

CHAPTER SIXTEEN

DRUGS USES AND MISUSES:

A drug is a chemical substance which when introduced into the body can produce mental, physical, emotional or behavior changes, with examples being coffee, tea, heroin, cannabis and paracetamol.

Drug Misuses:

This is the unintentional or inappropriate use of over the counter or prescribed drugs, which may result in impaired functioning of the body.

Drug abuse:

This is the use of drugs for purposes other than medical purposes, which may result in the impaired mental, physical, emotional or social well being of the person.

Drugs abused include alcohol, cannabis, cola, coffee, valium and amphetamine.

Reasons why people abuse drugs:

- (1) Ignorance of its effects.
- (2) Peer group pressure.
- (3) Curiosity.
- (4) Loneliness.
- (5) Boredom/frustration.
- (6) Easy access to drugs.
- (7) Avoidance of meeting social problems.

Smoking: Tobacco contains an active ingredient called nicotine, which is a stimulant on the heart and the nervous system diseases. When tobacco is inhaled, the heart beat increases and the nicotine causes the hardening of the blood vessels, leading to cardio – vascular diseases such as stroke heart attack. The tar in cigarette smoke causes cancer and other respiratory problems. In pregnant women, smoking may cause miscarriage (pre – mature birth) and underweight babies.

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Alcoholism: (Effects):

- (1) Destruction of the liver cells leading to the cirrhosis disease.
- (2) Destruction of brain cells.
- (3) Stomach ulcers.
- (4) Enlargement of the heart.
- (5) In pregnant women, it may have effect mental effect on the baby.

Cannabis or marijuana:

- (1) It is popularly known as wee or Indian hemp and it can be smoked, drank or eaten.
 - (2) It affects the nervous system, produces hallucination and mental instability.
 - (3) Users experience a feeling of euphoria, which gives them a false impression about themselves and environment.
 - (4) It associated with the danger of overdose, accidents and tthe distortion of time and space.
- NB: Marijuana falls under the group of drugs called hallucinogens.

STIMULANTS:

Stimulants are other forms of drugs and examples are amphetamines and cocaine

Effects of stimulants:

- (1) They are addictive.
- (2) They give rise to depression and exhaustion when they wear off.

DEPRESSANTS: Depressants such as heroin and barbitudes form another group of drugs.

Effects of depressants:

- (1) Loss of control in users
- (2) Over dose use may occur which may lead to death or coma
- (3) Extreme mental and physical deterioration may occurs due to their usage.

Sanitation: This involves:

- (a) Good personal hygiene.
 - (b) Environmental cleanliness.
- Personal hygiene involves the cleanliness of the body, to prevent its invasion by pathogens,

Environmental cleanliness involves:

- (a) Sewage disposal.
- (b) Domestic waste disposal.
- (c) Food hygiene.
- (d) Provision of clean drinking water.

Health Services:

- (a) Medical care involves doctors, dentists, pharmacists, nurses, clerks, cooks and so on.
- (b) Medical care in Ghana is undertaken by national and community health services such as W.H.O and the Red Cross.

National Health Workers:

They consist of both policy makers and planners, and in Ghana the national health workers are within the ministry of health.

Community Health Workers:

- Due to the shortage of doctors, primary health care is under taken by community health workers.
- They move from village to village performing their duties which include.
 - a) Diagnosis and treatment of common illness.
 - b) Referring patients with very serious cases to hospitals.
 - c) Vaccination of people against diseases.
 - d) Antenatal care and the safe delivery of babies which is the work of the midwives.
- The supervision of the community health workers is done by the medical officer of health (M.O.H), resident in Accra.
- The M.O.H. is a doctor, who supervises health posts, centres and clinics.
- The M.O.H also keeps records of health problems in an area, and reports cases of the outbreak of infectious diseases to the ministry of health.

World Health Organization (W.H.O):

- It was founded to promote a high level of health for all people through international cooperation.
- Its headquarters is located in Geneva.
- The W.H.O is a clearing house for information and research services on health.
- It is responsible for the standardization of quarantine and vaccination measures for international use.
- Within the area of health administration, the W.H.O gives technical advice and aid in planning.
- It sponsors the control of epidemic disease.

The International Red Cross Society:

- It is a voluntary organization which provides food, shelter and clothing to refugees.
- It sends services to all warring factions in times of war.
- It gives basic first aid training.
- Its headquarters is located in Geneva, Switzerland.

Food and Agriculture Organization (FAO):

- Its headquarters is in Rome and it is an agency just like the W.H.O.
- It gives assistance to national programs in agriculture, fisheries and forestry.
- It also carries out the systematic review of world food programs.

United Nation International Children Emergency fund (UNICEF).

It is a united nation organization, which takes special interest in the health of children. It supplies the health needs of children, especially those who are deprived through war or famine.

Questions and Answers

(1) (a) What is the main difference between drug misuse and drug abuse?

Ans:

- In drug misuse, a person unintentionally uses the drugs in an inappropriate manner, which may result in the impaired functioning of the body.
- In other words, the drug is used for medical purposes in an inappropriate manner.
- But in drug abuse, the drug is used for other purposes, other than medical, which may have various effects on the person.

(b) List three reasons why drugs may be abused by people.

Ans: Drugs may be abused as a result of these reasons:

- i) Peer group pressure.
- ii) Easy access to the drugs.
- iii) Boredom or frustration.

(c) Name the active ingredient found in tobacco, and give its effect.

Ans: It is called nicotine and it causes cardio-vascular diseases

(d) List three reasons, why it is not good for pregnant women to be smoking.

Ans: This is due to the fact that smoking can lead to

- (i) Miscarriage.
- ii) Premature birth
- iii) Under weight babies.

Question (2)

(a) Give three reasons why the excessive intake of alcohol must not be encouraged.

Ans: because it can lead to

- (i) Stomach ulcers.
- (ii) Heart enlargement

b) List three effects of cannabis on its user?

Ans:

- (i) It affects the nervous system.
- ii) It produces hallucination and mental instability.
- (iii) Its users may experience euphoria, which gives them a false impression about their environment.

c) Name any two stimulants and list two effects of stimulants.

Ans:

- i) Stimulants give rise to depression and exhaustion.
- ii) Apart from that, they are addictive

Examples of stimulants are cocaine and amphetamines.

(d) What is the general name given to drugs such as heroin and barbiturates, and list two effects of such drugs.

Ans:

They are referred to as depressants and two of their effects are that:

- i) They lead to the loss of control in those who use them.
- ii) An overdose may cause coma or death.

Question (3)

What do you understand by personal hygiene?

Ans:

This involves the way and manner the body is kept clean so as to prevent its invasion by pathogens.

b) List two roles played by the community health workers?

Ans:

These roles or functions are that they

- i) diagnose and treat simple diseases.
- ii) vaccinate people against diseases.

c) Give two functions of the World Health Organization.

Ans:

Two of its functions are to:

- i) Give technical advice and aid in planning within the area of health administration.
- ii) Sponsor the control of epidemics.

d) State two reasons why the international Red Cross Society was formed?

Ans:

It was formed to:

- i) Provide food, shelter and clothing to refugees.
- ii) Give basic first aid training.

e) What is the main or function of UNICEF?

Ans:

i) Its main aim is to take special interest in the health of children, by supplying the health needs of children, especially those who are deprived through war or famine.