




SUBSTANCE ABUSE

TERMINOLOGIES

Substance refers to any Drugs, Medication, or Toxins that shares the potential of abuse.

Addiction is a Physiological & Psychological dependence on Alcohol or other drugs of Abuse that affects the Central Nervous System in such a way that withdrawal symptoms are experienced when the substance is Discontinued.




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- **Substance abuse**, also known as drug **abuse**, is a patterned use of a drug in which the user consumes the **substance** in amounts or with methods which are harmful to themselves or others.




COMMONLY USED PSYCHOTROPIC SUBSTANCE

- Alcohol
- Opioids
- Cannabis
- Cocaine
- Amphetamines & other sympathomimetics
- Sedatives & Hypnotics
(Eg : Barbiturates)
- Inhalants (Eg : Volatile Solvents)
- Nicotine
- Other Stimulants
(Eg : Caffeine)



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- *Substance abuse* is a blanket term to include 10 separate classes of drugs including:
 - alcohol; caffeine;
 - cannabis; hallucinogens;
 - inhalants; opioids;
 - sedatives, hypnotics,
 - anxiolytics; stimulants; tobacco;
 - and other substances.

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- In 2010 about 5% of people (230 million) used an illicit substance. Of these 27 million have high-risk drug use otherwise known as recurrent drug use causing harm to their health, psychological problems, or social problems or puts them at risk of those dangers.
 - In 2015 substance use disorders resulted in 307,400 deaths, up from 165,000 deaths in 1990. Of these, the highest numbers are from alcohol use disorders at 137,500, opioid use disorders at 122,100 deaths, amphetamine use disorders at 12,200 deaths, and cocaine use disorders at 11,100.

Causes of substance abuse

- Biological:-
 - 1. Family history of substance use
 - 2. Personality disorders
 - 3. Reinforcing effect of drugs
 - 4. Withdrawal effects
 - 5. Biochemical factors

PSYCHOLOGICAL FACTORS

- **General Rebelliousness**
- **Sense of Inferiority**
- **Poor Impulse Control**
- **Low Self-Esteem**
- **Inability to cope up with the pressures of living & society (Poor Stress Management Skills)**
- **Loneliness, Unmet needs**
- **Desire to escape from reality**
- **Desire to experiment, a sense of Adventure**
- **Pleasure Seeking**
- **Machoism**
- **Sexual Immaturity**





Social causes


- 1. Peer group influence
 - 2. Modeling or imitation of such behaviour
 - 3. Easy availability
 - 4. Familial/ marital conflicts
 - 5. Religious reasons
 - 6. Poor familial/social support
 - 7. unemployment
 - 8. Rapid urbanisation
 - 9. Permissive social attitudes
 - Laxity in laws
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Table 8-1: Example of Problems Associated with Substance Abuse

Problems	Individual	Family	Workplace	Community
Physical	<ul style="list-style-type: none"> • Addiction • Illness • Death • Aggression/ Violence • Incarceration 	<ul style="list-style-type: none"> • Violence/Abuse • Increased Divorce Rate • Broken Families • Incarceration 	<ul style="list-style-type: none"> • Auto crashes • Safety Concerns • Increased Costs • Loss of Productivity 	<ul style="list-style-type: none"> • Auto crashes • Loss of life • Unhealthy Community
Social	<ul style="list-style-type: none"> • Stigma • Legal Charges • Isolation 	<ul style="list-style-type: none"> • Stigma • Loss of Support • Broken Families • Increased Reliance upon Public Resources 	<ul style="list-style-type: none"> • Stigma • Isolation • Absenteeism • Reduced Productivity 	<ul style="list-style-type: none"> • Stigma • Increased Health Costs • Increased Incarceration Costs • Reduced taxable income
Psychological	<ul style="list-style-type: none"> • Stress • Despair • Denial 	<ul style="list-style-type: none"> • Stress • Denial • Conflict 	<ul style="list-style-type: none"> • Low Morale • Indifference 	<ul style="list-style-type: none"> • Denial • Stress



ALCOHOL ABUSE

Alcohol Abuse

Alcohol is a socially acceptable drug that has been consumed as a recreational beverage for thousands of years. When consumed for its physical and mood-altering effects, however, it becomes a dangerous substance of abuse.

Alcohol's Harmful Effects

Brain damage
Bleeding throat

Heart Disease

Breathing may Stop

Stomach Ulcers

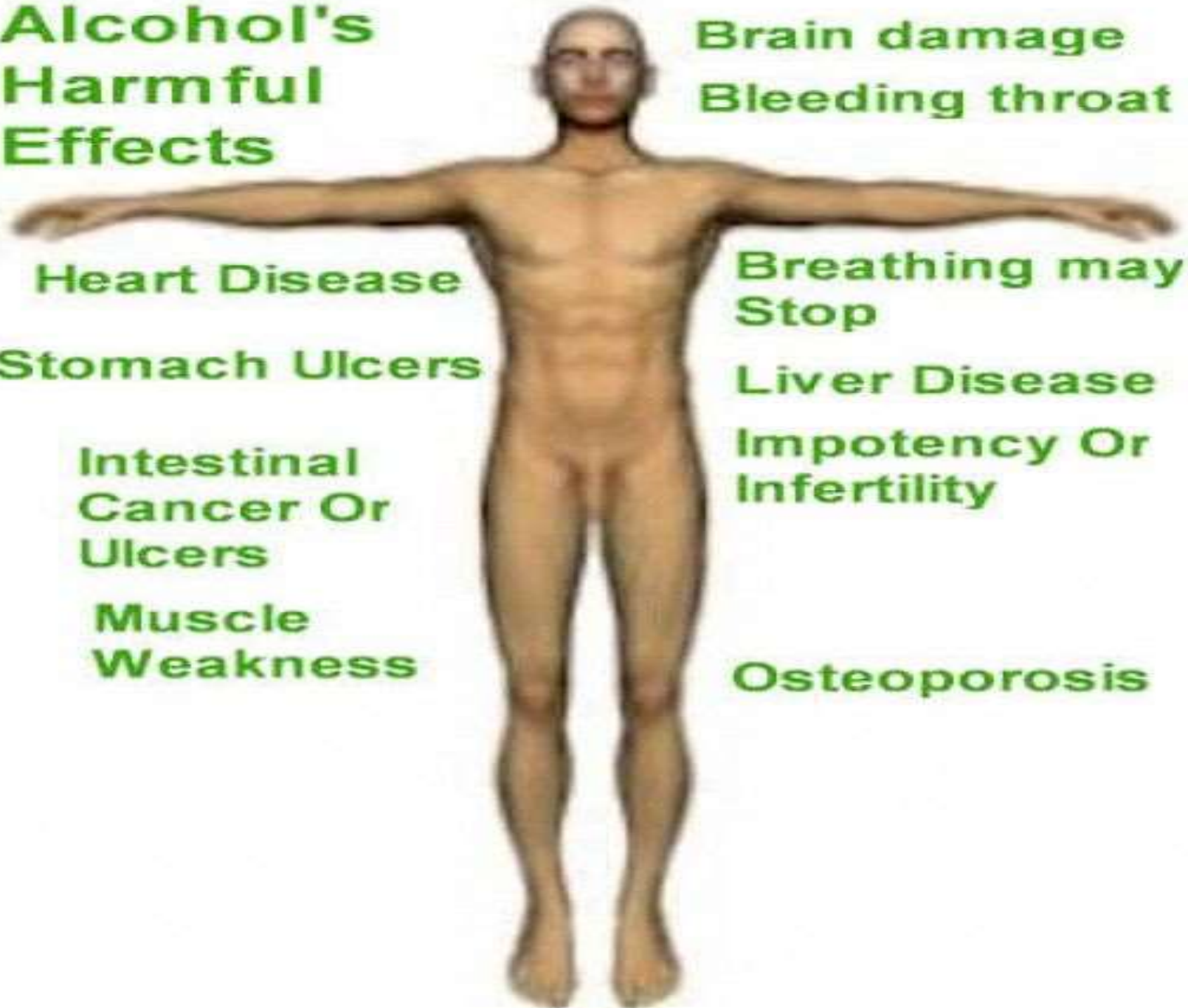
Liver Disease

Intestinal Cancer Or Ulcers

Impotency Or Infertility

Muscle Weakness

Osteoporosis





Complications From Alcohol Dependence

- Insomnia
- Depression
- Dementia
- Suicide
- High Blood Pressure
- Erectile Dysfunction (men)
- Bleeding in the Digestive Track
- Changes in Menstrual Cycle (women)
- Cancers of the Liver, Esophagus and Colon



Social effects of alcoholism

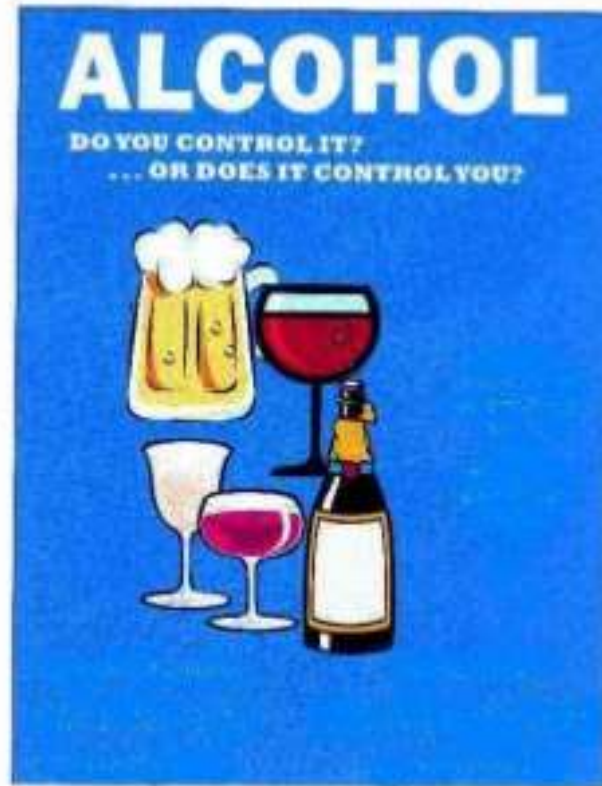


- Family problems
- Work difficulties
- Crime
- Violent Crime
- Rape
- Divorce
- Lost Productivity



- Consequences:

- Crime
- Murder
- Prostitution
- Malnutrition
- Neglect of family life
- Unemployment
- ↑ debt
- Delinquency
- RTA
- Cirrhosis, alcoholic psychosis, alcohol dependency



Alcohol – long-term effects

Drinking a lot of alcohol regularly over a period of time is likely to cause **physical**, **emotional** and **social problems**:

- skin problems
- liver and brain damage
- damage to reproductive organs
- memory loss / confusion
- heart and blood disorders
- stomach problems
- frequent infections
- weight gain
- depression
- relationship problems
- problems with money and work.




A vibrant red ribbon is tied in a loop, symbolizing HIV/AIDS awareness. The ribbon is set against a plain white background. The text "HIVS / AIDS" is printed in a bold, white, sans-serif font across the center of the ribbon's loop.


HIVS / AIDS

HIV

- Human immunodeficiency virus infection and acquired immune deficiency syndrome (HIV/AIDS) is a spectrum of conditions caused by infection with the human immunodeficiency virus
- As the infection progresses, it interferes more with the immune system, increasing the risk of common infections like tuberculosis, as well as other opportunistic infections, and tumors that rarely affect people who have working immune systems. These late symptoms of infection are referred to as AIDS. This stage is often also associated with weight loss.

- HIV is spread primarily by unprotected sex (including anal and oral sex), contaminated blood transfusions, hypodermic needles, and from mother to child during pregnancy, delivery, or breastfeeding.
- Some bodily fluids, such as saliva and tears, do not transmit HIV.
- Methods of prevention include safe sex, needle exchange programs, treating those who are infected, and male circumcision.

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- Disease in a baby can often be prevented by giving both the mother and child antiretroviral medication.
 - There is no cure or vaccine; however, antiretroviral treatment can slow the course of the disease and may lead to a near-normal life expectancy.
 - Treatment is recommended as soon as the diagnosis is made.
 - Without treatment, the average survival time after infection is 11 years.

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- In 2015 about 36.7 million people were living with HIV and it resulted in 1.2 million deaths.
 - Most of those infected live in sub-Saharan Africa.
 - Between its discovery and 2014 AIDS has caused an estimated 39 million deaths worldwide.
 - HIV/AIDS is considered a pandemic—a disease outbreak which is present over a large area and is actively spreading.
 - HIV is believed to have originated in west-central Africa during the late 19th or early 20th century.
 - AIDS was first recognized by the United States Centers for Disease Control and Prevention (CDC) in 1981 and its cause—HIV infection—was identified in the early part of the decade

HIV Transmission



**Sharing Needles with
Infected Person**



**Infection from blood
Products**



**Unprotected sex with
An infected partner**



**Transmission from
Infected Mother to Fetus**

- In utero
- During delivery
- Breastmilk

A. Prevention of HIV transmission in community

1. There is **no vaccine** for preventing HIV infection.
2. Male **circumcision** decrease risk to Circumcised man but not to women (inconclusive effects for circumcision in other situations).
3. Strict examination for **blood, blood products, organ donation** for HIV before administration.
4. **No sharing of needles, brushes or razors.**
5. Proper sterilization of **dental & surgical** instruments



Prevention of HIV Transmission

Public health strategies to prevent HIV transmission

- Screen all blood and blood products.
- Follow universal precautions.
- Educate in safer sex practises.
- Identify and treat STIs.
- Provide referral for treatment of drug dependence.
- Apply the comprehensive PMTCT approach to prevent perinatal transmission of HIV.

Basic Facts about HIV/AIDS

Modes of HIV/AIDS transmission:



Sexual intercourse



Blood and blood products



Sharing of needles/syringes



From infected mother to her child

Ways to prevent getting infected with HIV/AIDS:



Abstinence



Be faithful



Condoms



Don't share needles

HIV/AIDS cannot be transmitted through:



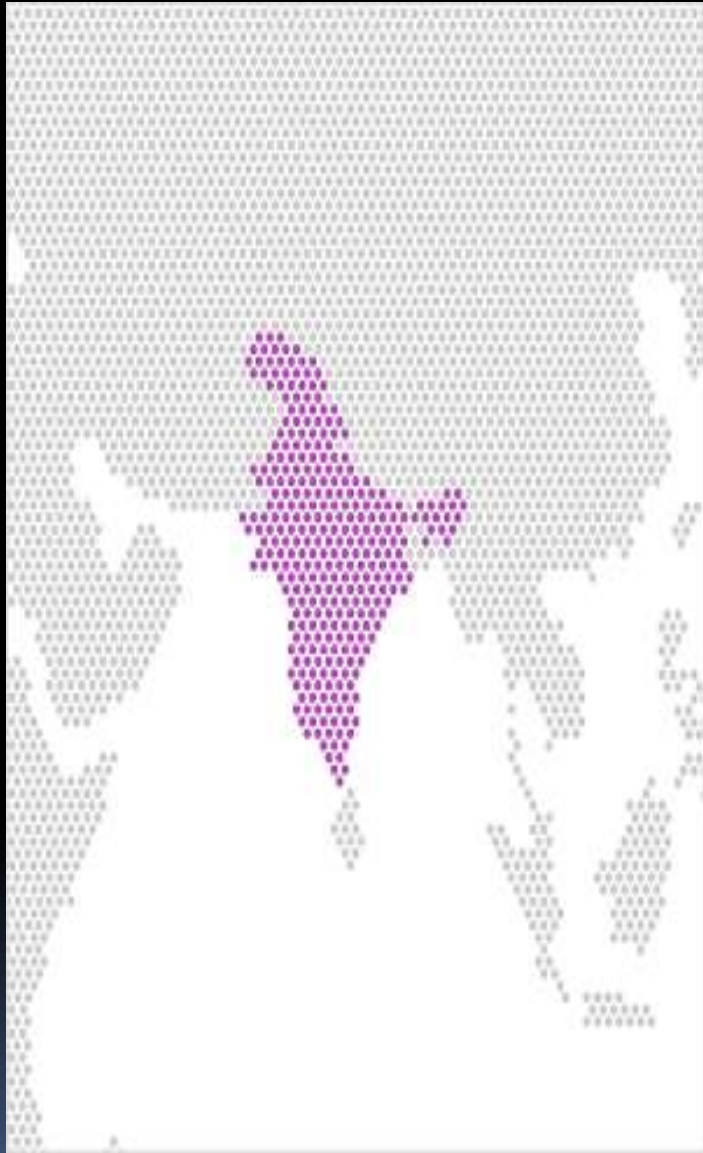
Toilet



Sharing utensils



Mosquito



India (2015)

2.1 million people living with HIV

0.3% adult HIV prevalence

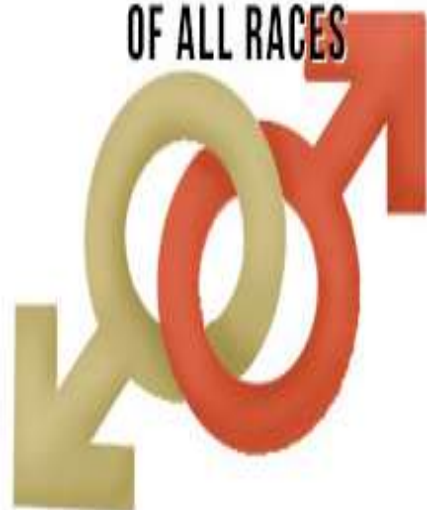
86,000 new HIV infections

68,000 AIDS-related deaths

43% adults on antiretroviral treatment

Source: UNAIDS Gap Report 2016

GAY & BISEXUAL MEN
OF ALL RACES



ARE THE MOST SEVERELY
AFFECTED BY HIV

>1 MILL ARE LIVING WITH HIV IN THE U.S.



1 IN 6 LIVING WITH HIV



ARE UNAWARE OF THEIR INFECTION

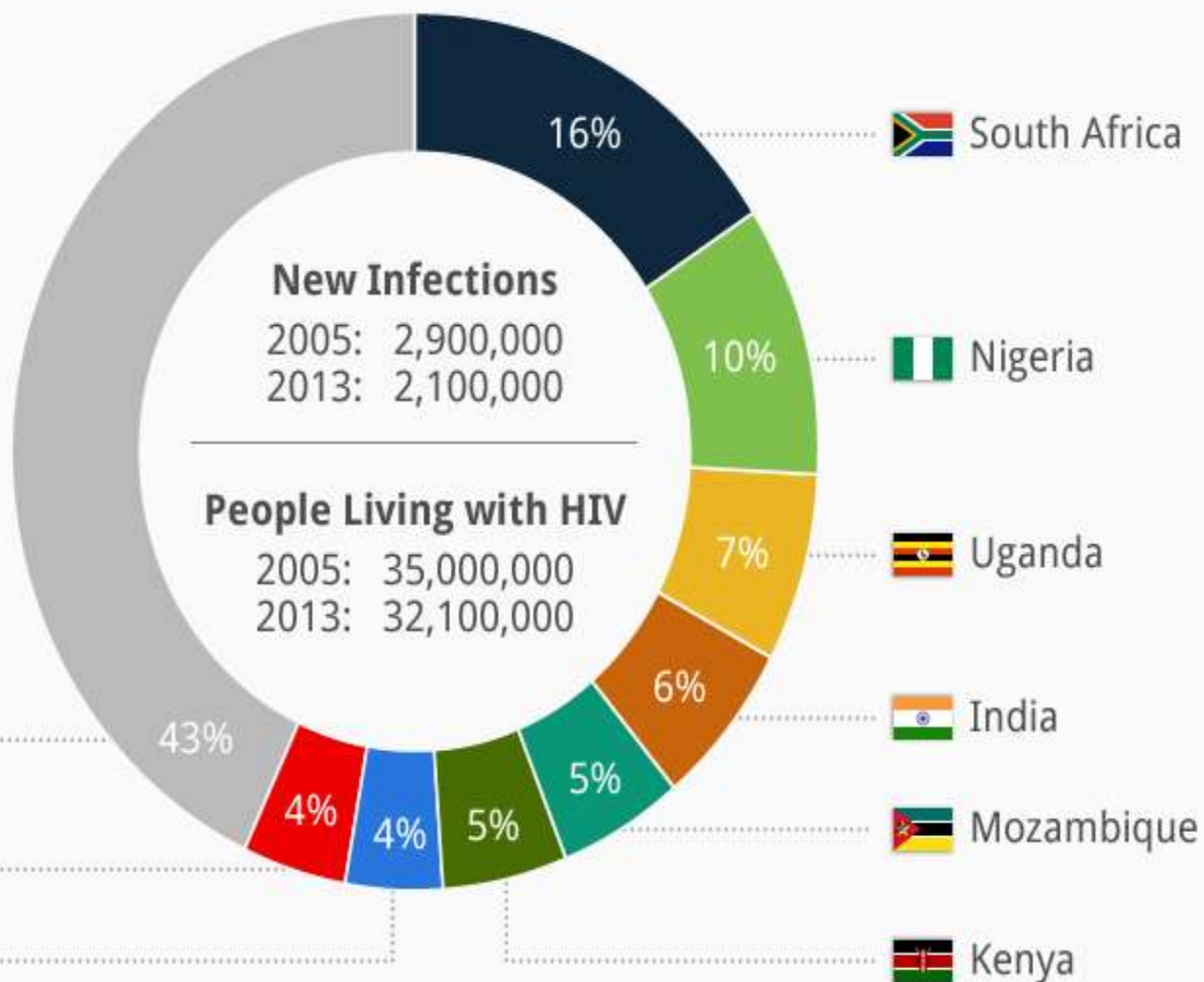
ABOUT 1 IN 4 NEW
HIV INFECTIONS IS AMONG
YOUTH AGES 13-24



MOST OF THEM DO NOT KNOW THEY ARE
INFECTED, ARE NOT GETTING TREATED, AND CAN
UNKNOWINGLY PASS THE VIRUS ON TO OTHERS

8 Countries Accounted for 57% of New HIV Infections in 2013

% of new HIV infections in 2013, by country



SOCIAL WELFARE PROGRAMMES IN INDIA

- STARTED WITH THE First Five year plan
- Dept. of Social Welfare was established in 1964
- Central Social welfare board in 1953

Nutritional programmes in india

Ministry of Rural Development

- ❑ Applied nutrition programme

Ministry of Social Welfare

- ❑ Integrated child development services scheme
- ❑ Balwadi nutrition programme
- ❑ Special nutrition programme

Ministry of Health and Family Welfare

- ❑ National nutritional anemia prophylaxis programme
- ❑ National prophylaxis programme for prevention of blindness due to vitamin A deficiency
- ❑ National iodine deficiency disorder control programme

Ministry of Education

- ❑ Mid-day meal programme

PROGRAMMES FOR COMMUNICABLE DISEASES

1. National Vector Borne Diseases Control Programme (NVBDCCP)
2. Revised National Tuberculosis Control Programme
3. National Leprosy Eradication Programme
4. National AIDS Control Programme
5. Universal Immunization Programme
6. National Guinea worm Eradication Programme
7. Yaws Control Programme
8. Integrated Disease Surveillance Programme



Family Welfare- Milestone

- **1951**- Family planning program
- **1971**- Maternal child health and family planning integrated
- **1972**- Post partum programme, medical Termination of Pregnancy (MTP Act)
- **1977**- National family welfare programme
- **1983**- National health policy
- **1985**- MCH, UIP
- **1992**- CSSM



Integrated child development service(ICDS) scheme

- Initiated-Oct.2,1975, in 33 CD Blocks under 5th Five Year Plan
- Under aegis of Ministry of social welfare
- In succession to objectives of National Children's Policy (Aug. 1974)
- World's largest program for early childhood development
- Centrally sponsored scheme implemented by state/UT govts.

Rationale

- Routine MCH services not reaching target Population
- Nutritional component not covered by Health services
- Need for community participation



THANK

YOU