**Drug and Alcohol Use**

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Drug and alcohol use is one of the most common forms of addiction that people indulge in to relieve stress, get high, improve performance, or simply out of peer pressure and curiosity. People with an addiction to drugs and alcohol may be aware of the adverse effects but cannot stop the behavior even if they are willing to. This eventually leads to premature death or cause illnesses that could have been prevented. This paper aims to discuss drug and alcohol use as health behavior, how this behavior affects a patient, and a teaching plan for the patient to rehabilitate him. A subsequent description of a mobile health app that could help the patient and track his progress follows.

**Patient Scenario**

The patient is a 60-year-old white male with a history of heavy drinking. According to the patient, his drinking problem began in his mid-30s after he lost his parents and later his job. Being the sole provider in his family of four, a wife and two children, he resolved to drinking because he could no longer find a way to provide for his family. The situation worsened after his wife demanded a divorce from him, claiming that she could not live with an alcoholic. The patient's wife also demanded and got custody of their two children, saying that the patient is a heavy drinker with no ability whatsoever to take care of his family. On four different occasions, the patient has been hospitalized for alcohol poisoning and has been recently diagnosed with liver disease and digestive problems. However, the patient is ready to go through rehabilitation and strongly desires to achieve good health and prevent more illnesses associated with alcohol misuse.

Drug or substance abuse is a disorder associated with excessive use of drugs or alcohol, leading to extreme dependence and addiction with many negative conclusions. Drug abuse is currently on the rise as more people develop the desire to drink or eat things that make them feel euphoric, relaxed, or stimulated. More people have now diverted the use of drugs for generating money, and although they recognize the effects of the abuse, the problem is still on the rise. Indeed, the World Health Organization considers drug abuse as a significant contributor to the global burden of non-communicable diseases such as higher triglyceride level and higher blood pressure, (Jakkaew, et al., 2019). Nevertheless, in my assessment of learning needs and the patient's readiness to learn, I will first inquire about the patient's life and why he needs to learn about controlling his addiction. I will then ask him what kind of learning methods work for him to develop the most suitable strategies for his education or teaching plan.

**Patient Education/Teaching Plan**

In my teaching plan, I acknowledge that the patient can't quit drinking alcohol at once, that quitting the habit is a process. Small changes, therefore, can make a big difference in improving the patient's health. The first strategy I will use in educating the patient is to avoid triggers. Here, I will inquire about what triggers the patient's urge to drink. He will be required to avoid the places or people that urge him to drink even when he doesn't want to. I will help him to come up with a list of other activities to do instead of drinking. The next plan entails how to handle the urges of drinking alcohol. I will help the patient come up with options to consider whenever he wants to drink. These options could be reminding himself of the reasons for wanting to change or talking to someone he trusts. The patient could also, instead, get involved with a distracting but healthier activity. Next, I will teach the patient to be assertive, especially when he is with his friends. These friends are likely to offer his drinks even when he does not want to. He, therefore, should learn to say no and mean it. He will be required to learn that the quicker he says no to these advances, the less likely he is to give in to the offers. The last education plan is to enroll the patient in support groups where he can interact with other people who have managed to get through their lives without alcohol.

**Description of the mHealth app**

For this patient, the most beneficial mHealth app is the Sober Time- Sobriety Counter, whose purpose is to track how long an individual has been sober and clean. The intended audience of Sober Time-Sobriety Counter is recovering addicts of serious addictions like drug abuse, alcoholism, substance abuse, or smoking. In this scenario, the app will help the patient track his addictions, stay motivated, and interact with other people throughout his recovery (Jansen, 2020). Using the Sober Time app, the patient will track as many addictions as he wishes. The app contains built-in goals that are achievable and realistic, and the patient can add his own. It also has daily motivational and inspirational messages, which will help him stay motivated. Yet again, it has a lively sober community forum where different people share their stories and experiences of their recovery journeys, their motivation, daily struggle with addiction, and milestones. Also, Sober Time- Sobriety Counter will allow him to track his relapses, see how much money he has saved from resisting the urge to buy alcohol, and share his progress with other people on the community forum. The app can be found on Google Play Store at <https://play.google.com/store/apps/details?id=com.sociosoft.sobertime&utm_source=SoberTime.app> or App Store at <https://apps.apple.com/us/app/sober-time-sobriety-counter/id1158895079?utm_source=SoberTime.app>. It is compatible with an android phone, a computer, an iPad, iPhone, or iPod touch.

# **References**

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