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Síndrome de abstinencia al alcohol pdf

This material may not be used for commercial purposes or in any hospital or medical facility. Inportion can lead to legal action. GENERAL INFORMATION: What is alcohol addiction syndrome and withdrawal? Alcohol dependence, also known as alcoholism, is a chronic (long-developing) and a serious problem with the way we drink. Alcohol dependence occurs when you take a lot of alcohol and you often do so for a long time. Alcohol is made from a chemical called ethanol, which can come from grains or fruits such as grapes. It is available in beer, wine, drinks such as vodka or whisky or other drinks for adults. It has a depressive effect that reduces brain activity. Depending on alcohol, you will have anxiety about the consumption of alcoholic beverages, which will make it more difficult to carry out everyday activities. Alcohol dependence can cause problems with clear examination, concentration and control of your actions. This occurs most often between the ages of 20 and 35. Withdrawal syndrome occurs when you stop drinking or drink less while you have alcohol dependence. Symptoms occur while your body tries to get used to this change. Withdrawal syndrome can become dangerous and life-threatening. Diagnosing and treating alcohol addiction as soon as possible can improve your quality of life. What causes addiction and alcohol withdrawal syndrome? Alcohol dependence can start at an early stage, such as adolescence and remain in adulthood. The exact cause of alcohol dependence is unknown. You may become dependent on alcohol after physical or emotional stress, such as the loss of a loved one. You can also consume alcohol to try to ease your anxiety, depression (deep sadness), loneliness or tension. The following are other possible causes and conditions that may increase your chances of alcohol dependence: Age: Consume alcohol at an early age. Family history: having a close family member with alcohol problems. Genetics: the constitution of your genes. A gene is a small part of the information that tells your body what to do or what to do. Sex: Men are more dependent on alcohol than women. Other illnesses: have other mental health conditions or personality problems such as antisocial behaviour or depression. Misuse of other substances: heavy use of cigarettes or other illegal drugs such as cocaine, heroin and marijuana. Withdrawal syndrome can be caused by chemical changes in the body and brain. When you drink alcohol in high volume and frequency, your brain is always exposed to the effects of alcohol. As a result, your brain adapts and adapts production of certain chemicals in larger quantities than usual. This causes your brain to be hypersensitive and hyperactive. If alcohol consumption stops suddenly, the brain remains hyperactive and then signs and symptoms of withdrawal syndrome appear. The following conditions may increase the chances of developing withdrawal syndrome. Drinking higher levels of alcohol every day than in the case of beer or more than half a gallon of wine. Intense alcohol consumption for some time, such as drinking for more than five years. History of withdrawal syndrome. Poor diet or physical condition or decreased liver function. Use certain drugs or drugs at the same time, such as sedatives, cocaine, or narcotics. What are the signs and symptoms of alcohol dependence and withdrawal syndrome? Alcohol dependence includes some of the following signs or symptoms: Continue to consume alcohol even when you know of its harmful effects. You continue to drink even when you know that this increases your chances of health problems. Such health problems may include liver problems, stomach ulcers, hypertension (high blood pressure) or stroke. Development of tolerance to alcohol. Tolerance means that the amount of alcohol you normally ingest does not cause the depressive effects you might want. You may need to consume even more alcohol to get your previous effects. Effort and extra time in activities that allow you to drink. You can often attend events or activities that will include alcohol consumption. You can also spend a lot of time ingesting alcohol or with people who also drink. You have withdrawal symptoms (physical or psychological) after not drinking for a short time. You may need the same amount of alcohol to relieve or avoid withdrawal symptoms. You may also need to consume alcohol to stop the tremor or cure the hangover. Anxiety increased with alcohol. Maybe there is a desire to drink more fraternally and higher amounts of alcohol. Problems with the reduction or control of alcohol use. You can't control your drinking habit or take another drink after you leave it. Spend less time doing more important things. You have problems with social or daily activities at school, work or at home. Alcohol withdrawal syndrome may include some of the following signs and symptoms: Minor symptoms: These usually start 5 to 8 hours after the last alcohol intake. You can feel anxious, agitated, tired, nervous, stressed, or softened. You may also have trouble sleeping, excessive sweating, an accelerated pulse or decreased appetite. Main symptoms: 24 to 72 hours after alcohol intake, worsening of the lower withdrawal symptoms. You may feel confused or more tired, agitated, confused or confused. You may also have frequent rapid eye movements, excessive cold sweating, nausea or vomiting. Other symptoms may include an accelerated pulse, high blood pressure, difficulty clearly thinking, or seizures. You can start hallucinating (to see or hear things that don't exist). Delirium tremens: Delirium tremens may occur 72 to 96 hours after your last alcohol intake. You may have a fever, very high blood pressure or an accelerated pulse. You can sweat excessively, intentionally (manic or hysterical) or shake vigorously. Seizures, heart attacks, breathing difficulties or stroke may occur. How to diagnose alcohol dependence and withdrawal syndrome? Psychiatric evaluation: Doctors will ask you if you have a history of psychological trauma, such as physical, sexual or psychological abuse. They'll ask you if you got the attention you needed when you needed it. Doctors will ask you if you have been the victim of a crime or a natural disaster, whether you have a serious injury or illness. They'll ask if you've seen other people being wounded, for example during the fight. They will ask if you drink alcohol or use drugs today or in the past. Doctors will ask you if you want to hurt or kill yourself or others. Answers to these questions can help doctors treat them. Doctors will ask about the factors that can help you during treatment. These factors may include how you feel about treatment and your hobbies and goals. Doctors will also ask you about the people in your life who support you. Tests and scales of assessment: Blood, urine, saliva or breath tests can be carried out to check the amount of alcohol in the body. You may need to have different tests or ratings to learn more about your alcohol problem: Alcohol addiction: Doctors use a guide to diagnose alcohol addiction. If symptoms occur at any time of the year. Symptoms can be severely affected and cause problems at school, work or relationships. If you have at least three of these, you will be diagnosed with alcohol dependence: Continue to consume alcohol, even if you know it is harmful. Take more alcohol than I consumed at first. Try harder and find more time to consume alcohol. Develop a tolerance for alcohol. If you do not take alcohol for a short time, you have withdrawal symptoms (physical or mental). Problems with reducing or controlling the way you drink. Spend less time doing more important things. Withdrawal syndrome: The guide is also used to wither syndrome. Symptoms may have developed for hours or days after interruption of severe and prolonged alcohol consumption. These can have a major impact on your daily activities, including school, work or relationships. Symptoms should not be caused by other mental illnesses or illnesses. Two or more of the following symptoms must be present: agitation or anxiety. Hallucinations or illusions. Trouble sleeping. Increased hand shakes. Nausea or vomiting. Attacks. Excessive sweating or more than 100 beats per minute. How is alcohol addiction and withdrawal syndrome treated? Treatment focuses on helping to manage alcohol problems. Doctors will also work with your family, friends, classmates or colleagues. This will help them learn how to deal with their alcohol addiction problem. You may need one of the following: detoxification or detoxification: your doctor may need to put you into a detoxification or detoxification program. It is designed to remove toxic alcohol residues in the body. During detoxification, you will be given medicines to prevent withdrawal symptoms when you stop drinking alcohol. When you get better, your doctor may slowly change the amount of toxic medicines he gives you. IV (intravenous): Iv (intravenous) is a small cannula that is inserted into a branch and is used for the use of medicines or liquids. Medicines: Talk to your doctor before taking any of the following medicines: Alcohol dependence: Your doctor may suggest certain medicines to help you manage your alcohol dependence and other related problems. Talk to your doctor for more information about these medicines. Withdrawal syndrome: Anticonvulsants: These drugs are made to control seizures. Anti-nausea medications: These medicines can be given to comfort the stomach and control vomiting. Blood pressure medicines: These medicines can be given to lower blood pressure. Proper blood pressure control protects your heart, lungs, brain, kidneys and other organs. Sedatives: These drugs are usually used to control high blood pressure and other signs and symptoms of alcohol withdrawal. These can also be used to reduce tremors or uncontrolled movements. Sympathy can help you feel calmer, more focused and less irritable. Therapies: Cognitive behavioral therapy: Together with the therapist you will learn how to control your actions and improve your behavior. This is done through teach him how to observe the outcome of his actions. You may also need to know how to deal with alcohol-dependent situations. Motivational therapy: Motivational therapy with withdrawal is used to motivate alcohol use. A therapist or counsellor will motivate you and help you achieve your goals so that you can change your behavior. By making these changes you will be able to stop your alcohol addiction and have a better lifestyle. Breathing Support: Oxygen: You may need more oxygen if your blood oxygen level is lower than it should be. You can receive oxygen through a mask that is above the nose and mouth or through small copies that you place in your nostril. Talk to your doctor before removing the mask or oxygen. Respiratory: Respirator is a special machine that can breathe on its own if you can't breathe well on your own. An endotracheal tube may be placed in the mouth or nose. They can also place the canoe through the suct that is made at the front of the neck. The endotracheal tube or traheal cannul is attached to the respiratory system. The respirator can supply you with oxygen. Other medicines: Glucose: This medicine is used to increase the amount of sugar in the blood. This medicine can be given intravenously (IV). Vitamins and mineral supplements: Vitamin and mineral supplements such as vitamin B1 or tiamine can be used. These can help prevent other conditions associated with alcohol consumption that can affect your brain. Where can I find support and more information? If you have addiction and alcohol withdrawal syndrome, it is the condition of your family that changes your life. Accepting alcohol dependence or withdrawal syndrome can be difficult. Talk to your doctor, family or friends about your feelings. Your doctor will be able to help you and your family better understand how to support you. You and your family will be able to join the support group. This is a group of people who might have the same problem. Please contact this for more information. Alcoholics Anonymous Url: . National Clearinghouse on Drug and Alcohol Information Phone: 1- 800 - 7296686 Web Address: www.health.org AGREEMENTS ON YOUR CARE: You have the right to participate in the planning of your care. Learn as much as you can about your condition and how to treat it. Talk to your doctors about treatment options together to decide the care you want to receive. You always have the right to refuse treatment. Copyright © 2011. Thomson Reuters. All rights reserved. The information is for end-user use only and may not be sold, redistributed or otherwise used for the Purposes. This information is for use in education only. Your intention is not to give you medical advice on illness or treatment. Talk to your doctor, nurse or pharmacist before starting treatment with your doctor, nurse or pharmacist to see if this is safe and effective for you. Additional information Please contact your healthcare provider to ensure that the information displayed on this page is used for your personal circumstances. Medical Disclaimer Read more about alcoholism and abstinence syndrome Related DrugsAut alcohol IntoxicationAlcoholismICD-10 CM Clinical Codes (External) (External)