

ADDICTION

Booklet15D

Addiction

Compulsory

2B. Contemporary issues of

vulnerability (1) Addiction : Types of addictions, e.g. drugs, alcohol, nicotine, gambling, online computer games; reasons for addictions, e.g. biological structures, psychosocial influence; problems associated with addictions; treatments

4A Disease prevention (primary, secondary and tertiary) and using precautions in our daily living patterns and

lifestyles(4) Attitude towards drug abuse for the prevention of addiction

Elective

Extended Study on Health Promotion and Health Maintenance Services

- e.g. Healthy School Policy for preventing drug abuse / Treatments and Rehabilitation Services for Alcoholics

Extended Study on Community and Social Care Services

- e.g. Services for Pathological Gambling / Internet Addiction of Youths

Current Issues of Health and Social Care

- e.g. School Drug Testing / Internet Addiction

Compulsory Part

- **Topic 2 - Health and Social Care in the Local and the Global Contexts**
- ***2B Contemporary issues of vulnerability***
 - 2B1 Addiction : Types of addictions, e.g. drugs, alcohol, nicotine, gambling, online computer games; reasons for addictions, e.g. biological structures, psychosocial influence; problems associated with addictions; treatments
 - ***To understand the impact and implications of addiction on the health / social care system***
 - ***To explore possible means and solutions for dealing with issues of vulnerability***
- **Topic 4 - Promotion and Maintenance of Health and Social Care in the Community**
- ***4A Disease prevention (primary, secondary and tertiary) and using precautions in our daily living patterns and lifestyles***
 - 4A4 Attitude towards drug abuse for the prevention of addiction
 - ***To carry out health practices that contributes to personal health***

Addiction – Theories and concepts in Compulsory Part

Compulsory

- Types of addictions, e.g. drugs, alcohol, nicotine, gambling, online computer games

Compulsory

- Reasons for addictions, e.g. biological structures, psychosocial influence

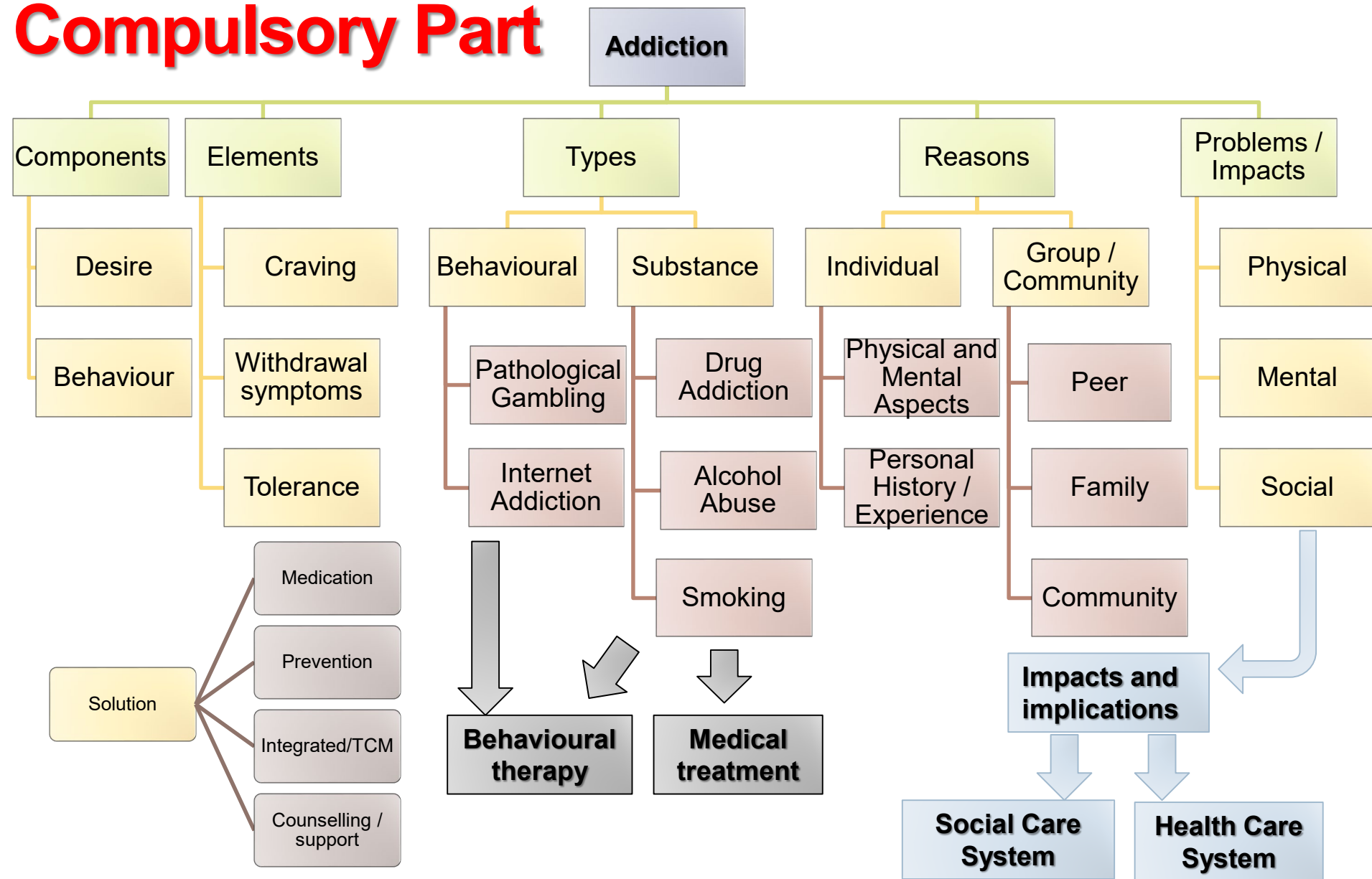
Compulsory

- Problems associated with addictions
- impact and implications on the health / social care system

Compulsory

- Treatments
- possible means and solutions for dealing with addiction

Addiction – Theories and concepts in Compulsory Part



15D.1 - Addiction

	Characteristics
Desire	<ul style="list-style-type: none">➤ two kinds of desires: desire of the addicts and the desire for the objects➤ pathetic if the patients fail to control themselves from the impulse of doing the addictive behaviour
Behaviour	<ul style="list-style-type: none">➤ after a number of repetitions of the behaviour–stimulus sequence, the addiction becomes established➤ addiction can be on substance or behavioural in nature

15D.1 Elements of Addiction

Element	
Craving	An intense feeling of need and prolonged desire; yearning for the substance or behavior
Withdrawal symptoms	Show negative emotional responses / discomfort when attempting to cut down the substance or stop the behaviour
Tolerance	Increasing amounts of the substance or the frequency of behavior to maintain same level of satisfaction

15D.1 – Types of Addiction

Types	Examples
Substance	<ul style="list-style-type: none">➤ Drug (drug addiction) : Heroin, Cannabis, Cocaine, Ketamine, Codeine➤ Alcohol (alcohol abuse)➤ Tobacco (smoking)
Behavioural	<ul style="list-style-type: none">➤ Pathological Gambling➤ Compulsive Buying➤ Internet Addiction➤ Workaholism

15D.2 - Types of Addiction – Substance

Element	Substance - Drug Addiction/ Alcoholism/ Smoking
Craving	<ul style="list-style-type: none">• A persistent desire for the substance/ unsuccessful efforts to cut down or control substance use despite knowledge of having a persistent or recurrent physical or psychological problem
Withdrawal symptoms	<ul style="list-style-type: none">• Withdrawal symptoms - negative physical and/or emotional responses / discomfort when attempting to cut down the substance• The same (or a closely related) substance is taken to relieve or avoid withdrawal symptoms
Tolerance	<ul style="list-style-type: none">• The substance is often taken in larger amounts or over a longer period than was intended• A need for markedly increased amounts of the substance to achieve the desired effect• Markedly diminished effect with continued use of the same amount of the substance

15D.2 - Types of Addiction – Pathological Gambling

Element	Behavioural Addiction- Pathological Gambling
Craving	➤ Always thinking about gambling
Withdrawal symptoms	➤ Has repeated unsuccessful efforts to control, cut back, or stop gambling - Is restless or irritable when attempting to cut down or stop gambling
Tolerance	➤ Needs to gamble with increasing amounts of money in order to achieve the desired excitement

15D.1 - Types of Addiction – Internet Addiction

Element	Behavioural Addiction- Internet Addiction
Craving	➤ Always thinking about using the Internet
Withdrawal symptoms	➤ Show negative emotional responses when attempting to cut down or stop using the Internet
Tolerance	➤ Increasing amounts of time of using the internet to maintain same level of satisfaction

15D.3 Reasons for Addictions

Factors	Examples / Description
Community	<ul style="list-style-type: none"> the higher the availability of a substance in the community and higher cultural acceptance of social use of the substance, the higher the risk of an individual's substance addiction
Family	<ul style="list-style-type: none"> persistent family conflicts and problems parents' influence: if parents have higher tolerance or even acceptance towards alcohol, often their children will be more likely to have alcohol drinking
Peer	<ul style="list-style-type: none"> peer pressure - having friends who are addicted and need to conform to the group (refer to Booklet 5)
Individual	<p><u>Physical and mental aspects</u></p> <ul style="list-style-type: none"> physical - with psychiatric disorders such as depression or anxiety mental - with poor impulse control or low stress tolerance / poor problem-solving skills <p><u>Personal history / experience</u></p> <ul style="list-style-type: none"> from disrupted homes or have been abused has the initial experience of changing his/her mood with a substance - serve as emotional or mental escape / mood modifiers - to relieve the stresses and strains of real life

15D.4 Problems Associated with Addictions

Aspects of health	Substance Abuse	Behavioural Addiction
Physical	<ul style="list-style-type: none"> • Harmful to body systems such as central nervous system, renal system, respiratory system, digestive system • Reduce physical coordination, distort the senses or impair memory, attention and judgment 	<ul style="list-style-type: none"> • Inadequate physical exercise induces different types of health problems such as over-weight • The putting off meals or sleep may induce malnutrition as well as reduce body immunity
Mental	<ul style="list-style-type: none"> • Long-term psychological problems or ongoing stressors • Mental health problems such as anxiety, depression, suicidal feelings and behaviours, insomnia, emotional instability, irritability, aggressive behaviour and psychotic symptoms • Psychological dependence develops when the substance or behaviour becomes central to a person's thought, emotions and activities 	
Social	<ul style="list-style-type: none"> • Predominate over all other social activity, leading to loss of hobbies and interests • Lead to the breakdown of family relationships and friendships, unemployment, difficulties in work or school, telling lies, debts and criminal activity 	

15D.2/4 Impacts on Health Care System

Physical and psychological illnesses – Increase the burden of health care system

Drug addiction	<ul style="list-style-type: none"> • more likely to develop tuberculosis, kidney and liver problems and other infections including AIDS • also more likely to develop mental illnesses like psychosis, depressive illness and anxiety disorders
Alcohol Abuse / Alcoholism	<ul style="list-style-type: none"> • may lead to cirrhosis, neurological, gastrointestinal, hepatic and cardiovascular complications • acute alcohol intoxication - lead to loss of control over one's behaviour, increased risk of accidents and neurological & respiratory diseases • chronic alcoholism can cause vitamin B1 deficiency, damage the nervous system and result in tremor, seizures, memory loss and confusion
Smoking	<ul style="list-style-type: none"> • lung cancer • a variety of diseases: respiratory diseases, cardiovascular diseases, cancers, digestive disorders, oral diseases
Pathological Gambling	<ul style="list-style-type: none"> • putting off meals or sleep may induce malnutrition as well as reduce body immunity
Internet Addiction	<ul style="list-style-type: none"> • lack of physical activities increases risk of obesity • photo-sensitive epilepsy, repetitive strain injuries and peripheral neuropathy due to excessive play

15D.2/4 Impacts on Social Care System

Behavioural and Social Problems – Increase the burden of social care system

Drug addiction	<ul style="list-style-type: none"> • affects the personality of the individual and he may indulge in petty crimes, like stealing, shoplifting, commercial sex or other socially unacceptable behaviors • gradually drift away from his friends and family members moving in a circle of other addicts • leave or be thrown out of the job - unemployment
Alcohol Abuse / Alcoholism	<ul style="list-style-type: none"> • a high incidence of violence and aggressive behaviours such as spouse abuse and child abuse • increases the risk of sexually transmitted diseases, pregnancy, and sexual assault because of impaired judgment
Pathological Gambling	<ul style="list-style-type: none"> • alienating family and friends • engage in illegal acts to finance the gambling • suicidal thoughts and attempts, divorce, alcohol and/or other drug abuse
Internet Addiction	<ul style="list-style-type: none"> • Excessive use of the Internet affects daily lives by increasing social alienation, leading to conflicts between friends and family members, and lack of trust due to the behaviours to conceal the excessive use

15D.5A. Therapy

Therapy	Substance Abuse
Aim	To provide intervention which is tailored to individual's medical, psychological, vocational, legal and other social needs and prevent relapses
Medication	Reducing craving, replacing one drug (e.g. heroin) with another (e.g. methadone), blocking the effect of a certain drug, causing unpleasant reactions when the addicted drug is used, or improving one's psychological health
Other services	Counseling or psychotherapy, family therapy, parenting instruction, vocational rehabilitation, and social and legal services

15D.5A Therapy

Therapy	Behavioural Addiction / Substance Abuse
Aim	To facilitate <ul style="list-style-type: none">➤ interpersonal relationships and➤ the individual's ability to function in the family and community
Behavioural therapy	<ul style="list-style-type: none">➤ issues of motivation➤ building skills to resist addictive activity➤ replacing addictive activity with constructive and rewarding ones, and➤ improving problem-solving abilities

15D.5 A Therapy

- Application of Stages of change model (Booklet 9) – Stages of Change Model

Stages	Addiction as Example
Pre-contemplation	<ul style="list-style-type: none"> ➤ May view the addictive behaviour as positive experience ➤ Do not seek treatment & resistant to change ➤ Lacking awareness of possible adverse consequences
Contemplation	<ul style="list-style-type: none"> ➤ Acknowledging that there is a problem but not yet ready or sure of wanting to make a change
Preparation/ Determination	<ul style="list-style-type: none"> ➤ Prepare to make a specific change and willing to have experiments with small changes such as switching to a different brand of cigarettes or decreasing their drinking
Action	<ul style="list-style-type: none"> ➤ a range of new behaviors and demonstrates new knowledge, insights, attitudes and skills
Maintenance and Relapse Prevention	<ul style="list-style-type: none"> ➤ Developing a healthy and addiction-free lifestyle

15D.5B Possible Means and Solutions - (1) Alcoholics

		For Alcoholics
Treatment	Clinic	<ul style="list-style-type: none"> ➤ Tuen Mun Alcohol Problems Clinic (TMAPC) ❑ Provide comprehensive assessment to identify the needs and formulate the plan for intervention ❑ Provide treatment on alcohol detoxification to minimise the physical harms ❑ Provide treatment and counselling for psychiatric and psychological problems in order to tackle the factors leading to alcoholism
	In-patient Service	<ul style="list-style-type: none"> ➤ The alcoholic patients requiring in-patient treatment for detoxification or management of co-existing psychiatric and psychological problems are admitted to Castle Peak Hospital.
	Community Service and rehabilitation	<ul style="list-style-type: none"> ➤ The service is provided in form of public education through talks, seminars and media coverage to general public, teachers, social workers & nurses ➤ Alcohol Anonymous - provide a platform for alcoholics to support each other through information and experience sharing

15D.5B Possible Means and Solutions - (2) Drug Addicts

	For Drug Addicts	
Drug Treatment	<ul style="list-style-type: none"> ➤ Government <ul style="list-style-type: none"> ❑ Compulsory placement scheme (Correctional Services Department) ❑ Voluntary out-patient methadone treatment programme (Department of Health) ❑ Substance abuse clinics(Hospital Authority) 	<ul style="list-style-type: none"> ➤ Non-governmental Organisations (NGOs) <ul style="list-style-type: none"> ❑ Counselling service for psychotropic substance abusers ❑ Voluntary in-patient programmes
Types	➤ Outpatient	➤ Example: Tuen Mun Substance Abuse Clinic (TMSAC)
	➤ Inpatient	➤ Example: consultation-liaison Service - medical consultation provided by doctors
	➤ (Short-term /long-term) Hostel	<ul style="list-style-type: none"> ➤ Examples: <ul style="list-style-type: none"> ❑ For female - Barnabas Charitable service Association Ltd ❑ For male - Hong Kong Christian Service Jockey Club Lodge of Rising Sun, Shek Kwu Chau Treatment and Rehabilitation Centre of the Society for the Aid and Rehabilitation of Drug Abusers
	➤ Community - Rehabilitation and Counseling	<ul style="list-style-type: none"> ➤ Befriender Group Meeting ➤ Counselling for Relapse prevention

15D.5B Possible Means and Solutions – (3)

Pathological Gambling

		For Pathological Gambling
Levels of prevention	➤ Primary	<ul style="list-style-type: none"> ➤ Community and Youth Prevention Programs ❑ Targeting all students to increase young people's knowledge in pathological gambling and decrease the availability of gambling
	➤ Secondary	<ul style="list-style-type: none"> ➤ Community and Youth Prevention Programs ❑ To identify high-risk youths who have participated in gambling in order to prevent the progression of gambling addiction ➤ Hotline
	➤ Tertiary/ Treatment	<ul style="list-style-type: none"> ➤ Counselling and Casework ❑ Individual, couples and families counselling ❑ Psychological & psychiatric assessment and treatment provided by clinical psychiatrists & psychiatrists ❑ Financial & debt Counselling ❑ Emergency relief and temporary refuge ❑ Group therapy

15D.5B Possible Means and Solutions – (4)

Smoking

	For Smoking	
Services	<ul style="list-style-type: none"> ➤ Government <ul style="list-style-type: none"> ❑ Department of Health - smoking cessation clinics – counselling lasting for 8 to 12 weeks ❑ Hospital Authority Smoking Counselling and Cessation Programme - frontline health care staff proactively promote smoking cessation services to inpatients and outpatients who are smokers 	<ul style="list-style-type: none"> ➤ Non-governmental Organisations (NGOs) <ul style="list-style-type: none"> ❑ TWGHs Integrated Smoking Cessation Service – Both pharmacotherapy and psychological counseling are included and provided by medical officers, nurses, clinical psychologists and counselors who provide a comprehensive assessment including a medical check-up and nicotine dependency for every quitter to formulate a tailor-made treatment plan ❑ Pok Oi Smoking Cessation Service using Traditional Chinese Medicine - counselling and acupuncture are provided by POH Chinese medicine practitioners in the mobile clinics

15D.5B Possible Means and Solutions – (5)

Internet Addiction

For Internet Addiction

	For Internet Addiction
Counselling Services	<ul style="list-style-type: none"> • Counselling hotline – services provided by Registered Social Workers
	<ul style="list-style-type: none"> • Outreaching and counselling service
	<ul style="list-style-type: none"> • Online groups - to nurture young people's interests in areas other than computer use through topic discussion on internet issues, camping and outdoor activities
Supportive services	<ul style="list-style-type: none"> • Talks and Workshops - to enhance the awareness of young people and parents on the issues of internet addiction, its harms and ways in handling
	<ul style="list-style-type: none"> • Online buddy alliance / health ambassadors - young people who have been served help disseminate the messages of healthy computer use to the society
	<ul style="list-style-type: none"> • Parent Support Network - help parents to develop their skills and confidence in handling their children's internet problems; to relieve stress in parenting when handling the conflicts aroused from internet problems and build up a mutual aid network among them

Elective Part (Addiction)

Extended Study on Health Promotion and Health Maintenance Services

- e.g. “Drug-free Campus” – health promotion scheme
- e.g. treatment and rehabilitation programmes for the alcoholics

Extended Study on Community and Social Care Services

- e.g. services for pathological gamblers
- e.g. services for internet addicts

Current Issues of Health and Social Care

- e.g. School Drug Test
- e.g. Internet Addiction of Youth

Examples of Field Learning Activities for Extended Study on Community and Social Care Services

Setting	Observation	Interview	Service / Activity
Anti-drug Abuse Centre	Key concepts : addiction, reasons for addiction, treatment, “relapse prevention”		
	<ul style="list-style-type: none"> • Services provided • Environment and facilities • Characteristics of client groups • Atmosphere of the centre • Job duties of various workers in the unit 	<p><u>Clients</u></p> <ul style="list-style-type: none"> • Needs • Views on services • Experience of using the services • Physical, intellectual, emotional and social aspects of health • Family relationship • Peer relationship <p><u>Professionals</u></p> <ul style="list-style-type: none"> • Duties / division of work • Intervention objectives, approaches and skills • Work related training programmes / pathways • Difficulties related to the jobs 	<p>Volunteer services can be provided through:</p> <ul style="list-style-type: none"> • Anti-drug ambassador • School promotion activities • Writing stories of ex-drug addicts • Anti-drug carnival <p>Sit in / Be an observer in:</p> <ul style="list-style-type: none"> • Sharing of ex-drug addicts • Talks on drugs

Examples of Field Learning Activities for Extended Study on Health Promotion and Health Maintenance Services

Setting	Observation	Interview	Service / Activity
Patient self-help groups (for alcoholics)	<ul style="list-style-type: none"> • Key concepts: addictions, communication skills, social support network, different forms of care, models of health promotion, empowerment, holistic health <input type="checkbox"/> Environment and facilities of the centre <input type="checkbox"/> Characteristics of client groups <input type="checkbox"/> Team work among different professionals 	<p><u>Patients</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Need <input type="checkbox"/> Difficulties: e.g. reactions after medication, employment, family relationships <input type="checkbox"/> Informal support/ social support network <input type="checkbox"/> Health literacy <input type="checkbox"/> Healthy lifestyles <p><u>Professionals</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Intervention approach and skills <input type="checkbox"/> Advocacy work 	<p>Volunteer services can be provided through:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Health promotion on healthy lifestyles / prevention of alcoholism <input type="checkbox"/> Activities with patients and their families <p>Sit in to be an observer in:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Group meetings <input type="checkbox"/> Talks / seminars on healthy lifestyles for alcoholics

Examples of Study Questions for Current Issues of Social Care

Theme	Pathological Gambling
Study questions	<ul style="list-style-type: none"> • What are the features of pathological gambling? • According to the Erikson's stages of psychosocial development and Kohlberg's theory of moral development, how pathological gambling may hinder the psychosocial and moral developments of a teenager ? • Analyse the reasons for teen pathological gambling at the levels of individual, peer, family and community. • What types of services at individual, group and community levels are / should be provided to help the teenagers with problems of pathological gambling?

Examples of Study Questions for Current Issues of Health Care

Theme	Drug Abuse
Study questions	<ul style="list-style-type: none"> • What are the major reasons for youth drug abuse in Hong Kong? • What are the pros and cons of implementing School Drug Test? • Other than School Drug Test, how the problem of youth drug abuse can be alleviated? Suggest your answers based on the Five Action Means of the Ottawa Charter. • How different policy instruments can be used to tackle the issue of youth drug abuse?