

# PSYCHOSOCIAL PHARMACY



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

**Suman Kumar Mekap**  
**Assistant Professor (Pharmacology)**  
**CUTM, Bhubaneswar**

# Psychosocial Pharmacy

- ▶ Pharmacy to deal with the psychosocial aspects of society.
- ▶ Psychosocial aspects of legal and illegal drug use in a society; addiction and its relation to physical and psychologic child abuse; the prevention, treatment and maintenances of addiction; the origin and treatment of alcoholism; sexuality and health; venereal disease and its prevention; contraception and birth control; drug dependence.

# Drugs of misuse and abuse

- ▶ Drug abuse has led to detrimental impact on the society.
- ▶ It has led to increase in the crime rate.
- ▶ **Substance abuse** is the use of drug or other substance for non-medical use with the aim of producing some type of mind altering effect in the user.
- ▶ **Addiction** is a state of physical or psychological dependence on a substance.

# Common drugs to which one can become addicted

- ▶ **Cannabinoids** (eg: Hashish and Marijuana)
- ▶ **Stimulants** (eg: amphetamine and cocaine)
- ▶ **Depressants** (eg: Barbiturates and benzodiazepines)
- ▶ **Narcotics** (eg: Heroin, opium etc)
- ▶ **Hallucinogens** (eg: LSD and mescaline)
- ▶ **Dissociative anaesthetics** (eg: Phencyclidine)
- ▶ **Other compounds** (eg: steroids and inhalants)

# Risk factors of drug abuse

- ▶ Family history of substance abuse
- ▶ History of depression and low self-esteem
- ▶ Feelings of not fitting in and dropping out of the mainstream

# Psychotropic

- ▶ Psychotropic are the substances which change brain function and result in alteration in perception, mood or consciousness.
- ▶ These substance often cause subjective changes in consciousness and mood which the user may find rewarding and pleasant, leading to euphoria.
- ▶ It leads to compulsive drug use despite negative consequences when used consistently in excess.

# Psychotropic

- ▶ Commonly used psychotropic drugs:
  - Anxiolytics (eg: Benzodiazepines)
  - Euphoriants (eg: MDMA)
  - Stimulants (eg: Amphetamines)
  - Depressants (eg: Alcohol)
  - Hallucinogen (eg: LSD)

# Narcotics

- ▶ Narcotics refers to any psychoactive compound with any sleep-inducing properties.
- ▶ Legal definition “Substances and preparations that induce drowsiness, sleep, stupor, insensibility etc.”
- ▶ Usually refers to opiates most commonly morphine, heroin and all derivative compounds found with raw opium latex.
- ▶ In 1961 United Nations have passed a single convention on narcotics drugs which limit possession, use, trade, distribution, import, export, manufacture and production of drugs used for scientific/medical use and to control drug trafficking at international level.



# Narcotics

- ▶ The convention also establishes International Narcotics Control Board (INCB).
- ▶ The convention exercises control over more than 116 narcotic drugs.
- ▶ These includes: Morphine, codeine, heroin, synthetic derivatives like methadone, pethidine as well as cannabis, coca and cocaine.
- ▶ Opium smoking and eating coca leaf chewing, cannabis resin smoking and non-medical uses of cannabis is prohibited.

# Alcohol

- ▶ Alcohol is the most widely used substance in the world.
- ▶ Alcohol and tobacco are the two prime abused substances in the adolescent community.
- ▶ Alcohol is a potentially addictive substance.
- ▶ Alcohol depresses the normal functions of the brain.
- ▶ In small amounts it seems to calm down and relieves anxiety.
- ▶ In higher doses it causes talkativeness
- ▶ Even higher doses it cause sedation, loss of control
- ▶ Finally it may cause unconsciousness, coma and even death

# Effect of Alcohol

## **Health:**

- ▶ Various health and social consequences
- ▶ Affects most of the organs of the body
- ▶ Important contributor to death and disability
- ▶ Worldwide causes 1.8 million deaths per year

## **Society:**

- ▶ Marital disharmony and domestic violence
- ▶ Neglect children
- ▶ Criminal behaviours
- ▶ Financial problems

# Effect of Alcohol

## **Family:**

- ▶ Alcohol destroys the home much before it destroys the liver.


## **Occupational:**

- ▶ Poor work performance
- ▶ Absenteeism
- ▶ Poor relationship with colleague
- ▶ Loss of job

# Alcohol withdrawal symptoms

- ▶ Tremors of hands, tongue or eyelids later
- ▶ Nausea/vomiting
- ▶ Malaise/weakness
- ▶ Increased pulse
- ▶ Sweating
- ▶ Elevated blood pressure
- ▶ Anxiety
- ▶ Depressed/irritable mood
- ▶ Headache/sleeplessness

# Treatment of alcohol dependence

- ▶ Detoxification
  - ▶ Medications to decrease craving
  - ▶ Management of relapse
  - ▶ Group therapy
  - ▶ Family counselling
- 

# Tobacco & Tobacco related products

- ▶ Tobacco is used in mainly two forms: Smoking and Smokeless form.
- ▶ Followings are the tobacco related products:
  - ✓ Beedis
  - ✓ Chillum
  - ✓ Cigars
  - ✓ Hookah
  - ✓ Cheroots
  - ✓ Paan Masala
  - ✓ Chuttas
  - ✓ Paan with tobacco
  - ✓ Dhumti
  - ✓ Tobacco, areca nut
  - ✓ Pipe
  - ✓ Mawa
  - ✓ Hooklis
  - ✓ Khaini
  - ✓ Chewing tobacco

# IMPACT OF THESE HABITS ON SOCIAL HEALTH



# Implications of drug abuse

- ▶ Risk to personal safety (danger of death/injury by overdose, accident or aggression).
- ▶ Damage to health (including brain damage, liver failure, mental problems).
- ▶ Legal consequences (risk of imprisonment, fines and criminal record).
- ▶ Destructive behaviour (harm to self, family and friends).
- ▶ Financial problems and difficulties at work or school.
- ▶ Loose the trust of their friends and family

# Impact of these habits on productivity

Lack of productive employment and Impact on the workplace:

- ✓ Illicit drugs, alcohol and tobacco creates significant problems in the workplace.
- ✓ Work task that requires higher level judgement, constant attention, immediate memory and fine motor skills are easily disrupted by these habits.
- ✓ Drug abusers have more absenteeism, accidents on the job, lost productivity on the job.
- ✓ This can be prevented by supervision on the job, periodic prevention efforts and occasional intervention.

# Impact of these habits on Suicidal behaviours

- ✓ Leaving home, and living away from home, adjusting to a new social environment, financial difficulties, and academic pressure are causes of stress among the drug abusers.
- ✓ **Stress** cause psychological distress like commonly depression and affective disorders.
- ✓ These factors may lead to person towards **developing suicidal thoughts**.
- ✓ Timely Intervention like mental counselling to the drug abusers can prevent from suicidal thoughts.

**THANK YOU**

