



A Client Care Module:

UNDERSTANDING SUBSTANCE ABUSE

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Developing Top-Notch CNAs, One Inservice at a Time



A Client Care Module:
**UNDERSTANDING
SUBSTANCE ABUSE**

We hope you enjoy this inservice, prepared by registered nurses especially for nursing assistants like you!

Instructions for the Learner

If you are studying the inservice on your own, please do the following:

- Read through **all** the material. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask _____.
- Take the quiz. Think about each statement and pick the best answer.
- Check with your supervisor for the right answers. You need **8 correct** to pass!
- Print your name, write in the date, and then sign your name.
- Keep the inservice information for yourself and turn in the quiz page to _____ no later than _____. Show your Inservice Club Membership Card to _____ so that it can be initialed.
- Email In the Know at feedback@knowingmore.com with your comments and/or suggestions for improving this inservice.

THANK YOU!

After finishing this inservice, you will be able to:

Discuss the two main theories about the cause of addiction.



Name at least six warning signs of substance abuse.



Describe the harmful effects of alcohol and drug abuse.



Name at least three types of treatments for substance abuse.



Demonstrate your ability to work with clients who are current or former substance abusers.



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Inside This Inservice:

A Bit of History	2
Addiction: A Choice or a Disease?	3
More on Alcohol Abuse	4
More on Illegal Drug Abuse	5
More on Prescription Drug Abuse	6
Warning Signs!	7
Harmful Effects	8
Treating Substance Abuse	9
Additional Issues	10
Final Tips	11-12



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A Client Care Module: Understanding Substance Abuse

IT'S AN EPIDEMIC!

Have you ever noticed how many “substances” are available to make us feel better? Think about it:

- *Have a headache?* Take a Tylenol.
- *Is your stomach upset?* Try Pepto Bismol.
- *Can't sleep?* Reach for Nytol.
- *Need to stay awake?* Drink a cup of coffee.
- *Got the blues?* Eat a bowl of ice cream.
- *Feel shy at parties?* Have a drink to loosen up.
- *Are you stressed out?* Light up a cigarette.

Most people learn to use substances wisely, but some learn to misuse or abuse them.

Substance abuse is a *serious* epidemic in the United States. Consider these statistics:

- More than *twenty-six million* people in this country are addicted to drugs and/or alcohol.
- One in four Americans consume more than *five* alcoholic drinks every day!

- Every day, nearly 6000 people try marijuana for the first time. Most of them are under 18 years old.
- Every year, alcohol contributes to at least 75,000 deaths.
- More people abuse *prescription* drugs than the number of people who use cocaine, heroin and methamphetamine combined.

Commonly Abused Substances

People abuse many different substances—including tobacco and food. However, throughout this inservice, we'll be focusing on these common substances:

- **Alcohol.**
- **Illegal drugs** such as marijuana, cocaine and heroin.
- **Prescription drugs** such as pain killers, sleeping pills and “daytime” sedatives.



Some Historical Facts About Drugs & Alcohol

- People have been producing alcoholic drinks for more than 12,000 years.
 - Heroin comes from opium seeds and has been used by people throughout history.
 - Some tribes of South American Indians have been getting “high” for thousands of years by chewing on coca leaves.
 - The first written record of marijuana use dates back nearly 5000 years—to an emperor in China.
 - Ancient Egyptians believed that being drunk was a *spiritual* event. They often gave their children names like “How Drunk is Cheops” or “How Intoxicated is Hathor”.
 - An ancient Chinese law stated that drinking alcohol was *required* by heaven.
 - For their journey from England to America on the Mayflower, the pilgrims loaded more *beer* than water onto their ship.
 - Thomas Jefferson wrote the first draft of the Declaration of Independence while sitting (and drinking) in a tavern.
 - Rumor has it that George Washington used to grow marijuana for his own personal use. (Marijuana was not outlawed in the U.S. until 1937.)
 - Our national anthem, the “Star Spangled Banner”, was written to the tune of a drinking song.
 - During the 1800’s, a large group of people, who opposed the use of alcohol, organized a “temperance” movement across the United States.
 - Some followers of this movement believed that people who were drunk could spontaneously combust and burn to death from the inside.
 - When Coca Cola was introduced in America in 1885, it contained cocaine.
- (At that time, cocaine was considered a “miracle drug”.) The cocaine was replaced in 1903 with caffeine.
- The Bayer Company introduced heroin in 1898, claiming it could cure any cough. By 1899, Bayer was producing about a ton of heroin a year.
 - In the early 1900’s, alcohol was outlawed in the U.S. This was known as “Prohibition”. However, the law didn’t work very well. Illegal bars and homemade whiskey became a big business. In New York City alone, there were 30,000 illegal bars!
 - Many different religions consider substance abuse to be “sinful”. This belief has helped shaped our society’s basic attitude toward substance abusers: that they are weak people who should be punished—rather than sick people who should receive treatment.

The world’s oldest known recipe is for beer.



Many high school cafeterias in Europe offer alcohol to their students as a lunchtime beverage choice.

Is Addiction a Disease or a Choice?

The debate over what causes addiction has been going on for centuries. There are two main ideas about why people abuse substances:

- **Theory # 1:** People choose to drink and take drugs. They allow themselves to become addicted because of some defect in their personalities. Most addicts are weak, unhappy people who can't seem to deal with the stress of daily life—so they use alcohol or drugs as a crutch.

- **Theory # 2:** Addiction is a disease. People who become dependent on drugs or alcohol can't help it. They were born with a chemical imbalance in their bodies that causes them to become addicted—no matter what choices they make.

Doctors continue to do research to try to discover all the facts about why some people abuse substances—and how to help them.

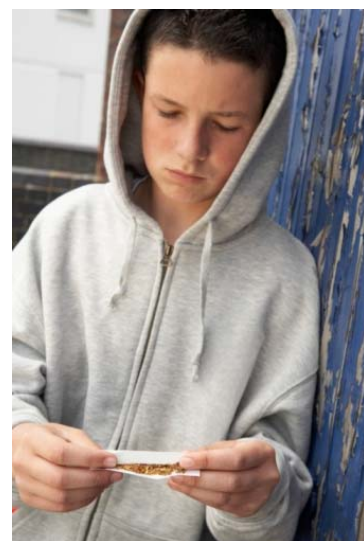
For now, this much seems clear: Addiction may begin because of poor choices that people make about drugs or alcohol. But, once an addiction takes hold, it becomes a chronic medical illness that needs medical treatment—much like diabetes or hypertension.

Part of your job as a health care worker is to help your clients *without* judging them. This is especially important when you work with addicted clients.

People with substance abuse problems have said:

- "Heroin gave me wings to fly but then it took away the sky."
- "I was in withdrawal for 12 days. I would hallucinate, watching my fingers and hands burn off my arms. My brain felt like it was moving inside my head."
- "I was in bed all day. I was a zombie. I just wanted to be able to feel like a normal person and laugh again, and not always be thinking about how I would get my next pill."
- "I lied. I cheated. I needed drugs more than food, companionship or shelter. I looked like a walking dead person."
- "All alcoholics stop drinking, but it's nice to be alive when it happens."
- "I took drugs to be happy...but I became unhappy. I took drugs to cope with life...instead I invited death."
- "To stay sober, I keep remembering that I am just one glass away from misery."

As Homer Simpson says, "Alcohol! The solution to—and cause of—all of life's problems."



Over 40 million Americans admit to trying an illegal drug at least once in their lives.

More About Alcohol Abuse

- Alcohol is the most commonly used drug in the world.
- Small doses of alcohol stimulate the body, but large doses slow it down. (Think about it: *One* drink may cause Pete to feel energized, but *five* drinks may put him to sleep.)
- Because it contains calories, alcohol is the only drug which is also classified as a food.
- Over 100 million Americans drink alcohol. Only 7.5% of them are dependent on it.
- Most alcoholics die ten to twelve years sooner than non-drinkers.
- There are three basic kinds of alcoholic beverages: beer, wine and distilled spirits (“hard” liquor).
- Some people believe that if they just drink beer, they won’t become alcoholics. This is not true! A 12oz beer has the same amount of alcohol as a 5oz glass of wine or a 1.5oz shot of whisky.
- Some kinds of alcohol affect the body faster than others. For example, because champagne has bubbles, it is absorbed quickly. Watery drinks like beer are absorbed more slowly.
- Alcohol affects people differently. For example, some people may feel “tipsy” after one drink. Others can drink a six-pack of beer and still appear sober. In general, alcoholics can tolerate large amounts of alcohol before they seem “drunk”.
- Most alcoholics feel better physically while they are drinking than when they stop. This is because their bodies have learned to depend on alcohol. When they stop drinking, they go into withdrawal—and suffer a number of unpleasant effects.

To learn more about alcohol & drug abuse, try these resources:

Web Sites:

- www.alcoholics-anonymous.org
- www.niaaa.nih.gov
- www.ncadd.org
- www.alcoholismkills.com

Toll-Free Telephone Numbers:

- Alcohol and Drug Helpline: (800) 821-4357
- National Clearinghouse for Alcohol & Drug Information: (800) 729-6686
- Al-Anon Family Group Headquarters: (800) 356-9996

A “hangover” after drinking includes a combination of symptoms: headache, upset stomach and dehydration.



The main health problems associated with alcohol include brain damage, cancer, heart disease and liver disease.

More About Illegal Drug Abuse

- The most commonly abused illegal drugs are:
 - Marijuana
 - Cocaine & Crack
 - Inhalants
 - LSD
 - Heroin
- Marijuana comes from the hemp (cannabis) plant. It is usually smoked, but may be mixed into foods and eaten or made into a tea.
- Smoking three marijuana cigarettes per day produces the same lung damage and cancer risk as fifteen regular cigarettes.
- People who abuse marijuana may have trouble paying attention since this drug interferes with memory and learning.
- Traces of marijuana can be detected by a urine test for up to one month after using the drug.
- Cocaine use has increased in recent years, especially among young people.
- Cocaine and crack come from the leaves of the coca plant (which is grown mostly in South America). Cocaine is usually snorted, but may be injected. Crack is smoked.
- Cocaine produces a short-lived feeling of intense pleasure. However, regular users of the drug must take more and more cocaine to create the same effect.
- Both cocaine and crack stimulate the central nervous system and are highly addictive. Heavy users may become aggressive, paranoid and violent.
- Some users spend 100s or 1000s of dollars on cocaine each week. Many are forced to commit crimes to support their habit.
- If a pregnant woman is addicted to crack or heroin, her baby will be addicted, too. The baby will have to go through withdrawal and detoxification.
- LSD is a chemical that has no smell, no color and no taste. It is usually sold as a tablet or capsule.
- LSD causes hallucinations and delusions that can last up to twelve hours. Some people experience "flashback" hallucinations for up to one year after taking LSD.
- Heroin comes from the poppy plant (just like opium, morphine and codeine). Heroin can be smoked, inhaled or injected.
- Heroin is twice as potent as morphine.
- Nearly **100%** of people who use heroin become addicted to it—usually within a few weeks.
- There are at least 750,000 heroin users in the United States.
- The warm feeling of contentment produced by heroin is soon replaced with concern over where the next dose is coming from.

Eliminating all abuse of drugs and alcohol from our culture is probably impossible.



In the early 1900's, opium, cocaine and marijuana were available for purchase without a prescription at pharmacies and grocery stores across the U.S.

More About Prescription Drug Abuse

- The most commonly abused prescription drugs are:
 - Stimulants
 - Pain killers
 - Tranquilizers
 - Sedatives
- Figuring out that someone is abusing prescription drugs can be difficult since most of the time, the drug was prescribed for a *medical* reason.
- The federal government ranks controlled substances according to their *potential* for abuse, with Schedule 1 drugs (like heroin) having the highest potential for abuse and Schedule 5 drugs (like Lomotil) having the lowest.
- Physicians are not allowed to prescribe Schedule 1 drugs for any reason.
- Narcotic pain medications—like morphine and Demerol—are generally prescribed for *thirty days or less* to control acute pain. Doctors try to manage chronic pain with non-narcotics whenever possible.
- Daytime sedatives (like Ativan or Xanax) and nighttime sedatives (like Halcion or Restoril) are the most commonly abused prescription medications.
- Fatal overdoses of prescription medications can occur when people become confused and take too much of a drug.
- Anyone who takes a prescribed narcotic should be warned about the drug's potential for addiction.
- Most clients who take narcotics to relieve pain are able to give up the drug when their pain is gone.
- Over seven million senior citizens take prescription medications that are considered *dangerous* to their health.
- The "Top Twenty" list of abused drugs includes twelve prescription medications.
- Prescription drug abusers find different ways to "feed their habit". Some visit multiple doctors for the same problem to get more than one prescription. Others steal drugs from a hospital or pharmacy. Still others buy prescription drugs illegally—on the street or over the internet.
- When a prescription drug is sold on the street, the price goes sky high. For example, at a pharmacy, one Dilaudid pill costs \$2. On the street, the same pill can sell for up to \$100!
- Remember that all your clients are entitled to receive adequate pain relief. People should not have to suffer for fear of becoming addicted.
- Clients who use medications *properly* to control their pain should never be made to feel like "drug addicts".

Unintentional misuse of drugs causes 125,000 deaths every year and adds \$20 billion to our health care costs.



Doctors estimate that more than six million Americans abuse prescription drugs.

Warning Signs of Substance Abuse

Someone might have a **substance abuse** problem if he or she:

- Has track or needle marks (especially on the arms, hands, neck or legs).
- Wears long sleeves in warm weather.
- Uses breath mints constantly.
- Has extreme mood swings.
- Falls asleep at inappropriate times.
- Has burns, lesions or sores on the mouth or lips.
- Smells like alcohol or marijuana.
- Has bloodshot eyes frequently.
- Has extremely dilated pupils.
- Loses interest in usual activities.
- Sweats profusely—even on cold days.
- Borrows or begs for money.
- Lies about using drugs or alcohol.
- Gets in trouble with the authorities.

Someone might be abusing **prescription drugs** if he or she:

- Complains that the usual dose isn't working as well as it used to or that it wears off before it's time for the next dose.
- Feels a sense of excitement or a "high" when taking the drug.
- Becomes irritable or has trouble sleeping in between doses.
- Needs the drug to get through certain daily activities.

Someone may be abusing **alcohol** if he or she:

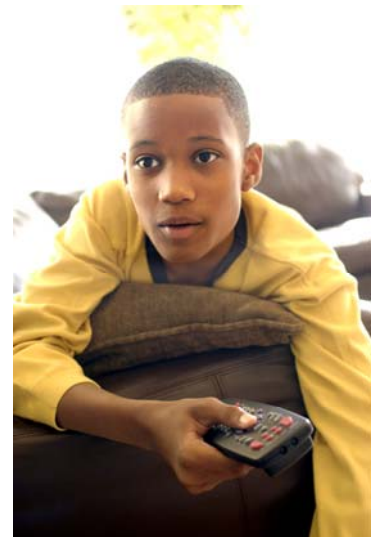
- Uses alcohol to escape problems.
- Experiences blackouts.
- Loses control over how much he or she drinks.
- Denies having a drinking problem.
- Often drinks alone or during the day.
- Tries to hide drinking from family members.

A **coworker** might be abusing substances if he or she:

- Is absent more than normal.
- Disappears for long periods of time during the work day.
- Spends a lot of time near the drug supply at work.
- Fails to get his or her work done.
- Makes frequent mistakes at work.
- Seems confused or forgetful.
- Becomes hard to get along with.
- Pays less and less attention to his or her personal appearance.
- Receives multiple complaints from coworkers and clients.

Remember:
People who wonder whether or not they have a substance abuse problem, probably do.

Alcoholism and drug addiction often take hold of people before they demonstrate signs of substance abuse.



By the time most American kids turn 18, they have seen about 100,000 television commercials advertising beer!

Drug and alcohol addiction can happen to *anyone*—regardless of age, sex, race or financial status.

The Harmful Effects of Substance Abuse

Chronic, heavy drinking or drug use can harm every organ and system in the body.

The long term effects of alcohol abuse include:

- Malnutrition.
- Radical mood changes.
- Poor motor function.
- Slow circulation.
- High blood pressure.
- Low body temperature.
- Liver disease.
- Urinary tract infections.
- Weakened bones and muscles.
- Brain damage.
- Dementia.
- Ulcers.
- Cancer.
- Heart disease.

Remember:

- Alcohol reaches the brain in minutes... and begins to put it to sleep, little by little.

The physical effects of marijuana use include:

- Paranoia, panic, anxiety and fear.
- Distortion of the senses.
- Rapid heartbeat.
- Bloodshot eyes.
- Dry mouth.
- Decreased reaction time.
- Poor short-term memory.
- Sexual and/or reproductive problems.
- Lung cancer.

The long term effects of cocaine use include:

- Irritability and paranoia.
- Hallucinations.
- Headaches.
- Nausea.
- Cold sweats.
- Nose bleeds.
- Strokes.
- Seizures.
- Heart attacks.
- Respiratory failure.

The long term effects of heroin use include:

- An increased risk of catching infectious diseases like HIV and hepatitis.
- Arthritis.
- Infection of the heart lining.
- Skin infections at the injection site.
- Accidental overdose (from injecting impure heroin).

Remember:

- It's possible for people to die from a seizure or a heart attack the first time they use cocaine or crack.
- While using LSD, people may lose the ability to feel pain. This means they may not feel an injury—even if it is serious.
- The physical risks of substance abuse are higher when two or more substances are mixed together (such as drugs and alcohol).

Giving coffee to a person who is drunk causes the person to become wide awake...not sober! (In other words, coffee does not eliminate the effects of alcohol.)



Researchers estimate that over one million senior citizens are heavy users of alcohol.

"When you're addicted, the cells in your body turn to the drug as their food. You don't feel like you need regular food...just that drug. If you take the drug away, it's like starving yourself to death." Terry, RN (a drug addict)

Treating Substance Abuse

Did you know that **more than 1,000** of your hard-earned dollars every year go to cover the expenses of a substance abuser?

- It's true. Our society spends nearly \$3 billion every year on health care, extra law enforcement and other services because of people who *continue* to abuse alcohol or drugs. That breaks down to more than \$1,000 for every person in America!
- Studies have shown that it would cost only **4%** as much to provide treatment for every American with a substance abuse problem.

Treatment for substance abuse includes a number of different options, including:

- **Detoxification.** This is the first step in helping a substance abuser. The "detox" process allows for gradual withdrawal from a drug. Doctors use medications to control the unpleasant side effects that go along with withdrawal.

- **Medications.** Some medications help by causing unpleasant side effects when they are mixed with other drugs or alcohol. If a person "uses" while taking these medications, he will feel no pleasure and probably become very sick.
- **Outpatient Treatment Centers.** These centers help 50% of all substance abusers. They often serve as the second step (after detoxification). However, the patient is free to come and go—without making a real commitment to getting better.

- **Inpatient Treatment Centers.** These are "live-in" rehab centers which are often staffed by recovering addicts. They tend to be very expensive.

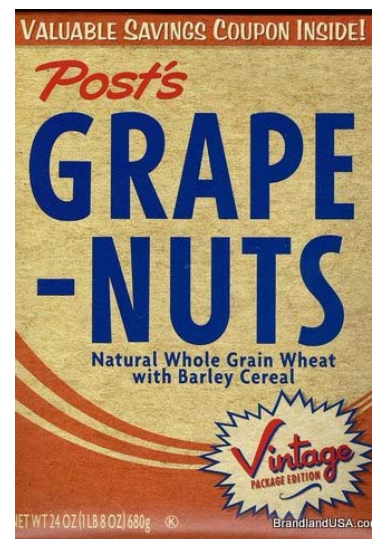
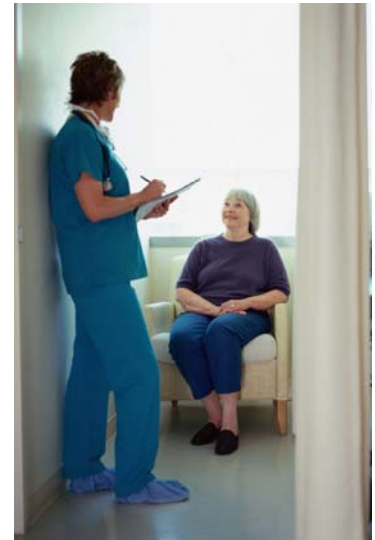
- **Self-Help Groups.** There are a number of self-help groups—such as Alcoholics Anonymous—that provide support to recovering addicts.

Remember:

- The success of any treatment program depends on many factors, including:
 - How motivated the person is to change.
 - The amount of support the person has from friends and family.
 - Whether the person has been "forced" into treatment by a judge, a family member or an employer.
- If 100 substance abusers try to stop "using" on their own, 93 of them will return to their addiction.

Doctors treat diabetics as **individuals**. For example, some diabetics take pills and some take insulin shots. It's the same with substance abusers. A treatment that works for one addict may not work for another.

Less than 30% of the people who need treatment for substance abuse actually receive it.



In the old days, "cures" for addiction included drinking salt made from flakes of gold and eating Grape-Nuts cereal!

Additional Issues Related to Substance Abuse

Fetal Alcohol Syndrome

- Abusing drugs is unsafe for anyone, but it is *doubly* dangerous for a pregnant woman. She runs the risk of harming her own health...and the health of her baby.
- Drinking alcohol during pregnancy is especially dangerous. It can cause a group of birth defects known as “**Fetal Alcohol Syndrome**”. Babies with FAS tend to have small skulls, abnormal facial features and heart defects. They may also be slow to develop—both physically and mentally. Each year, as many as 12,000 babies are born with Fetal Alcohol Syndrome.
- Doctors advise pregnant women not to drink any alcohol—including beer and wine. It’s possible that even a little bit of alcohol can have harmful effects on a growing fetus.

Substance Abuse & Health Care Workers

“I was the charge nurse in a long term care unit and I had the key to the narcotics cabinet. I was taking the drugs myself and signing charts as if patients were receiving them.”

- Many health care workers have access to prescription medications. A few of them abuse their position at work to illegally obtain drugs for their own use. Others use drugs or alcohol while working.
- If you suspect a coworker of drug or alcohol use on the job, notify your supervisor. Your own safety—and the safety of your coworkers and clients—is at stake.
- Remember: Under federal law, employers can’t discriminate against an employee for alcohol or drug use if the employee stops using and seeks treatment.

Substance Abuse & the Elderly

- The elderly are at risk for substance abuse—even if they don’t drink and never use illegal drugs. Why? Because senior citizens take an average of six medications every day. They may misuse these drugs by mixing them up, taking the wrong dose or taking a drug at the wrong time.
- Some physicians prescribe sedatives to help older people sleep. However, an older person may still feel groggy in the morning—leaving him at risk for falls and other injuries.
- Many elderly people fail to report alcohol use to their physicians. (They tend to be *ashamed* of their drinking.) As a result, they may mix medications and alcohol—with deadly results.
- “Problem drinking” among nursing home residents is another common issue.

To avoid duplication and/or drug interactions, senior citizens should have all their prescriptions filled at the same pharmacy.



As many as 15% of all U.S. workers may continue to use dangerous drugs while working.

Helping Substance Abusers

- Alcohol robs the body of vitamins. So all alcoholics are malnourished no matter how much they eat. Even so, you should encourage your clients to eat a balanced diet.
- Your clients may be ordered to take vitamin and mineral supplements. Remember that vitamins should be taken with meals in order to be absorbed properly by the body.
- Learn all you can about addiction and recovery. The more you know, the easier it will be for you to understand a substance abuser.
- Keep your personal feelings about substance abuse to yourself. Remember that your clients need your help...not your judgment.
- Never cover up for someone else's drinking or drug use. This includes clients and coworkers. They need to deal with the consequences of their behavior.
- Don't let a client or coworker drive a car if they have been using drugs or alcohol.
- If you confront a client or coworker about substance abuse, be prepared for them to *deny* the problem. Don't argue with them; just express your concern and understanding.
- Remember that combining drugs and alcohol may be fatal. If you see your client mixing the two, notify your supervisor right away.
- Never laugh at, tease or threaten an intoxicated person. Keep your own safety in mind at all times.
- Alcohol poisoning can occur when someone drinks large amounts of alcohol in a short period of time. Look for:
 - Mental confusion or coma.
 - Cold, clammy, pale or bluish skin. (The lips and nails may also be blue.)
 - Slow, irregular breathing.
- Vomiting that occurs while the person is asleep.
- If you think a client is suffering from alcohol poisoning:
 - Call for help immediately.
 - Until help arrives, try to lie the person on his or her side with knees bent. (But don't *restrain* the person.)
 - Try to find out how much alcohol and/or drugs the person has had—and over what period of time.
- Sudden withdrawal from drugs or alcohol can be life-threatening. Be sure you know (and report) the signs and symptoms of withdrawal. They include:
 - Insomnia.
 - Acute anxiety.
 - Fast pulse.
 - Fever.
 - Extreme sweating.
 - The "shakes".
 - Hallucinations.
 - Disorientation.
 - Convulsions.
 - Seizures.

46% of high school seniors in America say that they have tried marijuana. 58% report that they have been drunk at least once.



Approximately 80% of all crime in the U.S. is related to drug or alcohol addiction.

Helping Recovering Substance Abusers

- A few weeks of treatment is never the “cure” for a drug or alcohol addiction. Recovery is a lifelong process. Many people find that joining a support group helps them stay clean.
- When people stop using drugs or alcohol, their nutritional status does *not* return automatically to normal. Help your clients make nutritious food choices for meals and snacks.
- People who are recovering from heroin addiction may suffer from constipation. Encourage a high fiber diet.
- Remember that dehydration is common during the early recovery period. Encourage your clients to drink plenty of fluids—especially water—all through the day.
- Watch to see that your client avoids “accidental” exposure to alcohol or drugs...such as taking cough syrup with alcohol in it.
- If your clients take medications for substance abuse (such as antabuse or methadone), remind them to take the meds on time.
- Be aware of the potential for “substance substitution”. This occurs when a recovering addict replaces one harmful substance with another. For example, an alcoholic may give up alcohol, but become “hooked” on coffee, cigarettes or candy bars. Encourage your clients to curb their cravings with healthy substitutions such as fresh fruit, sugarless gum or physical exercise.
- Be patient with your client’s mood swings. Frequent changes in mood are common—especially early on in the recovery process.
- Remember that craving for drugs or alcohol can be brought on by stress or depression—even in a person who has been drug-free for years. Let your supervisor know if a sober client begins talking about wanting a drink.
- Encourage your clients to get plenty of rest to prevent fatigue and stress.
- The support of family, friends and the community are important to an addict’s recovery. Encourage your client to participate in self-help groups such as Alcoholics Anonymous.
- Realize that your clients are dealing with their addiction, but so are their loved ones. Show support for your clients’ friends and family, too.
- Be sure to report if a client has a relapse. (But, remember that occasional relapses during recovery are to be expected and may not mean that a client’s treatment has failed.)

For every dollar spent on substance abuse treatment, Americans save seven dollars.



Eating well-balanced meals on a regular schedule helps keep the body chemistry steady. This makes recovery easier.



Developing Top-Notch CNAs, One Inservice at a Time

EMPLOYEE NAME
(Please print):

DATE: _____

- ***I understand the information presented in this inservice.***
- ***I have completed this inservice and answered at least eight of the test questions correctly.***

EMPLOYEE SIGNATURE: _____

SUPERVISOR SIGNATURE: _____

Inservice Credit:

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

File completed test in employee's personnel file.

A Client Care Module: Understanding Substance Abuse

***Are you "In the Know" about substance abuse?
Circle the best choice. Then check your answers with your supervisor!***

1. Illegal drugs:

- A. Are being used less and less across America.
- B. Are used mostly by people who live in large cities.
- C. May be smoked, swallowed, snorted or injected.
- D. Can often be used for years without causing an addiction.

2. True or False

It is less dangerous to abuse prescription drugs because they are legal and come from a pharmacy.

3. If your client is a heavy drinker, she will probably:

- A. Suffer from malnutrition.
- B. Have a dry mouth.
- C. Have frequent hallucinations.
- D. Die from lung cancer.

4. True or False

First time users of cocaine have died from a seizure or a heart attack.

5. The success of any treatment program depends on:

- A. The cost of the program.
- B. How motivated the person is to change.
- C. The age of the substance abuser.
- D. The type of substance that caused the addiction.

6. If you smell alcohol on a client's breath every morning, you should:

- A. Ignore it since it's none of your business.
- B. Call for help immediately.
- C. Document the facts and notify your supervisor.
- D. Tell the client you don't approve of drinking alcohol.

7. True or False

A "shot" of whisky has the same amount of alcohol as one beer.

8. True or False

Very few senior citizens are substance abusers.

9. True or False

If you suspect that a coworker may be abusing drugs on the job, you should call the police immediately.

10. True or False

Eating well-balanced meals on a regular schedule is important for people who are recovering from substance abuse.