



**Ministry of Health**

# Alcohol Trends

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## Outline

- Definition of terms
- Prevalence and burden of Alcohol abuse
- Signs of Alcohol use
- Stages of Alcohol use
- Complications of harmful Alcohol use.



# What is Alcohol



# Alcohol and Substance Use Disorders

- ❑ The World Health Organization (WHO) defines substance use disorders (SUDs) as the continuous use of substance despite evidence of harm and repeated attempts to cut down the use.

## What is harmful use of a substance?

- ❑ Consumes alcohol regularly (> 237 ml of beer (5% alcohol), 100mls of wine (10% alcohol) and 25 mls of spirits (40% alcohol).
- ❑ Harmful use is a pattern of use with the risk of harmful social, physical, and mental consequences such as;
  - Injuries and accidents, driving while intoxicated, drug injection, sharing needles, reusing needles, relationship problems as a result of use, sexual activity while intoxicated that was risky or later regretted, legal or financial problems, inability to care for children responsibly.

## What is dependence?

- ❑ Dependence is a cluster of physiological, behavioral, and cognitive phenomena in which the use of a psychoactive substance takes on a much higher priority for a given individual than other behaviors that once had greater value.
  - It is characterized by a strong craving to use the substance and a loss of control over its use.



# Prevalence and burden

- Are you aware that 5.6million Ugandans drink alcohol
- Are you aware that 17,000 Ugandans die annually, 1417 monthly, 354 weekly and 50 daily because of harmful use of Alcohol
- Are you aware that 16% of the Westnile's population drinks alcohol
- Men are heavy episodic drinkers

## **Nature of Alcohols**

- 1. Beer-11%**
- 2. Spirits-3%**
- 3. Wines-1%**
- 4. Others -89%**



# Common presentations of Alcohol and Substance use disorders.

- Appearing affected by alcohol or other substance
  - Smell of alcohol, slurred speech, sedated, erratic behavior.
- Signs of recent drug use
  - Recent injection marks, skin infection.
- Deterioration of social functioning
  - Difficulties at work or home, unkempt appearance.
- Signs of chronic liver disease
  - Abnormal liver enzymes), jaundiced (yellow) skin and eyes, palpable and tender liver edge (in early liver disease), ascites (distended abdomen is filled with fluid)
- Problems with balance, walking, coordinated movements.
- Person may appear sedated; over stimulated, agitated, anxious or confused Persons with disorders due to substance use may not report any problems with substance use.



## Common presentations of Alcohol and Substance use disorders.

- Alcohol is often taken in larger amounts or over a longer period than was intended.
- There is a persistent desire or unsuccessful efforts to cut down or control alcohol use.
- A great deal of time is spent in activities necessary to obtain alcohol, use alcohol, or recover from its effects.
- Craving, or a strong desire or urge to use alcohol.
- Recurrent alcohol use resulting in a failure to fulfill major role obligations at work, school, or home.



## Common presentations of Alcohol and Substance use disorders.

- Continued alcohol use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol.
- Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
- Recurrent alcohol use in situations in which it is physically hazardous.
- Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol.





## Common presentations of Alcohol and Substance use disorders.

- ❑ Tolerance, as defined by either of the following:
  - a. A need for markedly increased amounts of alcohol to achieve intoxication or desired effect
  - b. A markedly diminished effect with continued use of the same amount of alcohol.
  
- ❑ 11. Withdrawal, as manifested by either of the following:
  - a. The characteristic withdrawal syndrome for alcohol Alcohol (or a closely related substance, such as a benzodiazepine) is taken to relieve or avoid withdrawal symptoms.



## Stages of addiction

- 1. Experimentation:** Use of alcohol/ illicit drugs at any one time for experimentation.
- 2. Social/ Regular drug use:** Use of alcohol/ illicit drugs in social situations.
- 3. Problem Use:** May or may not involve physiological dependence or tolerance but may have adverse effects on self or other people`s lives.
- 4. Addiction/ Chemical Dependency:** Inability to control use of substances despite the negative consequences that occur as a result.  
Presence of tolerance or withdrawal symptoms.



# ALCOHOL USE ASSESSMENT TOOL

Questions	0	1	2	3	4	Score
1. How often have you taken a drink containing alcohol to cope with stress?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
					<b>Total</b>	

Add the scores (shown in the top line) for each of the three questions for a total score out of 12. The following total scores provide an indication of whether to advise no alcohol use and/or refer the woman to a specialist addiction treatment service. They are a guide only.

- 0-3 Low-risk drinking (advise no use)
- 4-5 Moderate-risk (Harmful) drinking (advise no use and use professional judgement to consider referral to a specialist addiction service)
- $\geq 5$  High-risk (Dependence) drinking (definite referral to a specialist addiction)



## Management of alcohol withdrawal symptoms

Mild Withdrawal	Moderate Withdrawal	Severe Withdrawal
<ul style="list-style-type: none"><li>•6-12 hours after the last drink,</li><li>•Headache,</li><li>•Insomnia</li><li>•Anxiety</li><li>•Hand tremor</li><li>•Gastrointestinal disturbances</li></ul>	<ul style="list-style-type: none"><li>• 12-24 hours after the last drink,</li><li>•mild symptoms</li><li>•Increased blood pressure</li><li>•Palpitations,</li><li>•Confusion,</li><li>•Mild hyperthermia,</li><li>•Rapid abnormal breathing.</li></ul>	<ul style="list-style-type: none"><li>•48-72 hours after the last drink</li><li>•Moderate symptoms</li><li>•Visual hallucinations</li><li>•Auditory hallucinations</li><li>•Seizures,</li><li>•Disorientation,</li><li>•Impaired attention.</li></ul>
Mental health assessment Detoxification as an out-patient Tapering doses of oral Diazepam Individual psychotherapy or Group psychotherapy	Alert Clinician Physical and Mental state evaluation Detoxification at the health center IV Diazepam 10-20mg stat; oral Refer to alcohol abuse rehabilitation program	Alert Clinician Physical and Mental state evaluation Detoxification at the hospital Refer to alcohol abuse rehabilitation program