

Substance Abuse

Substance abuse: - Substance abuse means persistent or sporadic excessive use of a substance inconsistent with or unrelated to acceptable medical practice.

Or

When substance use is harmful to the health of the individual as well as the health of others than it is called substance abuse.

Drug dependency: - A maladaptive pattern of drug use leading to critically significant impairment or distress, associated with difficulty in controlling drug-taking behavior, withdrawal, and tolerance.

Or

Dependency is the desire or need to continually use a substance. Addiction and habituation were replaced with the term drug dependency.

Classification of drug dependency or substance abuse:-

1. Physical dependency
2. Psychological dependency
3. Intolerance

Common Causes of substance abuse:-

1. The drug is seen as a reinforcer.
2. Tolerance.
3. Physical dependence.
4. The abuser: The personality, degree of stability and attitude of the individual.
5. The environment:
 - Isolation
 - Stress
 - Peer group influence
6. The motivating factors:-
 - Initiation by company
 - Curiosity
 - Acceptance by the group
7. Psychological/behavioral :
 - Depressed mood
 - Mental conflicts
 - Inability to tolerance failure
 - Low self-concept/self esteem
8. Social:
 - Discomfort
 - Illegal behavior
 - Alienating issue

Substance uses as addiction:

- Alcohol
- Tobacco
- Cocaine
- Cannabis (Ganja)
- Hallucinogens
- Heroin
- Pathedine
- Morphine
- Sedatives or hypnotics
- Multiple drug use.

Criteria of substance abuse disorder:-

1. Recurrent substance use resulting in a failure to fulfill major role obligations at work, school or home.
2. Recurrent substance abuse in situations that are physically hazardous.
3. Recurrent substance abuse those are physically hazardous.
4. Continued substance abuse despite having persistent or recurrent social or interpersonal problems caused by or exacerbated by the effect of the substance.

Clinical feature of substance abuse disorder:-

- Feeling of exhilaration and excess confidence.
- Increased energy and restlessness.
- Behavior changes or aggressive.
- Rapid or rambling speech.
- Dilated pupils.
- Confusion
- Delusions
- Hallucinations.
- Irritability
- Anxiety
- Euphoria
- Changes in heart rate, blood pressure and body temperature.
- Impaired judgment.
- Insomnia
- Abstinence resulting in physiological and psychological withdrawal symptoms

Behavioral changes of substance abusers:-

- Increased aggression or irritability.
- Change in attitude, personality.
- Lethargy.
- Depression.
- Sudden changes in social network.
- Dramatic changes in habits.
- Financial problems.
- Involvement of criminal activity.
- Deterioration of moral and ethical change.
- Anxiety.

Substance abuse history from a patient:-

1. Assessment of current drugs use-
 - Types of drug used
 - Quantity, frequency & pattern of use
 - Route of administration
 - Tobacco, alcohol use, symptoms of dependence.
2. Drug tasting
3. Assessment of risk
4. Social functioning assessment
5. Assessment of criminal involvement
6. Physical & psychological health assessment

Management:-

1. Psychotherapy:

- Try to find out the causes of intake of drug and to solve the causes.
- Keep the patient in a room for 24 hours and observe closely.
- Advise the patient to avoid drugs and avoid alcohol containing food.
- Counseling the patient by group therapy.
- Keep the patient in interesting things and try to forgive the sadness.

2. Chemotherapy:-

- Withdrawal symptoms of alcohol should be treated tranquilizer.
- Withdrawal symptoms should be treated by methadone.
- Inj: vit-B and C should be given.
- High protein should be given.