

Week: 7

Subject: Basic science

Topic: Drug abuse

Class: jss

INTRODUCTION: Drug use is the taking of drugs correctly in the right amount, frequency and manner. These days, drugs serve many medicinal functions. There are drugs that affect blood pressure, fertility and appetite. We also have drugs to give us energy, drugs that put us to sleep and drugs to relieve our anxiety. When these drugs are used under medical supervision, they serve a useful purpose.

Drug abusers generally do not understand the risk that drugs pose to physical, mental, social and emotional well-being.

MEANING OF DRUG ABUSE

Drug abuse is the taking of drugs without proper prescription, or self-administration of drug in a way that deviates from approved medical or social pattern.

METHODS OF DRUG ABUSE

All drugs can be abused, even those prescribed by the physician.

1. Drugs are abused by using or administering a drug for the sole purpose of inducing sleep, alertness or relaxation.
2. Drugs are also abused when they are taken over-dose or under-dose.
3. Drugs are abused when they are not taken at the right time.
4. Drugs are abused when they are taken without doctors prescription.

Methods of introducing drugs into the body

1. **Smoking:** Drugs such as marijuana(indian hemp) are smoked either rolled in paper, leaf or put in a pipe.
2. **Ingestion (swallowing):** This is probably the most common method of introducing drugs into the body. Drugs in form of capsules, tablets. Syrups are taken in this form.
3. **Inhalation:** This is the entrance through the respiratory system. The drugs that are inhaled has immediate effect on the central nervous system. They are inhaled to induce intoxication, excitement, aggression or hallucinate.
4. **Injection:** this involves injecting drugs directly to the blood stream through the capillaries, arteries or veins. In this method of introducing drugs to the body, drugs in liquid form such as (syrup) and other powdered form, eg cocaine, is frequently mixed with a liquid and injected directly into the vein.

5. **Absorption through the skin:** Drugs used in this form are mild body creams. Some are used to maintain the skin while some are used to treat skin diseases.

Ways of misusing drugs

Drug misuse is the taking of a drug for its medically-intended purpose, but not in the appropriate amount, frequency, strength, or manner. Misuse of drugs may occur in the following ways;

1. When a patient shares a prescribed drug with a friend or family member for whom the drug was not prescribed for.
2. When a patient misunderstands the direction for the use of the prescribed drugs. For example, not taking the drugs at the stipulated time, periods or intervals.
3. Taking drugs to gain confidence or boldness to commit suicide, crime, rape, assault etc.
4. When a patient takes a prescribed drug other than which it was prescribed for
5. When a patient takes a dosage other than that recommended. In this case, it may involve overuse (over dose) or underuse (under dose).
6. Taking drugs to induce sleep without seeking for prescription from a qualified medical personnel.

Causes of drug abuse

1. **Having negative self – esteem or low self –esteem**

A person with negative self-esteem is never satisfied with needs and may be setting unrealistic goals.

2. **Emotional breakdown**

The little money the drug user gets is often spent on drugs.

3. **Being unable to resist peer pressure**

Most times, some friendship circle engage in drugs as part of their social events and in the desire to fit in, the person certainly has to conform to the norms of rules of the group.

4. **Mind- altering drugs**

Alcohol and marijuana slows user's reaction and often impairs users sense of reasoning and judgment.

Consequences of drug abuse

1. Arrest for drug possession.
2. Impaired sense of reasoning.
3. Unwanted pregnancy.
4. Risk of contracting HIV/AIDS.
5. Sexually transmitted diseases.
6. Tendency of committing suicide
7. Gradual death of the liver (from chronic use of alcohol).
8. Accidents
9. **Death.**

