Chapter 35

Care of the Patient with an Addictive Personality

Care of the Patient with an Addictive Disorder

- Treatment of patients with addictive behaviors is an important concern for nurses
- Definition of addiction
  - Excessive use or abuse
  - Display of psychological disturbance
  - Decline in social and economic function
  - Uncontrollable consumption, indicating dependence

Care of the Patient with an Addictive Disorder (Cont.)

- Addictive personality
  - Pattern of compulsive and habitual use of a substance or practice to cope with psychic pain from conflict and anxiety
  - Common traits
    - Low stress tolerance
    - Dependency
    - Negative self-image
    - Feelings of insecurity
    - Depression
Stages of Dependence

- Early stage
- Middle stage
- Late stage

Alcohol Abuse and Alcoholism

- U.S. health problem that is surpassed only by heart disease and cancer
- Contributing factors
  - Genetic: 30% to 50% chance that the son of an alcoholic man will develop alcoholism
  - Deficiencies in hepatic enzymes necessary to metabolize alcohol in some people
    - Many Asians, American Indians, and Eskimos have these deficiencies
  - Most teenagers have their first drink between the ages of 12 and 15 years
  - Alcohol is often referred to as a gateway drug

Alcohol Abuse and Alcoholism (Cont.)

- Etiology and pathophysiology
  - Central nervous system depressant
  - First areas of the brain affected are those that govern self-control
  - Alcohol poisoning may occur from rapid, large-quantity consumption
  - Does not require digestion
  - Has a diuretic effect
  - Blood alcohol levels depend on amount of alcohol ingested and size of individual
Alcohol Abuse and Alcoholism (Cont.)

- Disorders associated with alcoholism
  - Fetal alcohol syndrome
  - Alcohol withdrawal syndrome
  - Delirium tremens
  - Wernicke's encephalopathy
  - Korsakoff's psychosis

Assessment

- Subjective data
- Objective data

Diagnostic Tests

- Blood and urine tests will screen for toxins
- Some foods can cause a false-positive reading in a urine screen (poppy seeds)
- Alcoholism
  - Liver enzymes, hypoglycemia, blood protein levels, and magnesium
- Hepatitis and HIV
Nursing Diagnosis

- Diagnoses and interventions include emotional needs as well as physical needs
  - Denial, ineffective
  - Coping, ineffective

Nursing Interventions

- Detoxification

Rehabilitation

- Group therapy
- Alcoholics Anonymous
- Residential treatment centers
- Pain management
Drug Abuse

- Illegal drugs
  - "Street drugs"
  - Sold to users by illegal drug dealers
    - Manufactured without strict controls
    - Illegally obtained prescription drugs
    - Drugs not approved for use in the United States
- Prescription or over-the-counter drugs
  - Takes drugs for other than recommended medical reasons or more than recommended dosage

Drug Abuse (Cont.)

- Depressants
  - Alcohol
  - Sedative-hypnotic medications
    - Barbiturates: phenobarbital, Seconal
    - Benzodiazepines: flurazepam (Dalmane), diazepam (Valium), flunitrazepam (Rohypnol)
- Opioid analgesics
  - Heroin
  - Morphine
  - Methadone

Drug Abuse (Cont.)

- Stimulants
  - Caffeine: coffee, tea, chocolate, soft drinks
  - Nicotine: tobacco
  - Cocaine: crack (mixed with baking soda and smoked); powder (snorted)
  - Amphetamines
    - Methylphenidate (Ritalin)
    - Methamphetamine (can be made with household chemicals)
Drug Abuse (Cont.)

- Hallucinogens
  - PCP
  - LSD
  - MDMA (ecstasy)
  - Ketamine
  - Mescaline and psilocybin

Drug Abuse (Cont.)

- Cannabis
  - Marijuana, hemp
  - Antimotivational cannabis syndrome
- Inhalants
  - Huffing
  - Glue, lighter fluid, cleaning fluids, paint

Chemically Impaired Nurses

- Thirty-seven states have programs that offer chemically impaired nurses treatment and rehabilitation in order to keep their license
- Become illogical and careless in charting and performance of duties
- May steal medication and report spillage
- Peer assistance programs are usually under the jurisdiction of the state board of nursing
  - Contract agreement
    - Requires undergoing treatment and monitoring for a certain period of time
Chemically Impaired Nurses (Cont.)

- Healthcare Integrity and Protection Data Bank (HIPDB)
  - Nursing boards and health agencies are required to report any actions against a health care provider, supplier, or practitioner

Warning signs
- Alcoholism
- Drug addiction
- Mental health disorder

Question 1

Which is not an element of addiction?
1. Excessive use or abuse
2. Display of psychological disturbance
3. Increased social and economic function
4. Uncontrollable consumption, indicating dependence
Question 2
Most teenagers in the U.S. have their first drink at what age?
1. 10-12
2. 12-15
3. 15-18
4. 18-21

Question 3
Care for the addicted person starts with what?
1. Withdrawal
2. Group therapy
3. Tolerance
4. Detoxification

Question 4
What percentage of people who quit smoking relapse within one year?
1. 25%
2. 45%
3. 50%
4. 70%
Question 5

What percentage of nurses is estimated to have a drug dependency problem in the U.S.?

1. 5%
2. 10%
3. 15%
4. 20%