Kameg, B. N., Lindsay, D., Lee, H., & Mitchell, A. (2020). Substance Use and Exposure to Adverse Childhood Experiences in Undergraduate and Graduate Nursing Students. Journal of the American Psychiatric Nurses Association, 26(4), 354–363.
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1. Nursing students may be at increased risk for substance use or misuse for which of the following reasons?

A. Heavy academic workload

B. Limited information surrounding addiction within schools of nursing

C. Peer influence

D. All of the above are correct

2. Which of the following statements is true?

A. Schools of nursing should pursue disciplinary action for students who use illicit substances

B. Schools of nursing should implement non-punitive policies for students struggling with illicit substance use or alcohol use

C. For students under the age of 21 years who drink alcohol, schools of nursing should prohibit engagement in clinical settings

D. Nursing faculty should screen all students for alcohol use

3. Based on the study, which of the following statements is true?

A. Graduate students were more likely to use alcohol when compared to undergraduate students

B. Over one-half of students endorsed exposure to adverse childhood experiences (ACEs)

C. Students who identified as men were more likely to use drugs when compared to students who identified as women

D. Over one half of students endorsed moderate- to high-risk alcohol use

4. What is the approximate lifetime prevalence of drug use disorders in the United States?

A. 50%

B. 10%

C. 15%

D. 20%

5. The Alcohol Use Disorder Identification Test (AUDIT) is a ten-item instrument that assess alcohol use, with scores ranging from 0 to 40. Clinical cut-off scores are recommended at which of the following values?

A. 4

B. 6

C. 8

D. 12

6. Based on the study, there was an association between which of the following?

A. Drug use and adverse childhood experiences

B. Alcohol use and adverse childhood experiences

C. Drug use and alcohol use

D. Gender and alcohol use

Summary

Substance misuse is a huge problem that nurses are not unaware of. It been seen mostly in adolescence or early adulthood. There has been a study stating that adverse childhood experiences (ACE) exposure “among nursing students” have a high correspondence together.

A survey was conducted between the number of students who use substances and had those ACE exposures. The results were that “Moderate- to high-risk alcohol use was identified in 20% of students, while moderate- to high-risk drug use was identified in 3.6% of students. More than half of students endorsed exposure to at least one ACE.” The conclusion to this survey was for nursing instructors to start developing some type of intervention to help and inform the students on the seriousness of this disorder. From the different psychological and physiological changes that can happen within a time span, substance misuse can hinder “critical learning opportunities in the clinical education setting.” The big thing is safety.

Stress and social support have been known to be another risk factor. The workload that nursing students have to take on, and if one do not have support through this trying time in their life, it can mess with the person mentally.

The survey that was conducted was completely anonymous and the student could also decline some of the questions that were being asked. The AUDIT asks questions on alcohol use, and how much that student consume, and the different stressors they are dealing with. The DAST-10, unlike the AUDIT, talked more about drug misuse. “Nearly 20% of students (n = 108, 19.3%) endorsed moderate- to high-risk alcohol consumption as evidenced by an AUDIT score greater than 8…he majority of the students (96.4%) endorsed low-risk drug use, while 3.6% of students endorsed moderate- to high-risk drug use..” With the ACE-Q more than half of the participants was exposed to at least one ACE.