Drug abuse Treatment and Rehabilitation

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What is a Drug?

- In medicine, a drug is a substance with the potential to prevent or cure disease or enhance physical and mental well-being.

- Many others exist

Definition Contd

- Drugs working on the brain to cause mood change.

 also called - Mood changers

 - Recreational drugs

- Addictive drugs

-Drugs of abuse

Drug Use/abuse

Use

- Taking an addictive drug without any subsequent development of Physical, social or economic problems. (socially acceptable drugs)

Abuse

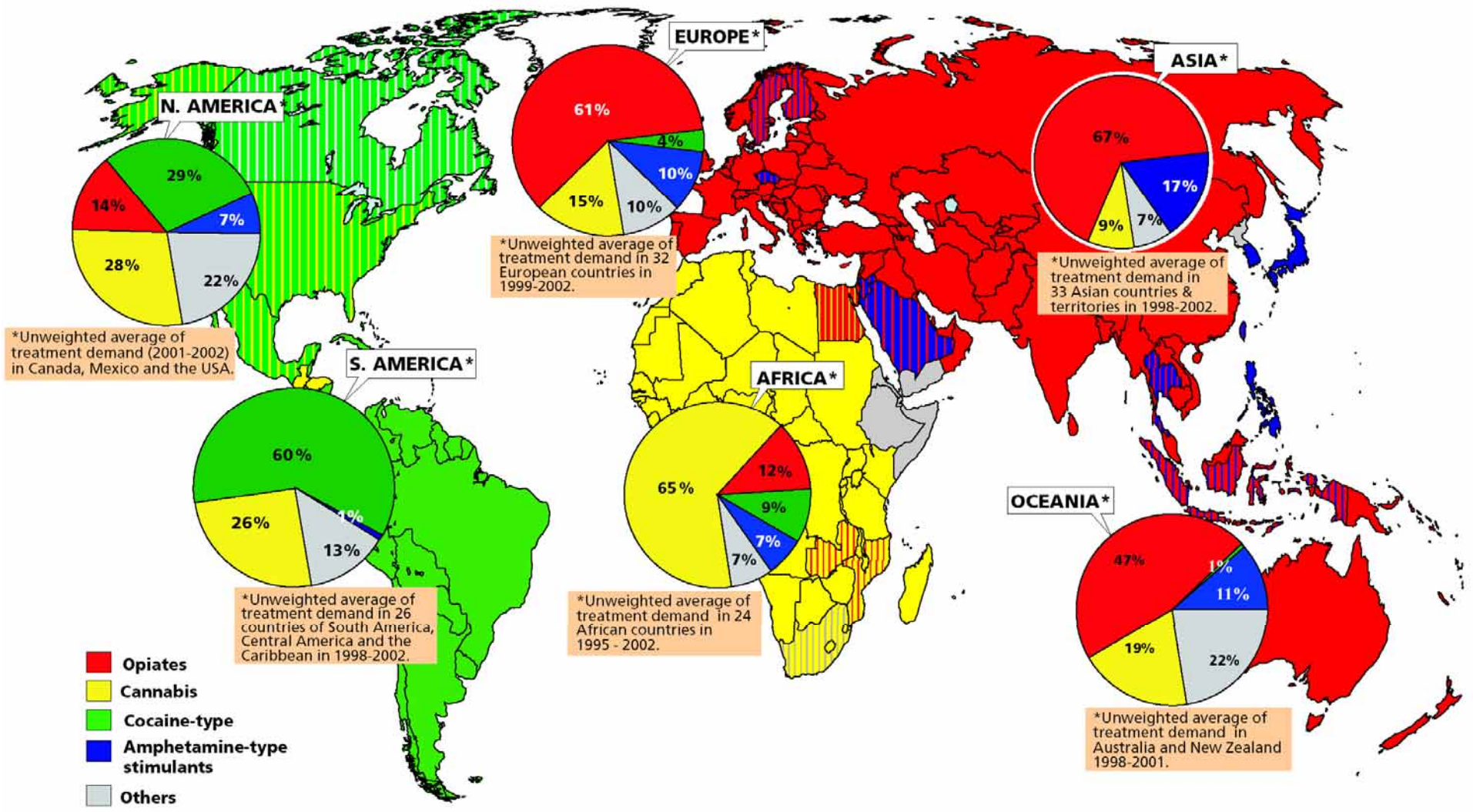- Taking an addictive drug with subsequent development of Physical, social or economic problems.

- Addiction results from abuse

Key issues

- Drug abuse now a public health problem
- UNODC reports increasing abuse Globally
- Trafficking in illicit products is on the increase
- Production of Heroin is seen especially in the Middle East
- Coca Products mainly come from S.America
- Africa – big producer and consumer of Cannabis.

Global estimates.

- UNODC estimates that 180 million people consume illicit drugs

    - 144 million for Cannabis

    - 29 million for Amphetamine Type
      Stimulants

    - 14 million for cocaine

    - 13.5 million for opiates (9 million on
heroin)

EUROPE*

61% · 4% · 10% · 15% · 10%

*Unweighted average of treatment demand in 32 European countries in 1999-2002.

ASIA*

67% · 17% · 9% · 7%

*Unweighted average of treatment demand in 33 Asian countries & territories in 1998-2002.

N. AMERICA*

29% · 14% · 7% · 28% · 22%

*Unweighted average of treatment demand (2001-2002) in Canada, Mexico and the USA.

S. AMERICA*

60% · 26% · 1% · 13%

*Unweighted average of treatment demand in 26 countries of South America, Central America and the Caribbean in 1998-2002.

AFRICA*

65 % · 12% · 9% · 7% · 7%

*Unweighted average of treatment demand in 24 African countries in 1995 - 2002.

OCEANIA*

47% · 1% · 11% · 19% · 22%

*Unweighted average of treatment demand in Australia and New Zealand 1998-2001.

Legend:
- Opiates
- Cannabis
- Cocaine-type
- Amphetamine-type stimulants
- Others

WHO

- Global alcohol consumption has increased
- Most increase noted in Developing countries   (WHO,2002)
- 1.8 Million deaths (3.2%)

    - cancers

    -accidents

    -homicides

    -Epilepsy
- 4% of DALYs (58.3Mill)

Common drugs of abuse

- Alcohol
- Tobacco
- Cannabis
- Khat
- Organic solvents
- Heroin
- cocaine
- Prescription drugs(benzodiazepines, barbitrates, Pethidine, opiate derivatives)
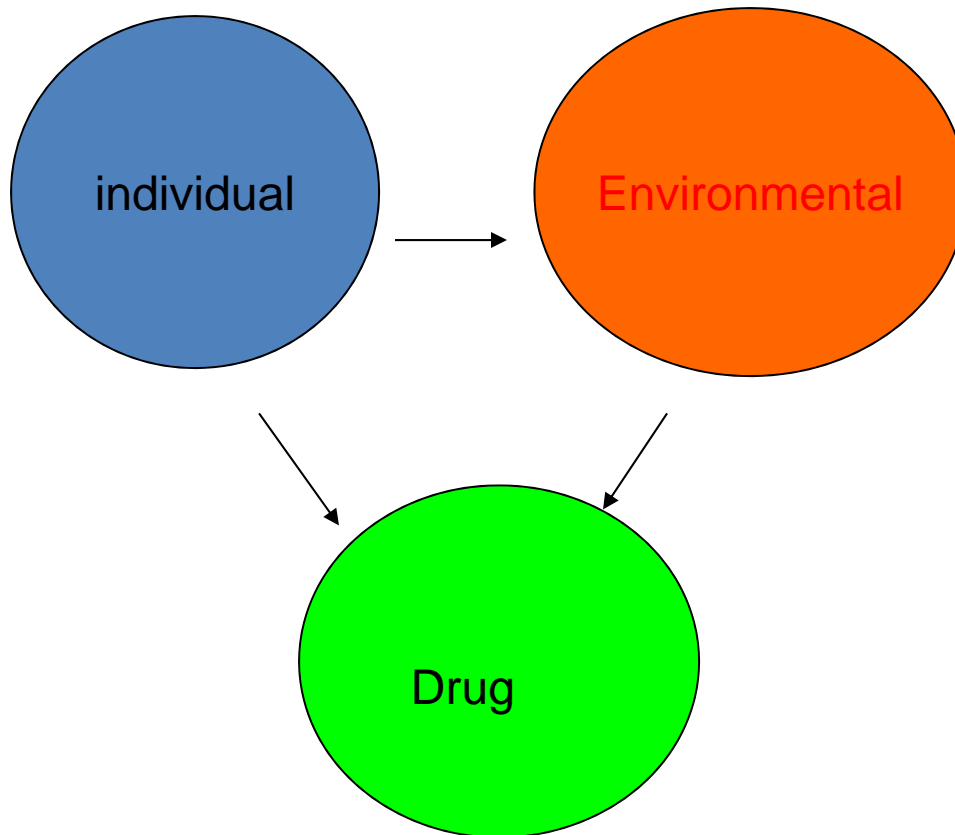
OPIUM / HEROIN

COCA/COCAINE

Cannabis (Ganja)

Cannabis cont

- Production in Africa is high in most regions
  - favorable climate
  - medicinal role
  - Economic value for many communities

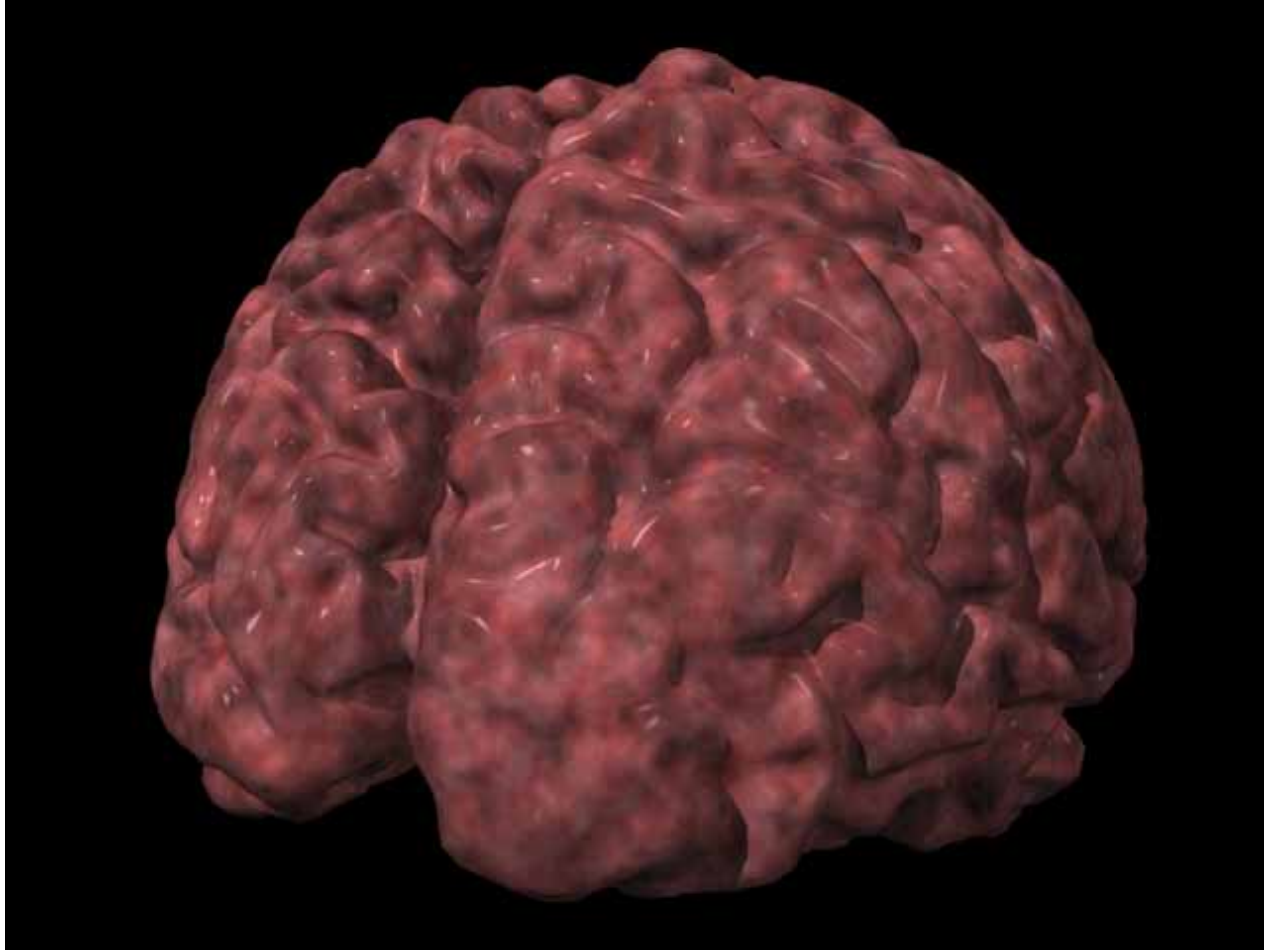- Other places of production include America and Asia among others.
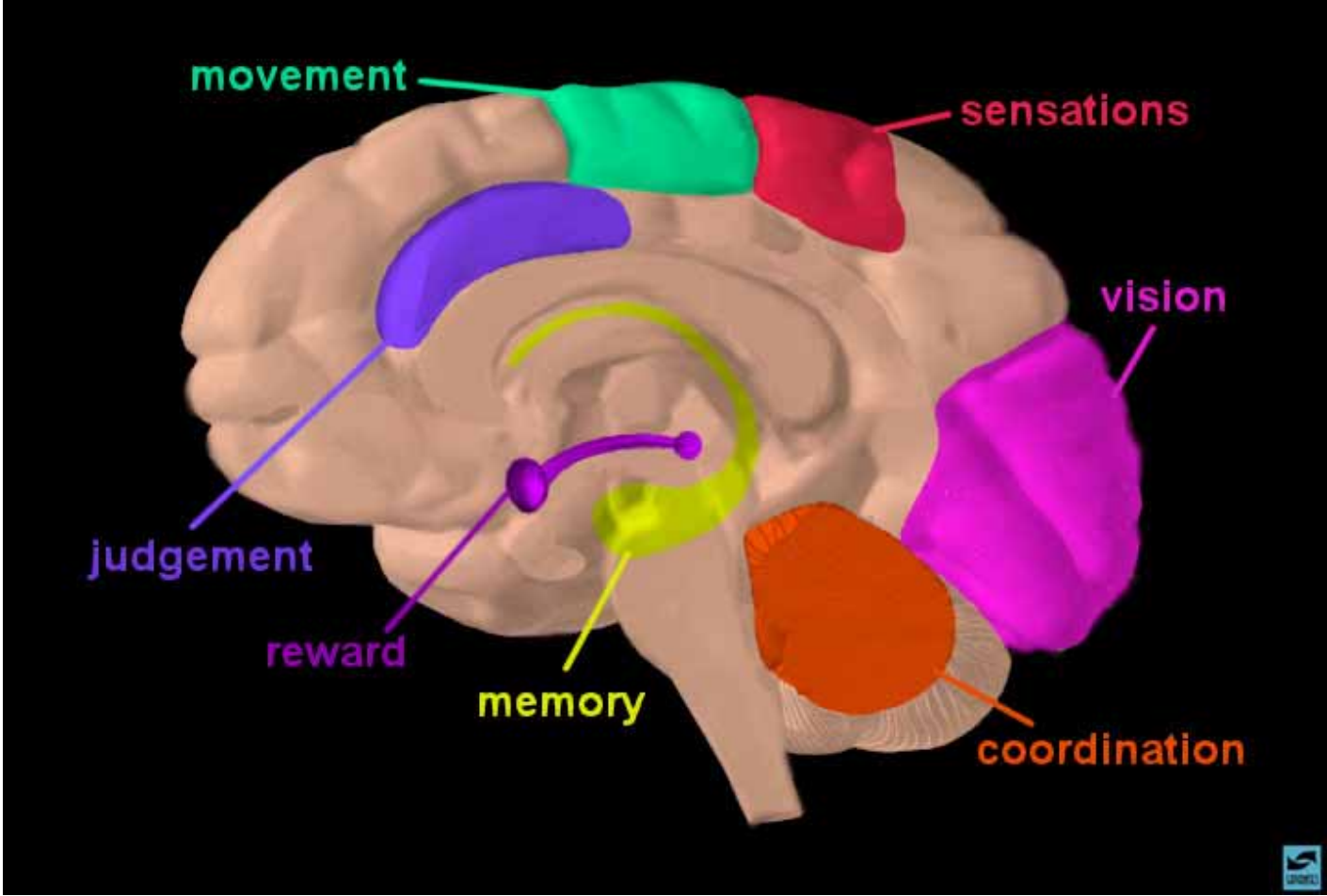
Causes of Drug abuse

Nature of disease

- Drug abuse is a complex brain disease.

- Many brain structures are involved in the development of disease
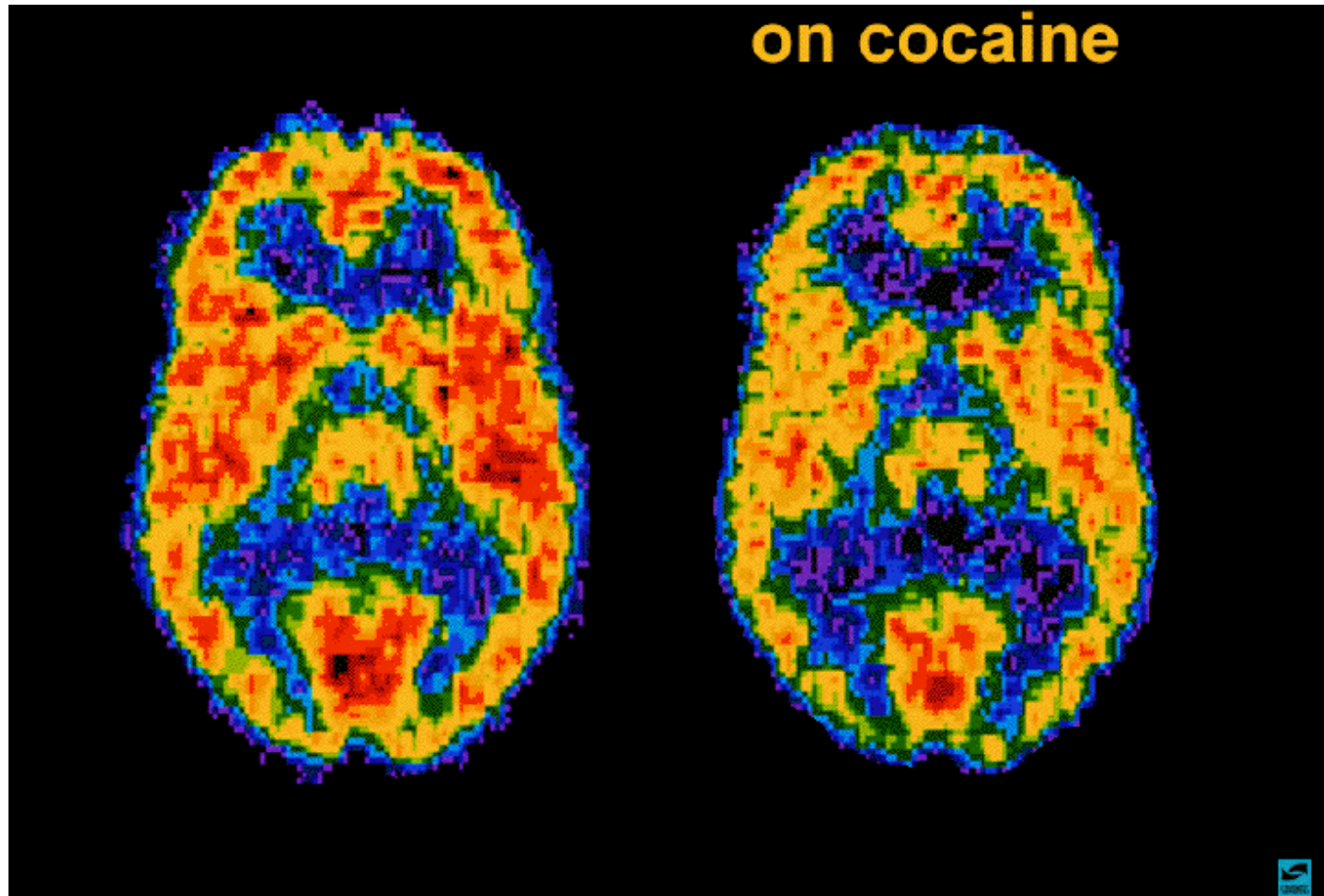
  Hence: medical model

  Implication : treatment is possible

Drug abuse is a brain disease

Control vs cocaine use

on cocaine

Definition of Treatment

- Structured interventions designed to manage health and other problems as a consequence of drug abuse and to improve or maximize personal and social functioning.

Criteria for good practice

- Available
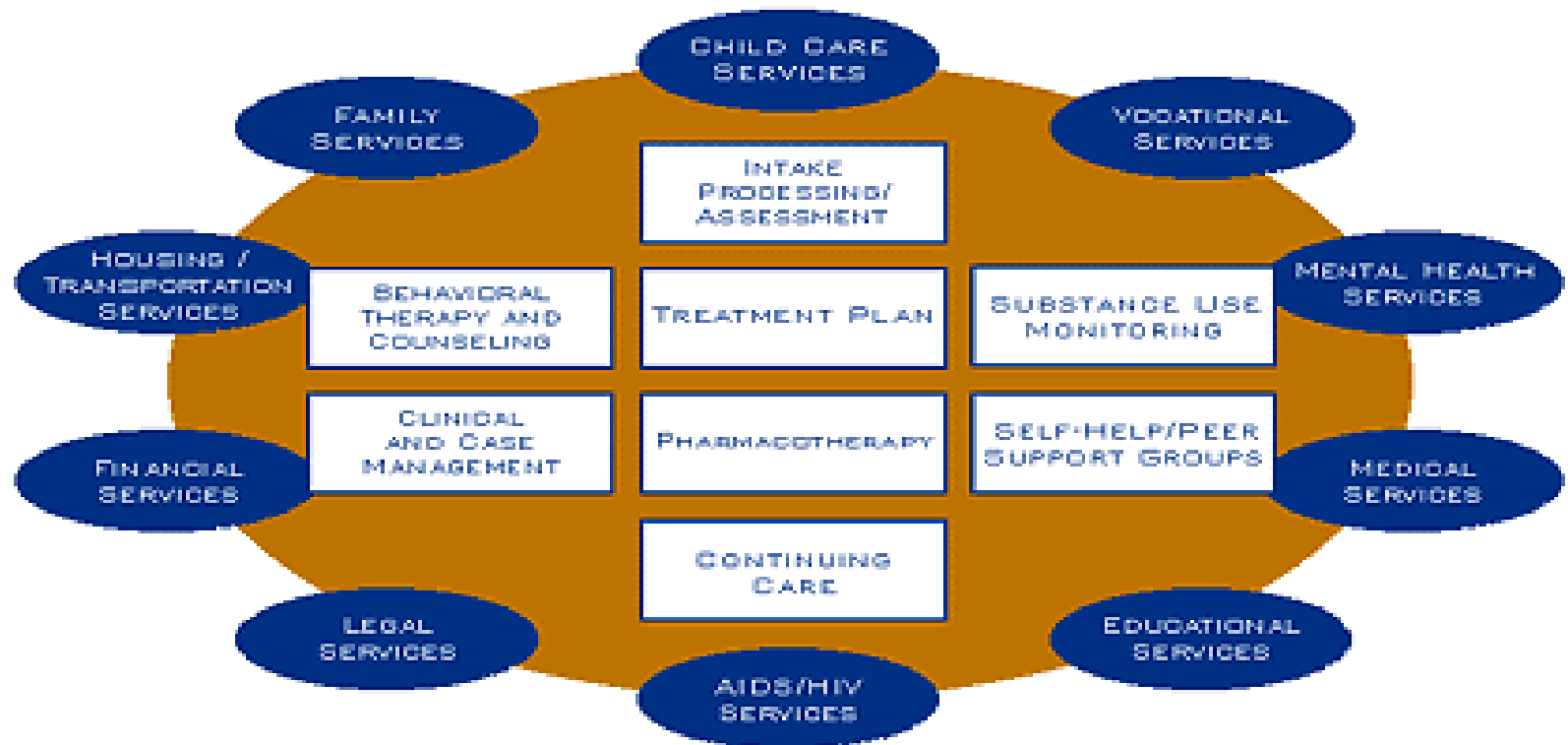- Accessible
- Acceptable
- Affordable
- Accountable

Treatment Cycle

- Rx= D+RP+AC+SR

Treatment process/cycle

- Identification/Assessment

- Detoxification

- Relapse prevention

- Social Re-intergration

Attend to the multiple needs

detoxification

- Definition

- Use of medicines

- General medical care

- Nursing
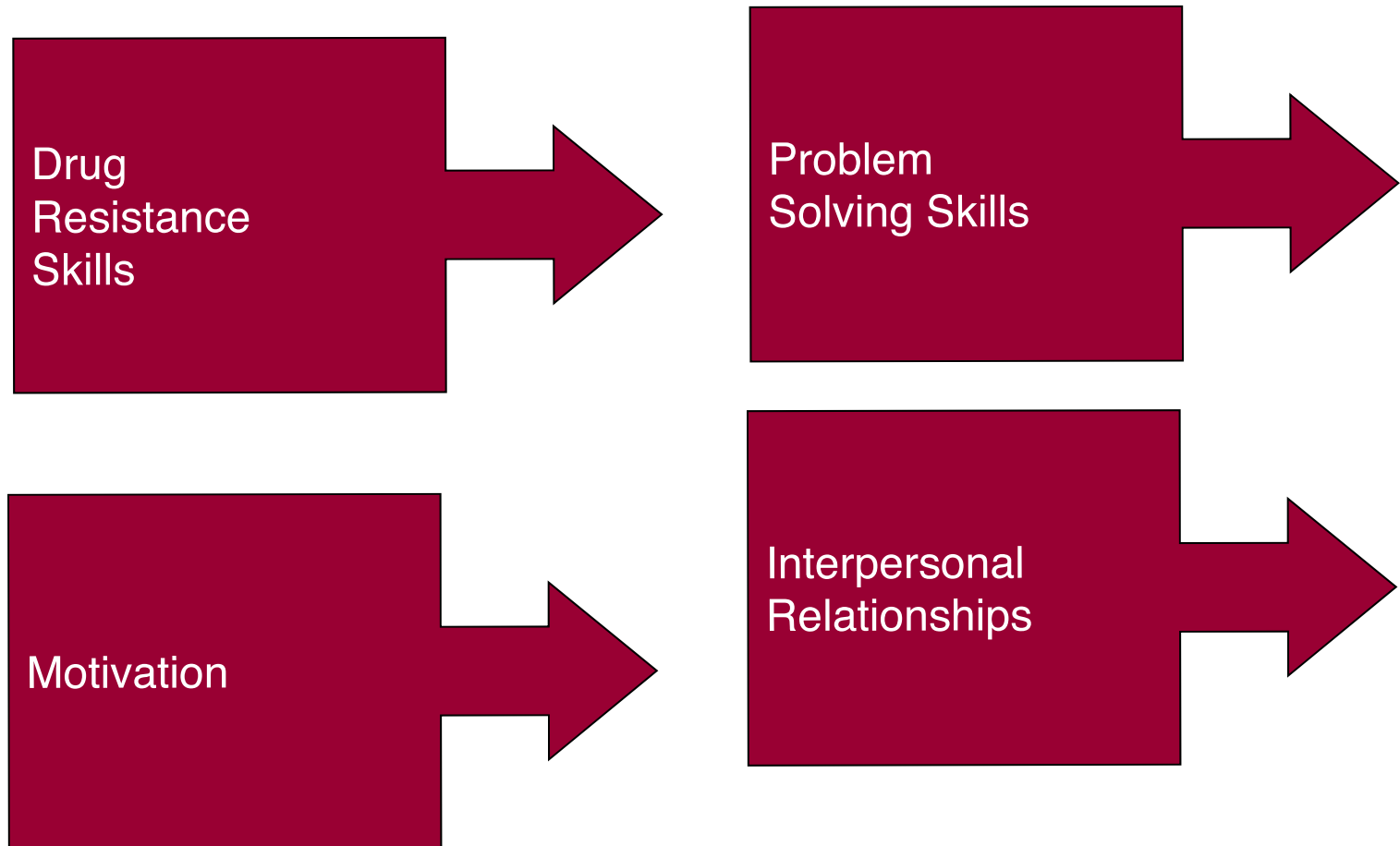
- Nutritional care

Relapse prevention

- A counseling process .
- Helps one to identify his/ her problem and consciously work on recovery program.
- Uses - general counseling

    - Motivational approaches

    - C B T

Substitution therapy

- Methadone

- Naltrexone

- Nicotine Replacement

   - gum

   - patches

- Anti abuse

Key issues to adress

Drug Resistance Skills

Motivation

Problem Solving Skills

Interpersonal Relationships

Social reintegration

- Addicts lose skills and jobs.
- Need activities for SL
- Require retraining and skilling
  for economic independence
- Unite with family

- Unite with society

Follow up

- After care services are required
- Keep them going
- Encourage use of other resources

  eg AA, religious leaders, other support

  groups.

Monitor for signs of relapse

Prevention

- Feasible and possible

- **Treatment.**
  Available and possible but long-term, expensive with unpredictabe outcome

Thank you for your attention