

# Substance-Related Disorders

## Chapter 28

# Learning Objectives

## Lesson 28.1: Substance-Related Disorders

(Slide 1 of 2)

1. Define five terms relating to substance use and treatment.
2. Explain how chemical dependency affects persons from different age groups.
3. Describe four serious consequences of substance abuse.
4. Classify four categories of abused substances, and give an example from each group.
5. Identify three reasons why inhalants are abused by adolescents and young adults.

# Learning Objectives

## Lesson 28.1: Substance-Related Disorders

(Slide 2 of 2)

- 6. Describe the three stages or phases of becoming addicted.
- 7. Compare the three criteria for the diagnosis of a substance-related disorder.
- 8. Explain what is meant by the term *relapse*.
- 9. Plan at least four interventions for clients diagnosed with substance-related disorders.

# Vocabulary of Terms

(Slide 1 of 2)

- Substance

- Drug of abuse, a medication, or a toxin

- Substance use

- Ingestion of any chemical that affects the body

- Abused substances

- Chemicals that alter the individual's perception by affecting the central nervous system (CNS)

- Substance (drug) abuse

- Excessive use of a substance that differs from societal norms

# Vocabulary of Terms

(Slide 2 of 2)

- Habituation

- An individual depends on a substance to provide pleasure or relief

- Substance (chemical) dependency

- A user must take his or her usual dose of the drug to prevent the onset of withdrawal signs and symptoms

- Addiction

- Individual's dependence on the substance is physical

- Abstinence

- An addicted individual is not using an addictive substance

# Substance Use and Age

(Slide 1 of 3)

- The use of chemical substances occurs throughout the life cycle, from the fetus to the older adult
- There are no safe drugs for pregnant women
  - Excessive alcohol use
    - Results in fetal alcohol syndrome (FAS)
    - Children with FAS are smaller, have small heads, and fail to develop normally
  - Cocaine use
    - Infants exposed to cocaine in utero have sleeping and eating problems, unusual levels of irritation, and high-pitched cries

# Substance Use and Age

(Slide 2 of 3)

- Children abuse substances too, but often the substances are legal and easily available
- Alcohol is the most frequently abused drug of adolescents
- Adolescents have various patterns of substance abuse
  - They may experiment with using drugs
  - They may use substances in social settings for relaxation or intoxication
  - With addiction, teens are likely to become involved in illegal activities

# Substance Use and Age

(Slide 3 of 3)

- Substance abuse is common in adults
  - 10% of the adult population regularly abuse alcohol
- Substances that are abused can vary according to minority group
  - Cocaine is used more frequently among African Americans
  - White and Hispanic individuals prefer alcohol



# Scope of the Problem Today

- Substance abuse has many costs
  - Financial costs
  - Human costs
- Substance use and dependence cost society dearly
- Many deaths attributed to falls, drowning, and burns are related to alcohol and drug use
- People with serious mental illness who also are addicted to, or use, chemicals are said to have a dual diagnosis

# Chemicals of Abuse

(Slide 1 of 7)

## ● Alcohol

- Alcohol has a depressant effect on the CNS
- The effects of alcohol on the CNS are directly related to the amount (dose) consumed
- With continued use, tolerance develops and individuals become dependent on (addicted to) alcohol

# Chemicals of Abuse

(Slide 2 of 7)

- Narcotics

- CNS depressants
- Occur naturally, semisynthetically, and synthetically
  - Opium and morphine are naturally occurring
  - Heroin, hydromorphone, and thebaine derivatives are semisynthetic

# Chemicals of Abuse

(Slide 3 of 7)

- Stimulants are another group of commonly abused substances
  - Caffeine
  - Cocaine, crack
  - Certain prescription drugs
    - Amphetamines
    - Appetite suppressants
    - Methylphenidate (Ritalin)
- Cannabis

# Chemicals of Abuse

(Slide 4 of 7)

- Hallucinogens

- Natural and synthetic substances that alter one's perception of reality

- Examples

- Peyote cactus, mescaline
- Lysergic acid diethylamide (LSD)
- Psilocybin
- Phencyclidine (PCP)

- Users of hallucinogens experience everything from profound mind-expanding experiences to “bad trips”

# Chemicals of Abuse

(Slide 5 of 7)

- Opioids
- Narcotics
- Heroin
- Morphine
- Hydromorphone
- Fentanyl
- Stimulants
- Amphetamines
- Bath salts

# Chemicals of Abuse

(Slide 6 of 7)

- Cocaine
- Crack
- Designer drugs
  - Substances created by altering the molecular structure of existing drugs
  - Examples
    - MDMA (Ecstasy)
    - STP
    - “Ice”

# Chemicals of Abuse

(Slide 7 of 7)

- Methamphetamine (Meth)
- Crystal meth
- Nicotine
- Tobacco



# Other Medications

- Many chemicals that were developed to save lives and ease suffering have the potential for abuse

- Morphine
- Hydromorphone
- Amphetamines
- Methylphenidate (Ritalin)
- Diazepam (Valium)
- Laxatives and diuretics

# Inhalants

- Volatile substances or chemical gases that are inhaled for their effects
  - Examples include alcohol solvents, gasoline, glue, paint thinner, and nicotine
- Associated with significant complications
  - Sudden death
  - Respiratory depression
  - Hyperactive motor responses
  - Loss of coordination
  - Seizures

# Characteristics of Substance Use and Abuse

- Causes of substance abuse are unknown
  - Biological theories
    - Variations among ethnic groups offer genetic and biochemical explanations for substance abuse
  - Psychological theories
    - Personality and emotional problems are causes
  - Environmental theories
    - The individual, the family, and the sociocultural surroundings in which substance abuse takes place may be causes

# Stages of Addiction

- Early stage

- Individuals are able to use and enjoy their chosen substance

- Middle stage

- Intoxicating episodes increase as the body attempts to compensate by adapting to the substance
- Tolerance develops as increasing amounts are needed to produce the same effects

- Chronic (late) stage

- Tolerance for the chemical is usually quite high
- The need for the substance now leads to loss of control over one's behavior

# Criteria for Diagnosis

- Individuals must meet certain criteria
  - The pattern of substance use must be disabling and must lead to significantly impaired functioning and distress
  - The individual must exhibit signs of tolerance, withdrawal, and dependence

# Guidelines for Intervention

(Slide 1 of 4)

- Assessment should focus on the following:
  - Central nervous system
  - Head and neck
  - Chest and abdomen
  - Skin
  - Nutritional status
  - General appearance
  - Behaviors
  - Emotional state
  - Social support
  - Motivation
  - Diagnostic testing

# Guidelines for Intervention

(Slide 2 of 4)

- Treatments and therapies

- Disease model: Views substance abuse as a disease that should be treated as such
- 12-step process: Admitting one's powerlessness to control drug use; seeking help from a higher power
- Medical model: Considers addictions from a public health and chronic and acute infectious disease perspective
- Psychiatric models: View abuse as an expression of an underlying emotional conflict or mental disorder
- Sociocultural models: State that substance abuse can be treated by changing an individual's environment

# Guidelines for Intervention

(Slide 3 of 4)

- Relapse

- The recurrence of substance-abusing behaviors after a significant period of abstinence
- Clients who have relapsed feel many distressing emotions



# Guidelines for Intervention

(Slide 4 of 4)

- Nursing/therapeutic process
  - Nursing diagnoses that relate to clients with substance abuse problems are based on identified problems and goals
  - Actual care for each client is planned individually
  - Caring for clients with substance-related problems is challenging and frustrating

# Questions?