

DRUG ABUSE

by

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What Is A Drug?

- A drug is a chemical or Natural substance which (when taken into a living body) affects its functioning or structure, and is used in the diagnosis, mitigation, treatment, or prevention of a disease or relief of discomfort
- Habit forming stimulant or narcotic substance (such as alcohol, nicotine, marijuana, cocaine, or heroin) which produces a state of arousal, contentment, or euphoria.

What Is Drug Abuse?

- Continued or excessive use of habit forming substances .
- Drugs of abuse are substances that people use to get high and change how they feel.
- Medicines that treat illness can also become drugs of abuse when people take them to get high—not because they're sick and following their doctor's orders.

What Is Drug Abuse?

- Thereafter any attempt to discontinue their use results in specific reactions (called withdrawal syndromes/symptoms) such as sweating, vomiting, and tremors which cease when the use is resumed.
- People can even abuse cough or cold medicines from the store if they ignore the directions and take too much at one time

Medicines & Habit Forming Stimulants



Effects of Drugs on Humans

Positive or Therapeutic Effects

- This can only be experienced when we take the drug as prescribed.
- Right drug: as prescribed by a health personnel
- Right dosage: bid,tid,qds,5mls,10mls,1 drop etc
- Right time: 6hrly,12hrly,once dly,once wkly etc
- Right illness/diagnosis.
 - Used to cure, halt, or prevent disease; ease symptoms.

Effects of Drugs on Humans

Negative or Drug Dependence or Abuse Effects

- Drug abuse is the use of drugs for purposes other than medical reasons, thus affecting the individual in a negative way socially, cognitively or physically.
 - Social effects may be reflected in an individual's enhanced tendency to engage in conflicts with families, friends, teachers, and school authorities.
 - Cognitive effects relate to the individual's lack of concentration at work and memory loss.
 - Drugs of abuse can enter the body through chewing, inhaling, smoking, drinking, or injection.

History of Drug Abuse

- For centuries, man has tried to either complement some pleasant features of life or escape from the unpleasantness of life, whether real or imaginary, by using fermented liquor and different plant products. For example, drinking of palm wine and locally brewed alcohol such as “ogogoro”, “burukutu” as well as chewing of different stimulating plants and their products in Nigeria have been known for ages. Reports have it that the use of these substances was more of occasional and in moderation with few exceptions.

History of Drug Abuse.

- This was the trend of substance use in Nigeria until after the Second World War in the 40s when cannabis (hemp) was introduced through the war veterans who brought back the cannabis seed from India. The 70s and 80s witnessed the introduction of other drugs like cocaine, heroin, amphetamines and pharmaceutical opioids (codeine, morphine etc).

History of Drug Abuse..

- This trend changed dramatically in the 90s to include the abuse of non conventional drugs such as volatile solvents or inhalants (gasoline, correction fluid, rubber solution, aerosol, nail polish removal, petrol). These volatile solvents produce psychoactive vapour which when inhaled goes straight from the nose to the brain, heart and lungs with instant intoxication.

History of Drug Abuse...

- Today, ingenuity has been introduced into drug abuse with complex mixtures, experimentations and new discoveries. This has resorted to the abuse of lizard dung (especially the whitish part), pit toilet/soak away fumes (bio generic gas), “goskolo” a concoction of unimaginable substances, robin blue powder cocktail, “gadagi” (a substance resembling tea leaves), pharmaceutical products (tramadol, rohypnol) and many more.

History of Drug Abuse

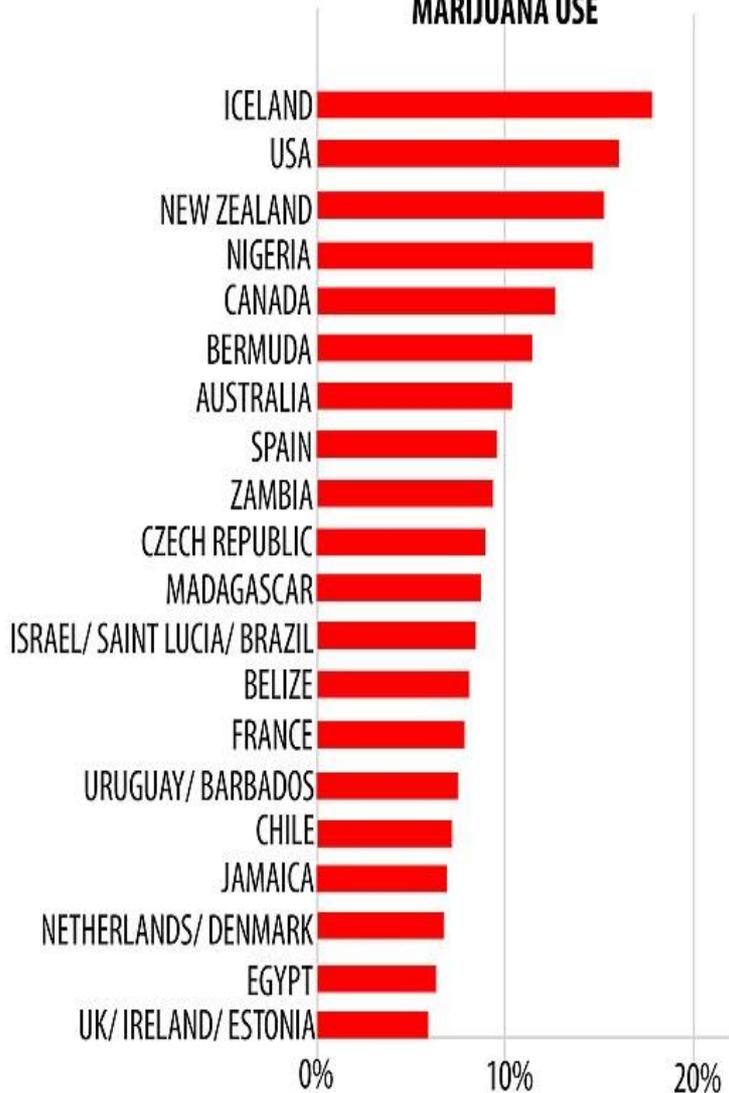
- Codeine containing cough syrup mixed with soft drinks is gradually taking over alcohol in youth parties.
- Substance abuse in Nigeria and the new trend is becoming a significant medical, psychological, social and economic problem facing the nation.
- These are the future leaders of Nigeria. What will the future of the nation be if its' supposed future leaders are drug addicts?

Global Perspective

- Drug abuse amongst the global youth population has become a serious problem affecting everyone.
 - Downward spiral of hopelessness that in some cases ends fatal.
- The problem of alcohol and illicit drug use on college and university campuses is significant. Among college and university students, specific problems identified include binge-drinking, underage drinking and drug use.
- Abuse of substance is considered as one of the most critical problems in public health with significant consequences including employment, educational, and relationship problems.

Global Perspective..

COUNTRIES WITH THE HIGHEST MARIJUANA USE



In 2012, an estimated 23.9 million



aged 12 or older were current illicit drug users

This estimate represents

9.2%

of the population aged 12 or older.

TYPES OF ILLICIT DRUG USAGE AMONG PERSONS AGED 12 OR OLDER

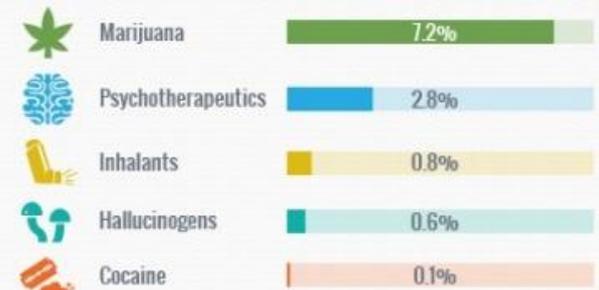


ILLICIT DRUG USAGE AMONG YOUTH AGED 12 TO 17



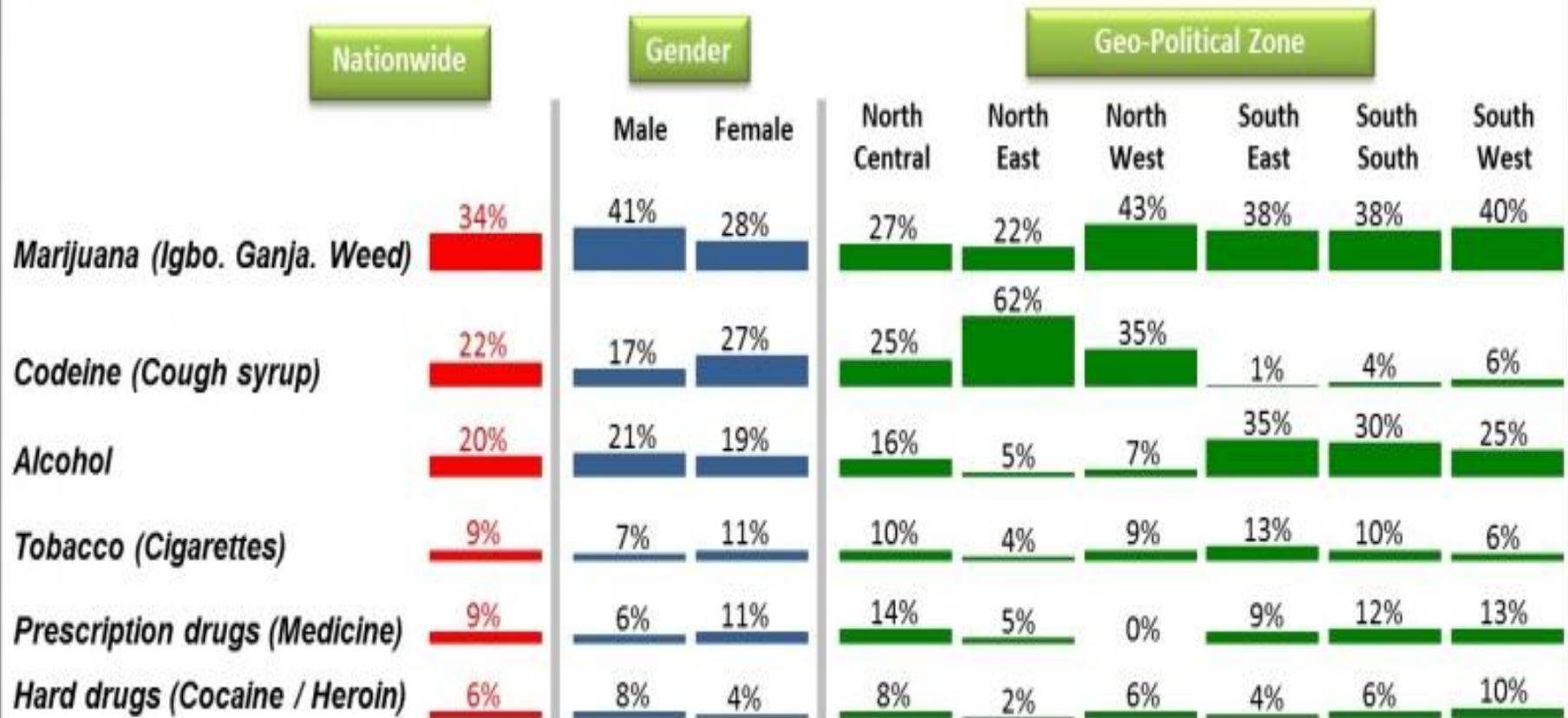
9.5%

were current illicit drug users



Nigerian Perspective

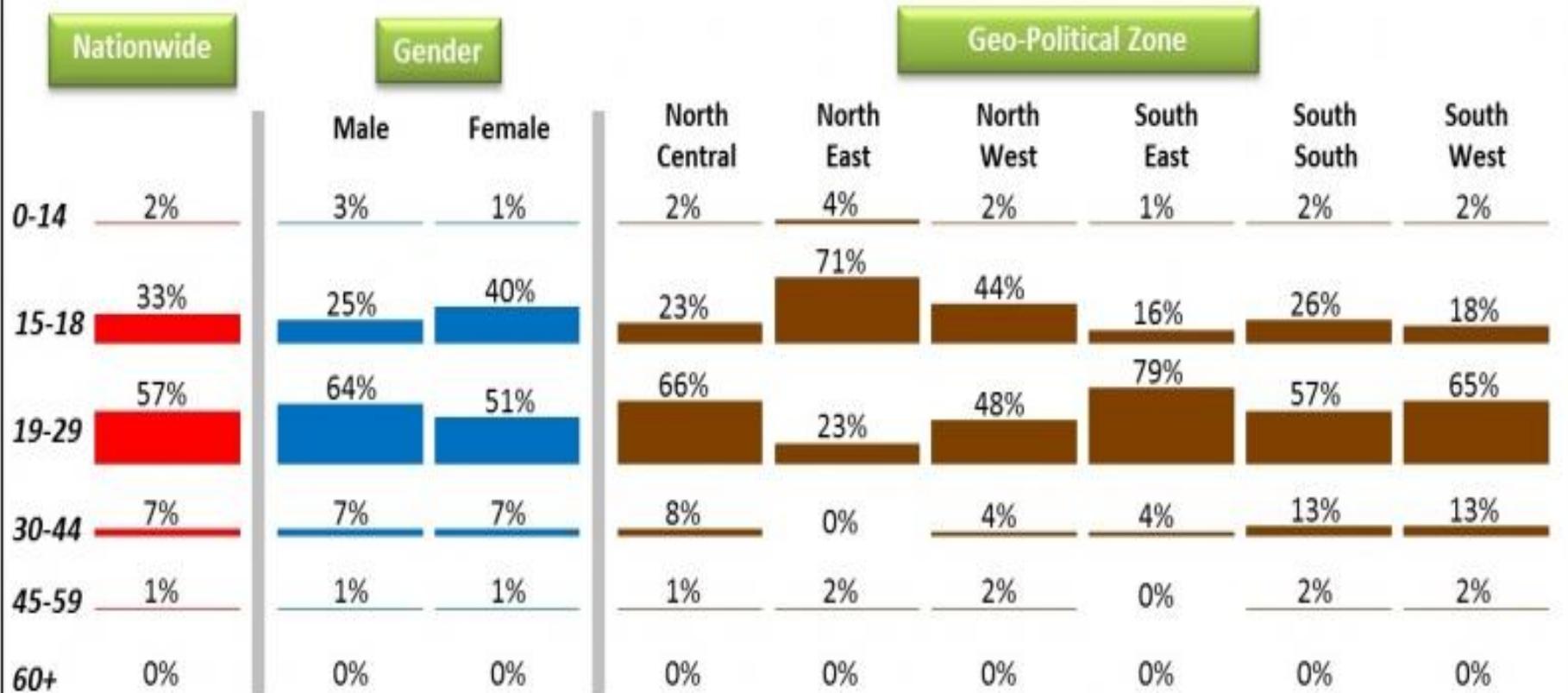
Q2. In your opinion, what drugs or substance is mostly abused in Nigeria?



Source: NOI Polls

Nigerian Perspective

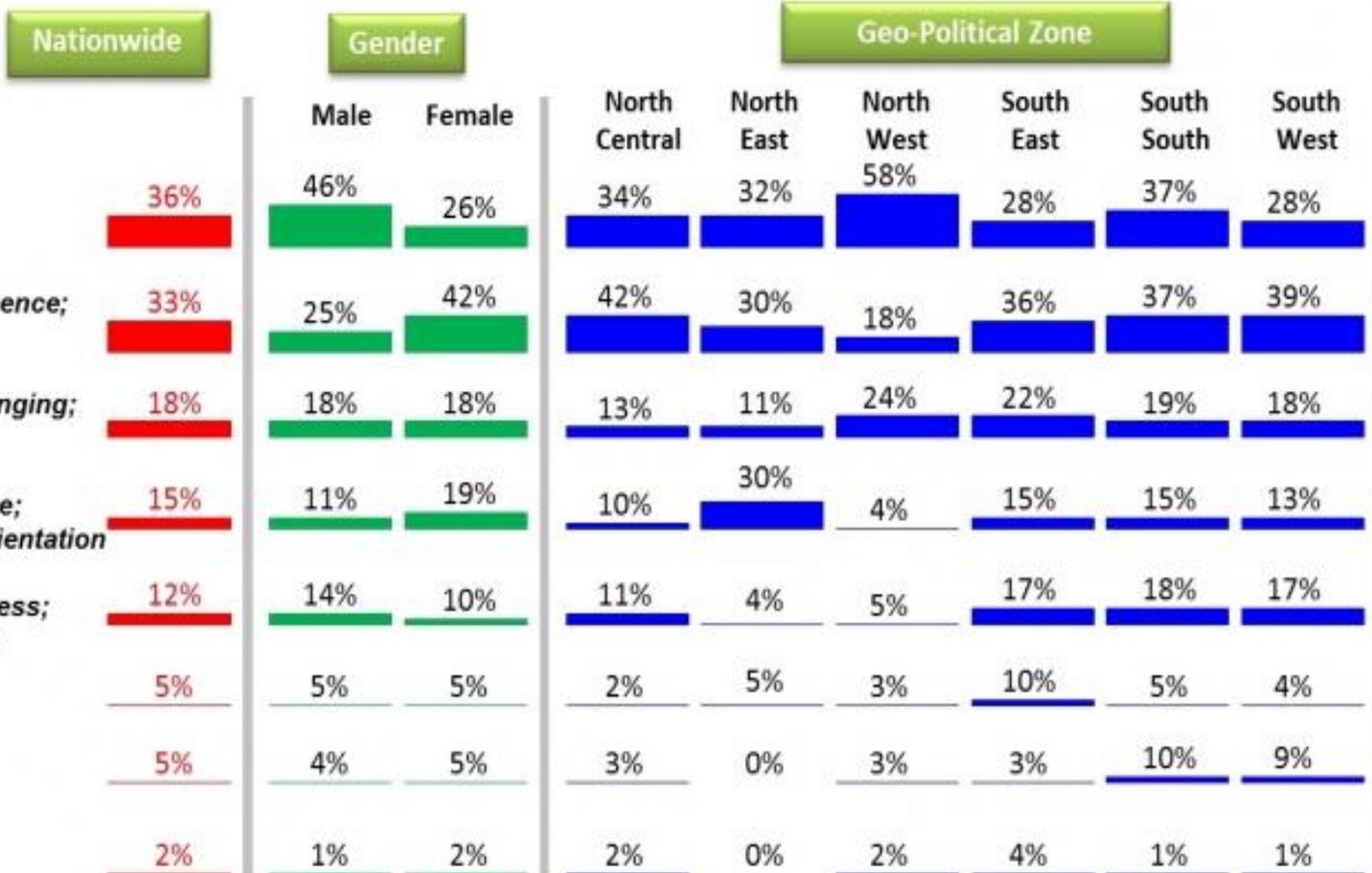
Q3. Among what age group do you believe drug and substance abuse is most common?



Source: NOI Polls

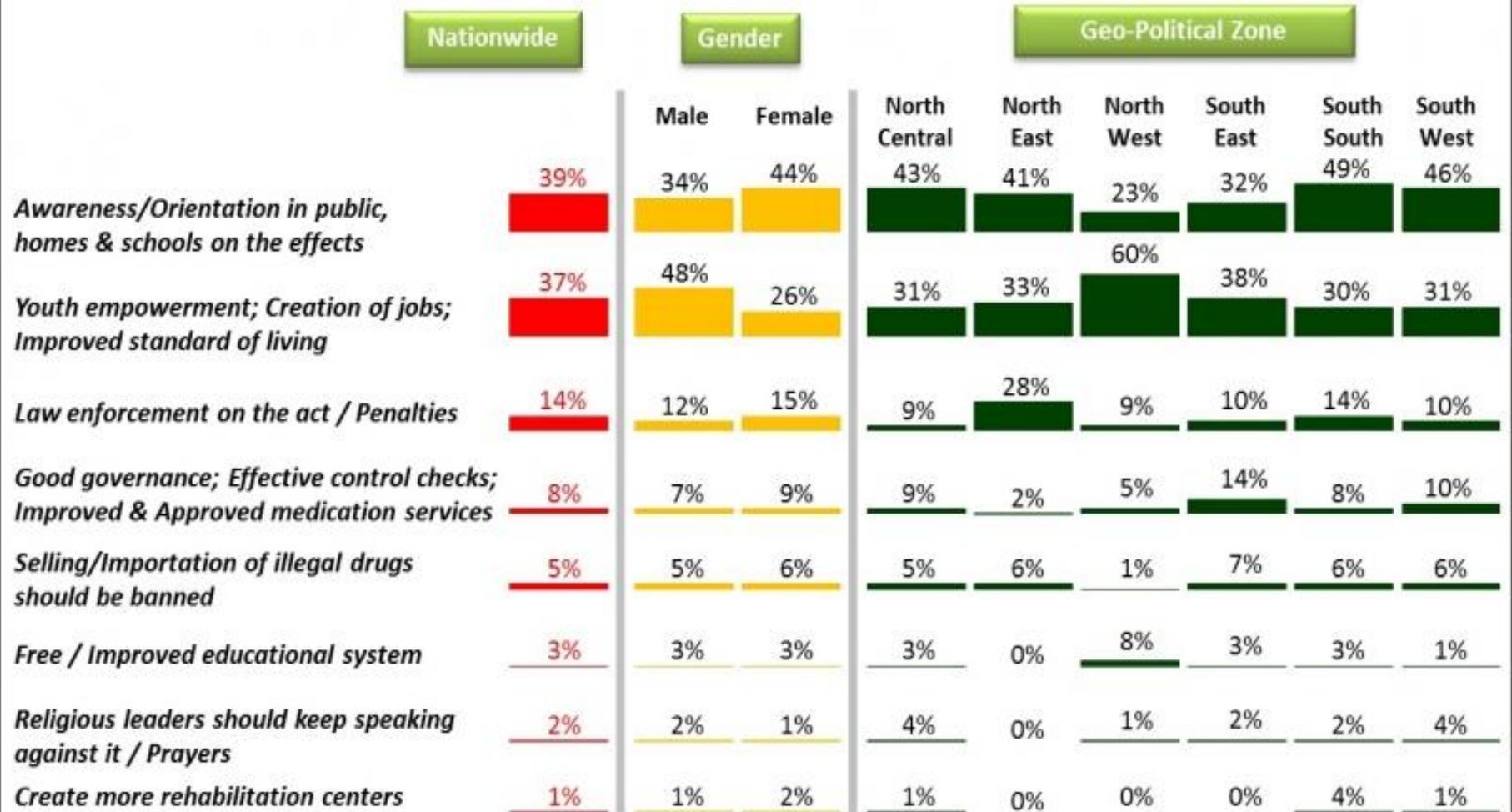
Nigerian Perspective

Q4. In your opinion, what are the causes of drug and substance abuse?



Nigerian Perspective

Q5. What can be done to curb the rising incidence of drug and substance abuse in Nigeria?



Source: NOI Polls

Substances of Abuse

- **Tranquilizers:** They are believed to produce calmness without bringing drowsiness .e.g. Valium etc.
- **Alcohol:** Heavy drinking can lead to positive blood alcohol levels the next day, a common practice can interfere with the sleep cycle, resulting in an increase in anxiety, jumpiness, and irritability the next day, and fatigue the day after that.
- **Marijuana:** With evening use, marijuana has the same impact on sleep that alcohol has, throwing off the sleep cycle and impacting how a person feels for at least two additional days. Marijuana suppresses neuronal activity in the hippocampus, resulting in problems with attention, memory, and concentration. There is increasing evidence that there is an impact to motivation following marijuana use. Marijuana significantly increases heart rate, weakens the heart muscle, and affects blood pressure- the increase in heart rate can be a concern for someone already dealing with anxiety (and particularly panic).
- **Stimulants:** These are substances that directly act and stimulate the central nervous system. Users at the initial stage experience pleasant effects such as energy increase. The major source of these comes from caffeine substance.
- **Hallucinogens':** These are drugs that alter the sensory processing unit in the brain. Thus, producing distorted perception, feeling of anxiety and euphoria, sadness and inner joy, they normally come from marijuana etc.
- **Narcotics:** These drugs relieve pains, induce sleeping and they are addictive. They are found in heroin, codeine, opium etc.
- **Sedatives:** These drugs are among the most widely used and abused. This is largely due to the belief that they relieve stress and anxiety, and some of them induce sleep, ease tension, cause relaxation or help users to forget their problems.

Predisposing factors

- **Peer Group Influence:** Peer pressure plays a major role in influencing many adolescents into drug abuse. This is because peer pressure is a fact of teenage and youth life. As they try to depend less on parents, they show more dependency on their friends. In Nigeria, as other parts of the world, one may not enjoy the company of others unless he conforms to their norms.
- **Lack of parental supervision:** Many parents have no time to supervise their children.
- **Personality Problems due to Socio-economic Conditions:** Adolescents with personality problems arising from social conditions have been found to abuse drugs. Poverty is widespread, broken homes and unemployment is on the increase, therefore our youths roam the streets looking for employment or resort to begging. These situations have been aggravated by lack of skills, opportunities for training and re-training and lack of committed action to promote job creation by private and community entrepreneurs.
- **The Need for Energy to Work for Long Hours**
- **Availability of the Drugs**
- **Experimental Curiosity**

Signs & Symptoms of Drug Abuse

a. Signs of Drug Use and Drug Paraphernalia

- i. Possession of drug related paraphernalia such as pipes, rolling paper, smell decongestant
- ii. Possession of drugs, seeds of leaves in ashtrays or clothing pockets.
- iii. Odour of drugs, smell of incense or other cover up scents.

b. Identification with Drug Culture

- i. Drug related magazines, slogans on clothing
- ii. Hostility in discussing drugs

c. Signs of Physical Deterioration

- i. Memory lapses, short attention span, difficulty in concentration.
- ii. Poor physical coordination, slurred or incoherent speech; unhealthy appearance, indifference to hygiene and grooming
- iii. Bloodshot eyes, dilated pupils.

d. Changes in Behaviour

- i. Distinct downward performance in school or place of work.
- ii. Increased absenteeism or tardiness.
- iii. Chronic dishonesty, lying; cheating and stealing.
- iv. Trouble with the police and other law enforcement agencies
- v. Change of friends, evasiveness in talking about new ones.
- vi. Increasing and inappropriate anger, hostility, irritability etc.
- vii. Reduce motivation, energy, self-discipline, self esteem etc.

Education & Awareness!!!!



Enforcement & Rehabilitation



We are at the forefront of mental health service provision in Nigeria

Finally, Parents remember that you are role models to your children,”
What you sow is what you reap”.
Desist from abusing drugs in the presence of your children



THANK YOU



References

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