

How to admit a family member for drug rehabilitation

Helping loved ones admit to a drug rehabilitation programme for addiction may not be an easy thing to do. You will likely encounter resistance (specially emotional) from your beloved one who has been addicted. You may have fear of spreading this outrageous problem or problem in discussing the matter to get the right professional assistance. When wondering how to admit a family member to a drug treatment programme, consider the following information.

Drug addiction typically begins as recreational use in a social situation, usually with friends. Initially the feeling is enjoyable but over time it becomes a coping mechanism to handle life. Eventually one is unable to function without the particular drug. This is a sign of addiction.

Drug addiction can be difficult to overcome in the absence of a good drug treatment programme,

especially when an individual is addicted to it and he feels as though he cannot function in its absence. Substances that have a higher potential for addiction such as alcohol, heroin, marijuana, amphetamines (Yaba), ecstasy, cocaine and addictive prescription drugs (sleeping pills, cough syrups and pain killers) to name a few, require a safe medical detoxification procedure in order to stabilise the body from dependency to abstinence.

Depending upon the severity of addiction a good drug rehab programme should follow a safe medical detox procedure so that the addict is provided with the necessary treatment, education and support for a successful recovery.

If your loved one has not come to you for help in getting treatment, it may be time to contact a de-addiction professional. It is often a good idea to contact them as they



can guide you with the essential steps to recovery.

The expert (doctor/counsellor) can help the addict see his/her problems and help realise that they need it. It is usually proved to be a successful method through which the patient is made to realise that he needs to enter a professional drug rehabilitation programme in order to help himself lead a healthy, drug free life.

Contact a drug rehab centre that you would like to have your loved one admitted to. Make sure they have all the necessary provisions. This way, when the addict is ready for help it is readily available for them. The drug treatment programme you choose will help you with all the details of the admission process.

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Clinical psychology as a health profession

DR M ANISUR RAHMAN

Human behaviour is too complex to deal the patient as a whole by a single professional. Rather treatment of the patients with mental illness needs a psychiatric team comprising of psychiatrist, clinical psychologist, psychiatric social worker and psychiatric nurse. Clinical psychology is a health profession that involves specialised knowledge of psychological functioning and psychological methods, which provides particular expertise in carrying out psychological assessments e.g. psychometric tests, formulating problems psychologically, psychological treatments and psychological methods of research and evaluation. Their work can range from prevention and early intervention of minor problems of adjustment to dealing with the adjustment and maladjustment of individuals whose disturbance requires then to be institutionalised.

Clinical psychologists work largely in health and social care settings including hospitals, health centres, community mental health teams, child and adolescent mental health services and social services. Psychotherapy is an important part of the treatment provided by the clinical psychologist. Group therapy, family therapy and couple therapy are also done by a clinician.

In addition to research, teaching, the community mental health programmes can be implemented successfully with the role of clinical psychology. The primary new role of the clinical psychologist in this expanding concept of community mental health programming is as consultant. The consultant role consists of interactions primarily with professionals and administrative staff rather than with direct patient or client.

More than half a century ago, a post of clinical psychologist was created at Pabna Mental Hospital. But it remained vacant till 2005. A 3-year post graduate training course was started at Dhaka University as a link programme with London University in 1994 by this scribe. The Department of Clinical Psychology has been founded in 1997 to serve the country with clinical psychologist. Still, Bangladesh needs several thousand clinical psychologists that do not exist.

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Prof Dr Anisur Rahman, Coordinator and Senior Consultant, General and Laparoscopic Surgery, Apollo Hospitals Dhaka is listening to a patient's feedback who underwent surgical procedure under the department. Such programme is organised at regular interval by Apollo Patient Forum to provide a platform for its patients to share their experience, pain, hope and recommendations for further enhancement.

MEDICAL BREAKTHROUGH

New polio vaccine raises hope for eradication

A new polio vaccine offers superior immunisation and is raising hopes of a total eradication of the disease, according to a study published recently in the medical journal The Lancet.

The new vaccine already been used in Afghanistan, India and Nigeria has helped reduce the number of cases by more than 90 percent. The scientists behind the work believe this new vaccine could help to finally eradicate the disease.

There are three types of the polio virus, and while type 2 has been almost entirely eradicated since mass vaccinations began in 1988, types 1 and 3 remain a global health threat.

This new double-strain polio vaccine targets types 1 and 3 is more effective than triple and single current vaccines and means children in high-risk areas can be immunised against two key strains of the crippling virus in a single dose, scientists say.

Polio, which spreads in areas with poor sanitation, attacks the nervous system and can cause irreversible paralysis within hours of infection. Children under five are the most vulnerable.

Mass vaccination with older triple, or trivalent, oral polio vaccines have helped reduced the number of countries where polio is endemic to just four.

But despite the use of these triple vaccines as well as monovalent, or single strain vaccines, polio virus types 1 and 3 are still circulating in the polio-endemic countries of Afghanistan, Pakistan, India, and Nigeria.

The new vaccine and improved immunisation programmes appear to be responsible for this significant decrease, according to the World Health Organisation (WHO). However they cautioned that the global financial crisis had resulted in a massive funding gap for immunisation programmes worldwide, including polio.

Source: BBC, AFP



Smoking doubles dementia risk in late life: study

REUTERS, Chicago

Heavy smoking during middle age can double the risk of Alzheimer's disease and dementia two decades later, researchers said recently. Smoking already causes millions of deaths each year from cancer and heart disease.

"Our study suggests that heavy smoking in middle age increases the risk of both Alzheimer's disease and vascular dementia for men and women across different race groups," Rachel Whitmer, a research scientist with Kaiser Permanente in Oakland, California and colleagues opined.

The new findings show it threatens public health in late life, when people are already more likely to develop dementia. Alzheimer's, the most common form of dementia, is a fatal brain disease in which people gradually lose their memories and their abilities to reason and care for themselves. It affects more than 26 million people globally.

The World Health Organisation (WHO) says 5 million people die every year from tobacco-related heart attacks, strokes and cancers. Another 430,000 adults die annually from breathing second-hand smoke.

Contraceptive gel shows promise as alternative to pill

There are millions of women who are unhappy with the current contraceptive methods they are using due to the side effects, hassle in use etc. but they will have alternative choice now. A birth control gel that is applied to the skin could offer woman an alternative to the Pill, say experts.

Used once daily, it delivers hormones to prevent a pregnancy in the same way as oral contraceptives do. Early studies show the gel is effective and well tolerated, with none of the typical side effects associated with the Pill, like weight gain and acne.

The Nestorone gel is being developed with drug firm Antares Pharma. Researchers told the American Society for Repro-



ductive Medicine how they hope to bring the product to market if clinical trial results continue to be positive.

The gel can be applied to the abdomen, thighs, arms or shoulders and is quickly absorbed, with no residue.

Experts say it is also suitable for women who are breastfeeding, unlike the combined Pill which can interfere with milk supply.

Dr Ruth Merkatz from the not-for-

profit Population Council research centre in New York led the latest study, which involved 18 women in their 20s to 30s.

Over the course of seven months, none of the women using the treatment fell pregnant. Hormone studies showed the gel suppressed the production of eggs by the ovary.

"It is in early stage development but if we move on, we will obviously test it in many, many more women," say researchers. Clearly what young women need is more choice. Experts hope this could be a good alternative method of contraception.

Source: BBC

Knowing for better living

In Bangladesh...

50% of pregnant women are anemic & **26%** women don't know that they have iron deficiency.

To cure anemia...

Eat plenty of iron & vitamin-rich foods like banana, green and leafy vegetables etc.

Take care of pregnant woman to ensure iron & vitamin-rich diet everyday. Consult Doctor in emergency.

Courtesy...