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# Substance (Drug) Abuse

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. The client/caregiver can define substance abuse.**
- A. Substance abuse is the abuse of tobacco, alcohol, and other drugs (legal and illegal).
  - B. According to the National Institute on Drug Abuse, addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use despite harmful consequences.
  - C. The National Institute on Drug Abuse fact sheets from 1999 report
    - 14.8 million Americans used illicit drugs.
    - 3.5 million Americans were dependent on drugs.
    - 8.2 million Americans were dependent on alcohol.
  - D. Drug abuse can change the structure of the brain and how it works. These changes can be permanent.
  - E. Addiction is a developmental disease. It usually begins in childhood or adolescence.
  - F. Substances frequently abused include (but are not limited to) the following:
    - Marijuana
    - Hallucinogens (such as LSD)
    - Cocaine (stimulant that is snorted or injected)
    - Amphetamines (methamphetamine, a stimulant that is growing in popularity)
    - Opiates, such as heroin
    - Anabolic steroids (used to build muscle strength)
    - Prescription drugs (oxycodone is the most abused prescription drug in the United States)
    - Sedatives, hypnotics, and antianxiety medication
    - Inhalants
    - Designer or party drugs
- II. The client/caregiver can list indicators of substance abuse.**
- A. Behavioral changes such as
    - Secretiveness
    - Change in friends

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- Missed work or school
  - Poor performance at job or school
  - Frequent job changes
  - Legal difficulties
  - Increase in accidents and injuries
- B. Physical signs such as**
- Unsteady gait
  - Slurred speech
  - Odor of alcohol or inhalant on breath or clothes
  - Constricted or dilated pupils
  - Needle marks
  - Runny nose or constant sniffing
  - Twitchiness or tremors
  - Seizures
  - Sores from picking or scratching skin
  - Weight loss
  - Red eyes
- C. Emotional symptoms such as**
- Personality changes
  - Moodiness
  - Irritability
  - Anxiety
  - Poor attention or concentration
  - Restlessness
  - Euphoria
  - Depression
  - Agitation
  - Paranoia
- D. Environmental factors such as**
- Poor living facilities or frequent moves
  - Poor personal hygiene of self or dependent children
  - Unkempt house
  - Presence of empty bottles or drug paraphernalia
  - Cigarette burns on furniture, rugs, or clothes
- III. The client/caregiver can list results of drug abuse.**
- A. Violence
  - B. Car accidents
  - C. Financial difficulties
  - D. Addiction

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- E. Crimes, including homicide, theft, and assault
- F. Mental illness
- G. Family and child abuse
- H. Birth defects
- I. AIDS
- J. Death

**IV. The client/caregiver can list some community settings/activities for all three levels of prevention and health promotion.**

- A. School
  - 1. Education of the students, parents, and educators
  - 2. Health fairs, presentations by positive role models, and so forth
  - 3. Training for peer counselors
- B. Workplace
  - 1. Seminars, presentations, discussion groups
  - 2. Referrals
- C. Community in general
  - 1. Health fairs, educational presentations at various centers (senior centers, neighborhood meetings, child and teen organizations such as scouts, homeless centers, etc.)
- D. Home and neighborhood
  - 1. Talk openly with family members.
  - 2. Have accountability for any prescription drugs or alcohol used in the home.
  - 3. Supervise children's activities, and know the people they interact with.
  - 4. Form discussion and/or support groups.
- E. Church
  - 1. Offer facilities for support groups such as Narcotics Anonymous or AA to meet.
  - 2. Have social activities without use of drugs and alcohol.
  - 3. Make health screenings for blood pressure and other things available.
  - 4. A parish nurse can assist in education and support.

**V. The client/caregiver can list treatments available.**

- A. Substance-abuse treatment program
- B. Inpatient programs
- C. Residential treatment

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- D. Outpatient treatment
- E. Halfway houses
- F. Community-based treatment
- G. Employee assistance programs
- H. Holistic treatments
  - 1. Massage
  - 2. Nutrition therapy
  - 3. Acupuncture or acupressure
  - 4. Hypnosis, meditation, or guided imagery
  - 5. Aromatherapy
  - 6. Energy medicine such as Reiki or Therapeutic Touch

**RESOURCES**

National Institute on Drug Abuse  
[www.nida.nih.gov/](http://www.nida.nih.gov/)

U.S. Department of Health/SAMSHA Clearinghouse for alcohol and drug information  
<http://ncadi.samhsa.gov/>

Narcotics Anonymous World Service  
[www.na.org/](http://www.na.org/)

National Center for Complementary and Alternative Medicine/National Institutes of Health  
<http://nccam.nih.gov/>

National Center for Health Statistics  
[www.cdc.gov/nchs/fastats/druguse.htm](http://www.cdc.gov/nchs/fastats/druguse.htm)

Drug testing

Counseling

Support groups

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