Chapter 2: Critical Concepts (pages 33 – 48)

1. True or false. Alcohol is probably the oldest drug known to human beings.
2. Production of alcohol depends on the one-celled organism called ______________.
3. Substance abuse is the nation's number ___________ health problem.
4. Over a lifetime, ____________ of the population will suffer from a substance abuse disorder.
5. ____________ of Americans will die of some form of substance abuse.
6. ____________ of alcoholics die of their disease, approximately ____________ years earlier than their normal life expectancy.
7. At what age are people most vulnerable to excessive alcohol and drug abuse?

8. How many years does classic alcoholism generally take to develop?

Alcohol Problems Are Very Common

9. True or false. Alcohol is the primary drug of abuse by clients in most treatment settings.
10. About how many Americans currently have alcohol problems?

11. True or false. Alcoholism is caused by psychological problems.

Alcohol Problems Can Destroy Families and Contribute to Crime

12. True or false. More than two thirds of current drinkers have a family history of alcoholism.
13. What is the rate of risk that children of alcoholics have in developing the disorder?

14. True or false. Alcohol disorders and alcohol-related problems are more common among men than women.
15. True or false. Alcohol and drug use are only slightly related to crime.
Alcohol Causes Fetal Alcohol Spectrum Disorders

16. Fetal alcohol syndrome and fetal alcohol effects are the leading causes of mental retardation in the country. How many children are born each year exposed to alcohol during pregnancy?

17. Alcohol is eliminated from the amniotic fluid at one-half the rate at which it is eliminated from the maternal blood. How does that affect the fetus?

18. Name the signs and symptoms of fetal alcohol syndrome that have been established by the Fetal Alcohol Study Group of the Research Society on Alcoholism:

19. What are fetal alcohol effects?

20. What is the Fetal Alcohol Behavioral Scale?

21. People with fetal alcohol effects may have normal intelligence, but they have defects in their brain and behavior. What are some of the problems they may experience?
22. What are the signs and symptoms of Type 1 alcoholism?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

23. What are the signs and symptoms of Type 2 alcoholism?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

24. Type 1 alcoholics do ____________ in treatment and, because of long-standing antisocial behaviors and attitudes, Type 2 alcoholics usually need ____________ structure to maintain sobriety.

25. What part of the brain do all drugs and alcohol trigger?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

**Addiction Is a Brain Disease**

26. True or false. The brain of someone addicted to alcohol is the same as someone who is not addicted to alcohol.

27. In chronic alcohol abuse, the body produces chemicals, structural, and genetic changes that do the ____________ of what the drug is doing.

28. Alcohol is a depressant, so the body produces chemicals, structures, and, finally, genetics to ____________ the brain.

29. Look at Figure 2.1 on page 39 and Figure 2.2 on page 40 showing SPECT scans of a normal brain and a brain exposed to 17 years of heavy weekly alcohol use. What is your reaction to those pictures?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
30. True or false. The brain quickly returns to normal after the patient discontinues alcohol use.

31. What percentage of alcoholics who try to quit drinking on their own without medical management die of alcohol withdrawal delirium?

32. If the alcoholic stops drinking, he or she goes into a biochemical storm called ____________.

33. “The alcohol abuser made the early choice to drink, but once addiction kicks in, choice is removed. The person must drink to feel normal.” What is your reaction to that statement? Do you believe that choosing to drink alcohol no longer becomes a choice? Why or why not?

Alcoholism Is a Medical Emergency

34. Why does Perkinson state that alcoholism is a medical emergency?

35. How will this belief affect your approach to treating your patients who have alcoholism?

How to Use Spiritual Power

36. Alcoholics Anonymous says that alcoholism is a ________________ problem with a ________________ solution.
37. What role can God play in your patient’s recovery?

38. True or false. Research studies consistently show the patient who uses religion and spirituality get better quicker and live longer.

39. Look at Table 2.1 on page 43 of your textbook.
   Name the Professional Principles for Dealing with Spirituality:

40. What are the Benefits of Spirituality?

41. God’s 12-step Group
   Perkinson encourages you to attend an open Alcoholics Anonymous meeting. After you have attended at least one meeting, describe your experience to someone you trust and what the meeting meant to you. Summarize that experience here.
Treatment Outcome

42. In what type of programs are better treatment outcomes seen?

43. What is pharmacotherapy? How effective is it?

44. Name three medications listed in your text that are effective in helping a person to maintain sobriety?

45. Why do some patients feel badly about taking medications like those listed above?

46. True or false. Drugs usually keep the patient clean and sober.

47. True or false. It is unethical to discuss spiritual or religious beliefs with your patient.

Long-term Recovery

48. What is necessary for recovery to be stable?
49. Look at Table 2.2 on page 49 of your text. List the Critical Ingredients in Long-Term Recovery:

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________