

PSYCHIATRY

Substance abuse

Substance related disorders according to DSM V .

- Substance abuse
- Substance intoxication
- Substance withdrawal
- Substance complications

Substance :may be drugs or others.

Substance abuse (Misuse): it is not addiction, not reaching dependence .Any substance or drugs that cause maladaptive pattern of behavior.

Habituation : psychological withdrawal symptoms.

Addiction : physical withdrawal symptoms.

Dependence misuse : pathological use of substance, prescribed or not .

Note :

The drug or the substance is not the main problem, but it is when the drug is stopped there will be withdrawal symptoms.

Withdrawal symptoms :

Either or both :

- **Psychological :**
- Depression
- Anxiety.
- Aggression .
- Sleep disturbance .
- Destructibility .

- **physical :** -Tremor
- Paralysis
- Vomiting or hematemesis
- Diarrhea
- Convulsions
- Rhino rhea

Criteria of substance abuse :

1. Recurrent taking of substance in different situations.(works ,home ...etc.)
2. Recurrent taking of substance in dangerous situations as driving.
3. Recurrent use of substance causing legal problems. (as quarrel with police).
4. The patient take the substance in spite of his knowledge that this substance is harm to himself .

Criteria of dependence :

Three or four points out of these 7 points :

1. Withdrawal symptoms .
2. The withdrawal symptoms disappear after taking the substance .
3. Tolerance .
4. Inner compulsion to take the substance.
5. Change in the behavior of the substance taking .
6. Impairment of social & occupational lives.
7. Re –instatement .

Notes :

- **Tolerance** : increasing the dose to get the effect of the previous dose .
- **Re – instatement** : returning to the same dose of the substance after stopping it for a period of time.
- Nicotine & Qat previously added to the substances that cause dependency .
- **Types of dependence** :
- **Soft** : less dependent causing less symptoms
- **Hard** : More dependent more symptoms.

Alcoholism

- Alcohol C_2H_5OH ethyl alcohol .
- Beer contains 2% -4% alcohol.
- Wine contains 9% -16% alcohol .
- Whisky contains 40%-68%alcohol.
- If 100 mg alcohol in 100 ml of blood , there will be impaired of speech ,movement activity & emotional liability .
- If 200% mg /100 ml blood ,there will be defect within Brocas area of speech in the brain ,hypoglycemia & impaired reflexes.
- If 300 /100 ml of blood ,stupor.
- If 400 /100 ml of blood , comatose .
- If 500 /100 ml of blood .Death due to respiratory depression &/ or ketoacidosis.

Criteria of alcohol intoxication :

1. Alcohol ingestion.
2. Psychological withdrawal symptoms (depression ,anxiety , destructibility ..etc.)
3. Physical withdrawal symptoms (nystagmus , ataxia , in coordination & dysarthria.

Specific withdrawal symptoms for alcoholism :

A – Delirium Tremens (DT)

- In the second or third day of cessation of alcohol .
- 5%of withdrawals .

Criteria :

- Tremor.
- Hallucinations (visual).
- Paranoid delusion.
- Aggression .
- Vomiting .
- Agitation
- Head injury which leads to infection & Wernicke encephalopathy .Death occurs in 10%of DT .

Management :

1. Admit to hospital .
2. Diazepam (5-10mg IV every 2 hours or by infusion).
3. If the patient is stable then give Chlordiazepoxide 80 - 100 mg / day for 5 to 7 days than decrease gradually .
4. Multivitamins .
5. Assess sugar & electrolytes.

B – alcoholic hallucinosis

- in the first three days after cessation of alcohol .
- Hallucinations usually auditory in form of fragmented sounds .
- These sounds distress the patient & may lead to suicide .
- These symptoms may occur during alcohol taking .
- may disappear without treatment, but 5% -10% may remain up to six months.
- Antipsychotics must be used if it lasted more than 3 months

c- cognitive impairment

D- Morbid jealousy .

E- Korsakoff psychosis.

Management of alcoholism :

1. Admission to hospital.
2. Treatment of DT.
3. Group psychotherapy .
4. Individual psychotherapy .
5. Disulfiram 200-400 mg .

Notes:

- Disulfiram is called aversive therapy in which we make the alcoholic hate taking alcohol by adding this substance which will react with alcohol when he drinks causing flushing, nausea & vomiting .
- The patient must be unaware when taking Disulfiram, it must be added to his food or vitamin .

Criteria of the personality of substance abuser:

- Antisocial.
- Self mutilation.
- Not learning from experience .
- No sense of responsibility .
- No shyness.

Note :

socialization : Transmission of social standards & roles one generation to another .