



## Nursing Service Guidelines Inpatient Behavioral Health

**Title:** CARE OF PATIENTS WITH A HISTORY OF SUBSTANCE ABUSE

**Desired Outcome:**

1. Provide patients with factual knowledge about substance abuse.
2. Assist patient in exploring alternate ways of dealing with family issues and stressors regarding the substance use.
3. Orient patients to support groups available in the community.

**Responsibility:** Registered Nurse (RN) or Mental Health Technician (MHT) with knowledge of substance abuse.

**Equipment:** Substance abuse group offered as needed  
Assignments related to drug use and abuse

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<u>Procedure</u>	<u>Point of Emphasis</u>
<ol style="list-style-type: none"><li>1. Obtain history of substance abuse<ul style="list-style-type: none"><li>• History of prescription drugs</li><li>• History of over-the-counter drugs</li><li>• History of social drugs<ul style="list-style-type: none"><li>- Nicotine other social drugs</li><li>- Caffeine</li><li>- Alcohol</li></ul></li></ul></li></ol>	Assess for feelings of hopelessness, helplessness, and suicide thinking. There are psychiatric conditions associated with substance abuse such as mood disorder, anxiety disorders, attention deficit, antisocial personality, and major depressive disorder. Alcohol abuse is heavy during the teen and young adult years. Also, heavy drinking has been shown to increase the likelihood of illicit drug use. Most cocaine abuse begins with the use of alcohol and cigarettes
<ol style="list-style-type: none"><li>2. Identify possible risk factors<ul style="list-style-type: none"><li>• Unstable home environment</li><li>• Poor level of supervision in the home</li><li>• Peers use of drugs</li><li>• Poor performance in school</li><li>• Approval of drug using behavior by others (peers and school) availability of drugs</li><li>• Liberal parental attitude of own past drug use</li></ul></li></ol>	
<ol style="list-style-type: none"><li>3. Signs of addiction include:<ul style="list-style-type: none"><li>• Cravings, need for drug</li><li>• Mood changes</li><li>• Weight gain or loss</li><li>• Changes in sleeping patterns</li><li>• Stealing</li><li>• Anxiety, anger, frustration</li><li>• Changes in friendships</li><li>• Slipping grades</li><li>• Keeping secrets</li><li>• Withdrawal and/or loss of interest in activities</li></ul></li></ol>	
<ol style="list-style-type: none"><li>4. Assignments will address issues surrounding substance abuse. Assignments can include<ul style="list-style-type: none"><li>• Discussing areas that drugs negatively affect life.</li><li>• Identify situations in which use of drugs increase.</li><li>• Pro's and Con's of substance abuse</li><li>• Positive ways to deal with stress</li></ul></li></ol>	Assignments may be used to help patient identify common enabling behaviors. Using appropriate methods of dealing with stressors will also be addressed. Discuss issues such as legal issues, increased fighting, absenteeism, changes in personality. Encourage positive coping skills
<ol style="list-style-type: none"><li>5. Patient will receive information regarding community resources, which may be useful after discharge.<ul style="list-style-type: none"><li>• AA</li></ul></li></ol>	Behavior assignments may require patient to identify appropriate community resources before discharge.

Procedure

Point of Emphasis

- Al-Anon
- Al-Ateen

Documentation:

Document in medical records:

1. History of alcohol and drug use.
2. History of substance abuse by family members.
3. Attendance at substance abuse group
4. Teaching and response to alternate ways of dealing with stressors.

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Revised:

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References:

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