

# Addiction

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## Introduction & Purpose

- Addiction is known as having a serious dependence for a certain substance. It has been around forever and is becoming more prevalent around the world while negatively affecting individual's family, employment, well being, mental health, and making them more susceptible to using other substances.
- Our purpose for this research is to determine if pharmaceutical used with non pharmaceutical treatment is more effective to reach abstinence when compared to receiving no treatment at all.

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## Background & Significance

- It's a major concern all over the globe because it's fast growing and even with treatment, many fail to make it to abstinence successfully.
- As a nurse it is our duty to provide treatment and education to keep patients safe and healthy. With addiction being such a prevalent problem, nurses can have a big impact.

## Literature Review Methods

- **Retrieval of our information**
  - ETSU Sherrod Library database and Google Scholar.
  - 15 articles in total
- **Keywords:** drug/opioid, alcohol, tobacco, abuse, addiction, treatment, abstinence,
- Our inclusion criteria included sources that provided information on outcomes from studies on pharmaceutical, non-pharmaceutical, and no treatment at all.
- Our exclusion criteria included leaving sources out that didn't incorporate a study or provide information on the outcome of their treatment, whether it being good or bad.

## Findings

- **Alcohol:** using both pharmaceutical and non-pharmaceutical treatment lead to better outcomes when compared to using just one treatment, or no treatment at all.
- **Tobacco:** using both pharmaceutical and non-pharmaceutical treatment together.
- **Drug and opioid:** outcomes were equal whether the participants received treatment or not. A certain treatment or no treatment at all didn't make a significant change in numbers of good outcomes.



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## Conclusions and Implications

- Overall, combining pharmaceutical and non-pharmaceutical treatment and interventions is more likely to lead to higher numbers of a positive outcome, which is abstinence.
- Inpatient treatment and regular follow-ups have also been found to be significantly associated with abstinence (Harsh, 2016).
- Many implications provided were "greater emphasis should be placed on non-pharmaceutical approaches" (Costa et al., 2020). This is due to the fear of new substance addictions and misuse from just pharmaceutical treatment.

