

Meseret Negussie & Ojenihun Santino  
**Drug abuse in adults - supporting the physical functional  
capacity.**

Literature Review

Thesis  
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SEINÄJOKI UNIVERSITY OF APPLIED SCIENCES

**Thesis Abstract**

Faculty: Social and health care

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Author/s: Meseret Negussie & Ojenihun Santino

Title of thesis: Drug abuse in adults - supporting the physical functional capacity

Supervisor/s: RN, MNSc Tanja Hautala & MSc Anna Rauha

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The thesis topic is drug abuse in adults - supporting the physical functional capacity. The goal of the thesis is to educate and assist nurses to have the basic information about what drug abuse is, recognizing the signs and symptoms of drug use and addiction, find out how daily physical functions are affected by the use of illegal drugs and how to assist patients to get the help they need so they can perform and maintain their ability to function physically on a daily basis.

Data was collected using literature review and analyzed by using content analysis methods. The research question of the thesis was how can nurses support the adults with drug abuse problem from the view point of physical functional capacity?

Result revealed some important points that can positively influence the life of adult users and steer them towards a healthy and normal lifestyle. . Authors believe that changes such as patients support when patients are in treatment, attaining and living a healthy lifestyle, getting the right treatment, avoiding relapse, daily exercise, getting a job and getting involved in recreational activities can affect patient's life positively.

Nurses make up for major part in public health. Therefore, they can as well make a substantial effect on reducing drug abuse by taking part in training and intervention programs that educate them about drug abuse and how they can help to improve the situation.

Keywords: drug abuse, addiction, support, adults and physical functional capacity.

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**Abbreviations**

**WHO** World health Organization

**UNODC** United Nations Office on Drugs and Crime

**DWP** Department for Work and Pensions

## 1 INTRODUCTION

The thesis topic is Drug abuse in adults and supporting their physical functional capacity. The reason for the thesis topic is as a result of the increase in rate at which drug is abused around adults or grown-ups according to the United Nations Office on Drugs and Crime (UNODC) due to many reasons and nurses need to have basic information about drug abuse and be educated on how to help these people in their physically useful capacity of everyday life and exercises. Drug abuse is common in today's adults and it is a global problem. It comes with not only physical health problems like liver damage, loss of control over the ability to take care of one's physical health, cardiac problems but also neuropsychological effect ranging from problems with decision making, reasoning, retentivity to problems with keeping a job. (Fernández-Serrano et al 2009.)

Health laborers, especially nurses are the principal contact to patients confronting all types of challenge. Therefore, it is easier for nurses to join with these patient's and teach them on the best way to deal with their physical capability and enjoy life without limitations.

This thesis will provide a brief summary on the important aspects of substance use in adults and examine how nurses can help to guide adults with this problem on how to take care of their physical functional capacity of daily life and activities.

The goal of the thesis paper is to find out how daily physical functions are affected by the use of illegal drugs and how nurses can assist patients to get the help they need so they can perform and maintain their ability to function physically on a daily basis.

The purpose of the thesis is to educate nurses by referring to evidence based articles and journals to assist nurses in having enough information about the matter and knowing how to equip nurses when they come in contact with these patients.

## **2 SUPPORTING THE PHYSICAL FUNCTIONAL CAPACITY OF ADULT DRUG USERS.**

### **2.1 Physical Functional Capacity**

Physical functional capacity is the assessment of an individual for the ability of performing work and everyday life activity by oneself. There are tests and activity tests which help to identify the function and physical fitness. Drug abuse affects a person's activity as well as the proper functioning of the brain. Tests can be carried out in the health centre, where the patient is examined on different tasks that require physical, cognitive, generic work and day to day living ability. Using the patients test result, a conclusion is made and recommendation of support will be followed. (Gradishar 2012.)

Physical functional capacity is impaired when there is any change in an individual that results to inability to perform activities important to keep health and wellness. An individual may show the symptoms of different kinds of behavior which is connected to disease. Nurses have a role to identify factors that contribute to an individual's inability to be normal and implement plans and actions to help for the improvement of healthy activities. (Gradishar 2012.)

Nurses have the first contact with any patient, with or without drug addiction. Therefore it is of utmost importance for nurses to be educated about patient issues, help patients get better, do all that is needed to assist patient in making their life less difficult and how patient can improve on daily living from day to day. The most important task of the nurse would be to find out the plans and actions which will be effective in empowering the patient for maintaining own health in their own ability and level of understanding. Secondly, the nurse and the patient can discuss about the treatment plan and nurses try to follow up and check the progress. (Gradishar 2012.)

## **2.2 Nursing education and training**

According to the World Health Organization (WHO), in order to equip nurses on how they can assist and support patients dealing with drug addiction, nurses have to be able to have access to quality training and education. This training requires growth of consciousness and understanding of the problem. Training should give information as regards drug abuse, its problems as well as enough opportunity for nurses to explore their own personal and social behavior regarding abuse and addiction. Nurses should be trained to recognize the problems associated with drug addiction, thereby realizing the signs of addiction. Training can include information such as identifying the signs of drug use and where to direct patients so they can get support. (Watson et al 2010)

Seminars and workshop can be arranged for nurses on drug abuse and the problems that arise from the use of drug abuse. Undergraduate and graduate nursing education should include information and education on drug abuse, the effects, how it can be prevented and how nurses can help patients struggling with drug abuse. Centers can also be created, where nurses are trained to educate people of the effects of drugs and prevention of drug abuse. Training can be provided for nurses who work as counselors so as to encourage incorporated environment that supports workers who are dealing with drug abuse. Training should include different kinds of mediation, inspiration strategies for behavioral change concerning the use of drugs, learning of drug interaction, program improvement, examination and result assessment. Educating on the methodology by diverse models, existing preferences and breaking points of treatment modalities and arranging reasonable exercises for the advancement of the ability to perform particular abilities that are satisfactory for daily living. (Villar-Luis & Rassool 2004.)

### **3 DRUG ABUSE IN ADULTS**

#### **3.1 Treating adults with drug abuse.**

Wikipedia defined drug abuse as a habit of harmful use of any substances for just a change of mood. Drug abuse can also be defined as "the use of illicit drugs or the abuse of prescription or over the counter drugs for purpose other than those for which they are indicated or in a manner or in quantities other than directed". (Guerin & Pitts 2004.)

##### **3.1.1 Basic information on drug abuse and addiction.**

The reason for trying out drugs is different for different patients. Some patient try it because they wonder what it feels like to be high, peer pressure or to better them self in one thing or the other. Other reasons are depression, anxiousness or tension. Using a particular drug does not automatically mean that one is abusing. Irrespective of the amount of intake, if it results to challenges in one's daily life, school work and family, then nurses can enquire if a person has the problem of abusing drug and possibly addiction. Drug abuse is a composite disorder characterized by compulsive drug use. Although different drug produces different effects, all abused drugs produce the same effect by changing the appearance of the brain and its use. When addicted to drugs every other thing becomes insignificant and does not matter, family and friends included. The compulsion is so strong that being on drugs or high takes the same meaning as eating, drinking and required for survival. (Robinson, Smith & Saisan 2014).

Drug use causes a surge in levels of dopamine in the brain, which trigger feelings of pleasure; the brain remembers these feelings and wants them repeated. In the case of addiction, the substance takes on the same significance as other survival behaviors such as eating and drinking. These changes in the brain interfere with the

ability to think clearly, exercise good judgment, control behavior and feel normal without drugs. The urge to use is so strong that the mind finds many ways to deny or rationalize the addiction. Patients may drastically underestimate the quantity of drugs been taken, how much it impacts their life and the level of control they have over drug use. (Harvard Mental Health Letter 2007.)

Drug abuse plays a role in many social problems such as stress, violence, child abuse. Also a cause for being homeless, committing crime and sometimes being out of job. Even though there are many types of treatment for drug abuse prevention is the best way. According to the National institute on drug abuse “scientific research since the mid–1970s shows that treatment can help patients addicted to drugs stop using, avoid relapse, and successfully recover their lives”. Therefore, the fundamentals of every treatment should be that addiction is a disease that affects the brain, it is complex but treatable. There are different treatments for different people and staying on treatment for the right amount of time is vital. Counseling is the most common mode of treatment and in some cases medication is important for the patients particularly when combined with counseling. All treatment must be accessed from time to time and modified if necessary to suit the patient’s life style and need. Mental disorder is associated with drug addiction because it affects the brain. Lapses can occur while on treatment, therefore drug use during treatment should be monitored continually, effective treatments can be achieved by using medications and behavioral treatments but above all the support of family and friends goes a long way in encouraging the patient to have and maintain a drug free lifestyle. (National institution on drug abuse 2009).

Apart from the effect of drug use on the brain, study shows that most users register for treatment mainly because of physical health problem which is also as a result of the environmental lifestyle factors of drug use. This physical health problem includes cardiovascular, dental, endocrine, genitourinary, musculoskeletal, neurological, and respiratory diseases. This is because of the drug use does not only affect the brain but also destroy organs of the body. (Keaney et al 2011.)

Westfall associates which is a rehabilitation center where patients are offered counseling for both drug and alcohol abuse explains that a beneficial starting point for patients is the concept called the “Stages of Change”. Changing ones behavior is not something that happens simultaneously but a process that happens gradually. In patients struggling with addiction the following stages are the changes they are most likely to go through: Pre-contemplation, contemplation, preparation action, maintenance and relapse (Westfall associates 2014.)

### **3.1.2 Treatment for drug abuse and recovery from addiction**

According to Robinson, Smith & Saisan (2014), when a patient is battling with addiction, moderation can and would appear as an unachievable objective. Yet recuperation is never impossible, regardless of how miserable the circumstance appears. Change is achievable with the right treatment and help, and by tending to the main reason for addiction in the first place. The process to recuperation frequently is not easy so continuous encouragement and support on the part of medical personnel (nurses) can keep the patient encouraged. Some of the important steps involved in overcoming addiction are: change, treatment option, support, resolving underlying issues and staying away from old acquaintances

*Change:* Deciding to make a change can be the greatest and hardest venture to recuperation. Usually patient is not sure about making a change and that is simply because change is never simple and focusing on restraint includes changing a number of things which are not limited to the patient style of coping with stress, patient’s friends, activities patient is involved in at free time and the patients thought of himself. Patients may question themselves if truly they are prepared for the change or question their ability to do all it takes to stop. Recouping from dependence is a long process, one that obliges time, responsibility, inspiration and support. (Robinson, Smith & Saisan 2014.)

*Treatment Options:* When patient's settled on the choice to test their addiction is the right time for nurses to assist patient investigate their treatment decisions. As they consider the choices, they should also be reminded that there's no single treatment that works for everybody. At the point when considering a treatment, patient should recollect that everybody's necessities are distinctive. Drug dependence treatment ought to be altered to every patient's remarkable issues and circumstance. It's critical that they discover a program that feels right for them. Treatment should address more than only drug ill-use. Addiction influences patient entire life, including connections, profession, wellbeing and mental prosperity. Treatment achievement relies on upon creating another method for living and tending to the reasons why patient turned to medications in the first place. It may have been a direct result of a failure to oversee stress, in which case patient will have to discover better approaches to handle stress. Commitment and ability to finish treatment is important. Drug dependence treatment is not a fast and simple procedure. As a rule, the more extended and more exceptional the addiction, the more extended and more extraordinary the treatment patient will require. As assistance is given for drug related habit, it's likewise vital to give treatment for other medicinal or mental issues patients might be encountering. The best result of recuperation is through incorporated treatment for both the drug abuse issue and the mental wellbeing. (Robinson, Smith & Saisan 2014.)

*Support:* Patient's should never attempt to do it alone. Whatever treatment approach they pick, having a strong supportive network is fundamental. The more positive impacts they have in their life, the better their chances for recuperation. Recouping from addiction is not simple, but with support, direction and someone to listen, it is a less intense. (Robinson, Smith & Saisan 2014.)

*Resolving underlying issues:* After the completion of the treatment, underlying issues have to be dealt with. What is reason for use in the first place? Whatever drove the patient to use drugs has to be tackled and other ways to deal with this issue has to be sorted out. These issues might be stress, depression, disappointment, indignation, disgrace, uneasiness or sadness. These issues will probably still be in patient life but the difference is they won't utilize drugs to blanket them up. Most importantly, patient

will be in a healthier position to address these issues and seek for the help they require. Patients can be assisted to figure out how to get past issues without falling again on their dependence. The key is to discover the particular case that works best for the patient, and helps them “cool off” when they are feeling focused on and overpowered. (Robinson, Smith & Saisan 2014.)

*Staying away from old acquaintances:* A crucial initial step towards recovery is detoxification and treatment. When calm, the mind needs time to recoup and remake associations that have changed while dependent. Amid this time, drug desires could be exceptional. Assistance should be rendered to patients so they can show restraint by attempting to stay away from individuals, places, and circumstances that trigger the urge to use. Patients are advised to stay away from old acquaintances that could tempt them back into using drugs. Patient should also try to surround themselves with people who would assist them in their collectedness and not people who will tempt them to slip back into their old ways and damaging whatever progress has been made. Patients should refrain from using bars and clubs regardless of the fact that they do not have issues with alcohol. Alcohol causes euphoria which in turn causes hindrances and debilitates judgment which in turn could cause backslide. Likewise a strategic distance from other situations and circumstances that patients take up with drug use should be maintained. Patients should stay far from prescription drugs with the potential for drug use or utilize just when essential and with utmost alert. Drugs with a high misuse potential includes painkillers and resting pills. (Robinson, Smith & Saisan 2014.)

Patients can help their treatment and secure themselves from backslide by taking up exercises and hobbies that give meaning to their life. It is vital to be included in activities that are appreciated and makes them feel required. Relapse is a typical piece of the recuperation process from drug addiction. While relapse is justifiably difficult and demoralizing, it can also be a chance to learn from errors and correct the treatment course. (Robinson, Smith & Saisan 2014.)

### **3.1.3 Support for adults living with drug abuse**

Support can be described as “both the emotional and the informational support provided by nurses to patients in their social interaction. Emotional support comprises empathy, caring and listening to and showing respect for the patient, while informational support refers to giving different kinds of advice and information”. This kind of support is a crucial part of care delivery, patients feel they are well attended to, respected and it also increases the chances of health improvement in the long run. (Mattila et al 2010.)

Support and treatment may take place from weeks to several month even years depending on the condition of the patient. Adults within age 20 – 45 years are easily susceptible to drug abuse due to life stresses such as graduating from or admission into school, getting married and having children. It may be difficult to stop, therefore patients who are addicted may need rehabilitation using rehabilitation centers, psychotherapy and medication which should all be under medical supervision and advice (University of Maryland medical center 2013.)

Different drug use might have different effect but most times the signs of use and addiction are always the same. Common signs of drug use and addiction are not performing duties and responsibilities at home, at work or in school due to the use of drugs, public misbehaviors that gets one into trouble with the law such as driving while under the influence. Constant misunderstanding with loved one and problems with relationships, the need to use a more amount of drug to get the same feeling one used to get with smaller amount due to drug tolerance. No control when it comes to drug use, lack of control on when to use, not participating in activities patient used to enjoy and using drugs despite knowing the effect. (Robinson, Smith & Saisan 2014.)

Family and friends can watch out for physical symptoms in someone suspected of using, such as bloodshot eyes, pupils larger or smaller than usual, changes in appetite or sleep patterns, sudden weight loss or weight gain, deterioration of physical appearance, personal grooming habits, unusual smells on breath, body, or clothing, tremors, slurred speech, or impaired coordination. Some behavioral symptoms are

drop in attendance and performance at work or school, unexplained need for money or financial problems and patient may borrow or steal to get it, engaging in secretive or suspicious behaviors, sudden change in friends, favorite hangouts, and hobbies, frequently getting into trouble (fights, accidents, illegal activities). Psychological symptoms could be unexplained change in personality or attitude, sudden mood swings, irritability, or angry outbursts, periods of unusual hyperactivity, agitation, or giddiness, lack of motivation; appears lethargic or “spaced out”, appears fearful, anxious, or paranoid with no reason. Overcoming drug abuse can be very tough; therefore it is very important that the patient has the right and reliable people to depend on for encouragement, ease and counseling. Support can come from family, friends, therapist or counselor, people recovering from addiction and also people with religious beliefs. (Robinson, Smith & Saisan 2014.)

#### **3.1.4 Exercise as treatment option**

According to a research carried out in Denmark, physical exercise can improve the quality of life of drug users. It can also be used as a means of early prevention and as a treatment plan. Participant were subjected to series of exercise, which was gradually increased until participate could no longer handle the work load. At the end of the research, results showed that patients reported improved quality of life and most said they noticed that they had high level of energy. Participants were more aware of their body and reduced intake of drugs while exercising which eventually assisted in detoxification because they did not experience difficult detoxification. The result revealed that physical exercise can be used as support in drug abuse treatment but more importantly keeping up with the improvement and resisting peer pressure to encourage change in the long-run. (Roessler 2010.)

#### **4 THE GOAL AND THE PURPOSE OF THE THESIS**

The goal of this thesis is to find out how daily physical functions are affected by the use of illegal drugs and how nurses can assist patients to get the help they need so they can perform and maintain their ability to function physically on a daily basis.

The purpose is to educate nurses by using data collected from evidence based articles and journals to assist nurses in having enough information about the matter and knowing how to equip them when they come in contact with these patients.

Nurses should be able to embark on intercession projects and systems for balance, occupying patients' consideration far from drug abuse to exercises not related to drug abuse and helping patients accomplish optimal capability to deal with their physical capability.

The research question of the thesis is:

How can nurses support the adults with drug abuse problem from the view point of physical functional capacity?

## **5 METHODS OF THE THESIS.**

This thesis paper was carried out by using appropriate methodologies in order to meet the purpose of the study. Data collection was performed by using secondary data source which are scientific articles and journals and by using content analysis as data analyzing method.

### **5.1 Literature review**

Effective evaluation of a chosen document up on the research topic is an important part of the research process. The purpose of literature review is to get background to check previous findings and discover important and relevant variables related to the topic. It is a published explanation of a subject by certified personnel. It should be organized in a way that it is immediately associated with the research question of the thesis. (Cronin, Ryan & Coughlan 2008.)

Literature review is an objective, thorough summary and critical analysis of the relevant available research and non-research literature on the topic being studied. Its goal is to bring the reader up-to-date with current literature on a topic and form the basis for another goal, such as the justification for future research in the area. A literature is a portrayal of the writing significant to a specific field or theme. This is regularly composed as a major aspect of a postgraduate thesis, or at the beginning of a postulation. A literature review is a basic appraisal of the important writing. It is doubtful that one will have the capacity to compose a genuinely discriminating evaluation of the literature until one has a decent handle of the subject, more often close to the end of the thesis. (Cronin, Ryan & Coughlan 2008.)

## **5.2 Data collection process**

Data for this thesis was collected by first deciding and choosing a topic to review. The next step was to determine the inclusion and exclusion criteria's to considerably reduce the number of search result and then use keywords to search for appropriate research material to review on CINAHL and SAGE. Result titles were first read to be able to determine which material was relevant to the thesis topic and the results that were not useful were disregarded, abstracts of the chosen topics were then read and finally the whole content of the materials selected was read.

### **5.2.1 Choosing the topic.**

The authors of this thesis choose to write about drug abuse in adults aged 20-45. The focus is on the physical aspect due to effect of drug abuse and how nurses can help improve the physical capability of recovering users. The process of deciding on a topic can be challenging because a writer can make the mistake of choosing a broad topic which will likely lead to long reviews. It is better to choose a specific aspect of a subject that the writer can easily have access to material to review. It is better short and straight to the point. (Cronin, Ryan & Coughlan 2008.)

### **5.2.2 Seeking for material to review**

When searching for materials there is a lot of information about the chosen topic or title, therefore it is advisable to set a limit in order to reasonably reduce the search result for example, where to gather materials (Books, articles, journals and internet), from what year to what year do you want the materials from, what language the material is written in and set age range. The purpose of setting limits is to reduce result for data search and relatively make searching easier. Inclusion and exclusion criteria of the thesis is presented in Table 1. (Cronin, Ryan & Coughlan 2008.)

Table 1: Inclusion and exclusion criteria used for the thesis

INCLUSION CRITERIA'S	EXCLUSION CRITERIA'S
Articles on adults (20-45 years) and drug abuse	Articles on children and elderly
Writing articles in English language	Non English language articles
Articles writing with full text	Non full text articles
Sources from year 2004-2014	Sources older than 2004
Evidence based researches	Non evidence based materials

According to Cronin, Ryan & Coughlan (2008), literature spreads everything important that is composed on a theme: books, diary articles, daily paper articles, verifiable records, government reports, theories and papers, and so forth. It is important that it is relevant to the matter at hand. Evidence based literatures and materials were consistently reviewed and re-examined so as to integrate the outcomes in relation to the topic. In this thesis, authors utilized research information gathered from distinctive sources online which are CINHAHL, SAGE and relevant materials required to accumulate data for this thesis.

### 5.2.3 Keywords

Keywords used for search are drug abuse, addiction, support, adults and physical functional capacity. Also words were combined in order to search for material used in this thesis.

*Drug abuse:* A drug is a synthetic substance that can change how the body and brain work. Drugs of misuse are substances that individuals utilization to get high and change how they feel. They may be illicit medications like pot, cocaine, or heroin. On the other hand they may be legitimate for grown-ups just, in the same way as liquor and tobacco. Prescriptions that treat ailment can likewise get to be drugs of ill-use when individuals take them to get high—not on account of they are debilitated and

after their specialist's requests. Individuals can even misuse hard or frosty prescriptions from the store in the event that they disregard the bearings and take excessively at one time. (Medline plus 2014.)

*Addiction:* At the point when a patient can't quit taking a medication regardless of the fact that he needs to, it is called compulsion. The urge is so solid it is not possible control, regardless of the fact that they know the medication is doing more harm than good. At the point when individuals begin taking medications, the intent is not to get hooked but they happen to like how the medication makes them feel. They accept they can control the amount and how regularly they take the medication. On the other hand, the impact of drugs on the brain is not good. Drug patients begin to need the medication just to feel and function like a typical person does. That is compulsion, and it can rapidly assume control over an individual's life. Dependence can get to be more imperative than the need to consume or slumber. The urge to get and utilize the medication can fill each minute of an individual's life. The dependence replaces all the things the individual used to revel in. An individual who is dependent may do just about anything—lying, taking, or harming individuals to continue taking the medication. This could get the individual in trouble with the law. (Harvard mental health letter 2007.)

*Support:* to keep up (an individual, family, stronghold, foundation, and so forth.) by supplying with things important to presence; accommodate. Support can be provided by nurses (emotional and informational) so as to improve the outcome of patient treatment. (Mattila et al, 2010.)

*Adult:* An individual who is completely developed. (Oxford dictionaries, 2015)

*Physical capacity:* fundamental activities and complex exercises; exercises considered crucial for keeping up freedom, and those considered optional that are not needed for free living, however may have an effect on personal satisfaction. (Medline, 2014).

**Search process:** Search engines used in searching for material for the thesis includes CINAHL, SAGE journals and books.

Initially, it was challenging to find data to review because of the diversity of the topic and difficulty in getting articles related to nurse's role in supporting patient's physical functional capacity but then authors decided to use synonyms like physical ability and found results for the search.

*CINAHL search process:* In CINAHL, the keywords drug abuse, addiction, physical ability, support and their synonyms was used. Also, authors used the inclusive and exclusive criteria's to further reduce the search to the possible appropriate data needed. 135 articles were found; authors read the titles and choose 14 articles. Then abstract of the articles were read and further reduced to 9 articles. Finally, 5 out of the 9 articles were used for the thesis after reading the whole article. Figure 1 shows the search process for CINAHL.

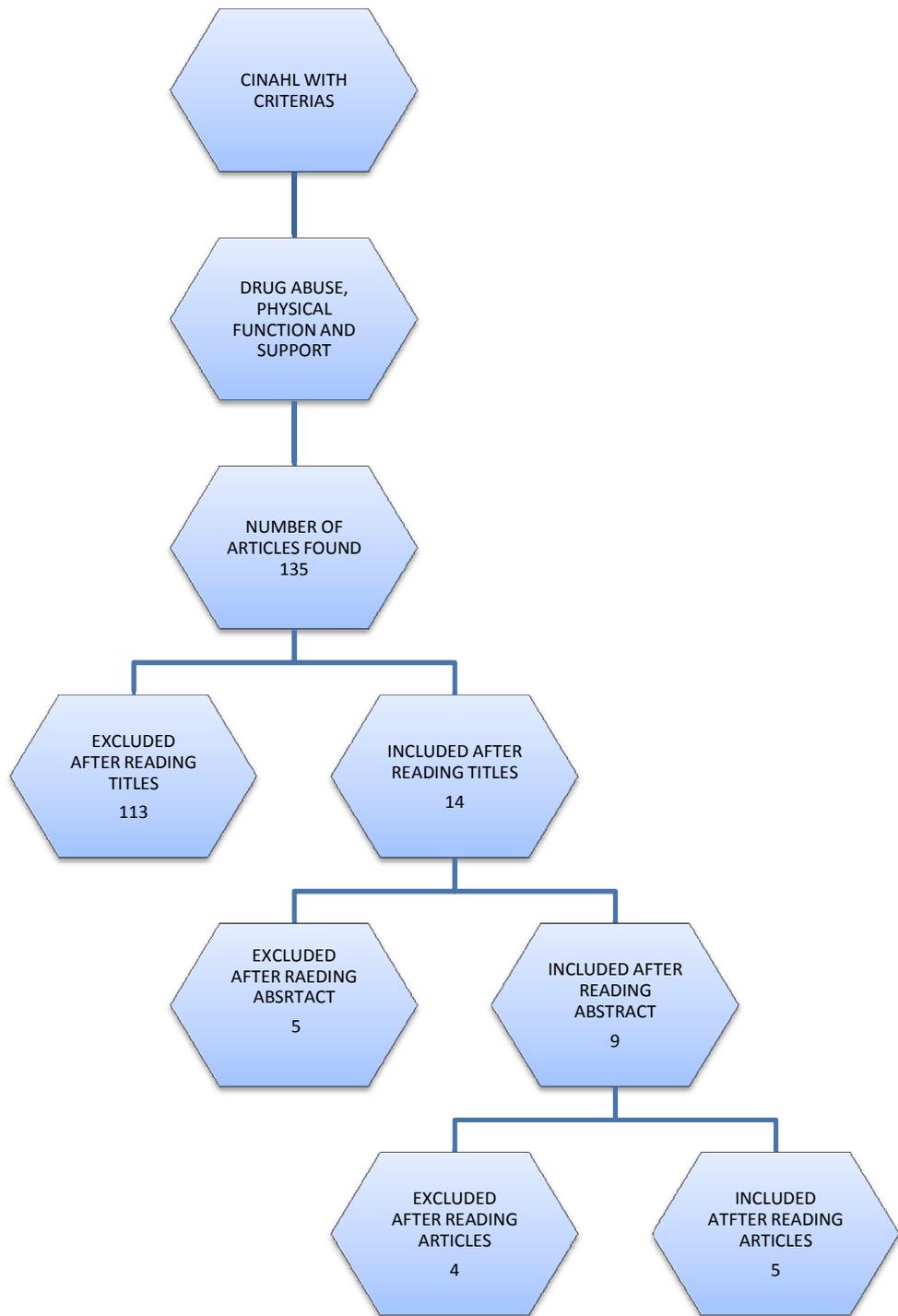


Figure 1: Search result from CINAHL

*SAGE search process:* Authors searched using the keywords: drug abuse, addiction, physical function and support. Inclusion and exclusion criteria's was set reduce the number of articles, 43 articles were found and later reduced to 11 after reading the titles. Furthermore, abstracts were read and 7 of 11 articles were included. Finally, 4 articles were used in writing the thesis after reading all of 7 articles. The result of the search in SAGE is presented in figure 2.

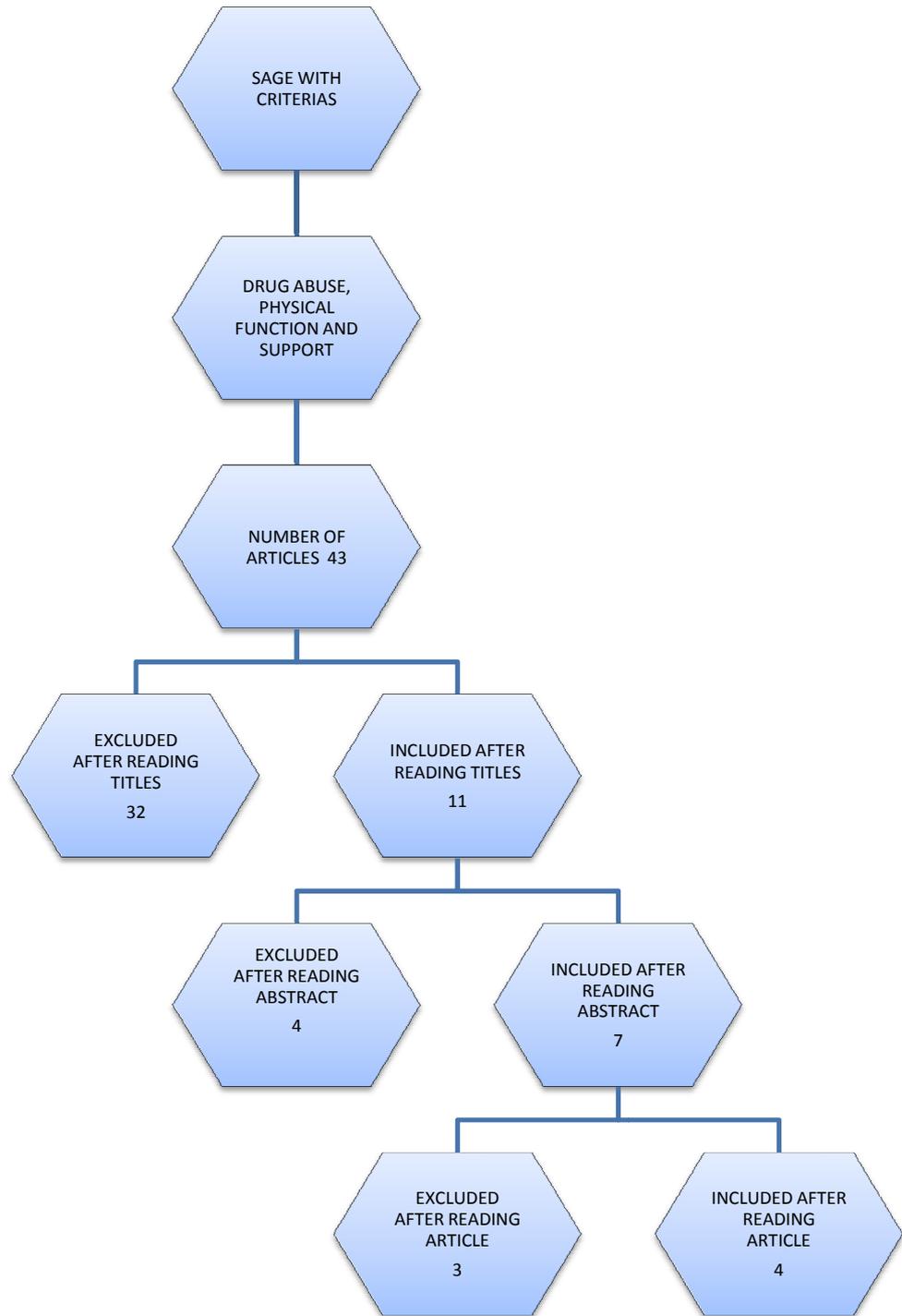


Figure 2: Search result for SAGE.

### **5.3 Content Analysis**

Content analysis is the process of bringing order to the data and organized its patterns, categories and basic descriptive units. It involves disciplined examination, creative insight and careful attention. It begins with assembling the raw materials and getting an overview of the entire process. Content analysis has been characterized as an orderly, replicable strategy for layering numerous data of content into smaller categories focused around a number of coding. (Klopper 2008.)

Content analysis process is a strategy for making inductions by impartially and deliberately recognizing defined attributes of messages. So as to take into consideration replication, notwithstanding, the system must be connected to information that is lasting in nature. Content analysis empowers researchers to filter through huge volumes of information without any difficulty in a methodical manner. It is a system used to find and depict the center of individual, gathering, institutional or social consideration. It likewise permits derivations to be made which can then be certified using different routines for information accumulation. (Stampler 2012.)

The stages of content analysis are preparation, organization and reporting. The preparation stage is the stage where the most worthy data for analysis is collected and criteria's are set. The organization stage is where concepts and categories are produced and the reporting stage is where links between data is described and presented in a way that is easily understandable. (Elo et al 2014.)

#### **5.3.1 Data analyzing process**

The analyzing process stages are preparation, organizing and reporting. Preparation involves deciding on the unit of analysis which can be a word or a theme depending on the research question. The next step is to interpret the data collected by reading several times while answering questions that will make the data easy to understand. The following step is a process which includes open coding, creating categories and abstraction. Open coding refers to writing down necessary headings while reading the

data. Next is to create categories by merging similar categories together and finally, abstraction is forming a general interpretation of the research topic using the categories generated. (Elo et al 2014.)

At this point of the process, authors searched for data related to drug abuse, physical function and support. All articles providing information related to the topic was read and selected, these information were later read through again focusing on the points which could yield useful information needed in writing this thesis. Similar data were then gathered to form categories which are shown in Figure 3.

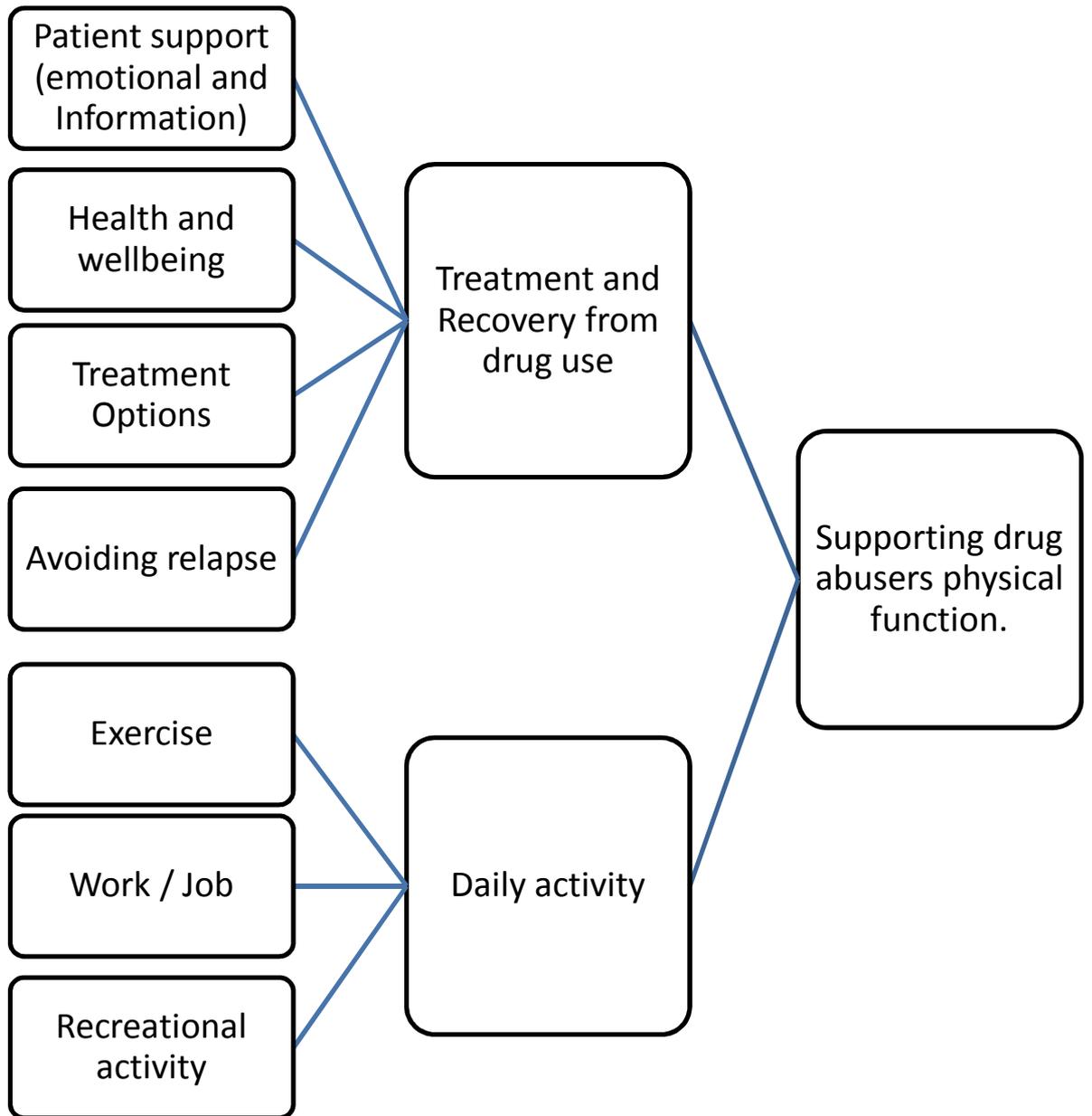


Figure 3: Result sub-category of the thesis

## **6 RESULTS**

While answering the research question of how nurses can support adults dealing with drug abuse from the view point of physical functional capacity, there are basic points shows clearly. Treatment and recovery is the first step of recovery in drug abuse and this includes support, treatment, health & wellbeing and avoiding relapse. Support should continue such that patient will be encouraged so they are able to perform daily activity that improves health which includes work, exercise and recreational activity.

### **6.1 Treatment and recovery**

There are a number of treatment options available to drug users, these include medication and behavioral treatment. One treatment does not work for everyone; the important thing is to use the right treatment for the right person. (National Institute on Drug Abuse, 2009)

#### **6.1.1 Recovery**

Recovery from addiction is mainly creating a new way of living that overpowers the need to use drugs. Patients should learn to avoid cues or feelings that may encourage drug use and socialize with positive minded people that encourage the recovery process and avoid people, places and things that will likely encourage or trigger the need to use. Treatments available to patients for drug abuse are behavioral therapy that teaches patients to recognize feelings, people and things that can lure them back to using drugs and learn to avoid such situations. Social skills and problem solving training teaches them to say no to drugs, handling stress in a better way without the use of drugs and get involved in things that interest them. Cognitive therapy helps them to be able to dismiss any thought that could make drug use a temptation and group therapy where patients can find positive minded people to encourage the recovery process. (Harvard Mental Health Letter, 2007)

### **6.1.2 Patient support**

Support has been defined as emotional and informational assistance rendered to a patient in order to improve their outcome after treatment. This encourages patients during the process of recovery and makes the process easier to go through with little chances of relapse. Nurses should support patients by assisting them with all the information and emotional support needed for their recovery, support can also be rendered by members of their family, friends and acquaintances. (Mattila et al, 2010.)

### **6.1.3 Health and Wellbeing**

According to the World health organization (WHO) "health is a complete state of physical, mental and social wellness not only the absence of disease". Wellness is not just a state of physical health and it also includes emotional stability, ability to think normally and the ability to love and deal with changes and experiences in life. It is an active life time process of becoming conscious about choices and making decisions directly to balance and fulfill life. Wellness contains choices about life and preferences that decide lifestyle. (Casswell, You & Huckle, 2011.)

A good health and mental wellbeing is important to patients who are recovering from drug use. Having a stable physical health and mental wellbeing means that the likelihood of relapse is relatively small, patients have the ability to deal with stress, depression disappointment and sadness reasonably without turning to drugs. (Robinson, Smith & Saisan 2014.)

### **6.1.4 Avoiding relapse**

Relapse is to fall or to slide back to a former state. It is a process and it has stages. It starts few days or months before physical relapse. There are three stages of relapse: emotional relapse, mental relapse and physical relapse. In emotional relapse a

person has no intention of using but the emotion and behavior might possibly lead to relapse in near future. Examples of these emotions are anxiety, intolerance, anger, defensiveness and mood swings. Isolation, not asking for help, poor eating habits and poor sleep habits are signs of emotional relapse. Mental relapse can be conflict going on in the mind, to use drugs or not. The signs of mental relapse are thinking about people, places, and things that reminds patient of past use, lying, hanging out with old friends that use and fantasies about drug use. It becomes harder to make the right decision and choice as the pull of addiction gets stronger. Physical relapse is the moment patient starts to think about drugs and probably make an attempt to purchase it. If the early signs of relapse are suspected and the warning signs of post-acute withdrawal are recognized, patient might be capable of stopping themselves before it is too late. (Melemis, 2014.)

Relapse can also be avoided by engaging in activities and hobbies that prevent patients from drifting towards relapse, they should include activities that is meaningful to them and makes them feel needed. Patients can also engage in family and group therapies that helps offer peer support and avoid loneliness. (Robinson, Smith & Saisan 2014.)

## **6.2 Daily Activity**

Daily activity has a positive impact on health and well-being, lack of it results to poor health and decreased well-being. Research shows that there is a significant decrease in participation of activities in the life of drug users due to the lack of inclination to do so. Drug use is related to a lot of change in daily life activity, which in turn results to decrease in health and well-being. (Hoxmark, Wynn & Wynn, 2012.)

### **6.2.1 Exercise**

Exercise is a structured and planned and repetitive and has a result of enhancement or safeguarding physical health. It has a certain result on physical, psychological and social phase of drug abuse. Physical activity is defined as a movement of body movement composed of skeletal muscles that effect in energy spending. This can be used as treatment for drug abuse or even better as prevention. Result has shown that exercise causes high level of energy and reduction in drug use while exercising. Exercise also increases the production of opioid peptides which in turn gives the same feeling as taking drugs and also improves all organ functions of the body. (Roessler, 2010.)

### **6.2.2 Work / Job**

Wikipedia defined work / job as “activity, often regular, and often performed in exchange for payment”. A research carried out in the United Kingdom by the Department for Work and Pensions (DWP) reveals that this is a part of recovery for drug abusers. Although, there is a chance of relapse if the work stress is high, patients need to be aware of how much workload they can handle without going into relapse. Participants of the research explained that it would be easier to start by going for training and getting involved in voluntary work due to the ability to cope with the pressure and stress that comes with having a job. Participants saw training and voluntary work as steps toward employment which they get paid for, a means to examine their capacity and also give back to their community. Professionals involved in the research highlighted the supportive impact that having a job has on the participant, therefore encouraging drug treatment facilities, social security system and employment agencies to work together in order to achieve this. All the participants of the study hope to secure a paying job in the future. (Bauld et al. 2010.)

### **6.2.3 Recreational Activities**

Wikipedia defines recreation as “an activity of leisure, leisure being discretionary time“. There are different recreational activities which can be used to support the physical activity of drug addicts. Recreational activities include sports: volleyball, basketball and football, adventure by travelling, entertainment: singing, listening to music, aerobics and watching movies, amusement: playing games and surfing the internet. It can be indoor or outdoor and it is the time spent in an activity one loves to engage in, with the intent to feel refreshed. It can be considered a break from daily routine. Recreational activities give enjoyment, when recreating one engages in something he/she likes and also is a source for joy and relaxation while been physically active. (Melemis, 2014.)

## **7 CONCLUSION.**

### **7.1 Conclusion**

Drug addiction is a compelling habit that can sneak up on users and assume control over their life before they know it has even happened. What began as simply a recreational lifestyle has somehow beaten their life and influenced each and every part of their life. There are such a large number of things that can be done to assist patients in recovery, and keep them that way. Getting treatment and overcoming drug abuse can be treacherous but that is why nurses are educated about what drug abuse is, understanding it and knowing how they can be the right support system these patients need to overcome this act that ruins lives.

Some important changes like physical activity, getting the right treatment, avoiding relapse, exercising and taking care of health and wellbeing can go a long way in promoting wellness and recovery in patients with drug abuse.

Nurses make up for major part in public health, they can also make a substantial effect on reducing drug abuse by taking part in training and intervention programs that educates them about drug abuse and how they can help improve the situation. Heading a clean, healthy and active lifestyle is something that is well inside the users range. All that is needed is the right and dependable support to encourage users and assist them in living a comfortable and fulfilling life. (Mattilla et al 2010).

### **7.2 Ethical and Authenticity Issues**

Interviews were not conducted due to the limited time given to write the thesis. Therefore, emphasis was on evidence based literature review and online sources. The literature reviews, articles and journals used to write this thesis are reliable and already accepted. Materials used are written in English language and data collected

is within the stipulated age (20 – 45) and year (2004 – 2014) range. All sources and references used are cited correctly.

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