Aim

- Knowledge about stimulant misuse
- Intoxication and withdrawal effects
- Management
Stimulants

Psychoactive substances that cause an increase in activity of various parts of the CNS or directly increases the muscle activity
How to identify people taking stimulants

- Becoming aggressive & hostile in short period of time
- Increased BP, RR and heart rate
- Increase alertness
- Unreasonable paranoia
- Constant cold or running nose
- Pupils dilate
<table>
<thead>
<tr>
<th><strong>Types</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Illicit</strong></td>
<td><strong>Legal</strong></td>
</tr>
<tr>
<td>- Amphetamines</td>
<td>- Caffeine</td>
</tr>
<tr>
<td>- Cocaine</td>
<td>- Nicotine</td>
</tr>
<tr>
<td>- Crack</td>
<td>- Khat</td>
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<tr>
<td>- Ecstacy/MDMA</td>
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<tr>
<td>- Amyl Nitrate</td>
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<tr>
<td>- Anabolic Steroids</td>
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</tbody>
</table>
History

- Used for asthma, obesity and neurological disorders
- Amphetamines used for nasal congestion, combat fatigue and increase alertness in soldiers
Amphetamines

- 1.3% 16-59 yrs old use amphetamines
- It is cheaper and has long lasting effect
- Can be swallowed, sniffed, smoked or injected (speed, whiz or pure form ice, crystal meth)
- Increases Dopamine & nor epinephrine levels in the brain by release & blocking the re-uptake
- 10% of those presenting to specialist services
- Less addictive than cocaine
## Short term Effects

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decreased Appetite</td>
<td>Alertness</td>
</tr>
<tr>
<td>Increased Stamina</td>
<td>Euphoria</td>
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<tr>
<td>Increased Sexual Drive</td>
<td>Increased Conc.</td>
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<tr>
<td>Hyperactivity</td>
<td>Confidence</td>
</tr>
<tr>
<td>Agitation</td>
<td>Speech</td>
</tr>
<tr>
<td>Nausea/ Vomiting</td>
<td>Social Awareness</td>
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<tr>
<td>Increased Heart Rate</td>
<td>Hallucinations</td>
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<tr>
<td>Hypertension</td>
<td>Insomnia</td>
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<tr>
<td>Headaches</td>
<td></td>
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<td>Pupillary dilation</td>
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</table>
Long Term Effects

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
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<tbody>
<tr>
<td>Tolerance</td>
<td>Irritability</td>
</tr>
<tr>
<td>Difficulty in breathing</td>
<td>Anxiety</td>
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<tr>
<td>Tremor</td>
<td>Depression</td>
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<tr>
<td>Restlessness</td>
<td>Aggressiveness</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Obsessive behaviour</td>
</tr>
<tr>
<td>Sleep patterns</td>
<td>Delusions</td>
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<tr>
<td>Twitching</td>
<td>Paranoia</td>
</tr>
<tr>
<td>Gastric problems</td>
<td>Dependence</td>
</tr>
<tr>
<td>CVS problems</td>
<td>Withdrawal symptoms</td>
</tr>
<tr>
<td>Stroke</td>
<td></td>
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<tr>
<td>Damage to lung, kidney and liver</td>
<td></td>
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<tr>
<td>Erectile Dysfunction</td>
<td></td>
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</tbody>
</table>
Withdrawal Syndrome

CRASH

- Craving
- Nausea
- Irritability
- Depression
- Loss of energy
- Sweats
- Fatigue
- Decreased Libido
- Decreased Self Confidence
- Convulsions

- Increased Sleep
- Paranoia
- Delusions
- Hyperventilations
Current Use

- ADHD
- Traumatic brain injury
- Narcolepsy
- CFS
- Depression supplement
Mental Health Problems

- Anxiety
- Depression
- Antisocial behaviour
- Repeated tidying (stereotyped behaviour)
- Paranoid psychosis
- Aggressiveness
- Suicidal ideation
Cocaine

- White powder from leaves of Coco shrub
- Sigmund Freud was addicted to cocaine
- Used as local anaesthetic
- Second most commonly used illicit drug
- 6.1% of 16-24 yr old used in previous year
- Modifies the action of dopamine and nor epinephrine
- Can be chewed, liquid but sniffing is most common
- Pure form is Crack which has rapid onset
Sought after effects

- Rapid feeling of intense high
- Increase in alertness and energy
- Feeling of well being
- Delay of hunger and fatigue
- Increase of confidence
- Stimulation of sex drive
Mental health effects

- Grandiose thinking
- Impaired judgement
- Sexual disinhibition
- High doses Auditory/Visual hallucinations
- Paranoid ideation/psychosis
- Aggressive behaviour
- Formication (Cocaine bugs)
Psychiatric Diagnosis of Cocaine Users

- Antisocial personality
- Attention Deficit disorder
- Alcoholism
- Mood disorders
- Anxiety disorders
- Psychotic disorders
Physical problems of Cocaine use

- Nasal Congestion
- Perforation of nasal septa
- Overdoses (hyperthermia, cardiac arrest)
- Cerebrovascular effects (stroke)
- Seizures
- Myocardial infarctions & arrhythmias
- Death
**KHAT**

- Fresh leaves of *Catha Edulis* leaves
- Cultivated & used in Yemen & East Africa
- It is legal & cheap to import in UK
- Leaves are rolled into a ball & kept in mouth upto 3-5 hrs and spat out
- Used in social gatherings
- Increases Dopamine & nor epinephrine
- Causes mouth ulcers, psychological dependence & relapse of mental illness
Key Points

- Very rapid Tolerance
- Cross Tolerance
- More psychological dependence than physical
- Craving is long and intense
Treatment

- Abstinence difficult because of craving
- Decrease the amount of the stimulant that the person is addicted to slowly until he can stop taking it altogether over time.
- Promote healthy lifestyle
- Involve family & friends
- Help to attend support meetings
- Psychiatric help if needed
Psychotherapeutic

- CBT
- Contingency management
- Motivational enhancement therapy
- Twelve step approaches (Cocaine Anonymous)
Future Trend

- Vaccine in the making (TA-CD)
Questions

- Snorting Cocaine effects are produced

A Within 3 to 5 min
B Within 20 to 25 min
C Within 25 to 35 min
D Within 45 to 60 min
Amphetamines causes

A Decrease in heart & respiratory rate
B Increase in heart & respiratory rate
C Low confidence & energy
D Increase in heart rate & low anxiety
A “Speedball” is a combination of which two drugs

A LSD & heroin
B Alcohol & cocaine
C Cocaine & heroin
D Amphetamines & alcohol
Which condition is not treated by Amphetamines

A ADHD
B Traumatic brain injury
C Narcolepsy
D Cardiovascular disorder
Crack is

A A form of Cocaine
B Chemically altered cocaine
C Deadlier than other forms
D All of the above
Any Questions?
Thank You