

Discussion board #9

[Health & Medicine](#), [Nursing](#)



How can a community health nurse be involved in the prevention of substance abuse in children, teens and adults? A community health nurse can be involved in the prevention of substance abuse in children, teens and adults through the promotion of awareness of crucial concerns on substance in abuse in settings they have jurisdiction of. As such, with proper knowledge on risk factors for dependence, nurses would be able to apply the most effective interventions for prevention (Rebbert-Franklin, 2014). Community health nurses can play an active role in instituting and implementing research-based prevention programs; as well as evaluating currently enforced prevention programs according to effectiveness. As emphasized, “preventive interventions can provide skills and support to high-risk youth to enhance levels of protective factors and prevent escalation to drug abuse” (U. S. DHHS, 1997, p. 11). As such, the interplay of knowledge, skills, and experience learned and developed by community health nurses would significantly assist in the prevention of substance abuse in children, teens, and even in adults in the community level.

Do you think that our society does enough in the prevention arena?

From the statistics gathered and revealed by the National Institute of Drug Abuse (NIDA), it could be deduced that society has not been sufficiently effective in the prevention area. As disclosed, “illicit drug use continued at elevated rates in 2010, after rising in 2009 to its highest level since 2002, according to the latest National Survey on Drug Use and Health (NSDUH).

Nearly 9 percent of Americans aged 12 and older—an estimated 22.6 million people—reported using illicit drugs in the month prior to the survey” (NIDA, 2012, par. 1). The information indicates that there should be more stringent

measures and strategies that should be designed and enforced to prevent the use of illicit drugs among populations at risk, especially children and adolescents.

Do the principles of treatment make sense?

Various researches and studies have asserted that “ no single treatment is appropriate for everyone” (NIDA, 2009, p. 1). This fact makes treatment challenging as the approach should cater to the specific needs of an addicted individual. It was likewise revealed that “ medication and behavioral therapy, especially when combined, are important elements of an overall therapeutic process that often begins with detoxification, followed by treatment and relapse prevention” (NIDA: Effective Treatment Approaches, 2009, par. 1). As such, it could be evaluated that the principles of treatment would necessitate a more comprehensive assessment of the historical background that leads to the dependency and addiction problem of the individual. Likewise, any contributory factors also require a more in-depth integration into the personal evaluation prior to any treatment approach that could be recommended. The intricate and long-term phases of the treatment, likewise contribute to the victims’ propensities for relapse. In addition, a strong support system, in conjunction with the medications and behavioral treatment approaches, could also assist in enabling individuals who got to be addicted to substances and illicit drugs to be directed on the road to recovery. Overall, it was emphasized that “ because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individuals life, treatment is not simple” (NIDA, 2009, par. 2); but of course, it is possible with determination, persistence, and professional help.

References

NIDA. (2009, September). DrugFacts: Treatment Approaches for Drug Addiction. Retrieved from drugabuse. gov: <http://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>

NIDA. (2012, June 1). Elevated Rates of Drug Abuse Continue for Second Year. Retrieved from drugabuse. gov: <http://www.drugabuse.gov/news-events/nida-notes/2012/06/elevated-rates-drug-abuse-continue-second-year>

Rebbert-Franklin, K. (2014). Substance Abuse Disorders (Lecture Notes).

U. S. DHHS. (1997). Preventing Drug Use among Children and Adolescents. Retrieved from National Institute on Drug Abuse: http://www.drugabuse.gov/sites/default/files/preventingdruguse_2.pdf