

The Patients' Profile of Dependence Chemical Nucleus of the Clinics Hospital of the Federal University of Pernambuco State

Perfil dos Pacientes do Núcleo em Dependência Química do Hospital das Clínicas da Universidade Federal de Pernambuco

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RESUMO

O uso de drogas e sua dependência é um dos graves problemas de saúde pública da contemporaneidade. **Objetivos:** traçar o perfil sociodemográfico e padrões de uso dos dependentes químicos que procuraram nosso serviço. **Métodos:** retrospectivo, documental, transversal de coorte em uma abordagem quanti-qualitativa. Os dados foram obtidos através de prontuários, entre Outubro de 2000 a Outubro de 2008. A amostra foi constituída de 576 sujeitos, de ambos os sexos, Para análise descritiva dos dados foi utilizado o programa Epi Info 6.04. **Resultados:** 89,1% dos sujeitos são do sexo masculino, na faixa etária entre 15 a 30 anos e sem vínculos conjugais. **Conclusões:** É imprescindível que as instituições apresentem objetivos e métodos diversificados conforme tipo de usuário, padrão de consumo e contexto de vida. Necessitamos de intervenções preventivas mais eficazes e em mais tenra idade. A orientação e tratamento dos familiares são importantes e auxiliam a adesão ao tratamento do dependente.

PALAVRAS - CHAVE: Dependência química; Substâncias psicoativas; Perfil do usuário de drogas.

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ABSTRACT

The use of drugs and its dependence states one of the most serious problems of contemporary public health. **Objectives:** to delineate the socio-demographic profile and patterns of the chemical dependents' use that sought our service. **Methods:** retrospective, documental, traverse cohort in a quanti-qualitative approach. Data were obtained through medical records, between October 2000 to October 2008. The sample consisted of 576 subjects of both sexes, for descriptive analysis of data was used Epi Info 6.04. **Results:** 89.1% of subjects were male, aged between 15 to 30 years without marital ties. **Conclusions:** It is indispensable that the institutions present objectives and diversified methods according to user type, consumption pattern and life context. We needed more effective preventive interventions and in more tender age. The orientation and the relatives' treatment are important and they aid the adhesion to the dependent's treatment.

KEY WORDS: Chemical dependence; Substances psychoactive; the user's of drugs Profile.

INTRODUCTION

The national politics of mental health has suffered deep changes in the last two decades. In the end of the 80s a specific legislation started to exist creating the psychiatric reform process now in development and sedimentation in our country. The psychiatric hospital was the center of the attendance politics, giving as consequence a surprising number of long permanence hospitalizations, with serious social and economic repercussions, taking in account the commitment of the those people's social function¹.

The hospital structure provided treatment for all undifferentiated characterized situations as mental disorders. In this context, assistance to addict to alcohol and other substances was performed in conjunction with other psychiatric manifestations.

In the second half of the 80s, coinciding with the beginning of the "psychiatric reform", raises a national mobilization in order to implement specialized services for the care of dependent substance, considering the need of specific actions and relevant ones to this population. Some regional centers of reference we're in the area in several Brazilian states (Pernambuco, Bahia, Rio de Janeiro, São Paulo, Minas Gerais, Brasília and Rio Grande do Sul), becoming a milestone in specialized assistance, seek withdraw from the psychiatric hospital, those dependent on alcohol and other substances².

The center of reference in Pernambuco was established in 1986 "Eulâmpio Cordeiro Center of Human Recovery", which is the most advanced in the Northeast region due to creation of an attendance politics to the chemical dependents out of the psychiatric hospital³.

As a result of the establishment of those regional reference centers, there is now a scientific register of the Brazilian experience with drug through articles highlighting the clinical and therapeutic aspects with a certain lack of preventive actions.

From this moment on acknowledges, the substance most used by the population. Beginning to emerge epidemiological descriptions, emphasizing the substances used, age, sex, education, occupation and other aspects, from which can be mentioned, the impact on peoples's quality life, including personal life, family, work, social function. This movement was growing in the network state and municipal health in our state, currently has several specialized institutions in this area.

From these experiences in public state and municipal levels, comes in Pernambuco, the possibility of the Federal University of Pernambuco (UFPE) to occupy a representative space in that area. Thus, teachers of the Neuropsychiatry Department and Occupational Therapy started to elaborate a proposal that became possible in 2000 with the Specializes Center of Chemical Dependency creation in the Clinics Hospital, UFPE (NEDEQ / HC / UFPE).

The nucleus was implanted, using the outpatient area of the Mental Health Unit, aiming to make preventive, care, research and training of skilled human resources in the area, through an initiative of interdepartmental and interdisciplinary team (psychiatrists, psychologists, occupational therapists, social workers and nurses).

During these eight years of operation, NEDEQ is strengthening its actions with these people seeking the treatment and also enabling more specific actions, from where we can mention the attendance to the officials of UFPE, together with the Center for Customer and Server (NASC) tied the Pro-Rectorate of Management of People and Quality of Life (PROGEPE).

It is important to highlight the actions of the NEDEQ education by offering and training courses for students and professionals interested in developing activities with the dependency of psychoactive substances.

Experience as members of the team, a continuous process of learning, an area that involves medical, psychological, social, cultural and political aspect. Aiming to reflect the ongoing practice and new therapeutic techniques, it is necessary to study the socio demographic profile and patterns of use of psychoactive substances by NEDEQ of clients over the years, and this is the purpose of this study.

METHOD

The study was retrospective, documental, traverse cohort in a quanti-qualitative approach. Data were obtained through medical records from the subjects assisted in the national health clinic of NEDEQ, during the period between October 2000 and October 2008.

Inclusion criteria were found by the subject NEDEQ for at least three uninterrupted months. As exclusion criteria, was adopted an acute psychotic disorder framework and major cognitive impairment, which hinders the psychotherapeutic approach for patients and that requires specific therapy.

The sample consisted of 576 subjects of both sexes with the following inform: a)

demographic characteristics: gender, age, race, residence, place of birth, b) socioeconomic characteristics: marital status, education, profession and occupation, c) patterns of use of psychoactive substances: age at first use, duration of use, amount and frequency used, individual or collective use, d) problems of drugs in the family, e) type of violation.

There was a permission for the study by the board of the institution, secret and the anonymity of the subjects studied were kept in secret, and focused on it was not risk or burden the institution.

Statistical analysis

For descriptive analysis of data an Epi Info 6.04. was used relying on the result of socio demographic variables and patterns of drug use as it was presented through the medium of values for numerical variables and percentages for categorical variables.

The t-test was used to make the means comparison between the two groups and to compare categorical variables we used the chi-square, with $p \leq 0.05$.

RESULTS

89.1% of the assisted patients were male and 10.9% female, which is in agreement with the literature, showing greater use of drugs among men ^{4,5,6}.

We observed that the age of greatest consumption was ranged between 15 and children older than 30 years, in which we observed higher concentration between 21 to 30 years, representing almost half (48.1%) of customers. Users care less than 15 years, only (1.2%) had consumption, aged 15 to 20 years (35.6%) and more than 30 years (15.1%).

Most of the assisted patients is single (53.2%), followed by the married ones (29,7%); divorced/separated (11,0%) and (6,0%) they don't present a defined entail.

Occupational situation (Table 1)

Occupational situation	Percentage
Employees (surrenders constant)	25.8 %
Unemployed (surrenders eventual)	61.4 %
Students	2.9 %
Retired	4.1 %
Others	5.8 %

Regarding to the occupational status (Table 1), it was found that (25.8%) was working with the users log on or wallet unattended and was working on some informal employment still. There is that (61.4%) are unemployed or working out any activity without registration, work with any, the so-called "nozzle" featuring low life expectancy, due to the economic situation. The data also show that only (2.9%) are students regularly enrolled in any school, (4.1%) are retired and (5.8%) are not well explained occupational activity.

More than half (58.2%) of the dependents reported consumption of psychoactive substances in the family environment. In most cases, these substances are initiated and facilitated by the patient's some relatives, in a great difficulty in relationships with family.

Alcohol is the drug most frequently used (66.5%), followed by marijuana (21.3%) and cocaine, especially, in the crack form (6.7%), solvents (2.5%), anxiolytics, hallucinogens and amphetamines were around (1.0%).

Age at the beginning of the drugs use (Table 2)

Age at the beginning of the drugs use	Percentage
<15 years	29.1%
15 to 20 years	48.8%
21 to 30 years	10.7%
> 30 years	5.5%
Without data	5.9%

From adolescence to adulthood there was a higher incidence of initiation of consumption of psychoactive substances, in which between 15 and

20 years (48.8%) was the age of onset of increased consumption (Table 2).

Educational (Table 3)

Educational	Percentage
Illiterate	1.4 %
1st	29.1 %
2nd	7.4%
Abandoned	62.1%

It was possible to notice low level of education from which (30%) has only the 1st grade and some has completed the 2nd grade, leading them to a lack of subsidies for a better study qualification, not offering to a future job career. The

majority (62%) just leaving the studies due to involvement with drug use.

The use of drugs affects the user to develop some activities that depend on high levels of attention, understanding and responsabilidade⁷. In

work done in New York, aiming to study what were the factors that determine the delay between school adolescents, found that 36% of students from city schools had poor performance associated with the use of alcohol, cigarette and illicit drugs ⁸.

Some work showed that the avoidance of the first cycle education in the city of São Paulo, between drug, was 48% (20% was the rate among non-addicts) and our capacity for concentration and understanding was lower among users of crack ^{9, 10}.

Infraction type (Table 4)

Infraction type	Percentage
Domestic thefts	31.7%
Thefts in the streets	25.6%
Thefts at home and in the streets	18.0%
Assaults	17.1%
Traffic of drugs	4.4%
Other infractions and violent acts	3.2%

As shown in Table 4, domestic burglary was the main type of offense (31.1%) studied the customer, followed by robbery in the street (25.6%). While experts agree that alcohol and other drugs often have important role in the activities violentas^{11, 12} their specific role is unclear, that is to say, it is difficult to determine precisely: (a) the causal link between these substances and violent acts, (b) the legal status of drugs and complications involving trafficking and laws that repress (c) the influences of the environment and the individual characteristics of users of drugs and alcohol, (d) the prevalence and the precise correlation between violence and use of these substances . This study shows how very complicated the construction of paradigms for research in this area.

DISCUSSION

Considering the socio-demographic characteristics of clients served in NEDEQ, it was observed that (89.1%) were male, aged between 15 to 30 years (83.7%) and without marital ties (53, 2%). In this context, studies on prevalence and incidence of drug use, but with differences in consumption patterns between countries, tend to report that the male is distinguished as the largest consumer ^{6, 13}.

Regarding education, it was observed that the vast majority (62.1%), abandoned their studies, which reflect professionally, because subsidies to miss a more appropriate professional qualification. It is noted that with these statistics, users end up leaving the studies due to involvement with drug use.

It was found that (61.4%) of users are unemployed, presenting low life expectancy, due to the precarious economic situation and despite all the economic and social problems, continue to use some type of drug.

It is the fact that (58.2%) of customers had problems with drugs in the family and started using drugs between 15 and 20 years (48.8%). Also drew attention a high percentage (29.1%) who initiated the use of drugs with less than 15 years. Considering the use in life, these data are corroborated by the I Household Survey on the Use of Psychotropic Drugs in Brazil (2001) 6 showed that the prevalence is (48.3%) among young people 12 to 17 years in 107 major Brazilian cities.

However, statistics show that the number of teenagers addicted to alcohol is increasing. In the Northeast, the index of dependence among adolescents 12 to 17 years is (5.7%), considered the most worrisome around the país¹⁴.

According Scivoletto¹⁵ a person does not begin to use drugs or the abuse of them by chance or by a decision alone. Increasingly, research and studies show that the misuse of drugs is the result of a multitude of factors.

The addiction is a phenomenon of great relevance to public health is multifactor and its complexity requires that the treatment involves multiple approaches in therapeutics^{16, 17}.

A single therapy and/or multifamily falls within this context intervening in families in full crisis. Consequently, the treatment must be "focused on the family issues, professional, economic and financial, community, spiritual, medical and psychological¹⁸.

We believe that anyone born dependent on drugs, but may become dependent or user, experiencing some kind of drug, in a social context and family.

The main drugs consumed in the life of the individuals studied were alcohol (66.5%) and marijuana (21.3%). Epidemiological studies also show the national spirit as the most consumed substance in life, regardless of studied population 2, 6, 14, 19, 20, 21, 22.

Although all the empirical evidence shows that alcohol is the substance most significant in conjunction with various forms of violence, its legal status to make it socially accepted and widely used, even if we try to regulate their use. This issue reveals the inconsistency of the definition of 'drugs' and as such, the concept is dated and historically supported by debatable²³ values,^{24, 25}. Remember that in the historical situations in which the use of alcohol was banned, most of the conditions of stigma and violence were also present in the relations of its market illegal²⁶.

With regard to drug use and involvement in illegal activities in this study, as can be seen in Table 2, we observed that 75.3% of subjects had practiced some form of theft ever in life and (4,4%) had history of drug trafficking.

It is important to emphasize that this involvement occurred after the initiation of drug use, showing to be a consequence of this consume^{27, 28}.

The consumption of certain substances frequently occurs because of its availability and economic value more than the chemical characteristic of the substance. The sample presents socio demographic characteristics similar to others described in other studies^{28, 29, 30, 31, 32, 33}.

The guidance and treatment are extremely important for family support at this time of crisis through which passes the family and may facilitate adherence to treatment of the family dependent.

We need more effective preventive interventions and early age. Information related to the consumption of psychoactive substances in Brazil are still less than desirable, especially when you see shares of public policies guided by scientific evidence and able to address all the features related to the prevention and treatment of these substances.

Knowledge about the structure of the service and the needs of patients (current and / or potential) guides refines and optimizes the proposed therapy.

The planning process is a dynamic stage of the organization. At that time, the various components are arranged and integrated in a systematic way, strengthening capabilities, improving

weaknesses and responding better to the external reality that surrounds the therapeutic project.

The growing demand of users/dependents NEDEQ has assisted in a situation faced by the multidisciplinary team in the Center. Far from exhausting the situations experienced in the everyday practice of NEDEQ, the activities reflect the commitment of the team met for users, a situation explained through specific care for drug users, legal and illegal, to lead them to think of their reality.

We believe that every person with problems of drug use has the right to receive adequate treatment for their addiction and enjoy the various forms of treatment appropriate to their disease, to a social reintegration and thus gain new expectations of life.

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