

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 pseudo addiction.

Substance abuse is defined as the utilization of drugs without the guidance of a physician including method used or the quantity taken. **Substance misuse** is defined as the incorrect use of prescription medications, or using the medication when it was not prescribed, regardless of intentional or unintentional misuse. **Drug addiction** is defined as a physiological process in which the patient finds the effects of a substance so rewarding that the patient struggles to manage the appropriate use of the drug. It is a craving and impulse for the drug and continued use of the drug even though the patient is aware of the consequences. **Pseudo addiction** is when a patient displays drug-seeking behavior, like authentic drug addicts even though their pain is properly managed.

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

The signs and symptoms of a higher concentration of **marijuana** include hypotension and bradycardia. Lower doses of marijuana include increased heart rate and mild increases in blood pressure. Acute intoxication of marijuana includes signs of euphoria, paranoia, anxiety, and depression in cognitive functioning. The signs and symptoms pertaining to the hallucinogen **PCP** or phencyclidine includes dissociation with agitation, hallucinations, and delirium. The signs and symptoms pertaining to the hallucinogenic **LSD** or lysergic acid diethylamide include hyperthermia, nausea, perspiration, tachycardia, hypertension, hyperglycemia, and dry mouth. The signs and symptoms of **alcohol** include slurred speech, bradycardia, respiratory depression, hypotension, and coma. The signs and symptoms of **cocaine** include increased heart rate and increased blood pressure. Adverse complications of cocaine include seizures, coronary vasospasm, myocardial ischemia, and stroke. Patients on cocaine can also display palpitations and dyspnea. The signs and symptoms of **heroin** include 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?

My thoughts on pain control are of mixed opinions. I feel that individuals with chronic pain should be able to access the therapies they need, especially in marginalized communities where chronic pain is prevalent. I mention chronic pain because it is the

leading cause of prescription opioid substance abuse. If the reasoning of chronic pain was addressed, it could help prevent prescription opioid substance abuse or prevent self-medicating with marijuana or methadone. I feel that it would be wrong to characterize every individual with chronic pain as a drug-seeking individual solely because they have chronic pain. It is a similar issue with the abuse of the Medicaid government program. There are individuals who genuinely need financial assistance and who utilize the program for what it's made for. Unfortunately, there are others who abuse the program to benefit from other people at their expense. Addressing other implicating factors like low socioeconomics, adequate outreach programs, clinics or health resources could possibly help prevent marginalized communities from turning to prescription opioid use. Some avenues to help assist with pain control include, physical therapy, psychological therapy like counseling, cognitive behavioral therapy which can include journaling, roleplaying, or meditation. As the nurse, I would be able to encourage a multitude of routes to assist my patient in their journey of healing. This includes community-based organizations focusing on spiritual or somatic therapies like meditation, yoga, acupuncture, and massage therapy. I could also encourage the use of temperature therapy like saunas and ice baths. I could also educate my patient on focusing on things they can and can't control, and how this could alleviate stressors.

4. What are some signs of abuse?

Signs of abuse include hesitation to reduce medicinal intake or listen to advice for abstinence if their pain are not sufficiently managed. Some other signs include crushing pills to eliminate the controlled-release effect to achieve a more euphoric effect. Signs also include seeking out doctors to obtain opioid prescriptions or obtain bigger supplies of the drug, using drugs without physician guidance, or claiming to need the drug to function normally.

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

Some forms of education that I can provide my patient about prescription pain medication include only taking the medication for the prescribed amount of time, having a reliable family member act as a sponsor to support in healthy drug consumption. Emphasize the importance of only taking the drug for the prescribed use and be in close contact with their physician or health clinic if they have comments or concerns. I could also provide them with educational pamphlets and websites they could access for more information.

Remember to post in a substantive manner with at least 250 words.