

NRS	
DATE	INITIAL

H. Seek professional help for the abuser from the school nurse, counselor, physician, and so forth.

VI. The client/caregiver can discuss measures to prevent inhalant abuse.

- A. Start talking. Talk about the products that could be used, and emphasize the dangerous results.
- B. Be educated regarding the products and methods of use. Learn the signs and symptoms of inhalant abuse.
- C. Encourage your child to bring questions and concerns to you for discussion.
- D. Set limits, and state that you will not tolerate use of inhalants.
- E. Be involved with your child's friends and activities. Know where they are and what they are doing.

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F. Promote an awareness of inhalant abuse to others, such as teachers or coaches.

RESOURCES

Substance Abuse and Mental Health Services Administration

National Inhalant Prevention Coalition
www.inhalants.org

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov/

REFERENCES

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Varcarolis, E. M. (2006). *Manual of psychiatric nursing care plans*. St. Louis: Saunders Elsevier.