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Health Professional Education

Want to buy a vowel - Street drugs - more than just E's

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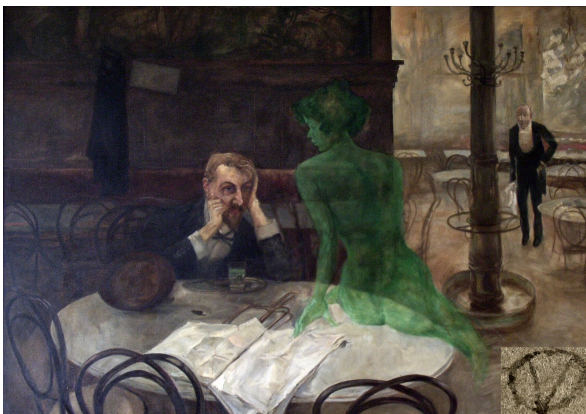
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Albert Maignan's
Green Muse
(1895): a poet
succumbs to the
Green Fairy

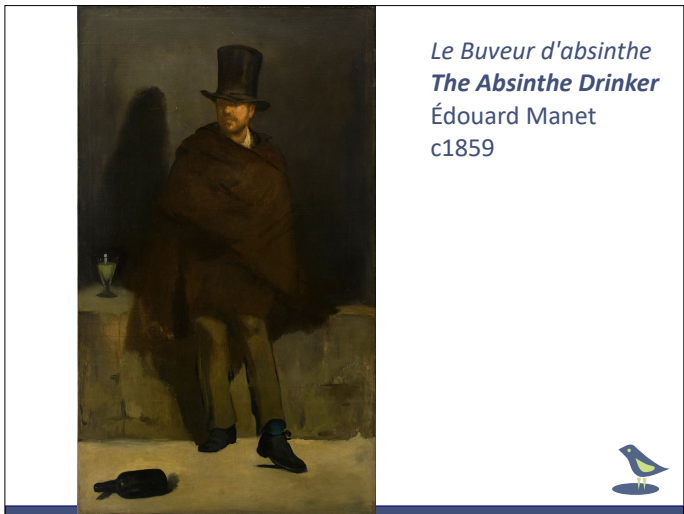


Victor Oliva, 1903, *Piják absintu*, (Absinthe Drinker)

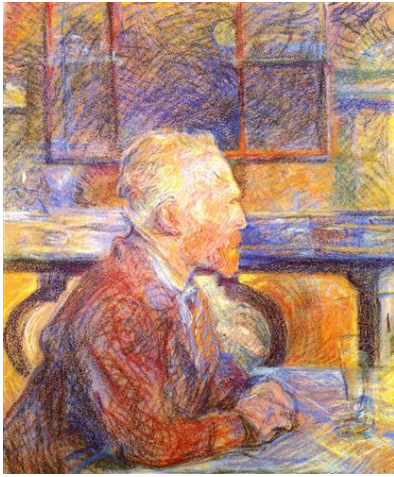








Le Buveur d'absinthe
The Absinthe Drinker
Édouard Manet
c1859



Portrait of Vincent
van Gogh
By Henri de Toulouse-
Lautrec
c1887





Edgar Degas
Au Café (l'Absinthe)
1876





The Absinthe Drinker
(Portrait of Angel
Fernandez de Soto)
Pablo Picasso 1903



Absinthe Drinkers

- The Green Fairy – Bohemian Lifestyle late 1800's - Paris
 - Hemingway, Picasso, Van Gogh, Oscar Wilder, Toulouse-Lautrec
- Described to have hallucinogenic effects
 - Highly alcoholic 54-75%
 - Made from 'Ground wormwood'
- Banned in Europe and US - 1908-1914
- Studies showed no hallucinogenic effects
 - Prob from additives, solvents, copper salts,
 - Drunk!!!





**BURNETT'S
COCOAINÉ.**

FOR THE HAIR.

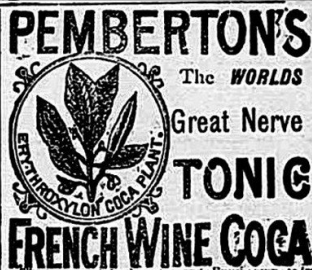
CURES DANDRUFF, SOOTHES ALL
IRRITATION OF THE SCALP, MAKES
THE HAIR GROW AND GIVES A BEAUTI-
FUL LUSTRE.

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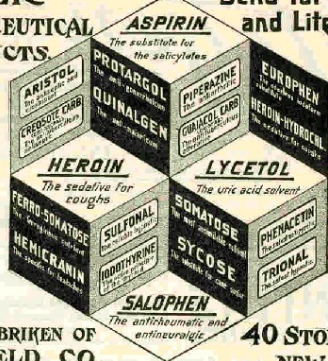
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excel all other Tonics and Stimulants. One trial will
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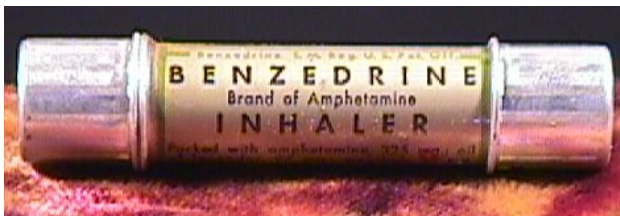
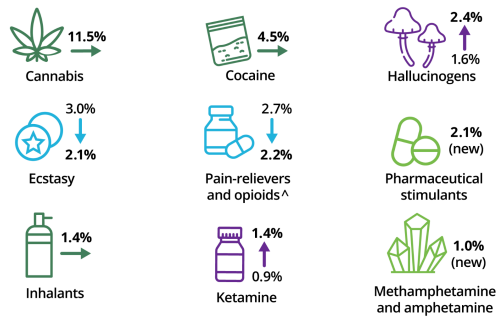


Figure 7: Use of illicit drugs, 2019 and 2022-2023

Changes in recent illicit drug use (2019 to 2022-2023)



Proportion of people in Australia aged 14 and over

National Drug Strategy Household Survey (NDSHS)
Conducted every 3 years

AIHW 2022/3

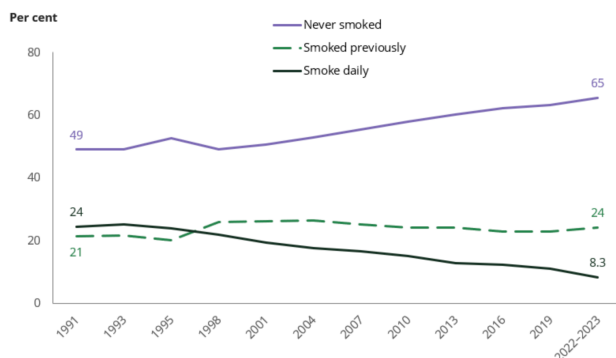


NDSHS 2022/3 Highlights

- Smoking
 - Reduce numbers 2001-2023 (From 23.2% to 14.9% to 11% in 2019 to 8.3% in 2022/3)
 - Delayed young onset 14.2 in 1995 to 16.6 in 2019
 - 2 in 5 smokers reduced the amount of tobacco in last year
 - 30% of smokers have no intention to quit
 - Cost is driving people to quit
 - 21% of smokers had quit for more than 1 month
 - 17% in 2016



Figure 2: Smoking status, 1991 to 2022-2023

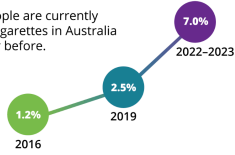


E-Cigarettes 2022/3

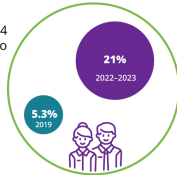
Vaping



More people are currently using e-cigarettes in Australia than ever before.



People aged 18-24 were most likely to use e-cigarettes.

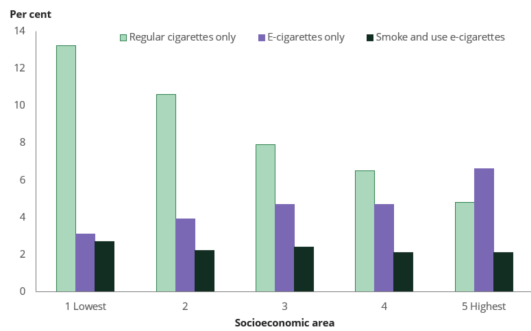


Survey undertaken before 2024 ban on importation



Poorer Smokers are worse off

Figure 13: Current use of tobacco, e-cigarettes, or both, by socioeconomic area, 2022-2023

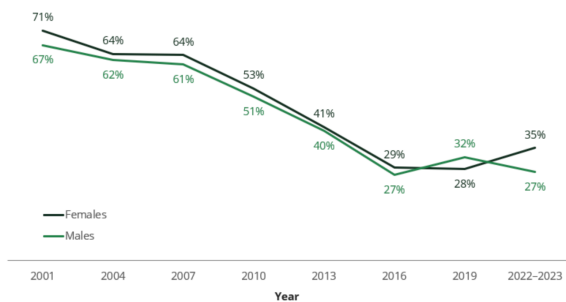


NDSHS 2022/3 Highlights

- Alcohol Use
 - Fewer people drank alcohol in quantities that exceed guidelines compared to 2010
 - 38% vs 31%
 - Abstinence in 12-17 year olds steady
 - Had significant increase over 20 years
 - Abstinence is growing across all ages groups

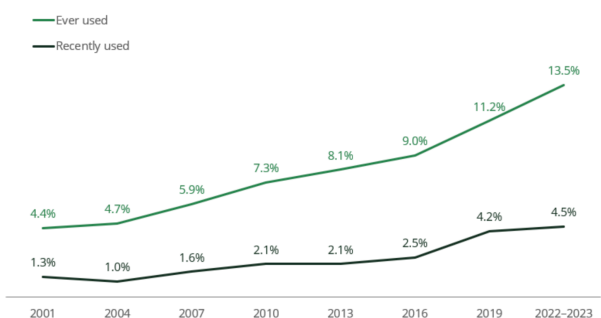


Figure 15: Consumption of alcohol in the previous 12 months by gender, people aged 14–17, 2001 to 2022–2023



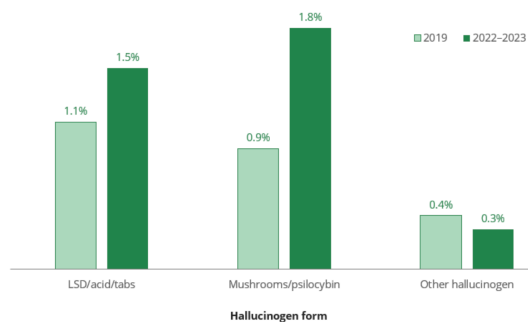
NDSHS 2022/3 Highlights

Figure 16: Use of cocaine in Australia, people aged 14 and over, 2001 to 2022–2023



NDSHS 2022/3 Highlights

Figure 17: Recent^(a) use of hallucinogen forms, people aged 14 and over, 2019 and 2022–2023



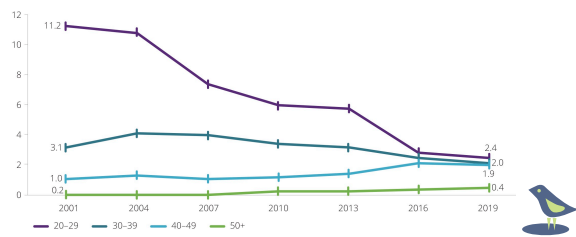
NDSHS 2019 Highlights

– No change in meth/amphetamine use (2010-2013)

- Use of powder decreased 51% to 29%
- Use of Ice increased from 22% to 50%

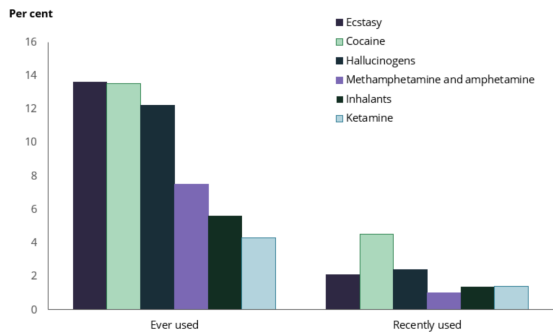
– 2022/3 – recent use 1.0% (no graph)

Recent use (per cent)



NDSHS 2022/3 Highlights

Figure 1: Most used illegal drugs (excluding non-medical use of pharmaceuticals and cannabis), people aged 14 and over, 2022-2023



NDSHS 2022/3 Survey



Australia's National Drug Strategy

- Harm reduction
 - needle syringe services, methadone maintenance, brief interventions, and peer education
- Supply reduction
 - legislation and law enforcement
- Demand reduction
 - community development projects and media campaigns



Drugs Cause Harm





Ecstasy - MDMA

- AKA - E, pills, Ex, pingers, E n C, eccy, MDMA, XTC, eggs, disco biscuits and vowels
- Cost \$40 per pill, \$8 in UK
- Primary ingredient
 - methylenedioxymethamphetamine (MDMA)
- Hard to make good drugs
 - Expensive, materials hard to obtain
- Often mixed with stimulants and hallucinogens
 - Methamphetamine



Ecstasy Effects

- Produces rapid euphoric rush
- Can last up to 8hrs (Some reports of up to 32 hours)



Ecstasy Effects

- 3 phases of Ecstasy use
 - Coming Up, Plateauing, Coming down
- **Coming up**
 - tightening of muscles, especially jaw, dilated pupils, visual distortions, nausea or vomiting, strong pulse, increased temperature, confusion and panic



Ecstasy Effects

- **Plateauing:**
 - experience feeling happy, more awake, relaxed, open, confident, talkative and have decreased urine output and increased thirst
- **Coming down:**
 - the user can feel physically exhausted, depressed, anxious, paranoid, irritable, unable to sleep
 - Alcohol worsens the comedown



Ecstasy - Problems

- Increased heart rate
- Increased blood pressure
- Overheating
- Jaw clenching
- Teeth grinding
- Tremors
- Nausea
- Enlarged pupils
- Anxiety

Hot humid environment may lead to dehydration – can be severe enough to present to ED



Ecstasy – Severe Problems

- Serotonin Syndrome
 - Agitation
 - Confusion
 - Headache
 - Tachycardia
 - Hypertension
 - Hyperpyrexia
 - Muscle twitches/Seizure
 - Coma/ Death
- Treatment in ED
 - Mostly supportive
 - Intubate for ALOC,
 - Benzo's for Seizures
 - Fluid for Rhado/Renal damage
 - Check electrolytes



Marijuana - Cannabis

- AKA - pot, grass, weed, ya(r)ndi, rope, mull, dope, skunk, bhang, ganja, hash, chronic, reefer, joint, cone or spliff
- \$10-15 a gram, up to \$35
- Primary ingredient
 - delta-9-tetrahydrocannabinol (THC)
- Most commonly used illicit drug
- Clinical trials of cannabis for seizures, palliative care, MS and other



Marijuana - Effects

- User feels more relaxed, happy and more talkative
- Increase in appetite
- Unlikely to see acute user in the ED



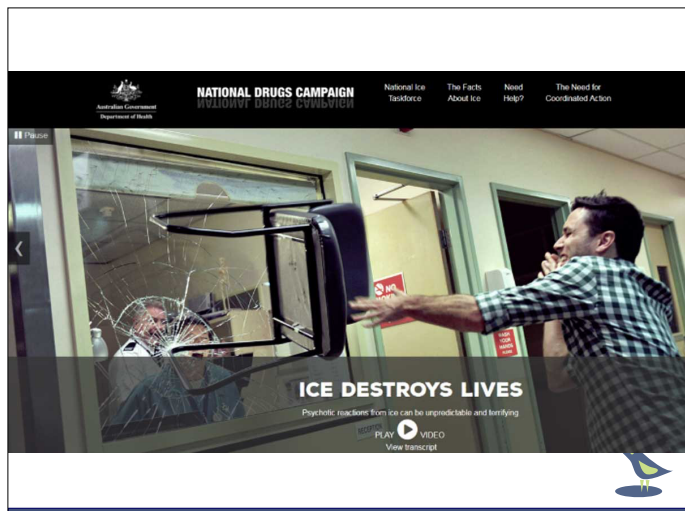
Marijuana - Problems

- Dependence
- Increased risk of respiratory illnesses (chronic bronchitis and lung, mouth, throat and tongue cancers)
- Lowered sex drive
- Impact on sperm count for males
- Irregular menstrual cycles for females
- Low birth weight babies
- Memory loss
- Learning difficulties
- Lower educational attainment
- Mood swings
- Psychosis and psychotic symptoms
- Suicidal thoughts



Breaking Bad





Methamphetamine

- Methamphetamine is a stimulant drug that comes in three main forms:
- Ice
- Base
- Speed
- Ice is a more pure version of Methamphetamine than Speed
- Ice can have many impurities



Methamphetamine

- SPEED AKA - whizz, go-ee, snow, zip, point, eve, gogo, pure, gas, go-fast
- ICE AKA - 'crystal meth' meth, shabu, tina glass, quartz
- Single 'point' hit of ice -\$40-80



Methamphetamine - Effects

- Feelings of euphoria, excitement and a sense of wellbeing
- Increased confidence and motivation
- Sense of power and superiority over others
- Increased talkativeness



Methamphetamine - Problems

- Smoking ice is more addictive
- Ice use has more than doubled, from 22% to 50% between 2010-2013
 - But is it an epidemic proportions?
- Ice can cause paranoia and hallucinations
 - methamphetamine psychosis
- Ice is notoriously associated with violence



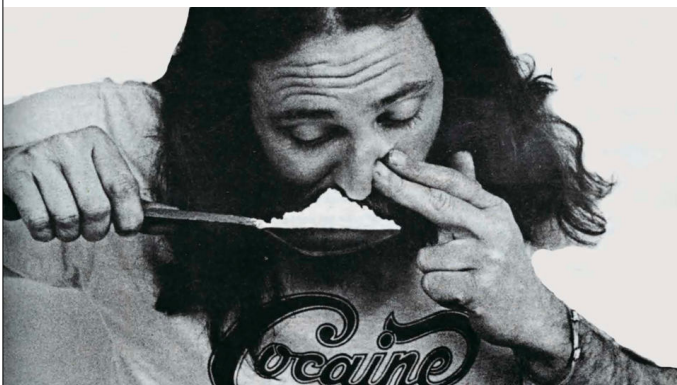
Methamphetamine - Problems

- Comedown phase or crash,
- Feeling down or depressed
- Exhaustion
- Anxiety
- Irritability
- Increased need for sleep
- Decreased appetite



Methamphetamine – Effects

- Social issues, such as family and relationship trouble; losing friends, jobs, doing badly at school or study and homelessness
- Financial issues when the user becomes dependent
- The risk of getting into trouble with the law for dealing or committing other illegal acts to support their drug use



Cocaine

- AKA - coke, Charlie, blow, C, pepsi, nose candy, flake, snow, white, toot, base, basa, powder, dust, big rush, big flakes, bump, line, rail, yeyo
- Cost about \$300 a gram
- Crack Cocaine aka - Snow coke, Rocks, Black rock, Chemical, Candy, Nuggets, Gravel, Grit, Hail, Hard rock, Jelly beans, Cookies, Dice, Purple caps, Scrabble, Yam, Sleet, Tornado



Cocaine Effects

- Intense 'rush'
- Sense of euphoria, alertness, arousal, and increased confidence
- Appetite suppression



Cocaine - Problems

- Cocaine psychosis (paranoid delusions, hallucinations, bizarre, aggressive or violent behaviour)
- Eating and sleeping disorders
- Impaired sexual performance
- Convulsions
- Renal failure
- Increased risk of stroke/MI



Cocaine Hypertension

- MI or CVA with HT
- Quiet safe environment
- Benzodiazepam 1st line treatment
- Then consider vasodilators
- B blocker use controversial
 - Alpha activation- worsening HT
 - May have protective effect in MI



GHB - BUTE

- Liquid ecstasy due to its stimulating, euphoric and supposed aphrodisiac qualities
- AKA - Fantasy, grievous bodily harm (GBH), liquid ecstasy, liquid E, G, Fanta, Frank, Frankie
- \$7 - \$25 for 2ml hit
- Similar effects of euphoria to MDMA but not similar chemically



GHB - Effects

- Depressant and Sedative
- Euphoria and hallucinogenic states
- Taken orally
- Bitter taste, often mixed in drink
- Takes 15 to 30 min to take effect
- Used as a date rape drug –
 - amnesia and impaired movement
- Also used by bodybuilder as growth hormone



GHB Problems

- Fine line between intoxicated and needing to be intubated
- Alcohol and other sedative drugs increase potency of this drug



Conclusion

- Drug use is a multi faceted problem
- Solutions are likely to be complex
- Increased focus on harm minimisation strategies
- The availability of drugs has never been greater