Trending Opioids in Teens and Need of Rehabilitation

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Introduction

Analgesics can be divided into ordinary and potent. The latter are called opioids or opiates because of their morphine-like effects. Opioids, or analgesics affecting the central nervous system, help with acute pain caused by injuries, injuries, and surgery, among other things. Medicines have a narcotic effect and can become addictive. There are many reasons why teenagers use opioid and how to prevent it. It is stated that the use of opioids increasing among American teenagers and knowledge about opioid is necessary for prevention.

Opioids, in many cases, function well in relieving pain, but the adverse effects that are considered the most dangerous are the effects of addiction. According to the NIH, the opioid epidemic started in the 1990s, as pharmaceutical companies campaigned for them and doctors prescribed more opioid prescriptions. While about 8,000 Americans died (switching)in opioids in 1999, there were nearly 48,000 deaths in 2017. In total, nearly 400,000 died between 1999 and 2017. (Radel, Baldwin, Crouse, Ghertner & Waters, 2018).

Moreover, teenagers who are dependent on this group of opioids get addicted because of the effects of their feelings of pleasure and relax thoughts after taking this drug. As a result, the user will continue to use this drug to get this sensation. As a result, users of this drug will experience immediate psychological dependence. Users with low doses will usually experience drowsiness, but in high doses, opioids will slow down breathing and heart rate, which can result in death. Hall et al. find it problematic that if doctors prescribe opioids very freely, some patients are prone to addiction. (Hall, Huebner, Posze, & Willauer, 2016).

One more problem that is also related to the use of opioids among young children is the combination of opioid with alcohol and benzodiazepines. Opioids, on the one hand, are a useful pain reliever, but on the other hand, can be addictive. Excessive use of opioids has become a severe problem in various parts of the world, and this increasing trend is due to the gap of knowledge. "Doctors practically get no training in the use of painkillers. Until recently, they had a lot of misconceptions about how certain products can be addictive" ( Groenewald, Rabbitts, Gebert & Palermo, 2016). The United States is the undisputed world leader in opioid administration. For every million Americans, about 50 thousand doses a day and out of that large number is of young children(Ghertner, Baldwin, Crouse, Radel & Waters, 2018).

The opioid crisis has to be understood as part of the diagnostic state of health, now known as opioid use disorder. On the other hand, chronic pain is best thought of as an umbrella disorder that is most commonly defined by pain duration and can take many forms. The results of sociological studies have something in common with official statistics. The proportion of people who use the drug or have tried it at least once among young people aged 12-22 was 44.8%. If in 1991 young people started working the medicine at the age of 17-18, then in 2001 - at the age of 11.3 years. Almost 8% use the drug daily or every other day, i.e. are abusive or dependent. According to the same survey, another 14.3% of adolescents are at risk because they use drugs no more than once a week, but at least once every two weeks (Radel, Baldwin, Crouse, Ghertner & Waters, 2018).

In 2015, the American Medical Association called for a prohibition on television advertising for prescription drugs. But this did not happen. After 3 months, the scale of America's opioid culture became apparent during the Super Bowl commercial break, the final game of the National Football League. It is the most expensive advertising time on American television. Minute advertising was devoted to constipation, which occurs as a side effect of opioid intake. In advertising, people were asked to ask the doctor to tell them treatment methods using prescription drugs.

Prevention and treatment are most effective when the problem identified and addressed as early as possible. Intervention means brief counselling and involves talking to the client, identifying risks and issues, motivating change, and tracking progress. The Change Phase Model or motivational therapy can be practiced dealing with opioid addiction. The purpose of good practice is to promote the development and implementation of rehabilitation. Good practices can be policies, guidelines, principles, or a new perspective on a known problem. Often, they are the result of practical rehabilitation work.

References

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