

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

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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

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políticas públicas não estão sendo suficientes para instrumentalizar os profissionais de saúde e os familiares de usuários de drogas, permanecendo uma lacuna na assistência em saúde, e como consequência, problemas sociais e familiares graves.

Descritores: Drogas ilícitas, Adolescentes, Reabilitação, Enfermagem.

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.

INTRODUCTION

Adolescence, because it is a phase of physical and emotional transformations, guides debates in national and international congresses. The concern of public and private agencies is consistent with the fact that larger numbers of young people use a system for detoxification of illicit drugs, compounded by the increase in urban violence and brutality that the society treats its adolescents.¹

Despite the concern with the adolescent is not recent and this fact permeates the history of the world and Brazilian society, for a long time the violation of rights of this public was marked as a natural phenomenon, faced with insufficient social investment in the children and youth population. In Brazil, this concern comes from the period of the Brazilian Empire, with the elaboration of the first project of child protection.¹

Nowadays, drug use has taken on a worrying dimension, with consequences both in the individual and in the social context, especially in the lives of adolescents and young adults. For some years this theme has been studied and public policies have been developed to seek solutions in this area. The use of drugs can be expressed in the various interfaces of daily life, such as in family relationships, compromising affective bonds, at work and in health.²

As a strategy, the Federal Government aims to discourage drug use and/or decrease the harm and risks associated with the use of narcotics, the mental health care network, programs to support dependents, assisting private and non-governmental organizations. The Federal Government and competent agencies analyze and study policies of combat and treatment in the detoxification and treatment of people, in a situation of social and psychosocial vulnerability, accentuated by the abuse of drugs.

The Policy of the Health Ministry is created for comprehensive care for users of alcohol and other drugs, and was emphatic at the III National Conference about

Mental Health in December 2001. This conference generated discussions about the creation of the policy and the indispensable action of governments regarding the matter. They outlined goals and strategies for approaching and implementing a government plan for the gradual incidence of alcohol and drug abuse.³

Together with the Basic Attention notebooks,⁴ more specific, the notebook 34 regarding Mental Health, guarantees the rights of citizens dependent on alcohol and other drugs, as well as the duties of society regarding the patient. Then offering unique and individual treatment to both the patient and the group where the patient is inserted. Also, aiming for an adequate and effective treatment, the policy articulates the plan of singular treatment, directed to the adolescent and its specificity.

Drugs are considered as a public health problem, which affects the health of the human being, especially the adolescents who end up compromising their quality of life and future. The number of Brazilians is becoming more expressive every day, to the fragilities of society. Detoxification treatment does not end when the patient is discharged, his social regeneration occurs throughout his life. The main problem is when the adolescent does not accept the treatment after the detoxification, due to diverse reasons, due to its cultural, familiar or social context.

The early drug use represents a significant risk factor for abusive or dependent consumption in the future, although it is difficult to determine which of these adolescents will be users in the future.⁵ Thus, it is possible to verify the emergence of adolescent dependency behaviors, evidencing this stage of the life cycle as a crucial period for the beginning of drug use.⁶

Given this context, nurses working in the chemical detoxification scenario develop their skills and abilities, among them, health education and integral and humanized care, for the adolescent's management towards meeting their nutritional, metabolic, ventilatory, social, emotional, educational and psychiatric disorders.

Therefore, the adolescent's chemical detoxification favors intervention and creates possibilities for access to specialized treatment services, as well as providing alternatives for coping with drug use in addition to promoting health education.

Given the abovementioned, the relevance and the need to know what has been produced in the present time, regarding the effectiveness of the care network, in the drug and educational treatment, in the rehabilitation of the adolescents, after detoxification due to abusive use of crack cocaine and multiple drugs.

The following is the research questioning: what are the scientific productions about the initiation of drug use or abuse during adolescence? And as objective: knowing the scientific production about the initiation of the use or abuse of drugs during adolescence.

METHODS

Herein, we have adopted the literature narrative research with a qualitative approach. No temporal delimitation was used due to the scarcity of references on the proposed theme.

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

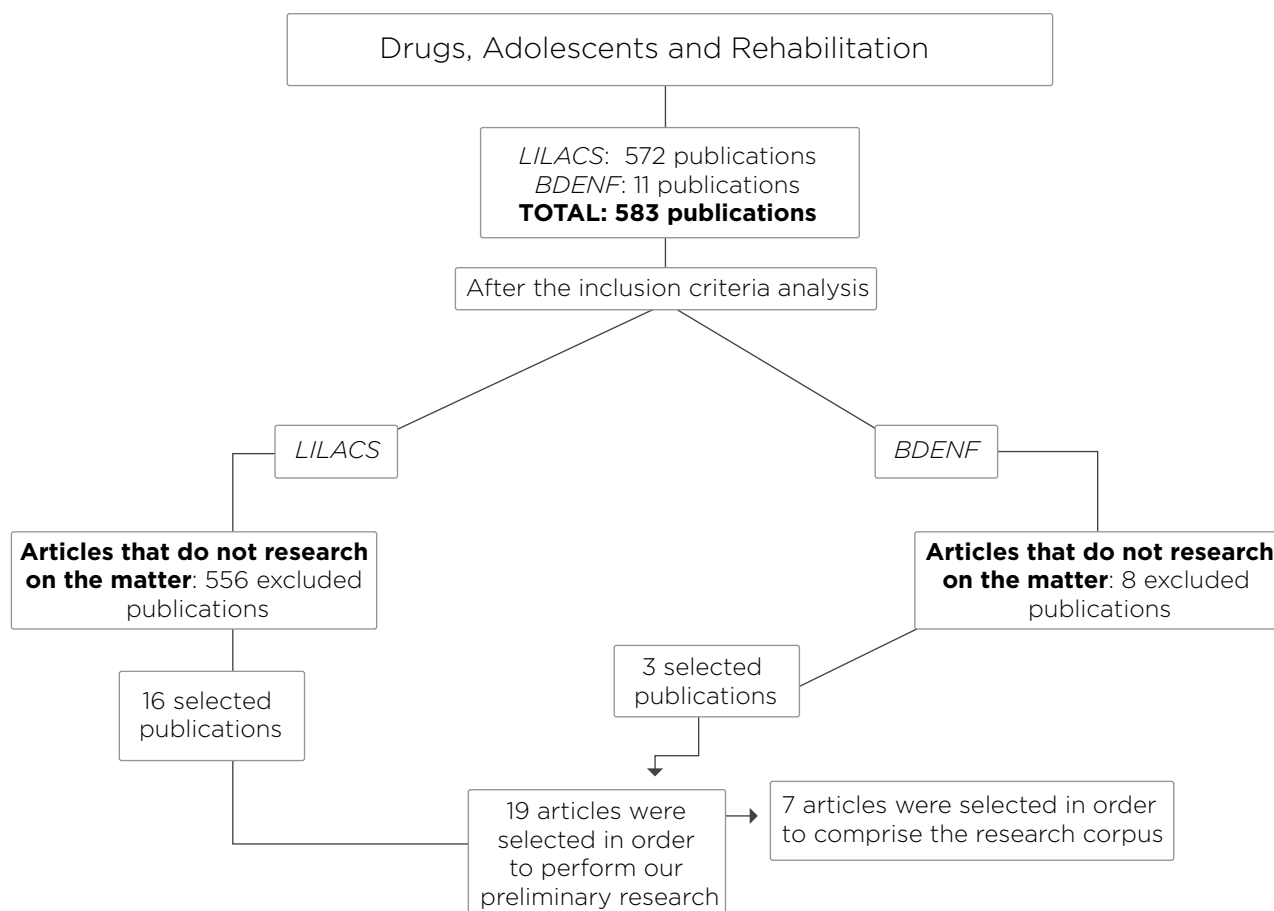
In order to delineate and support this study, inclusion criteria were established for the selection of the sample, as follows: articles published in Brazilian journals, in Portuguese language and articles producing research about the effectiveness of the adolescent rehabilitation network, after detoxification 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



Regarding 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 starting 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

Article	Title*	Year	Authors	Objective	Author's Research Field
A1 ¹⁰	<i>Iniciação e consumo de substâncias psicoativas entre adolescentes e adultos jovens de Centro de Atenção Psicossocial Antidrogas/ CAPS-AD</i>	2014	Carolina C. Silva, Maria C. Oliveira Costa, Rosely C. Carvalho, Magali T. Reis Amaral, Nilma L. Almeida Cruz, Mariana R. da Silva.	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.	Human Area (Multidisciplinary)
A2 ¹¹	<i>Delinquência juvenil e família</i>	2013	Maria de Lourdes Bersogli Paula; Francisco B. Assumpção Jr.	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.	Human Area (Psychology)
A3 ¹²	<i>Dependentes químicos: o perfil da abstinência de drogas</i>	2013	Fabiana Favaro, Samuel R. de Paula.	To verify the symptoms presented by chemically dependent patients during the abstinence period.	Human Area (Nursing)
A4 ¹³	<i>O uso de drogas por adolescentes e suas percepções sobre adesão e abandono de tratamento especializado.</i>	2011	Gabriela P. Vasters, Sandra C. Pillon.	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.	Human Area (Nursing).
A5 ¹⁴	<i>Caracterização das internações psiquiátricas para desintoxicação de adolescentes dependentes químicos.</i>	2010	Mônica Augusta Mombelli, Sônia Silva Marcon, Jaquiline Barreto Costa.	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.	Human Area (Nursing)
A6 ¹⁵	<i>Motivações para o tratamento de usuários de crack, em uma comunidade terapêutica.</i>	2015	Maycon R. Selegim, William F. Meschial, Beatriz F. Martins, Cinthia B. Lopes, Sueli A. F. Galera, Magda Lucia F. Oliveira.	To know the motivation of users of crack cocaine, for the treatment in hospital settings.	Human Area (Nursing)
A7 ¹⁶	<i>Motivações de dependentes químicos para o tratamento: percepção de familiares</i>	2015	Aline C. Zerwes Ferreira, Fernanda C. Capistrano, Edice B. de Souza, Letícia O. Borbal, Luciana P. Kalinkel, Mariluci A. Maftuml.	To identify the family reasons attributed to searching for treatment by the chemical dependent.	Human Area (Nursing)

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 A1¹⁰ 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 A2¹¹ 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.⁵

In parallel the social problems are associated with the earlier, early onset of young people in the middle of the SPA, in A4¹³ shows a qualitative study and cites that the single-parent family group is not determinant for initiation in this world, but is predominant to most Young people in their experience of drugs. It shows that adolescents with this social profile have a lower level of schooling and attendance in academic and school environments, being more disinterested in the study habit, showing that a possible social intervention could reduce these alarming data, making it clear that school repetition is a predominant and supportive factor to the use of SPA.

Herein, we highlight subgroup reports where the young people affirm that together with the family environment, their companies or friendships or even few opportunities for work were facts or moments crucial to experimentation

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 A3¹² 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 A5¹⁴ 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 A6¹⁵, 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 A7¹⁶ 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 non 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

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.

Authors¹⁷ 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 childhood, and by virtue of which he becomes a member of society”; and secondary socialization, as “any subsequent process which introduces the individual already socialized into new sectors of the objective world of his society.” (Page 175)

Vaguely, authors⁶ allocate the young man manipulated by his peers from the social environment, to interact and socialize with alcohol and drugs, driven by the desire and mystery of the new, by the ease and ease of obtaining the SPA, both by the demographic demand and by the ease of approach.

The risks to physical, health and psychological integrity due to the abuse of drugs and alcohol by young adolescents and post-adolescents exposes both the young and the family to the risks of certain situations that are involved in the daily life of their use.⁶

CONCLUSION

Based on the study's results, we can see that the number of young drug users is expressive, worrying 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. It is relevant that policy makers, managers, health professionals, educators and the community, in general, use and care for drug users, according to the individuality of each one.

Knowing the contributions of scientific productions on the topic of initiation, either use or abuse of drugs by adolescents, we have highlighted the concern and appeal of professionals in a qualitative study, being concerned with the sociability and repercussion of the treatment of the life of the user.

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.

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