Drug initiation and abuse during adolescence: a narrative review

A iniciação e abuso de drogas na adolescência: revisão narrativa

Iniciación y la drogadicción en la adolescencia: revisión narrativa

Taciano Ribas;1 Maria Helena Gehlen;2 Jeferson Ventura;3 Saul Ferraz de Paula;4 Carla Lizandra Ferreira;5 Adriana Dall’asta Pereira6

How to quote this article:

ABSTRACT

Objective: The study’s aim has been to further understand the national scientific productions referring to the initiation and abuse of drugs and psychoactive substances during adolescence. Methods: It is a narrative research with a qualitative approach, where temporal delimitation was not used because of the scarcity of references about the proposed matter. Results: The study identified the delimitation of two categories that permeate drug initiation and abuse, which were significantly indicated in the studies that guide the subject. Conclusion: By performing the study, it was noticed that the initiation of young drug users is gradual and limited by their own intrinsic factors, then worrying the society as a whole. Therefore, the public policies are not working toward health professionals and family members of drug users, remaining a gap in health care and, consequently, leaving serious social and family problems.

Descriptors: Illicit drugs, Adolescents, Rehabilitation, Nursing.

RESUMO

Objetivo: Conhecer as produções científicas nacionais referentes a iniciação e abuso de drogas e substâncias psicoativas na adolescência. Método: pesquisa narrativa com abordagem qualitativa, não foi utilizada delimitação temporal devido à escassez de referências sobre o tema proposto. Resultados: Percebeu-se com o estudo a delimitação de 2 (duas) categorias que permeiam a iniciação e abuso drogas, sendo indicadas significativamente nos estudos que norteiam o assunto. Conclusão: Com o estudo percebeu-se que a iniciação de jovens usuários de drogas é gradativa e delimitada por fatores intrínsecos do jovem, preocupando a sociedade como um todo. Para tanto, as...
El derecho a la vida y a la salud es un bien fundamental que no se debe poner en peligro por la violencia. La violencia en las relaciones familiares, laborales y de salud es un problema que afecta tanto a los jóvenes como a las familias. Además, la violencia en el ámbito de la salud, como en el caso de los abusos de drogas, es un problema que debe ser abordado con seriedad.

Para el adolescente, el inicio de la drogadicción puede ser un punto de partida para un camino de abuso que puede llevar a la dependencia. La literatura narrativa es una herramienta que nos permite entender mejor la perspectiva de los jóvenes que han experimentado esta situación. Los programas de intervención en drogas, como el de las familias, deben ser desarrollados con el objetivo de prevenir el inicio de la drogadicción y de brindar apoyo a aquellas familias que ya lo han experimentado. En este sentido, la investigación es crucial para poder desarrollar estrategias efectivas y adaptadas a las necesidades de cada joven.

**RESUMEN**

Objetivo: Conocer la producción científica nacional relativa a la iniciación y el abuso de drogas y sustancias psicoactivas en la adolescencia. Método: Investigación narrativa con un enfoque cualitativo no se utilizó la delimitación temporal debida a la escasez de referencias sobre el tema. Resultados: Se observó a estudiar la delimitación de dos (2) categorías que subyacen en la iniciación y el abuso de drogas, e indicó de manera significativa en los estudios que la guían. Conclusión: En el estudio se observó que la iniciación de los jóvenes usuarios de drogas es gradual y limitada por factores intrínsecos de los jóvenes, el cuidado sociedad en su conjunto. Por lo tanto, las políticas públicas no son suficientes para permitir a los profesionales de la salud y los consumidores de drogas de la familia, que queda un hueco en el cuidado de la salud, y como resultado, los problemas sociales y familiares graves. Descritores: Las drogas ilícitas, Adolescentes, Rehabilitación, Enfermería.
Such research has the purpose of aggregating knowledge about a particular subject, as well as synthesizing and summarizing a range of scientific publications. It is characterized by being a broad research, usually part of a more open theme.7,8

In order to delineate and support this study, inclusion criteria were established for the selection of the sample, as follows: articles published in Brazilian journals, in Portuguese language and articles producing research about the effectiveness of the adolescent rehabilitation network, after detoxification to crack use and other drugs. As exclusion criteria, the following items were used: research, which did not include the objective of the proposed study, articles, theses or dissertations not available in the electronic media, and also those that were not completely available.

The bibliographic search was developed by the Literatura Latino-americana e do Caribe em Ciência da Saúde (LILACS) and the Biblioteca Virtual em Saúde (BDENF), from July 22th to September 27th, 2016, using the following keywords: drugs, adolescents, rehabilitation. In this study, the key words were used, since when they were used as descriptors, the search for articles relevant to the study was significantly reduced.

The strategy used to identify the articles that comprise the study's sample can be seen in the following Figure 1, represented by the sample selection flowchart.

Figure 1 - Sample selection flowchart

Drug initiation and abuse during adolescence...

Regard the ethical aspects, since it was a bibliographical research, neither the approval of the ethics committee nor the authors' granting was necessary, since these are publications available in the electronic media and Internet database.

Content analysis was developed in three stages: pre-analysis, material exploration and results interpretation.9 The first stage provided an improved and comprehensive view on content through analysis, reading and schematization of exploration using the variables: objective, methodology, subjects and results.

The material exploration stage was performed staring from the results, then following the transcription means of the conclusions and significant discussions of the findings. It has been carried out an exhaustive reading of the articles and texts. Conclusively, in the narration of the results, the convergences and divergences on the different points of view of the different authors were observed.

RESULTS AND DISCUSSION

By knowing the scientific productions about the theme: effectiveness of the nursing health care toward the drug and educational treatment, in the rehabilitation of the adolescents, after the detoxification, due to the abusive use of crack and multiple drugs; it was possible to describe the contributions. The results are organized as shown in the table below.
Table 1 - Recovered scientific production

<table>
<thead>
<tr>
<th>Article</th>
<th>Title*</th>
<th>Year</th>
<th>Authors</th>
<th>Objective</th>
<th>Author's Research Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>Iniciação e consumo de substâncias psicoativas entre adolescentes e adultos jovens de Centro de Atenção Psicossocial Antidrogas/ CAPS-AD</td>
<td>2014</td>
<td>Carolina C. Silva, Maria C. Oliveira Costa, Rosely C. Carvalho, Magali T. Reis Amaral, Nilma L. Almeida Cruz, Mariana R. da Silva.</td>
<td>To characterize the initiation and pattern of psychoactive substance consumption among adolescents and young adults assisted by the CAPS-AD from Feira de Santana city, Bahia State.</td>
<td>Human Area (Multidisciplinary)</td>
</tr>
<tr>
<td>A2</td>
<td>Delinquência juvenil e família</td>
<td>2013</td>
<td>Maria de Lourdes Bersogli Paula; Francisco B. Assumpção Jr.</td>
<td>To show that families who have a member with legally punished behavioral problems probably have other elements with similar issues. Making an equivalence of initiation in drugs and/or criminality more than either an ethical or social factor.</td>
<td>Human Area (Psychology)</td>
</tr>
<tr>
<td>A3</td>
<td>Dependentes químicos: o perfil da abstinência de drogas</td>
<td>2013</td>
<td>Fabiana Favaro, Samuel R. de Paula.</td>
<td>To verify the symptoms presented by chemically dependent patients during the abstinence period.</td>
<td>Human Area (Nursing)</td>
</tr>
<tr>
<td>A4</td>
<td>O uso de drogas por adolescentes e suas percepções sobre adesão e abandono de tratamento especializado.</td>
<td>2011</td>
<td>Gabriela P. Vasters, Sandra C. Pillon.</td>
<td>To understand the use of drugs among adolescents, from the first experimentation to the perceptions about adherence to treatment, based on the qualitative research, this understanding was sought from the subjects’ view point.</td>
<td>Human Area (Nursing)</td>
</tr>
<tr>
<td>A5</td>
<td>Caracterização das internações psiquiátricas para desintoxicação de adolescentes dependentes químicos.</td>
<td>2010</td>
<td>Mônica Augusta Mombelli, Sônia Silva Marcon, Jaqueline Barreto Costa.</td>
<td>To characterize the hospital admittances of hospitalized adolescents for detoxification in a public hospital in the Western region of Paraná State, and also to correlate socio-demographic variables with the use of illicit drugs.</td>
<td>Human Area (Nursing)</td>
</tr>
<tr>
<td>A6</td>
<td>Motivações para o tratamento de usuários de crack, em uma comunidade terapêutica.</td>
<td>2015</td>
<td>Maycon R. Seleghim, William F. Meschial, Beatriz F. Martins, Cintia B. Lopes, Sueli A. F. Galera, Magda Lucia F. Oliveira.</td>
<td>To know the motivation of users of crack cocaine, for the treatment in hospital settings.</td>
<td>Human Area (Nursing)</td>
</tr>
<tr>
<td>A7</td>
<td>Motivações de dependentes químicos para o tratamento: percepção de familiares</td>
<td>2015</td>
<td>Aline C. Zerwes Ferreira, Fernanda C. Capistranelo, Edice B. de Souza, Leticia Q. Borbal, Luciana P. Kalinkel, Mariluci A. Maftuml.</td>
<td>To identify the family reasons attributed to searching for treatment by the chemical dependent.</td>
<td>Human Area (Nursing)</td>
</tr>
</tbody>
</table>

Elaborated by the researchers.
* Original title.
Based on the analysis of the table above, it was possible to construct the theme: Risks of drug use or abuse by adolescents undergoing socialization process after detoxification.

**Risks of drug use or abuse by adolescents undergoing socialization process after detoxification**

**Drug use onset**

In A1 there is a clear increase in the number of young people started on drugs, exposing social vulnerability, where they relate, evidencing the increasingly early use of these adolescents in the world of drugs. Similarly, it exposes a recurrence of hospitalizations among the same young people for an attempt to discourage relapse in abusive use, attempts made without the direct intention of the young person, who in turn tries to perform the detox without the less condition of accepting it. It is implied that the low schooling of both young people and their families has formed the foundation of the decline, which is established in the lives of these adolescents.

It is necessary the understanding of the public agencies the reciprocity of these data, to advance the management and to train not only professionals to treat and to associate the early treatment of the young society, for a better agreement of this public.2 Going through this analysis A2 corroborates with the employee's perception that the environment where the young person is inserted, both by society and by the family, implies an example and/or incentive for this. Nonetheless, the study does not associate the budget class, because it implies in young people of the same community, same age group and same social conditions. We can also open up this pathogenic scenario, where there are patterns of violence in young people who have violent or incarcerated adults, giving as an early incentive of violence and drug use.

The study can not be taken as a basis in all data, since there are always exceptions, which are not present, so it is due to the importance of strengthening and expanding the National Harm Reduction Policy, it should be seen with greater attention by Governments and society, maintaining studies and publicizing actions to discourage young people and empower their treatment.3 In parallel the social problems are associated with the increase of information and/or acceptance of their presence in society, many young people contest the detoxification processes, it is clear in the A3 that young people report pain and distress in the process of detoxification and may be a basis of studies or incentive of attention to better discouraged the continuation of treatment.

The pain by parameters of poor understanding should be brought to the knowledge and understanding of the SPA user, for a better perception and acceptance of the treatment, as well as the training of the professionals, who work in units suitable for pre-treatment, detoxification and maintenance of detoxification have both theoretical and practical knowledge in order to understand and explain possible physical and/or psychic disorders for a better treatment acceptance.

Although the family context is protective or difficult to initiate abused drug use, the study A5 finds conflicting data indicating that more than half of respondents from a detox center where the research was conducted had their relatives as a reference to the initiation of the use of SPA. It stresses and proves the indexes cited by all the researches carried out in this area that the lack of incentive to study, social precariousness and helplessness of the family are the initiation elements for the use.

There is a pattern of biased studies where data repeatedly point to problems, but the solutions seem more difficult, given the high complexity of the subject and great cultural diversity and ease of access to both legal and illegal drugs.

The therapeutic community aims to recover and maintain the user's permanence to refrain from using drugs, according to A6, the institution must be receptive and present professionals trained to treat the user with respect and adversity, must take the patient to respect and influence colleagues to remain under treatment.

The family has an immediate and decisive response, in certain situations to remain in the Therapeutic Communities, but attentive in the importance of social and religious actions in the reduction or permanence in the disuse of SPA.

In A7 there is a tendency and specificity of contemplation of 5 stages of motivation for change, acceptance and stability of treatment and permanence of sobriety of the chemical dependent. It was important to the demand and maintenance of the treatment. Indicating by its Singular Therapeutic Plan (STP), where each user has their fears and their own dependencies, highlighting the particularity of their rehabilitation, where the relation of social habits influences in the maintenance and permanence of relapse in the use of SPA, where it is impregnated in relapse and denial of the patient's health condition. Once again, the expectation of implementation and permanence or beginning to use drugs and/or alcohol. As well as the search for its treatment and acceptance of it, the family proved effective in the conception of the young person adhering to the correct treatment.6

**The Adolescent Treatment and Rehabilitation**

With a more in-depth study of the researched data, it can be verified that the increase in the use of drugs by young people is associated with the increase of information and/or acceptance of their presence in society, many young people contest the detoxification processes, it is clear in the A3 that young people report pain and distress in the process of detoxification and may be a basis of studies or incentive of attention to better discouraged the continuation of treatment.

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of the harm reduction program of the Health Ministry is very important.

It has been proved to be the personal study and experience of the professional who works with adolescents, who must have as an option in the Harm Reduction Policies the creation of spaces for young people not only at risk, but also inserted in the social daily life that covers this fragility, giving them the option to take that idle time they report.

It also details that the treatment by the current vision ends up being, in the majority of the times, imposed to the young person, be it juridical like familiar, and that its cycle of friendships is temporarily cut by determined time, and that this disorder of information and time excess, along with the social discouragement he returns to the daily use of friendships that will lead this young man to repeat the whole cycle of relapses.

Authors define socialization as “the broad and consistent introduction of an individual into the objective world of a society or a sector of it.” They also define primary socialization as “the first socialization that the individual experiences in society or a sector of it.” They also define primary socialization as “the introduction of an individual into the objective world of a whole cycle of relapses.

As far as research on actions is concerned, the obscure gap in the social reintegration of adolescents, together with agreements, we professionals must take responsibility and make governments and competent authorities, both private and public, to participate and support programs and actions together with society, making it accept that drug addiction is present and if it is not accepted by the large population, it will remain and grow in an exponential issue.

In Brazil, the family health strategy, incorporated by the Health Ministry, has consolidated the national health policy, which focuses on the performance of the multidisciplinary team in the promotion of adolescent health, should ensure social reintegration, through support networks offering the right to health, cultural, ethical, moral and humanitarian values.

Considering the aforementioned, it was noticeable the importance of the agreement and commitment of the networks and their dispositions to the Brazilian population, whose main objective is to meet the needs of users, providing a humanized service, as more competence and efficiency.

This study was relevant because of the alarming number of drug use by adolescents in society. Because it is a public health problem, professionals need to be qualified, not only alongside pharmacological management, but also educational, nutritional and social. Furthermore, it is pointed out that the promotion of health in the prevention of drug addiction is a commitment of the professional, who works in the mental health care network.

REFERENCES
