

Pain Control Article Questions

Nursing Foundations

2022

Please read the attached article and answer the following questions:

1. State the differences between substance abuse, substance misuse, drug addiction, and pseudoaddiction.

Substance abuse is the irregular use of drugs without monitoring by a physician or other qualified professional, in terms of drug administration route, quantity taken, or both. Substance misuse is the incorrect use of prescription medication or use for reasons for which it was not prescribed, whether intentional or unintentional. Drug addiction is a physiological process in which a patient finds the effects of a substance so rewarding that he or she finds it difficult to manage the appropriate usage of the drug. Pseudoaddiction is the phenomenon that manifests when a patient displays drug seeking behavior resembling that of true addicts when their pain is inadequately managed.

2. Explain the patient signs and symptoms associated with each of the common drugs of abuse.

Marijuana at higher concentrations presents as hypotension and bradycardia, at lower concentrations it presents as increased heart rate, and mild increases in blood pressure. Marijuana acute intoxication presents as euphoria, paranoia, anxiety, and decreased cognitive and psychomotor abilities. Hallucinogens often cause agitation, hallucinations, delirium, hyperthermia, nausea, tachycardia, hypertension, hyperglycemia, and dry mouth. Alcohol presents with slurred speech, bradycardia, respiratory depression, hypotension, and coma. Cocaine presents with euphoria, catecholamine buildup, increased heart rate and blood pressure, seizures, myocardial ischemia, and stroke. Heroin presents with miosis, hypothermia, bradycardia, and respiratory depression.

3. State your thoughts on pain control. Do you feel individuals with chronic pain should be refused pain medication by a physician or pharmacist? Are there other treatments, or avenues available to assist with pain control? Give examples of other ways to deal with pain and how can you as a nurse encourage the use of other treatments?

I believe that alternative pain relief methods should be explored before patients are prescribed pain medications, as these can put the patient in worse condition from dependency or addiction as well as many drug side effects. Alternative pain relief treatments could include lifestyle and diet changes, psychotherapy, or biofeedback. Lifestyle changes would be ensuring that the patient is getting an adequate amount of exercise, and consuming the recommended amount of important nutrients. Psychotherapy can help reframe negative thinking about pain that may be interfering with ability to function well in life, work, and relationships. Biofeedback is a machine assisted technique that helps people take control of their own body responses, including pain. As

a nurse, you can educate the patient on these alternative routes and the risk of the use of pain medication.

4. What are some signs of abuse?

Abuse has many contributing factors such as economic, psychological, physical, and legal harm. Signs can include seeking drugs from multiple physicians to obtain a bigger supply of drugs, or they may crush medications in order to inactivate the controlled release mechanism for a greater drug response.

5. What education should be provided to individuals that are being released or discharged with prescriptions for pain control?

Patient should be educated on the risk of taking the med, such as adverse effects, as well as the risk of addiction, dependency, withdrawal. They should also be educated and encouraged to try alternative pain management methods as well to avoid overuse.