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THESIS – BACHELOR'S DEGREE PROGRAMME

SOCIAL SERVICES, HEALTH AND SPORTS

# THE ROLE OF A NURSE IN SUBSTANCE ABUSE REHABILITATION

## A LITERATURE REVIEW

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<p><b>Abstract</b></p> <p>Mental illnesses are common and constitute one of the world's most critical and social health problems, and it is a major problem in many countries (Gabriel 2000). According to the World Health Organisation (WHO), in 2013, an estimated 246 million people around the globe took illicit drugs. Also, more than 400,000 people die each year due to substance abuse, linked to a wide range of health problems, including blood-borne infections, car accidents, and suicide. In addition to difficulties at work and relationships with family and friends, people with substance abuse problems also face many challenges in life. There is a need for the proper care by healthcare workers to support people with substance abuse problems get back to good health and build good relationships with society.</p> <p>This thesis seeks to gather information about the roles nurses can play in the rehabilitation process of substance abusers. It will thus inform practising nurses and nursing students about the best practices they can adopt to create an environment that supports and facilitates the rehabilitation of people struggling with the substance abuse menace using evidence-based nursing practices. Additionally, the information gathered for this thesis can be used as supplemental material for teaching the Mental Health and Substance Abuse Nursing course at the Savonia University of Applied Sciences.</p> <p>Databases, including CINAHL, EBM guidelines, PUBMED, and Google Scholar, were searched to obtain all relevant studies that met the inclusion criteria of this study. Approximately eight (8) peer-reviewed and scientific articles written in English, with publication dates ranging from 2000 to 2021, were considered in the literature search. The researcher used various keywords to obtain the articles of choice.</p> <p>The literature obtained focused mainly on nurses' roles that support and facilitate the rehabilitation of substance abusers using evidence-based nursing practice. It was evident from the literature review that in rehabilitation settings, nurses work as educators, counsellors, and empathic and reassurance providers. All these roles contribute to the nurse's value as a partner in assisting the substance abuse patients in preparing for their discharge rehabilitation. Though nurses play all these roles, further studies to determine the impact of educators, counsellors, empathic providers, and reassurance providers on nurses' roles in rehabilitating substance abusers.</p>	
<p><b>Keywords</b> Substance abuse, Rehabilitation, Nurses roles</p>	

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## 1 INTRODUCTION

Mental illnesses are common and constitute one of the world's most critical and social health problems (Gabriel, 2000). It affects more human lives and wastes more human resources than any other disabling condition. It includes many different conditions that vary in severity, ranging from mild to moderate to severe. After listening to several people on social media such as radio, television, Facebook, YouTube, and reading through previous research on this topic in books, newspapers, and the internet. The researcher noticed that the substance abuse problem as one of the mental illnesses remains one of the major societal problems worldwide.

Substance abuse affects millions of people, and it is one of the ills plaguing many societies worldwide. According to the World Health Organisation, around the world, an estimated 246 million people used illicit drugs in 2013 (UNODC, 2015). It also estimated that of the 246 million people worldwide who used drugs in 2013, and also around 27 million people have drug use problems. Also, more than 400,000 people die from illicit drug use every year, which is a risk factor for many diseases, such as blood-borne infections, traffic injuries, and suicide (WHO, 2021). People with drug use disorders also experience difficulties at work and in their relationships with family and friends.

People with substance abuse problems globally face socio-economic and well-being effects, but these occurrences are predominant in the poor and developing countries, including Ghana. Substance abuse has engulfed most societies so much that most youth and even children suffocate to death under intense pressure. According to the National Institute on Drug Abuse report, Ghana's harmful use of alcohol and drugs is assuming alarming proportions and negatively impacting individuals, families, communities, and the nation. Tragically, not enough actions seem to be taken to combat the terrible effects of substance abuse and attempt to rehabilitate the abusers back into society. Proper services for substance abusers are practically limited in some instances, either due to lack of facilities, personnel or knowledge. The mentally ill or challenged persons caused by substance abuse are most at times viewed as social misfits and liability to society (Dordoye, 2012). One major societal problem of great concern that prompted the choice of this study area is the need to stress the importance of knowledge about the substances abused, their effects on the abusers, and the role that nurses play in rehabilitating the individuals back to society.

In most developed welfare countries such as Finland, the state provides proper treatment and rehabilitation services for substance abusers. For example, the Ministry of Social Affairs and Health in Finland is accountable for running services for substance abusers. The ministry manages the path of service development, brings up law and guides reforms (STM, 2016). The Finnish Institute for Health and Welfare (THL) is under the ministry. It produces statistical data and research knowledge on the need for services among substance abusers and the availability and use of these services. Municipalities in Finland are in charge of organising services, which are organised based on needs. (THL, 2020). Substance abuse treatment refers to the many outpatient and inpatient services that give treatment and rehabilitation for problems related to intoxicant use. The service forms include outpatient care, institutional care rehabilitation housing, and support services (STM, 2016). That means there is a good system (i.e., legislation and practices) put in place at mental health centres or care homes where nurses and other professionals are employed to take care of them. In light of

this, the researcher wants to know how best nurses in Finland supports the people struggling with the substance abuse menace so the same can be introduced and implemented in the poor and developing countries like Ghana in the future.

### 1.1 Background Information of Study

Socio-economic and health consequences are the common experiences among individuals with a substance abuse problem, particularly those in developing countries, including Ghana (Adzrago et al., 2018). However, substance abuse is still not regarded as a medical problem in many developing countries. As a result, many people with substance abuse problems are disparaged and have limited or no access to treatment and rehabilitation services (Patrick et al., 2012).

As a young girl, I grew up in a suburban city where substance abuse was a common phenomenon. Young people of school-going age were the worst culprit of this bad behaviour. That was because many of my colleagues who involved themselves in those acts became destitute in society later. Indian hemp (aka weed), cigarettes, cocaine, and alcoholism became the order of the day. Some people abuse these substances to overcome shyness and gain recognition from their peers. Many of these people who found themselves in these acts became school dropouts, and the consequences left much to desire.

In Ghana, the social welfare system is underdeveloped in that substance abusers are condemned to their fate. They have no means of livelihood and live on charity, and there are limited or no rehabilitation centres for them. Therefore, most of them end up as beggars on the principal streets of the cities and towns in the country. Relatives of the mentally ill persons, especially in the Ghanaian society, who are supposed to take care of them since there is no such proper care from the state, rather frown upon them and consider them, especially in the rural areas, as cursed by the gods. Parents of such mentally ill or challenged sometimes blame their woes and poverty on these unfortunate members of society.

The people addicted to alcohol and drugs (substance abusers) need the proper care and assistance that can help them recover from addictions, injuries, and even physical or mental illnesses. In Finland, substance abuse treatment and rehabilitation refers to various outpatient and inpatient services that provide treatment and rehabilitation for problems related to intoxicant use. Some services may also be technology-assisted. The use of intoxicants may also involve physical illnesses and social problems, which require other social and health care interventions services in addition to substance abuse treatment (THL, 2020).

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## 1.2 Aim and Research Questions of the Study

The researcher's motivation for a study in substance abuse and nurses' roles in rehabilitating people struggling with substance abuse emanates from the above background information description. Therefore, the study will focus on finding out the most suitable roles nurses can employ to create an environment that supports and facilitate the rehabilitation of substance abusers. The information gathered for this thesis will also be used as supplementary material for teaching the Mental Health and Substance Abuse course at Savonia University of Applied Sciences. Savonia will be a partner in this research and utilise the information.

It is from this desire, enthusiasm, and curiosity to become familiar with the substance abuse rehabilitating process comes the research topic; Substance Abuse Rehabilitation Services: The Role of A Nurse - A Literature Review. Therefore, this research work will be guided by the question: what are the roles of nurses in the treatment and rehabilitation of substance abusers? For this, the researcher intends to conduct a literature review to get answers to the following questions:

- i. What is mental illness?
- ii. What is substance abuse?
- iii. What is meant by rehabilitation?
- iv. How are substance abusers rehabilitated?
- v. What are nurses' interventions or roles in these processes?

This study will look into the role of nurses in rehabilitating people who have substance abuse issues, and it will include qualitative literature research. The overall goal of this study is to provide information about substance abuse to nurses and nursing students and the aspects of rehabilitation in which nurses play an essential role.

## 2 LITERATURE REVIEW

The researcher will use a qualitative literature review methodology to help answer the study's research questions. A literature review is an evidence-based examination of previously published articles on a specific topic. A literature review is a systematic collection and critical evaluation of significant published literature that supports a study. A literature review's primary goal is to provide a general, organised, and critical review of the most important scholarly published literature on a given topic (LoBiondo-Wood & Haber, 2018).

Literature reviews are helpful for developing new ideas and concepts, consolidating existing knowledge on a particular subject, identifying potential inconsistencies and gaps, and adding new perceptions and ideas for future research (Winchester & Salji, 2016). The process of conducting a literature review begins with identifying the problem, which includes the description, summary, and synthesis of published data about specific problems and the development of questions helpful in providing solutions. Other requirements include data search, data extraction, and analysis, followed by a review of the quality of the studies and recognition of limitations and biases. Furthermore, the significance of literature review is reflected when readers are looking for qualified evidence-based syntheses of a variety of topics (Rew, 2010).

This study chose a literature review to identify nurses' roles in treating and rehabilitating people with substance abuse problems. The researcher analysed articles written from different countries and in varied health care environments. Therefore, it is possible to use the findings of this study to treat and rehabilitate substance abusers in both hospital and non-hospital settings.

### 2.1 Literature Search – Process and Criteria

This research work is about the role of nurses concerning the rehabilitation of substance abusers. It intends to identify nurses' roles in treating and rehabilitating people struggling with substance abuse problems. To find relevant articles for the thesis, the data search in this study used a combination of keywords such as substance abuse, alcohol and drug abuse, services for substance abusers, nurses' roles in treatments and rehabilitation, and nursing interventions for substance abusers. Duplicates were weeded out at the end of the search using a variety of search term options. Peer-reviewed scientific articles written in English, with publication dates ranging from 2000 to 2021, are among the publications considered.

The researcher focused on articles with titles relevant to her goals and objectives for this study. Another set of articles was screened to find those that met the researcher's inclusion criteria. The following table shows the researcher's inclusion criteria for the literature study.

Table 1. Summary Of Criteria Included In The Search For Articles Or Written Materials For The Thesis.

<b>Inclusion criteria</b>
Full-text access/DOI link usable



Scientific articles
Publications in English
Publications are peer-reviewed
Published between 2000-2021
Studies on substance abuse rehabilitation
Studies on nursing interventions and roles in rehabilitation settings

## 2.2 Defining Mental Health and Illness

These days, the terms "mental health" and "mental illness" are used interchangeably, but they are not the same. Like physical health, everyone's mental health is a concern. "There is no health without mental health" (WHO, 2018). Mental health is primarily defined as the state of one being mentally fit, but being mentally healthy does not always imply that a person does not have a mental health problem (Mentalhealth.org.uk, 2014). Mental health issues will arise for most people at some point in their lives, but not everyone will be diagnosed with a mental illness. According to the World Health Organization, mental health is a state of a person's well-being in which the person recognises his or her own abilities, can cope with normal life stresses, works productively, and contributes to his or her community (WHO, 2018). Mental health refers to our emotional, mental, and emotional well-being, ability to solve issues and overcome challenges, social relationships, and world awareness. In this research paper, mental health will be simplified and explained as the absence of diseases or disorders. Mental health issues are less severe than mental disorders, yet they can progress to mental illness if left untreated (WHO, 2018).

The researcher views mental illness, on the other hand, as a health condition that distorts the brain's functions, and two terms characterised it, "mental" and "illness". Mental relates to something occurring or being experienced in the mind. Whiles illness is a disease or disorder that causes a period of sickness that affects the body or mind. Mental illness also called mental or psychiatric disorders, comprises a broad spectrum of conditions that impact an individual's emotions, thoughts, and behaviour. According to the American Psychiatric Association (2018), mental illnesses are health conditions characterised by changes in emotion, thinking, or behaviour and a combination of these (Ranna Parekh, 2018). Distress or difficulties functioning in social, work, or family activities are associated with mental illnesses.

In this study, the researcher wants to simplify mental illness as a term that refers to a collection of conditions that affect and impair a person's thinking, perceptions, mood, or behaviour. Mentally ill people do not always look sick, especially if their illness is mild. Others may show more obvious symptoms, such as confusion, agitation, or withdrawal. Mental illness can affect people's ideas, perceptions, feelings, and actions. Work, relationships, and other demands can be challenging for someone who has a mental illness. Meaning, mental illness can negatively impact someone by mak-

ing him unhappy and creating problems in his daily life, such as school, work, or relationships. Although stress and mental illness are complicated, stress can increase a mental illness occurrence. Medication, counselling/talk therapy (psychotherapy) or both can help most people manage their mental illnesses (Volkow, 2020).

### 2.3 Different Types of Mental Illness

There are a variety of conditions classified as mental disorders or illnesses, each with varying degrees of severity. Depression, schizophrenia, ADHD, autism and obsessive-compulsive disorder are among many mental illnesses (Volkow, 2020). Mental Illnesses are characterised by a combination of abnormal thoughts, perceptions, emotions, behaviour, and relationships with others. The 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM–5) is a book published by Oxford University Press. It is a manual that health professionals use to identify and diagnose mental illness. Mental illness diagnosis can be contentious. The DSM-5 includes nearly 300 mental disorders. Mental illness diagnosis can be controversial. While our society and culture influence the definition, most mental illnesses occur in all countries and cultures. It indicates that they are not solely a product of social norms and expectations but also have biological and psychological roots. According to MedlinePlus (an online health information resource), the steps to getting a diagnosis may include;

- A medical history
- A physical examination and possibly laboratory tests if a health provider thinks other medical conditions could be causing the symptoms.
- A psychological evaluation - A type of mental health screening that looks at a person's emotional well-being helps find out if one has a mental disorder. An individual is asked to answer questions about their thinking, feelings, and behaviours (MedlinePlus, 2014).

Numerous distinct mental disorders present in a variety of ways. According to the WHO, there are effective treatments and methods to alleviate the suffering caused by mental illnesses, and access to health care and social support services is critical (WHO 2018). Anxiety disorders, mood disorders, psychotic disorders, eating disorders, schizophrenia and substance use disorders are just a few of the significant and common mental disorders or illnesses (Ranna Parekh, 2018). These disorders are highly prevalent in the population (hence the term 'common') and have an effect on the affected person's mood or feelings; symptoms range in severity (from mild to severe) and duration (from months to years).

### 2.4 Defining Substance Abuse

Substance abuse (also known as substance use disorders) is characterised by two words, "Substance" and "Abuse". The term "substance" can refer to alcohol and other drugs (as well as any substance that is not a drug). The term "Abuse" refers to when a person uses a substance in a way that is not intended or recommended or when you use more than prescribed. The most common definition is a pattern of harmful substance use for mood-altering purposes. Alcohol, prescription and over-the-counter drugs, illegal drugs, inhalants and solvents, and even coffee and cigarettes can all be considered substances in this case (Gans, 2020).

Substance abuse, without a doubt, is one of the significant global health issues. According to the World Health Organization, drug abuse has become a global phenomenon affecting almost all countries; the extent and characteristics vary depending on the country in question. (WHO, 2003). Misuse of alcohol, tobacco, and other drugs and their effects are present throughout our modern society. Substance abuse can substantially impact one's general well-being and ability to think and act appropriately. Individuals with substance abuse problems should seek help at an early stage. The researcher believes that the human cost of substance abuse in terms of life loss, medical and mental illness, and social disruption has an enormous economic impact.

Substance abuse is usually limited to the use of illegal drugs. However, the broad range of substance use in our modern society is not that simple (WHO, 2003). First, these drugs are illegal because they are not prescribed by a health professional and maybe addictive or have serious adverse health effects; therefore, the use of any illegal substance is dangerous and when misused. According to the World Health Organisation, substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioural, cognitive, and physiological phenomena that develop after repeated substance use (WHO, 2018). A strong urge to use the drug, difficulty regulating it, persistence in using it despite harmful effects, increasing tolerance, and occasionally a physical withdrawal state are all symptoms.

For this thesis, substance abuse will be described as the harmful use or misuse of any substance for mood-altering purposes, i.e., illegal or excessive use of prescribed substances. Substance abuse does not necessarily mean dealing in alcohol or narcotic substances, but also certain medically prescribed drugs. Patients that do not take their medications as directed by their doctors are also considered substance abusers (Colon-Rivera & Balasanova, 2020).

## 2.5 Commonly Abused Substances

Many substances or medications can influence a person's thinking and judgment and cause health problems such as addiction, drugged driving, infectious disease, and pregnancy complications (National Institute on Drug Abuse, 2021). Substances including marijuana, alcohol, and cocaine are commonly misused or abused in Finland and Ghana.

### 2.5.1 Marijuana Abuse

Marijuana is a psychoactive narcotic made from the Cannabis plant's dried leaves, flowers, stems, and seeds. It is smoked after being dried, crushed, and pulverised (in paper like a cigarette or pipe-like tobacco). Marijuana is now accessible as "edibles," or foods that contain delta-9-tetrahydrocannabinol (THC), the active ingredient in marijuana, such as baked goods and chocolates. Marijuana is a widely abused narcotic that is found all over the world, and many people do not know its negative consequences. Marijuana abuse can cause distorted perceptions, poor coordination, and difficulty thinking, problem-solving, learning, and remembering. Outpatient therapies can assist those suffering from marijuana addiction (Narconon, 2021).

The use of illicit drugs has risen among the general adult population in Finland during the past decade, according to the country's 2019 Country Drug Report (Rönkä, 2019). In the report, cannabis,

mostly in herbal form, is the most often used illicit substance, with a high prevalence among young people aged 15 to 34. Also, a survey conducted and published by Yle News (Finland's national public broadcasting company) states that cannabis use has risen year after year, notably among boys in the last four years (Yle News, 2019). Only about 5% of youngsters surveyed in the 1990s stated they had used cannabis, and attitudes were more negative. Cannabis use has progressively increased among young people, according to them, because of its accessibility. Another reason is that many people believe it is entirely risk-free. About half of those polled indicated they did not perceive any dangers in experimenting with marijuana, and 16% of boys said they did not see any hazards in regular use. A similar trend has been observed among young adults for some time. Approximately one in every four Finns has tried marijuana at some time point in their lives (Yle News, 2019).

Marijuana has been listed as the most abused drug among Ghana's young. According to the United Nations Office on Drugs and Crime's (UNODC) 2007 World Drug Report, 21.5 percent of Ghanaians aged 15 to 64 smoked marijuana or used its product in 2006 (UNODC, 2007). The smell of cannabis users on the street, preliminary reports from media, and personal observation suggest that cannabis use is widespread in Ghana. The consequences of drug use hinder the country's progress, particularly when users lose their minds and are confined to mental facilities. The government would be forced to divert some of its limited resources to care for them. If Ghana was the leading country in Africa and the third in the world in terms of marijuana use in 2007, it is probable that the trend would continue. The majority of users are now young people; some are migrants who have relocated from rural to metropolitan areas searching for greener pastures. Many of these young people become interested in substance use during their stay in other cities. Marijuana use has also been identified among students in Ghana's senior high schools and universities (Adzrago et al., 2018).

### 2.5.2 Alcohol Abuse

According to the World Health Organization, alcohol is a psychoactive drug consumed in drinks for most of human history (WHO, 2018). An alcoholic drink is a drink that includes ethanol, a kind of alcohol generated by the fermentation of grains, fruits, or other sugar sources. It is a drug because it is classified as a depressant, which slows down vital functions. It depends on the kind and quantity of alcohol ingested and how it affects a person. Alcohol is another often misused drug with devastating repercussions, although it is legal to consume, obtain, and possess (WHO, 2018).

The American Psychiatric Association refers to alcohol abuse as a wide range of hazardous alcohol drinking behaviours, ranging from binge drinking to alcohol dependence, leading to personal health issues and large-scale social issues such as alcohol-related crimes in severe circumstances. In the DSM-IV, alcohol abuse was a psychiatric diagnosis, and in the DSM-5, it was united with alcohol dependence to form alcohol use disorder (American Psychiatric Association, 2013). If a person drinks too much or too frequently, he or she may be suffering from alcohol abuse. It's also an issue if a person can't quit drinking, and it harms his/her relationships. Alcohol consumption may lead to one's inability to carry out duties at work and other aspects of your life. Alcohol consumption has both physical and emotional consequences that can impair judgment to dangerous levels. While some people can continue in this pattern for a long time, alcoholics are at risk of becoming addicted to alcohol.

Alcohol abuse is a big issue, and it's a pattern of consuming excessive amounts of alcohol regularly. It obstructs one's day-to-day activities. According to the World Health Organisation's 2018 Global Alcohol and Health Report, alcohol abuse is one of the main risk factors for global health. It directly impacts many specific health-related sustainable development goals (WHO, 2018). In 2016, alcohol abuse was associated with 3 million deaths worldwide and 132.6 million male disability-adjusted life years. The number of deaths related to alcohol abuse was higher than those related to other diseases such as tuberculosis, HIV/AIDS, and diabetes (WHO, 2018).

According to the Finnish Institute for Health and Welfare, drinking alcohol and the dangers of excessive drinking have become increasingly more common in Finland. According to a drinking patterns study, at least 13% of the population is at higher risk of long-term health problems due to alcohol consumption, equating to more than 560,000 Finns. This finding indicates that high-risk users are better aware of the need to control their alcohol use, which may be aided by distributing risk information and offering short counselling to risk users via the service system (Mäkelä & Tigerstedt, 2018).

Alcohol is a commonly abused substance in most African countries, and Ghana is no exception, although there may be some variations in their scope. Even though alcohol drinking is acceptable in most parts of Ghana, the abuse of the substance is not encouraged. It's thus impossible to say when it first became an issue in Ghana. Ghana is one of the countries with the largest unreported alcohol consumption (Tampah-Naah & Amoah, 2015). In the years after 1995, the unrecorded alcohol consumption of the population over 15 years of age in Ghana was estimated to be 3.6 litres of pure alcohol per capita (assessed by a group of leading alcohol experts). Ghana's Mental Health Authority has estimated that about 23.3 percent of Ghanaians use alcohol, and 2.1 percent drink heavily. The authority also estimated that heavy drinkers use up to 20 litres of alcohol each year on average (Ministry of Health, Ghana, 2017). The use of alcohol to relieve stress, increase appetite, and improve sexual performance, all of which is promoted by advertising, is one of the leading causes of increased alcohol intake. In addition, some of the drinks consumed in Ghana are mixed with herbs to cure specific ailments or diseases such as haemorrhoids and menstrual pain. The inclusion of such herbs for the treatment of ailments increased the patronage of young people and, therefore, increased alcohol use, especially among the youth of reproductive age (Adzrago et al., 2018).

### 2.5.3 Cocaine Abuse

Cocaine is one of the most widely misused illicit or illegal substances. Cocaine is a highly addictive stimulant produced from the leaves of the coca plant, which is native to South America. While it is permitted for health care practitioners to use it for legitimate medical reasons, such as local anaesthetic for certain procedures, recreational cocaine usage is prohibited. Cocaine is a strong, addictive stimulant that provides consumers with a euphoric sensation when they use it, which may or may not be pleasant depending on the individual (National Institute on Drug Abuse, 2021).

As a street drug, cocaine is sold as a white crystal powder. In order to increase income, street dealers often mix it with cornstarch, talcum powder or flour. They might even mix it with other medications like the stimulant amphetamine or synthetic opioids like fentanyl. When synthetic opioids are

added to cocaine, it is highly hazardous since users are unaware that it includes these harmful ingredients (National Institute on Drug Abuse, 2021). Cocaine abuse can lead to addiction, serious health problems and death. Cocaine abuse can even lead to people giving up hobbies and celebrations they formerly enjoyed. Many cocaine addicts claim to be caught in a vicious circle of increasing cocaine consumption. Due to the severe cravings and high recurrence rates associated with cocaine addiction, rehabilitation in a supportive setting (such as an inpatient treatment centre) can help the addict who is recovering (National Institute on Drug Abuse, 2021).

In early 2018, the National Institute of Health and Welfare (THL) conducted a wastewater test to investigate the residues of substances found in returned syringes. The findings revealed that the use of cocaine is still at an all-time high but that the rate of growth has slowed in recent years. The weekly monitoring sewage treatment plants and assessments indicate that cocaine use has increased, especially in Southern Finland's large cities. Not only has the usage increased, but the reach of the drug is geographically wider. For example, the drug was discovered in the northern Finnish city of Rovaniemi (Gunnar & Kankaanpää, 2021).

In a recent investigation, the African Eye Reports that the sale and use of cocaine have increased in Ghana's capital city, Accra. According to their investigation, an average of 40 individuals visits Accra's New Town and Tudu districts every day to buy suspected cocaine-containing drugs (Kunateh, 2019). The increasing sale and use of drugs believed to be cocaine are not limited to the two suburbs but can be found in virtually every shanty and slum community in Ghana. Youthful men and women were seen taking cocaine openly during a recent visit by the African Eye Team to several of these cocaine-abusing areas. The method of obtaining cocaine is relatively straightforward: you drive or walk to the neighbourhood at any time of day or night and buy it yourself or pay some local "ghetto guys" to do so for you. Some young males attributed the rise in cocaine sales and use to unemployment, economic difficulties, and a general lack of opportunity (Kunateh, 2019).

## 2.6 Causes of Substance Abuse

Misuse of substances, such as alcohol, marijuana, and other illicit drugs, begins at infancy, adolescence, or adulthood (Iltus et al., 2002). Like other diseases and disorders, addiction varies from person to person, and no single factor affects whether or not a person will become addicted to substances. According to specialists, many circumstances in one's life can lead to the use of drugs, and these are referred to as RISK FACTORS. At the same time, some factors hinder people from doing so, and these factors are called protective factors. If the risk variables in a person's life outweigh the protective aspects, he is likely to begin taking substances (Iltus et al., 2002).

### 2.6.1 Personal Risk Factors

Personal risk factors have to do with the inherent attributes of an individual.

- Being a man or a woman - worldwide, men use drugs in far greater numbers than women. This trend, however, is transforming. Also, keep in mind that girls frequently abuse licit or legal substances such as alcohol, prescription medicines, and other socially acceptable substances.

- Young age - young people constantly struggle to establish their identities and answer questions like, "Who am I? What is my role in society? What do I want to be?" Finding answers to these questions is never easy, and it takes time. Often, a young person can start doubting himself and his ability to achieve and do something during this period. It is then that he may try to "forget about the world" or "drown his sorrows by abusing different substances.
- Lack of or inadequate personal abilities - when individuals cannot make decisions, articulate feelings, assert themselves, or handle problems, they are more likely to succumb to substance abuse (Iltus et al., 2002).

### 2.6.2 Environmental Risk Factors

Family, school, and neighbourhood are all examples of environmental influences. The following are some of the factors that might enhance a person's risk:

- Home and family - the family environment, especially during childhood, plays a significant role in whether or not an individual develops a drug or alcohol addiction. Drug-abusing parents and older family members, as well as those who disobey the law, can put their children at risk of future drug problems.
- Peers and school - a child struggling in school or with poor social skills is at risk of using or becoming addicted to drugs. Teens who use drugs have the ability to persuade even those without risk factors to experiment with drugs for the first time. During the teen years, friends and other peers might have a growing influence (Volkow, 2020).

### 2.7 Global Facts and Figures About Substance Abuse

According to the World Health Organization, in 2017, around 271 million people (or roughly 5.5 percent of the world population aged 15-64) used psychoactive substances in the preceding year, with an estimated 35 million people suffering from drug use problems (harmful pattern of drug use or drug dependence). Drug use is believed to cause approximately 500,000 deaths each year, of which 350,000 men and 150,000 women die. Deaths caused by opioids (mainly synthetic opioids) have recently changed the mortality rate in some high-income countries. In 2017, drug use caused more than 42 million years of healthy life loss disability-adjusted life years (DALY), accounting for approximately 1.3% of the global burden of disease. It is estimated that about 11 million people in the world inject drugs, including 1.4 million people living with HIV and 5.6 million people living with hepatitis C (WHO, 2018).

Data from Statistics Finland indicate that more people are dying as a result of drug and alcohol use (Taskinen et al., 2019). According to Finland's mortality statistics, 261 people died due to drugs in 2018, which is 61 higher than in 2017 (Taskinen et al., 2019). The number of drug-related deaths has risen for three years in a row, and the age group of 20 to 29 years old had the greatest rise in deaths. Most drug-related deaths are caused by unintentional poisoning involving multiple substances, among which drug effects dominate (Taskinen et al., 2019).

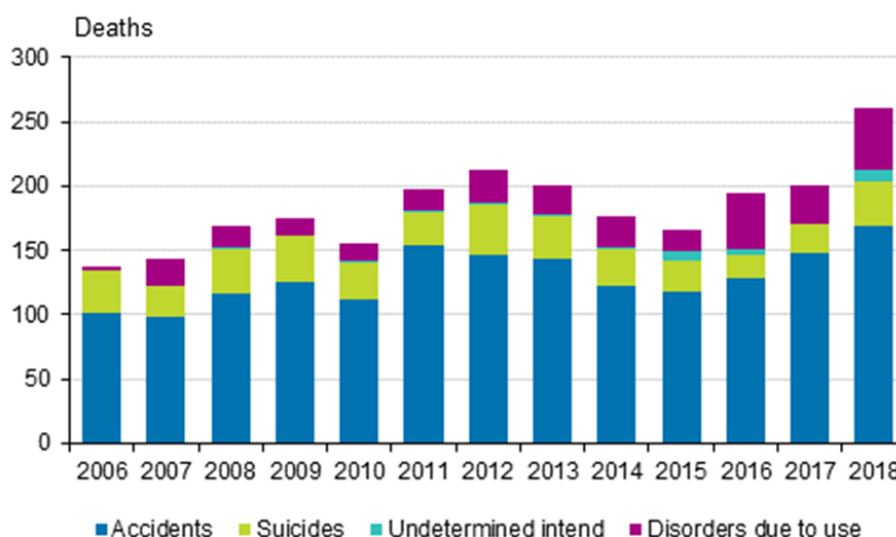


FIGURE 1. A Bar Chart Of Drug-Related Deaths In Finland From 2006 To 2018 (Statistics Finland, 2019)

The bar graph above (from Statistics Finland) explains the number of drug deaths from 2006 to 2018 in Finland. From the figures, in terms of relative increases, deaths caused by long-term drug use rose to the highest in 2018. Forty-nine (49) fatalities due to drug addiction occurred in 2018, compared to 29 in 2017. The bulk of drug-related deaths, 169 in 2018, were results of unintentional poisoning. Opioid overdoses were responsible for three out of every four drug-related deaths. According to Taskinen et al. (2019), there were 4.7 drug-related fatalities per 100,000 people in 2018. Deaths climbed the highest in 20 to 29 age groups, although growth occurred in virtually all age groups. Men aged 25 to 29 were the most common victims of drug overdoses.

Like many other countries, Ghana also faces a growing substance abuse problem. Although obtaining accurate data is still a challenge, young people are the most affected. According to the Economic Community of West African States (ECOWAS) Drug News, the Economic Community of West African States Commission's quarterly report on drug abuse in West Africa shows that an estimated 1.25 million Ghanaians abuse drugs, mainly marijuana (Aning & Pokoo, 2014). Cocaine, Heroin, Methamphetamines, and other synthetic opioids such as tramadol, codeine, and others have all made their way into Ghanaian society (Adzrago et al., 2018).

What's more, according to a recent school health study conducted by the Ghana Health Service in collaboration with the World Health Organization, it was found that 23% of Ghanaian school children had used drugs at least once (MyjoyOnline.com, 2019). According to the Narcotics Control Board, Ghana has approximately 70,000 illegal drug addicts who are between the ages of 15 and 50. (NACOB, 2014; WDR, 2018) This figure is shocking since it suggests a bleak future for Ghana's youth (MyjoyOnline.com, 2019).

## 2.8 Defining Rehabilitation

The World Health Organisation defines Rehabilitation as "a set of interventions designed to optimise functioning and reduce disability in individuals with health conditions in interaction with their environment." (WHO, 2021). Rehabilitation is the process of enhancing a person's physical, mental, and



emotional well-being by addressing underlying problems (such as pain) and assisting them in overcoming challenges with thinking, seeing, hearing, speaking, eating, and moving around. Simply put, rehabilitation allows children, adults, or the elderly to be as self-sufficient as possible in their daily work, allowing them to participate in school, work, entertainment, and important life responsibilities, such as caring for their families (WHO, 2021).

The human mind and body are incredible machines, not perfect, but excellent. We have individuals who specialise in helping it when it breaks down or requires assistance. Following an illness, accident, or condition, Rehabilitation is described as a therapy procedure that aims to return a person to an average level of functioning. Rehabilitation's general aim is to help individuals recover their skills and independence, but each person's goals are unique. They depend on the source of the problem, whether it is permanent or temporary, the skills lost, and the severity of the condition. Individuals may get rehabilitation treatments at home, hospital, or inpatient rehabilitation facilities. In some cases, the provider may visit the patient at your home. If a patient wants to get care at home, he or she will need family or friends to assist him or her with recovery (MedlinePlus, 2021).

Globally, changes in population health and characteristics are expected to boost the need for rehabilitation services. According to the World Health Organization, an estimated 2.4 billion people with health conditions could benefit from rehabilitation, and more than half do not receive rehabilitation treatment (WHO, 2021).

## 2.9 Rehabilitation Services in Finland

According to the Finnish Ministry of Social Affairs and Health (STM), rehabilitation focuses on Finland's patient's requirements and goals. Rehabilitation is a systematic procedure in which patients engage with experts to maintain and enhance their functional capacity and job ability. Rehabilitation is part of a multi-sectoral service system that includes individuals in the patient's immediate family. Most rehabilitation services are free of charge for the rehabilitee (STM, 2016). Some rehabilitation services, such as treatments and care periods at rehabilitation facilities, may be charged a client fee or a set non-reimbursable cost. A variety of laws govern the process of rehabilitation. Rehabilitation allowances are paid in income assistance by The Social Insurance Institution (Kela) and occupational pension organisations (STM, 2016).

Nuvanniemi hospital is a state-run psychiatric facility located in Kuopio, Finland. It is the primary location for secure housing and incarceration of criminal patients (i.e., individuals that a court has found criminally insane). Additionally, it accepts challenging-to-treat or dangerous mental patients from other hospitals (Niuvanniemi Sairaala, 2021). Nuvanniemi hospital provides high-quality, specialised forensic psychiatric services and mental examinations for the entire country and training and development for forensic psychiatry personnel. The types of rehabilitation services provided in Finland include medical, vocational, social, and others (STM, 2016).

### 2.9.1 Medical rehabilitation

Preventive healthcare includes medical rehabilitation provided by healthcare services. The Health Care Act and the Ministry of Social Affairs and Health Decree on the supply of medical rehabilitation aids contain provisions on medical rehabilitation. The Social Insurance Institution (Kela) provides

medical rehabilitation that supports and promotes coping in daily activities, participation, and the ability to work and study. The rehabilitee's physical, mental, and social functional capacity is improved and maintained through medical rehabilitation. Insurance companies are responsible for a portion of the costs of medical rehabilitation and assistive device services in the case of workplace accidents, occupational diseases, and traffic accidents (STM, 2016).

### 2.9.2 Vocational rehabilitation

Employee pension institutions and Kela coordinate vocational rehabilitation to avoid rehabilitees becoming unemployed. It aims to enhance their capacity to work and earn a living if their illness puts them at risk of being unable to work. Additionally, Kela organises vocational rehabilitation for individuals whose ability to work or study has deteriorated and vocational rehabilitation for adolescents whose functional capacity has worsened. Employee pension legislation and the Act on the Social Insurance Institution of Finland's Rehabilitation Benefits and Rehabilitation Allowance Benefits contain provisions for vocational rehabilitation. Vocational rehabilitation services are also covered by the Occupational Accidents, Injuries, and Illness Act (STM, 2016).

### 2.9.3 Social rehabilitation

Maximised assistance to improve the client's social ability, fight social isolation, and promote inclusion is referred to as social rehabilitation. According to the Social Welfare Act, social rehabilitation is a social service. In social rehabilitation, individual assistance is coupled with activities that suit the client's requirements, such as group activities (STM, 2016).

## 2.10 Rehabilitation Services in Ghana

According to studies, the effects of alcohol and drug addictions are universal, but more so in developing nations like Ghana (Mensah-Onumah, 2019). In Ghana, for example, drug use, possession account for about 40% of all criminal offences tried in the courts. Alcohol and drug misuse or addiction are also believed to cause 4.1 per 100,000 fatalities in Ghana (Adzrago et al., 2018). However, Ghana has limited rehabilitation programmes, often ineffective for substance abusers.

Rehabilitation services, such as group psychotherapy and detoxification clinics, are available in Ghana, but they are insufficient and ineffective (Mensah-Onumah, 2019). Three (3) psychiatric hospitals, namely; Accra Psychiatric Hospital, Ankafu Psychiatric Hospital, Pantang Psychiatric Hospital and a few other mental hospitals, offer these services. Unfortunately, all three major psychiatric institutions are in the southern part of Ghana. In Ghana, addiction treatment costs proved to be a significant barrier for most substance abusers. While inpatient therapy should last at least six (6) months and up to 12 months, many patients are forced to leave early due to financial limitations, increasing the risk of recurrence or failure to seek treatment (Mensah-Onumah, 2019).

Due to financial and cultural differences, the choice of mental health treatment most often depends on which services are accessible or available (Badu et al., 2019). In Ghana, as in other low-income countries, three types of mental health treatment exist – biomedical, faith-based and a mixture of both (Burns & Tomita, 2015). The choice of using these services is closely linked to the different

belief systems, cultural practices, customs and values apart from financial capabilities (Badu et al., 2019).

### 2.10.1 Biomedical treatment

Studies conducted by many research into mental health treatment indicate that biomedical treatment is the default treatment choice of most patients (Ibrahim et al., 2016; Tawiah, Adongo & Aikins, 2015). Biomedical treatment of mental health in Ghana include psychiatric care, psychotherapy, counselling and social interventions.

The Accra Psychiatric Hospital offers inpatient and outpatient services in these areas of bio-medical treatment. Although treatment is free, patients are asked to pay a small fee for hospital record folders, ID cards, forms, and medication. The facility is run mostly by nurses, with doctors visiting once in two weeks or shorter in situations when patients' conditions are worsened or well enough to be discharged (Fournier, 2011).

Treatment at the Pantang and Ankaful Hospitals is free, like the Accra psychiatric hospital. Still, patients pay a fee for their hospital attendance record keeping and towards their medication. These mental institutions have limited health personnel and facilities to keep up with the growing number of patients visiting the hospitals daily. Although other private mental institutions are available, they are not as developed as those funded by the government. Therefore, the lack of facilities in the country and the availability of mental health doctors, nurses or carers makes it difficult for most patients to access biomedical treatment. WHO report from 2010 (WHO, 2010) indicated that out of a total estimate of 2,81600 people suffering from moderate to severe mental health disorders, only 1.17% of these patients receive treatment from public hospitals due to lack of funds for the upkeep at their facilities.

Due to these problems, most patients seek alternative treatments that can only be found in faith-based healers, such as churches or shrines, where mental disabilities are considered spiritual problems rather than physical conditions (Kpobi and Swartz, 2019).

### 2.10.2 Faith-Based Treatment

Due to the belief system in Ghana, some people believe that spiritual forces are to blame for mental health problems. This belief, coupled with the fact that only a few mental health institutions are in Ghana, faith healers or traditional healers often tend to care for the largest number of substance abusers with mental disorders (Kpobi and Swartz, 2019). The faith healers include churches and indigenous traditional herbalists or diviners. Church healers use methods that border on fasting, prayers and the use of oils, candles and holy water, mainly done in a prayer where the patient stays or are 'admitted' to undergo the treatment (Arias et al., 2016; Edwards, 2014). The traditional diviners or herbalists use mostly mediums and herbs to help treat the patients. In general, these faith-based healers' work involves but is not limited to the use of herbal remedies, spiritual engagements, confessions, and drawing on folk knowledge to restore the balance in an individual (Aniah, 2015; Kpobi and Swartz, 2018).

The methods used in treating mental health patients may differ from person to person and are mainly based on how the healers diagnose and classify the illness (Kpobi and Swartz, 2018). Most mental illnesses or disorders are viewed as disorders as a consequence of social circumstances (Kpobi and Swartz, 2018). Therefore, treatment is connected to the healer's healing orientation, which is often based on cultural ideas of illness or wellness.

## 2.11 Defining Nurses Role for Substance Abusers

According to the International Council of Nurses, "A nurse is an individual who autonomously and collaboratively cares for others in all settings. A nurse's role is to promote health and care for the sick, disabled and dying. Nursing roles include advocacy, safety promotion, research, participation in health policy development, inpatient and health system management, and" (ICN, 2002).

Nurses are often the first clinical providers that substance abusers patient sees in any health facility. They help the substance abusers patients regain their ability to function as fully as possible in a therapeutic environment. Nurses provide addiction treatment and rehabilitation services for substance abusers at all stages of the admittance process, from the initial assessment through treatment and follow-up care. They help patients adjust to a new lifestyle by developing a treatment plan that encourages physical activity.

Administering a variety of interventions, such as those elaborated below, can help nurses in alcohol and drug services achieve various health and social care outcomes.

- Nurses can help patients with mental and physical health problems by providing triage, assessment, treatment, and follow-up.
- They can guide and help substance abusers prevent and treat infections and side effects resulting from insufficiently safe injection methods.
- Nurses can help substance abusers test for blood-borne viruses (BBVs) and hepatitis B vaccination.
- Nurses help provide, observe and document the results of medication administration of patients in rehabilitation care settings.
- They can also help identify and treat liver disease caused by using alcohol and dangerous drugs.

### 2.11.1 Nurses Interventions In Rehabilitation Services

Administering a variety of interventions, such as those elaborated below, can help nurses in alcohol and drug services achieve various health and social care outcomes.

#### Public Health Interventions

Nurses can contribute to a variety of public health priorities for individuals, their families, and the larger population. The following are examples of typical public health activities/interventions:

- Nurses apply their specialised skills, knowledge, and understanding of their population and community to design and deliver public health interventions.

- Nurses contribute to local systems for monitoring and responding to potential disease outbreaks and changes in disease profiles and local population health needs.
- Nurses provide expert clinical care in a variety of alcohol and drug treatment services, including the following: supervision of pharmacological treatment (i.e., detoxification, adjunctive relapse prevention programmes), testing and vaccination where appropriate, blood pressure monitoring, advice on nutrition, diet and obesity, basic wound care and advice, promoting mental health and well-being, and responding to mental health crises.

#### Physical Health Interventions

A person's physical health can be adversely affected by both short- and long-term alcohol and drug abuse, so early detection and assessment are critical. There is evidence that some people with alcohol and drug abuse issues have difficulty accessing primary care until they are in a crisis state. A nurse on the team allows the service user to have access to a health professional at any given moment. Preventative care for physical health issues can reduce the severity of these issues and alleviate future financial burdens on the health care system. Examples of specific physical health interventions areas where nurses can play a key role are:

- a physical examination of vital signs and when to take actions
- medication management (side effects, concordance, interactions, etc.)
- knowledge and management of long-term conditions (diabetes, asthma, epilepsy, liver disease, and pain).
- Health screening can identify and manage acute health problems (such as cellulitis, infections/abscesses, hypertension, cardiac, respiratory or endocrine problems).
- taking action in response to symptoms that may be caused by adverse reactions to substances (including new psychoactive substances).
- identifying the harmful, non-dependent alcohol use by substance abusers may increase their hypertension, mental health, cardiac or other physical health conditions, or interfere with prescribed medication or illicit drugs.
- giving people who smoke brief advice, including harm reduction and access to nicotine replacement therapies and behavioural support for those who are unwilling or unable to stop smoking

#### Psychosocial Interventions

Nurses are trained in schools to have good communication and listening skills. Therefore, nurses are expected to build a therapeutic relationship with their clients and thus deliver psychosocial interventions more successfully with these skills. Psychiatric nurses are well-versed in psychosocial intervention techniques and how to implement them. People with common mental health issues like anxiety and depression will be able to receive psychosocial treatment from these professionals.

Core nursing competencies prepare nurses to deliver psychosocial interventions as part of a comprehensive recovery plan using motivational interviewing techniques such as:

- family assessment
- engagement and outcome-oriented assessment

- psychological management of health issues, including coping strategy enhancement, self-monitoring approaches, and problem-solving training

#### Medication management

Substance abusers may seek to supplement their alcohol or drug use by misusing prescribed or over-the-counter medications while requiring legitimate prescriptions for comorbid conditions. Anti-psychotic medications, antidepressants, and antiretrovirals are examples. As a result, substance abusers may be exposed to the risks associated with polypharmacy. Nurses bring expertise in medication administration and safe medication management, including medication regimen reviews.

Nurses who work in the alcohol and drug field must be skilled in administering medications. It is required on inpatient units and community teams that they administer medications. A nurse monitor and manage a substance abuser's physical and mental health symptoms during the acute detoxification phase. Nurses are in a good position to monitor the detoxification program's progress and respond to changes in the substance abuser's condition. Nurses can provide advice on dosage adjustments and, if necessary, administer prophylactic vitamin injections.

## 3 RESULTS

The information gathered from the databases and articles revealed numerous roles nurses play in the rehabilitation processes of individuals plagued with substance abuse. With the variety of work settings and expansion of working environments that nurses find themselves in, the responsibilities of registered nurses have greatly expanded. Nursing education has evolved to include delivering a range of interventions such as physical and mental health triage, assessment and care (ii). The expansion indicates that nurses play a major role in substance use disorders (SUD). Nurses significantly reduce the risks associated with substance abuse problems by assessing and monitoring during treatment and rehabilitation.

Preventing the onset of severe adverse effects of substance abuse requires comprehensive approaches adopted by nurses at the front line to address this problem by helping patients understand the risks involved in substance abuse and the benefits of pharmacological and non-pharmacological treatments (Mallick-Serle and Chang, 2018). One of the approaches adopted in the Behavioural Health Continuum of Care Model was introduced by the Institute of Medicine (IOM, 2009). The IOM model consists of:

**Promotion** – This is designed to create environments or conditions that support behavioural health and the ability of individuals to be resilient.

**Prevention** – This is executed before the onset of a disorder. Its implementation is intended to reduce or prevent the risks of developing a behavioural health problem such as over-dependence on illicit substances or drugs or behaviours.

**Treatment** – these are services available to individuals who have been diagnosed with substance use or other behavioural health disorders and

**Recovery** – This is done to support an individual's integration back into the community and live a productive life and sometimes assist them with abstinence from the drugs they used before (Substance Abuse and Mental Health Services Administration, 2017.) Table 1 summarises some of the nurses' roles in rehabilitating individuals with alcohol and substance abuse.

Table 2. Multiple Roles Nurses Play In Rehabilitating Individuals With Alcohol And Illicit Drugs Abuse (Clancy et al., 2017)

Nurses role	Component of the role
Clinical	Triage/Assessment <ul style="list-style-type: none"> <li>• risk management</li> <li>• safeguarding</li> <li>• key working</li> <li>• psychosocial interventions</li> <li>• prescribing</li> <li>• physical health checks</li> <li>• hepatitis b immunisation</li> <li>• vaccinations where necessary</li> <li>• managing complex clinical</li> </ul> Presentations <ul style="list-style-type: none"> <li>• mental health checks</li> </ul>

	<ul style="list-style-type: none"> <li>• wound dressing</li> <li>• health advocacy</li> </ul>
Leadership	<ul style="list-style-type: none"> <li>• leading and managing teams</li> <li>• clinical supervision</li> <li>• reflective practice</li> <li>• partnership working</li> <li>• providing advice to commissioners and policymakers</li> </ul>
Quality improvement	<ul style="list-style-type: none"> <li>• developing and leading on quality governance</li> <li>• clinical audit and service development</li> <li>• data monitoring</li> <li>• engaging in public health and clinical research</li> </ul>
Teaching	<ul style="list-style-type: none"> <li>• delivering training to non-specialist staff</li> <li>• CPD in services, mandatory training</li> <li>• teaching on undergraduate and postgraduate courses</li> <li>• mentoring of student nurses and junior staff</li> </ul>

From the literature search, a summary of the type of studies, the target groups in which specific interventions were carried out, the substance abuse and the role of nurses in their rehabilitation was compiled. Table 3 shows the summary from the review of 8 articles.

Table 3. Summary Of Roles Nurse Play In Rehabilitating Individuals With Various Substance Use Disorders And The Type Of Substances Abused.

<b>Study</b>	<b>Target</b>	<b>Abused Substance</b>	<b>Nurses Roles in Rehabilitation</b>
Harm Reduction: Compassionate Care Of Persons With Addictions (Bartlett et al., 2013)	Nurses Persons with Addictions	Nicotine Opioids Alcohol	Education
Caring For Substance Abuse Pregnant Women (Economidou, Klimi & Vivilaki, 2012)	Midwife Pregnant women	Illicit drugs	Counselling Social Support
Finland Country Drug Report 2019 (Rönkä, S. (2019)	Young adults (15-34 years)	Cannabis resin Herbal cannabis. Amphetamine. Methamphetamines Cocaine	Psychiatric Treatment Substitution Treatment Group Counselling Overdose Prevention
Rehabilitation Processes Involved In Rehabilitating Individuals With Alcohol And Drug Addictions At Rehabilitation Centres In Ghana (Adzrago and Adu-Gyamfi, 2018)	14 alcohol and drug addiction patients (16-54 years)  14 rehabilitation service providers (24-34 years)	Alcohol	Counselling and Medication
Cocaine Research Report (NIDA, 2016)	Pregnant women	Cocaine	Medical Care Psychological Care Prenatal Care



			Mental Health Counseling Vocational/Employ- ment Assistance
The Nurse's Role In Assessing Alcohol Use By Older People (Schofield & Tolson, 2001)	Older people	Alcohol	Monitoring clients Providing infor- mation Educating older pa- tients
The Role Of Nurses In Alcohol And Drug Treatment Services (Clancy et al., 2017)	Adults and Family	Alcohol Drugs	Clinical, Teaching Leadership Quality Improve- ment
Long-Term Strategies For Overcoming Addiction (Hartney, 2021)	People who en- gage in addictive behaviours	Alcohol Drugs	Medical treatments Psychological treatments

## 4 DISCUSSION

A significant role in rehabilitating individuals with substance abuse is total recovery (National Institute on Drug Abuse, 2009). This study sought to answer the main question of nurses' role in rehabilitating such individuals. From the search, varied and diverse roles nurses play in the rehabilitation of substance abusers were identified. The roles ranged from health care personnel to counsellors to teachers to ensure that the individual does not relapse or suffer adverse effects from the withdrawal of the addicted substance. Although medical management is vital in the rehabilitation process, nurses also employ psychosocial interventions to ensure total recovery.

### 4.1 Nurses Roles

The nurse's role in rehabilitation is critical. The rehabilitation nurse must have specific skills to help the patient regain their optimal level of function and reintegrate back into society. The nurse should empathise with the patient more than the average person because this patient can sometimes become confused, anxious, and depressed. The nurse connects with the patient and understands what the patient is going through by being empathetic. Empathy allows the nurse to recognise the patient's overall health and listen carefully. Nurses can empower patients to be pr-active and self-managers of their care during the rehabilitation process (Ficara, 2011).

Anxiety, depression, and confusion in the patient may make it challenging to communicate effectively and empathically. The nurse must be compassionate but must also think of innovative ways to ensure that this particular patient feels cared for, as this will make them feel like they have a valuable role in their own care. Because the patient is frequently depressed, they require a lot of empathy and reassurance. The patient has no desire to reintegrate into society and believe they are a burden to those around them. As a result, the nurse must constantly reassure them that they are at the centre of all care activities. In this case, the nurse should collaborate with other healthcare professionals, such as the therapist or psychotherapist, to find ways to coach the patient to become an active participant rather than a passive recipient of care. That will assist the patient in regaining control, feeling empowered, and taking care of herself once she returns home. The nurse must help the patient realise that they are the most important member of their own healthcare team and that it is their right and responsibility to participate in all aspects of their care decisions fully. The nurse's role is critical in providing positive reassurance and hopes to the patient while also remaining realistic about their recovery expectations.

Another role that a nurse play at the mental hospital is an educator. The nurse serves as a link between the patient and the healthcare system. Nurses tend to the needs of patients but must also remember that they have a responsibility to educate them. Nurses assist the patient in becoming aware that they can be in control of their conditions and have a good quality of life by educating them about their disease process and triggers of exacerbations, as well as the management of symptoms such as those of giant cell arteritis: malaise, fatigue, headaches, and low-grade fever. In order to promote self-management, the patients must be educated by the nurse. Self-management is the process by which an individual actively manages their illness (Schulman Freen et al., 2012).

Prior to delivering education to this patient, it is vital to conduct a holistic assessment of this patient's ability to assimilate and process information before providing education to them. Rather than simply telling patients their health information, it is sometimes essential to write it down for them to fully comprehend. The education should include information about the abuser's treatment and how to adhere to his/her medication regimen. The patient must understand the purpose of each of her medications and the recommended dosage (Nursing Times, 2008). Additionally, the nurse should encourage the patient to continue attending physiotherapy and occupational therapy sessions. When the patients keep performing the exercises taught by the physiotherapist, that will help them boost their morale and regain an optimal level of function.

Immobility and other physiological impairments, on the other hand, are not the only issues impeding this patient's social integration. There is the issue of social isolation, which occurs when an individual has no or minimal contact with the rest of society (Amidon, 2019). It differs from loneliness in that it reflects an involuntary and temporary lack of communication with other people. One of the reasons for social isolation could be that patients live alone, and all of their relatives live elsewhere. It is a problem that the nurse must address, especially since the patient is depressed and could become a trap. The nurse should plan interventions to help reduce social isolation and loneliness since that can negatively affect this patient's health. The nurse could encourage the patient to attend parish groups, take a lifelong learning course at the local council, and visit daycare centres and night shelters when promoting social integration with other people in their community. The patient integrates with other people in this way, reducing the risk of being housebound, which could exacerbate their depression, make them less lonely, and boost their morale. The nurse empowers the patient by assisting them with this issue and providing guidance on interventions, allowing them to realise that they are a significant individual in society.

Last but not least, the nurse also serves as a counsellor. The nurse assists this patient in recognising and dealing with stressful psychological or social problems, improving interpersonal relationships, and encouraging personal growth. That is critical in a patient's rehabilitation because they sometimes view themselves as inferior, incapable, and powerless. In order to interact with society, the nurse must promote a positive body image because if not done, the patient is more likely to become isolated.

#### 4.2 Nurse-Patient Relationship

Like many other medical occupations, patient-centred care and a nurse-patient relationship are critical for good health care. The majority of patients under the care of a rehabilitation nurse have suffered physical trauma or have been diagnosed with an illness that has rendered them entirely or partially handicapped. As a result, patients face varying levels of emotional distress due to the new lifestyle they must adapt to, especially given the prospect of never regaining physical function. Many patients require encouragement and reinforcement from rehabilitation nurses through moments of helplessness and motivation (Christiansen, 2017). Assume the patient and healthcare professional have a good working relationship in which they communicate and trust each other. If this is the

case, the rehabilitation nurse has the power to influence and motivate the patient to engage in therapeutic activities (Pryor, 2016). As long as there is no trust between the nurse and her patients, patients tend to ignore the nurse's instructions and perceive their treatment as sceptical.

The variety of patients encourages rehabilitation nurses to devise inventive approaches unique to each patient to achieve the patient's medical goals. However, because there are no clearly defined accountabilities, nurses sometimes cannot tell when they are going too far and when it is essential to reveal their involvement with patient care. As soon as medical practitioners start crossing professional boundaries without being held accountable, "neglect of patients' needs at the price of their own" occurs (Tyrell, 2016). Many patients and staff mistake this for friendship because of the long-term therapies and ties developed during treatment and rehabilitation. As Tyrell and Pryor (2016) point out, cordial nurse-patient relationships can be beneficial and have an impact on recovery. Still, nurses must remind themselves of the goal at hand, which involves helping the patient regain function as soon as possible and allowing them to return to their old or altered life.

Researchers who want to work with substance abusers must first build trust and rapport with them. Establishing a relationship between the researcher and the participant serves two purposes: generating rich data and ensuring mutual respect between the two parties (Guillemin & Heggen, 2009). The researcher may have better access to patient information and data if they have a good relationship with them because of the trust and understanding that has been built between them.

To help people feel better about themselves, some have advocated the use of techniques such as receiving praise from others (Logan 1985). Therapists' work and patients' progress in mental health is aided by positive reinforcement, according to a review of research published more than 20 years ago (Huberman & O'Brien, 1999). Nurses are part of the medical industry's rehabilitation team, and they work in the medical sector to assist patients in recovering physically from trauma, disability, or sickness. Nurses can help patients with substance abuse disorders achieve their full potential by creating therapeutic environments. In general, their job entails assisting patients in creating a treatment plan that promotes physical activity and adjusts to a new, altered way of life. Therefore, the nurse-patient relationship is critical to the patient's complete recovery because rehabilitation treatment relies on these three key elements: trust, support, and motivation. On the other hand, nurses are faced with many challenges, including connecting with patients based on their unique qualities while carrying out nursing assessments and fulfilling the full range of ethical responsibilities that go along with their job.

#### 4.3 Ethical Considerations and Reliability

The primary ethical issues in nursing research are consent, beneficence, anonymity, patient confidentiality, observing boundaries, and maintaining privacy (Fouka & Mantzorou, 2011). The articles used for this thesis work have been published and are also in the public domain, so no permission was required to use them. However, the articles used were all properly cited to acknowledge the authors' contributions to the field of my studies.

Another essential principle to remember when writing a thesis is to avoid plagiarism. Plagiarism is the act of presenting someone else's work as your own, whether directly copied or adapted in your

own words. It is an aspect that the researcher also considered when writing this thesis. Hence, using proper citation methods to avoid plagiarism has been implemented in this research to avoid plagiarism. In addition, the thesis was written in accordance with the ethical standards of the Savonia University of Applied Science.

The concepts of reliability and validity are used to evaluate research quality. These two concepts describe a method, technique, or test for determining the precision of something. Validity is concerned with the accuracy of a measure, whereas reliability is its consistency (Middleton, 2021). It is essential to have these factors in mind when writing a thesis. The articles used in this study were retrieved and appraised from professional databases. The researcher used CINAHL, EBM guidelines, PUBMED, and Google Scholar to conduct this study and determined that these articles were trustworthy based on filters such as articles published between 2010 to 2021 and peer-reviewed papers in prestigious journals worldwide. Hence, this research is considered valid and reliable because of the thorough documentation of the process used in selecting articles. Therefore, the information gathered from the various articles are reliable and can be used to inform nurses and nursing students about nurses' roles to support and facilitate the rehabilitation of substance abusers.

#### 4.4 Strength and Limitation of Study

Every research project has flaws, no matter how much time and effort one devotes to it. This study is no exception. The researcher wishes to emphasise this research's strengths before discussing its weaknesses. The methodology used in this study is its strength. This research is unique compared to other studies because of the qualitative literature research methodology. The qualitative literature research methodology has increased my ability to demonstrate critical appraisal (i.e., to analyse to identify valid and unbiased studies).

On the downside, fewer articles may be available because the information from the literature search was limited to only four databases and articles written in English. Including different languages would have given the study a broader scope, allowing for more relevant articles to be included. Although the databases used contained a wealth of information on substance abuse and nursing interventions, they were all not accessible because they were not available at the University online library services. As a result of this limitation, the findings are also limited and may not adequately describe the role of nurses in supporting and facilitating drug abuser rehabilitation, as outlined in this paper.

#### 4.5 Professional Growth and Development

Professional development and growth are all about acquiring new skills and experiences, that is, growth related to either a current or future role. It was a positive experience while writing this thesis. The thesis process involved literature search and critical appraisal in obtaining the relevant information required for the thesis. First and foremost, the researcher's writing skills improved while writing the thesis. Nurses must always improve their writing skills, not only for academic purposes but also for work documentation and communication with co-workers, employers, and sometimes patients in the future through e-mail.

Furthermore, writing a literature review involved summarizing what has already been written by other researchers and experts in a given subject area. The researcher used the literature review to broaden her understanding of substance abuse during the writing process using the Savonia Thesis course curriculum (SAVTE1, Savonia UAS.) Also, writing the literature review improved the researcher's information-gathering abilities, and she can now scan through literature effectively and efficiently and identify a set of useful books and articles. Finally, writing this thesis has helped improve the researcher's ability to express critical judgment by identifying reliable and unbiased research. While writing the thesis, the author improved her skills in Microsoft Forms. (Competence Standards, Savonia UAS.) Since the thesis was educational in nature, the author deepened her knowledge of the nurses' role in the rehabilitation of substance abusers and patient education in the Mental Health and Substance Abuse Nursing course (4 NURMIE12, Savonia UAS). The gained knowledge of the topic means increased professionalism in the field of nursing (International Council of Nurses 2021).

## 5 CONCLUSION

As elaborated in this research, the nurse's role in the rehabilitation setting is critical. Nurses who are knowledgeable and skilled in educating, counselling, empathising, and assuring patients with substance abuse problems are well equipped to care for them. Nurses frequently interact with their clients regularly, allowing them to identify high-risk individuals and educate them about substance abuse. Furthermore, nurses' contributions to early detection and intervention can help mitigate the effects of substance abuse on the individual, the family, and society.

The roles as the educator, counsellor, empathic provider and reassurance provider add to the nurse's value as a partner in assisting the patient in preparing for discharge rehabilitation. It is critical to help the patients holistically and assist them in recognising that they are prepared to return to society and face the challenges associated with their chronic conditions and health. Through patient empowerment, nurses also help patients find meaning to their health and social status while encouraging them to have a good quality of life as long as they never give up. Not only do rehabilitation nurses assist these patients in recovering from a substance abuse problem, but they also help the substance abusers push past their limits and overcome incredible odds to reach their full potential while developing a therapeutic relationship. The help and support of nurses for drug abusers is more than a cure.

Again, as noted from this study, the best person to coordinate, support, and oversee the discharge transition process for patients struggling with substance abuse is a nurse with rehabilitation training skills, knowledge, and experience. In view of the observations mentioned earlier, the researcher would like to make the following conclusions:

- Treatment and rehabilitation care for substance abusers must be facilitated and supported by nurses with specialised nursing education, training, and experience in rehabilitation nursing. It is the responsibility of nurses to educate substance abusers and their families about the various available options and services, taking scientific evidence and summarising it in meaningful ways so they can make informed decisions about the treatment and rehabilitation transitions.
- Nurses with rehabilitation nursing training, knowledge, and experience must be involved in the national policy decision-making process for substance abusers. The nurses should be included on technical expert panels evaluating future care coordination measures, such as transitional care, for people with substance abuse disorders.
- Lastly, the researcher would also recommend further studies to determine the impact of educators, counsellors, empathic providers, and reassurance providers on nurses' roles in rehabilitating substance abusers. People struggling with substance abuse disorders, particularly young people, need an environment that encourages and facilitates their rehabilitation.

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