16.9 SUBSTANCE MISUSE

16.9.1 SUBSTANCE USE DISORDERS

F10.0-F19.9 + (R40-R46/Z65.0-5/Z65.8-9/Z81.0-4/Z81.8)

Consult National Policy guidelines on detoxification of psychoactive substances.

DESCRIPTION

Substance use disorder consists of mental and physical symptoms caused by the use of one or more substances, despite significant substance-related problems (including abuse and dependence). Substance-induced disorders include intoxication, withdrawal, and other substance/medication-induced mental disorders.

Alcohol withdrawal

See Section 16.9.4: Alcohol withdrawal (uncomplicated).

Methamphetamines (tik), cocaine (crack), methaqualone (mandrax), cannabis

These patients usually do not require hospitalisation unless signs of severe withdrawal are present, e.g. seizures or severe irritability/agitation resulting in aggressive behaviour.

GENERAL MEASURES

Reassure and support the patient and family.

MEDICINE TREATMENT

For severe anxiety, irritability, and insomnia:

- Benzodiazepine, e.g.: (Doctor prescribed)
- Diazepam, oral, 5–10 mg as a single dose or 12 hourly for 3-5 days.

For seizure control and /or sedation:

- Diazepam, slow IV, 10 mg. (Doctor prescribed) *LoE:IVb*[28]

REFERRAL

» Severe alcohol dependence.
» Past history of withdrawal seizures or a history of epilepsy.
» Past history of delirium tremens.
» Younger (< 12 years of age) or older age (> 60 years of age).
» Pregnancy.
» Significant polydrug use.
» Cognitive impairment.
» Lack of support at home or homelessness.
» Previous failed community detoxification attempts.
» Opioid substance use disorder.