

Signs and Symptoms

1. CNS depressant
2. Slurred speech
3. Unsteady gait
4. Confusion
5. Behavioral changes
6. Chronic Abusers

swollen nose
spidery veins
thickened/red palms

Complications

suicide
psychotic issues
(delusions/hallucinations)

Dietary Deficiencies

- lack Vitamin B1 (thiamine)
- Vitamin B12 (folic acid)

Thiamine deficiency

Wernicke-Korsakoff syndrome
neurological problem –
dementia
ataxia
double vision
somnia
horizontal nystagmus

Cirrhosis of the Liver – bleeding tendencies; esophageal varices
Hepatitis
Ulcers

Alcoholism

Must assess and
Monitor for W/D

Antabuse (disulfiram) = aversion therapy

- Don't give within 12 hours of drinking ETOH
- Contraindicated in pregnancy/nursing moms
- Monitor liver, CBC and electrolytes
- Physical/Psychological exam done 1st
- Must avoid all alcohol – cough syrup, cooking sauces, etc. – otherwise = flushing, throbbing HA
BP problems (hypo); N/V, tremors, diaphoresis, weakness, confusion
- Adverse effects = impotence, decreased libido, fatigue, unpleasant taste = usually disappear in a few weeks
- Report problems- liver or other
- Wear medic alert bracelet

Used in those with alcohol cravings where other
Therapies have failed

Alcohol Tolerance

cross tolerant to other depressants

Carbonation increases absorption

ASA, Tagamet and Zantac increase absorption

Alcohol Withdrawal: 3 stages

Autonomic hypersensitivity

(occurs within 12-18 from last drink)

Elevated VS

nervousness/agitation

shakes/tremors

Neuronal Excitation

(occurs within 24-36 hours)

Severe tremors

increasing agitation

auditory hallucinations (high risk suicide)

Sensory Perceptual Disturbances

(occurs within 3-4 days)

Visual hallucinations

Seizures

Delirium Tremens – all hallucinations

High fever, Tachycardia, diarrhea,

Death

Codependent/Enabler

one whose behavior affects someone else's

tries to keep family together

often the one the alcoholic blames

Must stop the co-dependence – only then the alcoholic seeks help

Family programs – Al-Anon, Al-A-Teen, etc.

Anxiety Disorder

Panic Attacks

1. Characterized by intense fear and anxiety
2. No known cause
3. Symptoms:
 - shaking
 - diaphoresis
 - a smothering or choking feeling
 - Nausea
 - chest pain (May think they are having a heart attack)
 - tachycardia
 - dizziness

Phobias

1. A persistent, excessive, unreasonable, severe fear of a particular thing or event
2. The object of the fear can be anything
3. The person knows the fear is unreasonable but can't control it
4. Types
 - A. **Agoraphobia** = fear of open spaces or of being in a place from which escape may be difficult or embarrassing.
 - B. **Social phobias** = fear of embarrassment or humiliation (public speaking, eating in public, etc.)
 - C. **Obsessive-Compulsive Disorders** = marked by obsessions and compulsions
 - Obsession** = recurrent, persistent, intrusive thoughts or belief that they can't ignore
 - Compulsion** = a repetitive behavior that the person feels driven to perform, sometimes constantly

Electroconvulsive Therapy (ECT)

Causes seizures by sending a small amount of electricity through the brain

The shock affects the brain's level of neurotransmitters
Which radically improves the person's mood

So used most commonly to treat depression

Disadvantages/ side effects:

1. Person very anxious before
2. Short term memory loss

Nursing Care:

1. Consent
2. Wt in Kg
3. In gown without jewelry, dentures, etc.
4. ID and allergy band
5. Void before treatment
6. Need a mental status exam several hours before
7. Explain what will happen
8. Transported in a wheelchair
9. IV
10. A tourniquet on one limb (helps you see the sz)
11. Can have sore throat afterwards
12. Protect from injury
13. VS until client stable
14. Allow sleep
15. May need ibuprofen or muscle relaxant or anitmigraine med
16. Clients often complain of dry mouth afterwards