. Overcrowding
7. Poor social support
8. Effects of television and other mass media
9. Occupation: substance use is more common in chefs, barmen, executives, salesmen, actors, entertainers, army personnel, journalists, medical personnel

Medical and Social Complications:-

A - *Medical:-*

1.Gastrointestinal system

Gastritis, peptic ulcer, reflux esophagitis, carcinoma of stomach and esophagus Fatty liver, cirrhosis of liver, hepatitis, liver,cell carcinoma.

2.Acute and chronic pancreatitis

3.Malabsorption syndrome

4.Cardiovascular system

Alcoholic cardiomyopathy, High risk for myocardial infarction.

5.Central nervous system

Peripheral neuropathy, Epilepsy, Head injury, Cerebellar degeneration

6.Miscellaneous متنوع

Protein malnutrition, Vitamin deficiency disorder, Peripheral muscle weakness,

Acne حب الشباب

7.Sexual dysfunction in males, failure of ovulation in females

Damage to the fetus ,Fetal alcohol syndrome (facial abnormality, low birthweight, low intelligence), increased ,stillbirths. Alcohol dependence is responsible for 3 percent of all cases of mental retardation

B- Social

- Marital disharmony الخلفور
- Occupational problems
- Financial problems
- Criminality جرائم
- Accidents

Treatment :-

1. *A full assessment,* including an appraisal of current medical, psychological and social problems.

2. Goal setting: Setting up of short-term goals that deal with any accompanying problems in health, marriage, job and social adjustments; long-term goals can be set as treatment progresses.

3. Treatment of withdrawal

a. Detoxification: Detoxification is the treatment for alcohol withdrawal symptoms.The drugs of choice are benzodiazepines.

b. Vitamin B deficiency a preparation of vitamin B containing 100 mg of should be administered parenterally, twice daily for 3 to 5 days.This should be followed by oral administration of vitamin B for at least 6months.

c. Administration of anticonvulsants

d. Maintaining fluid and electrolyte balance, strict monitoring of vitals, level of consciousness and orientation.


Thank You