

Raising Awareness of Drug, Alcohol and Substance Abuse;





**Drug abuse
Or
Drug misuse?**

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Drug misuse;

Is generally associated with prescription medicines.

Drug abuse;

Happens when drugs, including alcohol, illicit drugs or any other psychoactive substances are misused to get high or inflict self-harm. It also known as substance use disorder(SUD)

The key difference is: their intent

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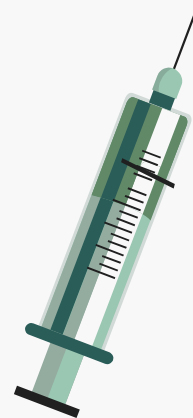
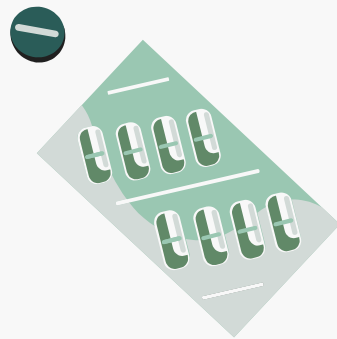


Introduction

Drug addiction is known as one of the health, medical and social problems of the present century. Beyond the harmful physical and mental consequences for addicts, drug abuse can cause serious social problems.

**The number of addicts
in Iran ranged from :**

**The prevalence of drug users was 2.65%
and the number of consumers was 1,355,000**



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Statistics

4.6%

Opium users and its derivatives

0.4%

Cannabis users

0.4%

Amphetamin stimulant users

6.1%

Sedative drugs users

2.6%

Alcoholic beverages users

Generally within the last 12 month, this numbers have been decreased.



The frequency of drug use in Iran defined as:

The highest prevalence of opium and its derivatives use was in the province of Kerman.

In relation to cannabis, the highest percentage of consumption was related to East Azarbayjan.

The highest prevalence of Amphetamine stimulants was in Sistan and Baluchistan

The most prevalent use of sedative drugs was related to Kerman.

Concerning consumption of alcoholic beverages, the highest prevalence rate was in Tehran.



Top 3 used drugs in Iran



Opium

Is a highly addictive non synthetic narcotic that is extracted from the Poppy plant, *Papaver somniferum*.



Cannabis

Marijuana, which can also be called Cannabis, weed, pot or dope, refers to the dried flowers, leaves, stems and seeds of cannabis plant.



Alcohol

It is depressent drug that slows down the messages travelling between the brain and body.

Side effects

- **Opium**

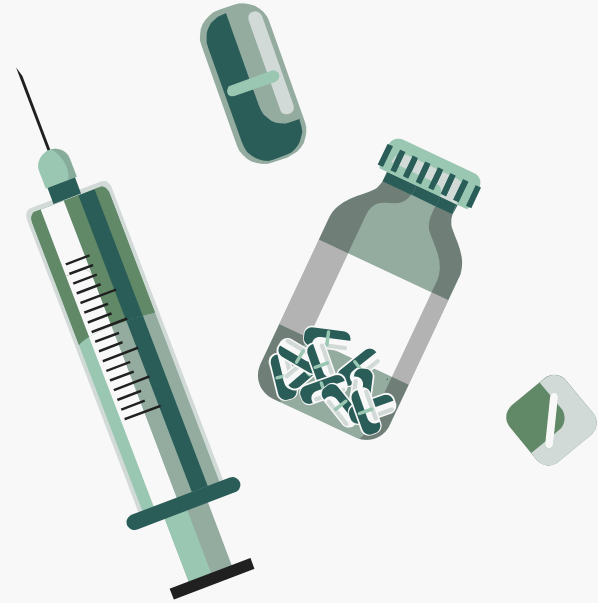
Nausea, difficulty sleeping, allergic reaction, depression, fast heartbeat, blurred vision

- **Cannabis**

Brain disorder, heart diseases, mental health, lungs, unintentional poisoning

- **Alcohol**

Loss of coordination, memory loss, alcohol poisoning, headache, vomiting, anxiety





Addiction in Healthcare professionals(HCP)



Doctors and nurses can be effected by addiction just like anyone else. if let untreated, this can lead to many negative effects for medical professionals and patient alike.

Studies in US have shown that 10-15% of HCPs will misuse substances during their lifetime.

The rates of prescription drug abuse and addiction are 5 times higher among physicians than General population.

**WITH SPECIALLY HIGH RATES OF;
BENZODIAZEPINES AND OPIOIDS ABUSE**



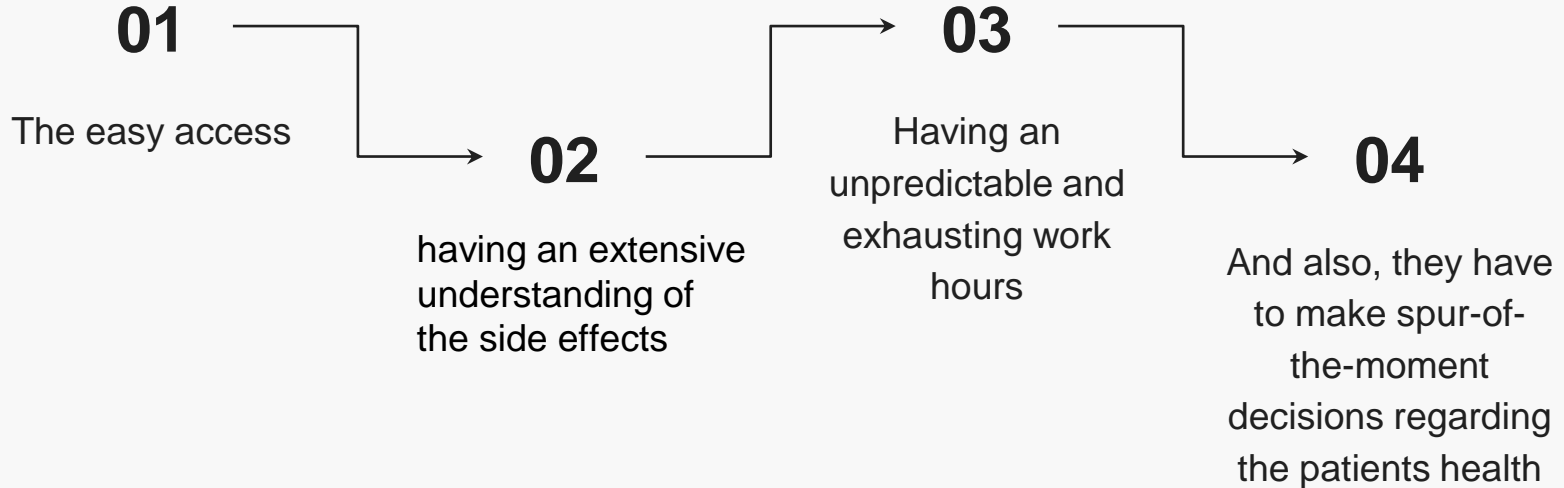


Self-medication

HCPs represent a profession that is particularly at risk of self-medication, especially with pain medications. Among doctors who misuse medications, 69% are male, have a history of self-medications and are coping with stress may lead to addictive behaviors.



Why they turn to drugs or alcohol?



Common signs of addiction in HCPs



Preferring night shifts,
where there is less
supervision



Volunteering often to
administer Narcotics to
patients



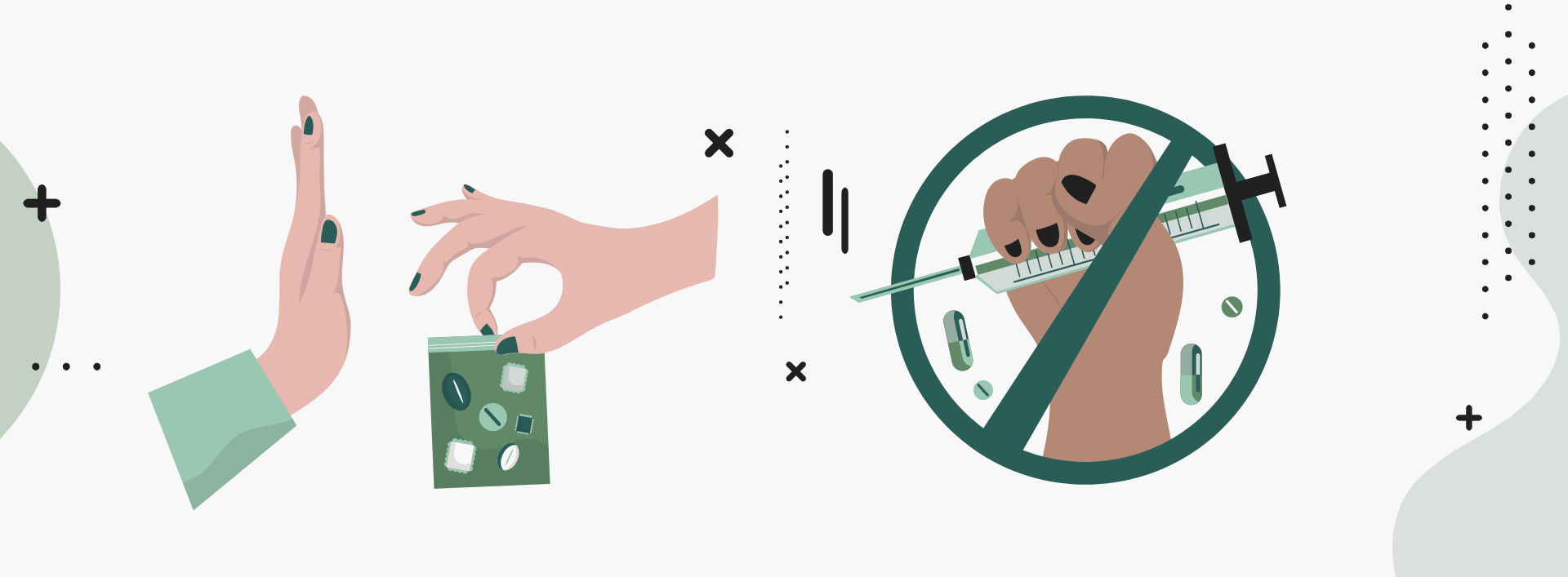
Extreme financial,
relationship or family
stress



Taking frequent
bathroom breaks
or unexplained
absences



Do you think there is a way to cure or prevent addiction in HCPs?



Thanks!

Do you have any questions?

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