

Class Preparation  
Substance Abuse

Fill in the chart:

Drugs	Symptoms of Use	Symptoms of Intoxication	Symptoms of Withdrawal
<b>CNS Depressants</b> Examples:  Benzodiazepines, sedatives, tranquilizers, and hypnotics	difficulty thinking, confusion, speech problems, loss of coordination, and muscle weakness.	<ul style="list-style-type: none"> <li>- slurred speech.</li> <li>- poor concentration.</li> <li>- confusion.</li> <li>- headache.</li> <li>- light-headedness.</li> <li>- dizziness.</li> <li>- dry mouth.</li> <li>- problems with movement and memory.</li> </ul>	<ul style="list-style-type: none"> <li>- seizures.</li> <li>- shakiness.</li> <li>- anxiety.</li> <li>- agitation.</li> <li>- insomnia.</li> <li>- overactive reflexes.</li> <li>- increased heart rate, blood pressure, and temperature with sweating.</li> <li>- hallucinations.</li> </ul>
<b>CNS Stimulants</b> Examples:  Amphetamines Cocaine. Methylphenidate. Modafinil. Oxybate.	Decreased appetite - possible therapeutic effect in specific users. Anxiety. Jitteriness. Headaches. Weight loss. Insomnia. Psychosis. Pruritus.	<ul style="list-style-type: none"> <li>- seizures</li> <li>- confusion</li> <li>- respiratory depression</li> <li>- chest pain</li> <li>- cardiac arrhythmias</li> </ul>	<ul style="list-style-type: none"> <li>- Intense cravings for stimulants</li> <li>- Sleep difficulties</li> <li>- Loss of cognitive function</li> <li>- Extreme mood swings</li> <li>- Chills</li> <li>- Body aches</li> <li>- Tremors and shakiness</li> <li>- Fatigue</li> <li>- Exhaustion</li> <li>- Difficulty concentrating</li> <li>- Depression</li> <li>- Anxiety</li> </ul>
<b>Opioids</b> Examples:  Meperidine, heroin, methadone	<b>CNS effects:</b> euphoria, mood changes, mental clouding, drowsiness, pain reduction <b>Gastrointestinal effects:</b> n/v, decrease GI motility <b>Cardiovascular effects:</b> ↓ pain (MI), ↓BP	Sx last for several hrs <ul style="list-style-type: none"> <li>- euphoria</li> <li>- apathy</li> <li>- dysphoria</li> <li>- psychomotor agitation or retardation</li> <li>- impaired judgment</li> <li>- Constricted pupils, ↓ respirations, ↓ BP, Slurred speech</li> </ul> <b>Severe opioid intoxication</b> <ul style="list-style-type: none"> <li>- respiratory depression, coma, and death.</li> </ul>	<b>From ultra-short-acting (meperidine)</b> <ul style="list-style-type: none"> <li>- Symptoms begin quickly, peak in 8 to 12 hours, and subside in 4 to 5 days</li> </ul> <b>From short-acting drugs (heroin)</b> <ul style="list-style-type: none"> <li>- Symptoms occur within 6 to 8 hours, peak within 1 to 3 days, and gradually subside in 5 to 10 days.</li> </ul> <b>From long-acting drugs (methadone)</b> <ul style="list-style-type: none"> <li>- Symptoms occur</li> </ul>

			<p>within 1 to 3 days, peak between days 4 and 6, and subside in 14 to 21 days.</p> <p><b>Sx:</b>  nausea/vomiting, lacrimation, or rhinorrhea, pupillary dilation, Piloerection/ chills, sweating, abdominal cramping, diarrhea, yawning, fever, Insomnia, Panic</p>
<p><b>Hallucinogens</b>  Examples:</p> <p>Mescaline, Psilocybin, salvia</p>	<p><b>Physiological</b>  Nausea/vomiting, Chills, Pupil dilation, Increased blood pressure, pulse, Insomnia, Elevated blood sugar, Decreased respirations</p> <p><b>Psychological</b>  Heightened response to color, sounds, Paranoia, panic, Euphoria, Depersonalization/ Derealization, Hallucinations → stimulation of the SNS</p>	<ul style="list-style-type: none"> <li>- headache,</li> <li>- abdominal pain,</li> <li>- nausea or vomiting,</li> <li>- high blood pressure,</li> <li>- rapid heartbeat,</li> <li>- trembling, and diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>- Stiff muscles</li> <li>- Depressed breathing</li> <li>- Convulsions</li> <li>- Rapid heart rate</li> <li>- Extreme changes in body temperature</li> <li>- Cravings</li> <li>- Headaches</li> <li>- Sweating</li> <li>- Seizures</li> <li>- Flashbacks<sup>3</sup></li> </ul>
<p><b>Inhalants</b>  Examples:</p> <p>fuels, solvents, adhesives, aerosol propellants, and paint thinners</p>	<p><b>CNS effects:</b></p> <ul style="list-style-type: none"> <li>- ataxia, neuropathy, speech problems, tremors</li> </ul> <p><b>Respiratory effects:</b></p> <ul style="list-style-type: none"> <li>- wheezing, dyspnea, emphysema, pneumonia</li> </ul> <p><b>Gastrointestinal effects:</b></p> <ul style="list-style-type: none"> <li>- abdominal pain, n/v</li> </ul> <p><b>Renal system effects:</b></p> <ul style="list-style-type: none"> <li>- acute and chronic renal failure</li> </ul>	<p>Develops during or shortly after exposure</p> <ul style="list-style-type: none"> <li>- Dizziness, ataxia, muscle weakness, Euphoria, excitation, disinhibition, slurred speech, Nystagmus, blurred or double vision, Psychomotor retardation, hypoactive reflexes</li> </ul>	<ul style="list-style-type: none"> <li>- Agitation and irritability.</li> <li>- Powerful headaches.</li> <li>- Nausea.</li> <li>- Excessive sweating.</li> <li>- Tremors and convulsions.</li> <li>- Excessive sweating.</li> <li>- Abdominal cramping.</li> <li>- intense cravings.</li> </ul>