



ALCOHOLISM AND TREATMENT MODALITIES

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ABSTRACT

Alcohol may be the most widely used drug in human history. It has been consumed for millennia world wide for religious, cultural activities and celebrations. Alcoholism is the most severe form of alcohol abuse. Long-term use of alcohol can damage every single organ in the body as well as emotional and mental health, financial status, employment, and social interactions.

Key words:

Alcoholism, emotional, mental health.

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INTRODUCTION

Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits. It is also commonly referred to as alcohol use disorder. Alcohol use disorder is organized into three categories: mild, moderate and severe. Each category has various symptoms and can cause harmful side effects. If left untreated, any type of alcohol abuse can spiral out of control.

Warning Signs of Alcoholism

Sometimes the warning signs of alcohol abuse are very noticeable. Other times, they can take longer to surface. When alcohol addiction is discovered in its early stages, the chance for a successful recovery increases significantly. Common signs of alcoholism include:

- Being unable to control alcohol consumption
- Craving alcohol when you're not drinking
- Putting alcohol above personal responsibilities
- Feeling the need to keep drinking more
- Spending a substantial amount of money on alcohol
- Behaving differently after drinking

Etiology for Alcoholism

Many factors can increase the risk of alcohol abuse. People may turn to alcohol for one reason and gradually develop a dependency on drinking. For example, drinking during difficult times—a death in the family or job loss—can potentially trigger long-term alcohol abuse. While there are various reasons as to why people start drinking, some of the most common are to:

Relieve stress

Relying on alcohol to reduce daily life stressors can impact the likelihood of developing alcoholism. Since alcohol is a depressant and a sedative, drinking produces feelings of pleasure. However, frequent drinking builds tolerance, requiring you to consume more alcohol in order to achieve the same effects.

Feel good

Consuming alcohol can provide some people a break from reality. It offers a sense of relief from underlying issues your mind may be trying to escape from. However, continual alcohol use to get through the day or week can turn into a serious drinking problem.

Cope with loss

Losing a family member or friend can take a toll on you emotionally, physically and mentally. Alcohol can ease the grief you are feeling and is used to get through difficult times. Depending on alcohol, even temporarily, can spiral into a drinking problem.

Overcome anxiety

Some people are naturally anxious, causing them to perpetually worry. Drinking lowers an individual's inhibitions and makes them more comfortable in social situations. Over time though, this can lead to addictive behaviours.

Health Complications from Alcohol Abuse

Short-term effects of alcohol abuse can be just as dangerous as long-term effects. For instance, drinking can impact reaction

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time, causing slow reflexes and coordination making drinking and driving extremely dangerous. Several short-term effects of alcohol abuse may produce:

- Slow reaction time
- Poor reflexes
- Reduce brain activity
- Lowered inhibitions
- Blurry vision
- Difficulty breathing
- Restlessness

The long-term health conditions caused by alcohol:

- Brain defects, including Wernicke-Korsakoff's syndrome
- Liver disease
- Diabetes complications
- Heart problems
- Increased risk of cancer
- Vision damage
- Bone loss

Treatment for Alcoholism

There are different forms of treatment available based on frequency and severity of alcohol abuse. Recovering from alcohol addiction is a process that continues long after rehab. It takes commitment to practice and apply the techniques learn in rehab, counselling, support groups and other types of therapy. Alcohol treatment is broken into three sections, consisting of:

Detoxification

The first stage in alcohol addiction recovery is detoxification. This phase should be completed with the help of medical professionals due to the potential for serious, uncomfortable withdrawal symptoms. Many times, individuals are given a medication to help alleviate the painful side effects of a withdrawal.

Rehabilitation

There are two types of rehabilitation that help treat alcoholism: inpatient rehab and outpatient rehab. Inpatient rehabs are intensive treatment programs that require checking into a facility for a certain period of time, usually 30, 60 or 90 days. Outpatient rehab allows individuals to participate in a recovery program while continuing with their daily life.

Maintenance

The recovery process doesn't end with the completion of rehab. Long-term sobriety requires ongoing therapy and may entail support groups, counselling and other recovery resources. These will make sure you maintain sobriety and continue on a happy, healthy path for months and years to come.

Psychological Therapies

- Counselling
- Individual and group psychotherapy
- Marital and family therapy
- Behaviour modification
- Relapse prevention therapy.

CONCLUSION

An intervention is a useful way for friends, family, and healthcare professionals to express concern for an individual's wellbeing. Explain the harm that alcohol abuse has done to the individual's body, mind, or social and family circles. If the intervention focuses on concern for the person's health, expressing the desire that they get better, and offers help if they choose to change their behavior, it can be effective.

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