

Investigation report on alcohol dependence and alcohol withdrawal

I. Preface

Alcohol is a kind of psychoactive substance, and its use is very common in many cultures. In China, the history of wine is almost as long as that of human beings. But the use of alcohol will do great harm to people's health. According to the WHO report on global disease burden in 2015, 62.6% of the global death toll from liver diseases comes from Asia-Pacific region. Liver cirrhosis is the main cause of liver-related death in Asia-Pacific region, and alcohol consumption accounts for 20.8% of its causes; The second major cause is liver cancer, accounting for 43.6%, among which alcohol consumption accounts for 29.8%. According to this data, alcohol consumption accounts for 20.0% of all deaths from liver cirrhosis and other chronic liver diseases in Chinese mainland, and 35.5% of all deaths from liver cancer.

This data is undoubtedly amazing. With the increase of related patients and the continuous improvement of people's awareness of diseases, people gradually realize the harm of alcoholism and the importance of abstinence. However, for the patients with alcohol dependence, alcohol has caused great dependence on their body and psychology, so it is difficult to give up drinking, and the rehabilitation management after giving up drinking is also long.

The Alcoholics Anonymous (AA), also known as Alcoholics Anonymous, plays an important role in helping alcoholics quit drinking.

Alcoholism Association is a group in which everyone helps each other in the same boat. All members join hands by exchanging experiences, supporting and encouraging each other to solve their common problems and help more people get rid of alcoholism. From the official website of AA, we found the hospitals and their contacts who carry out AA activities in Dali Prefecture, Yunnan Province. After calling for consultation, I learned about the general situation of alcohol abstinence and alcoholics mutual admonition association in hospitals. Unfortunately, due to the relocation of hospital address, the closure of department management, and the impact of this year's epidemic, the hospital has not held the offline activities of Alcoholics Mutual Discretion Association in recent two years.

Therefore, according to the current hospital situation, this research activity was carried out with the theme of alcohol dependence and alcohol withdrawal.

II. Contents of investigation

- i. Research place: Second People's Hospital of Dali Bai Autonomous Prefecture

The hospital, also known as Dali Bai Autonomous Prefecture Psychiatric Hospital, is one of the first six psychiatric hospitals established in Yunnan

Province, and its business scope has spread to Dali Prefecture and seven prefectures in western Yunnan. It is the "training base of mental health human resources in western Yunnan" in Yunnan Province.

ii. Investigator: Head nurse of the Department of Drug Dependence

The Department of Drug Dependence was established in 1994 to treat drug abusers. At present, patients with alcohol dependence, alcoholism, heroin dependence, mental disorder caused by stimulant abuse and other kinds of drug dependence are mainly treated. The department belongs to totally enclosed management. In previous years, the AA Association was launched, and the psychotherapy of alcohol dependence was actively carried out.

Head nurse Wang is the main person in charge of the offline activities of Alcoholics Mutual Discretion Association in drug dependence department in previous years, and has a clear understanding of the situation of the department.

iii. Research methods: 1-on-1 interview supplemented by questionnaire survey

iv. Questionnaire content

(i) Preface

Hello! We are the 2020 CPU_CHINA team of China Pharmaceutical University. We are conducting a social survey on alcohol dependence and alcohol withdrawal. I hope you can take time to answer our questions.

We only collect your opinions on alcohol dependence and alcohol withdrawal, not your personal information. Your answers will be included in our research results and will be displayed as our research results this time. Look for instructions!

(ii) Questions

1. What do you think is the main cause of alcohol addiction in alcohol-dependent patients?

(C)

A. Psychological dependence

B. Physiological dependence

C. It's hard to say

2. How long do patients who come to see a doctor often have regular drinking experience?

(D)

A.0-5 years

B.5-15 years

C.16-25 years

D.26-35 years

E. more than 35 years

3. At what stage do most patients who come to see a doctor rely on alcohol?

(BC)

- A. Mild dependence
 - B. Moderate dependence
 - C. Heavy dependence
4. What are the effects of long-term drinking on patients who come to see a doctor?
- (ABCD+E Hypertension, diabetes, alcoholic encephalopathy, pancreatitis, arrhythmia)
- A. alcoholic liver disease, fatty liver, cirrhosis and even liver cancer
 - B. Gastric bleeding and gastric ulcer
 - C. Mental disorder, emotional instability, easy to produce anxiety, depression and so on
 - D. Personality change
 - E. other complications and causes_____
5. Do the patients you come into contact with have a strong desire to quit drinking?
- (A)
- A. Yes B. No
6. Do you know whether the patients who come to see a doctor have ever had an abstinence experience?
- (AC)
- A. Clearly, most of them have tried to give up drinking on their own but failed

- B. Clearly, few patients have tried to quit drinking on their own
- C. Clearly, some patients relapsed after successful abstinence from alcohol in the hospital and turned to the hospital again
- D. Unclear
7. What do you think is the most difficult thing in helping patients with abstinence treatment?
- (ABC+D The social support system is poor, and the family does not attach importance to management)
- A. Lack of clear understanding of his own situation, for example, do not consider his an alcoholic.
- B. The determination to stop drinking is not strong and the willpower is weak
- C. Lack of good health behavior management in the late period of abstinence, leading to failure of abstinence.
- D. Others _____
8. For patients who come to see a doctor, what measures are used to help them stop drinking?
- (B+D Rehabilitation therapy was used to assist withdrawal in the later stage)
- A. Substitute and subtract: reduce the number and amount of drinking every day, and make the body adapt.
- B. Drug therapy, which uses drugs to treat the uncomfortable

symptoms of withdrawal.

C. Transfer method: transfer attention and so on, but the most important thing is to rely on willpower

D. Others _____

8-2: What are the drugs commonly used in abstinence treatment in your hospital?

Diazepam, lorazepam, oxazepam, etc

9. How long does it usually take for patients who have closed abstinence from alcohol in your hospital?

(D)

A.10~15 days

B.15~30 days

C.2~3 months

D. More than 3 months

10. After the patient is discharged from hospital, will he keep in touch with the patient and track the follow-up situation?

(A)

A. Yes B. No

11. Are there any patients who have been given alcohol withdrawal in hospitals and suffer from alcohol addiction again after recovery? If yes, what do you think is the reason for the patient to suffer from alcohol addiction again?

There are cases of heavy drinking and addiction this time. The patient's self-determination is not firm, his willpower is not strong, and he has fluke mind; Family management is not in place, social support system is poor, and long-term rehabilitation management is neglected.

12. In addition to closed abstinence treatment, will live meetings of AA alcoholics be organized?

Yes, it will be organized in previous years.

13. Will your hospital carry out regular popularization and publicity on alcohol dependence diseases?

Yes. The staff of our department participated in the column "Decoding Pulse Spirit and Benevolence" of Dali Radio Station to publicize the treatment of abstinence.

14. Will you actively popularize knowledge about alcoholic liver disease or other diseases caused by excessive alcohol intake among patients? Do you think we should increase the publicity of alcoholic liver disease among the public?

We will take the initiative to popularize. Publicity to the public should be intensified.

15. Do you think the public has enough knowledge about alcohol-dependent diseases and AA? Do you have any suggestions on strengthening the publicity of alcohol-dependent diseases?

People don't know enough about it. It is necessary to give more lectures on related knowledge and strengthen the popularization of related knowledge on alcohol dependence.

(iii) Postscript

Thank you very much for answering our questions during your busy schedule. Our research is over here. I would like to express our gratitude to you again! I wish you success in your work and good health! Goodbye!

v. Interview content

1. What is the sex ratio of patients who come to give up drinking?

There are many male patients, but there will be a few female patients.

2. Do you think psychological dependence or physiological dependence should be overcome in the process of abstinence from alcohol?

It's hard to say, there are both.

3. On the basis of the questionnaire, can you talk about the abstinence of the patients you come into contact with?

Some of the patients who come to our hospital have failed to stop drinking, and some have failed to stop drinking in other hospitals. Some patients have been to several hospitals and failed to stop drinking, and then come here to stop drinking. Our patients are mainly from several cities and counties in Dali Prefecture, but in recent years, patients from Lincang and Baoshan (other cities in Yunnan Province) will also be referred.

4. According to your answers to the questionnaire, can you give an example to explain the reasons why abstainers become addicted again?

For example, many of our patients, with weak inhibition and luck, think that drinking a little wine is not in the way, and then they drink more and more and become addicted again. Some (discharged patients) go out on the wine table and don't drink at first, but others may say, "If you don't drink, you won't give me face", "It doesn't matter if you drink a little" and so on. This has something to do with the wine culture in our country. However, the behavior management and rehabilitation management are still not in place, which is also a reason.

5. In the questionnaire, you mentioned that all the patients who come to see a doctor have a strong desire to quit drinking, so are these patients treated smoothly?

Most of the patients who come to see a doctor are accompanied by their families, and few of them are willing to come to give up drinking. Moreover, due to the long treatment period of abstinence, many patients don't want to be treated after a period of treatment. Our treatment needs the patient's voluntary treatment, and the support of family members is helpful to his continuous treatment.

6. Alcoholism has caused so many harms to the health of alcoholics, including a series of complications brought by alcoholism mentioned

in your questionnaire. What happened to these complications among the patients you came into contact with?

These diseases are very common. Most of the patients who come to our hospital have already suffered from alcoholic liver disease, fatty liver and liver cirrhosis. Personality changes are also common, and many patients become selfish, narrow-minded, indifferent to other people's feelings and self-centered. Some people have hallucinations, auditory hallucinations, delusions of being murdered and so on. Diabetes, hypertension, diabetes, pancreatitis, these are very many. Alcoholic encephalopathy is also common. Its complications are quite numerous and occur frequently.

7. During the treatment, will your hospital treat the complications of patients?

Our hospital is a psychiatric hospital and can only treat simple complications. Liver protection can be done for alcoholic liver disease and fatty liver, and the effect of liver protection is still effective. However, we can't deal with serious liver diseases such as liver cirrhosis, so we need to refer them to other general hospitals for treatment after alcohol withdrawal. The same is true of other complications, and the more serious ones need to be referred for treatment after withdrawal.

III. Findings

(i) Patient condition

1. Gender ratio

Male patients are the majority, and there are a few female patients.

2. Alcohol dependence

Among the patients who come to see a doctor, there are almost no patients who are only slightly dependent on alcohol, and most of them are in the stage of moderate dependence and heavy dependence.

During the interview with Head Nurse Wang of the Department of Drug Dependence, Head Nurse Wang mentioned that this may be because patients with mild alcohol dependence often don't realize their dependence on alcohol, and think they just love drinking and don't need to go to the hospital.

3. Health status

Patients who come to see a doctor are basically in the stage of moderate or even heavy dependence on alcohol. Drinking for more than 20 years has caused serious and irreversible harm to their health. Therefore, patients are basically accompanied by alcoholic liver disease, fatty liver, liver cirrhosis, gastrorrhagia, gastric ulcer and other diseases. Alcoholic encephalopathy, diabetes, pancreatitis, cardiovascular diseases such as hypertension and arrhythmia are also common complications.

In addition, patients may have hallucinations and auditory hallucinations, or have mental illness such as victim paranoia. Most patients are emotionally unstable, irritable and irritable, and will have personality

changes.

4. Willingness to quit drinking

Almost all the patients who come to see a doctor have a strong desire to stop drinking. Long-term drinking not only harms the health of patients themselves, but also has a great impact on the lives of patients and their families. It can be guessed that the factors contributing to the patients' strong desire to quit drinking are not only their longing for a healthy life, but also their sense of responsibility to their families. Most patients come to give up drinking accompanied by their families, and often come to visit them during closed abstinence, while few patients come to give up drinking alone.

5. Abstinence from alcohol

Most of the patients who went to the Second People's Willingness Drug Dependence Department of Dali City for abstinence have had abstinence experience-abstinence on their own but failed, or abstinence in hospital but relapse after a period of discharge. Many of them have had more than one abstinence experience and have sought help from more than one hospital.

(ii) Treatment status

1. Alcohol withdrawal

In the early years, the combination of substitution and subtraction and drugs was used for treatment, but in recent years, only drugs were used.

In the process of closed abstinence, in the early stage, the adverse symptoms of alcohol withdrawal were alleviated by drug therapy, such as Diazepam, lorazepam, oxazepam and so on; Physical rehabilitation therapy was used to assist abstinence in the later period.

2. Treatment of complications

As the research hospital belongs to the mental hospital, it can only treat the complications simply, and the patients should be referred to the general hospital for treatment after alcohol withdrawal.

3. Treatment results

Patients who undergo closed abstinence can generally get rid of alcohol addiction after three months to six months of closed abstinence in hospitals. However, during the follow-up of discharged patients, we learned that many people suffered from alcohol addiction again.

4. AA Alcoholics' Meeting

In previous years, live meetings of AA alcoholics were organized to learn AA and share abstinence experiences with patients and their families. However, it was not held this year for the following reasons: the hospital moved to a new address, changing from general drug treatment to closed abstinence management, and organizing on-site meetings was limited by the venue and hospital management methods; Under the background of epidemic situation, the on-site meeting of AA alcoholics' mutual admonition in hospitals will increase the possibility of epidemic

spread. I look forward to holding the AA Alcoholics' Meeting again in the coming year.

(iii) Popular science and propaganda

Medical staff will take the initiative to popularize alcohol dependence and its harm to patients, and at the same time, there will be fixed channels on radio stations to publicize the harm of alcohol.

IV. Summary

1. In this investigation, the head nurse Wang of the Department of Drug Dependence of Dali Second People's Hospital was selected as the research figure, and the theme of alcohol dependence and alcohol withdrawal was launched.

2. Alcohol-dependent patients seldom stop drinking and treat at the stage of mild dependence, and most of them choose to seek medical treatment to stop drinking when they are heavily dependent on alcoholism and cause serious and irreversible harm to their health.

3. According to the results of this investigation, alcohol withdrawal can be simply divided into two stages: physical dependence withdrawal and psychological dependence withdrawal.

Withdrawal of physical dependence is carried out in hospitals, with drug therapy to relieve withdrawal reaction in the early stage and physical rehabilitation therapy to assist withdrawal in the later stage. Abstinence from physical dependence usually takes 3-6 months, and patients can

basically quit their dependence on alcohol when they are discharged from hospital.

Withdrawal of psychological dependence is a long process. To get rid of alcohol addiction completely, it is necessary to stay sober at this stage. Due to the existence of fluke mind, some patients never drink alcohol, drink a few drinks and get out of control, and then their alcohol addiction relapses again. The lack of healthy behavior management and good social support system is also one of the reasons for the relapse of alcohol addiction in alcohol-dependent patients. Among them, the influence of traditional wine culture and the weak propaganda force of alcohol dependence disease are also the reasons that can not be ignored.