

Method for identifying persons who use drugs,
in the structure of preventive measures among students and teachers
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Healthy Human is an key fundamental value for normal the life of society and the state, for a positive demographic development. The state is interested in maintaining the health of each of its citizens. But a citizen also cannot remain indifferent to his health.

Young people are less inclined to view their own health as a capital that pays dividends; rather, on the contrary, they are ready to view their physiological substance as a source of thrill, pleasure and pleasure.

The result - the average life expectancy in Russia is about 65 years, men - 58. In Western Europe, this figure is about 80 years.

Among the primary health risk factors, smoking, alcohol and substance abuse are at the forefront.

A large and significant role in the upbringing of a healthy generation belongs to higher educational institutions, where the best part of our youth is concentrated. The specificity of many acquired professions is not compatible with the use of psychoactive substances, and the factor of professional unsuitability is very relevant as an important economic component of the security of our country.

The factor of professional unsuitability for the professions for which training is conducted at the Ural State University is especially relevant. Many of these professions are associated with hazardous industries, and university graduates - mining engineers, as future leaders of large production teams, must ensure labor safety in these industries.

Within the framework of the priority national project "Health", a concept was developed to create favorable conditions for motivating students and staff of USMU to a healthy lifestyle and health promotion.

To address the issue of prevention and early detection of the presence of bad habits (smoking, alcohol and psychoactive substances) among USMU students, a department for the prevention of addictions was created.

The main directions of the department's activity are highlighted:

- regulatory and legal;
- informational;
- educational and preventive;
- socio-psychological;
- hardware screening diagnostics;
- monitoring the implementation of program activities.

Interagency interaction is regulated by participation in regional, city and district programs of a preventive orientation. Efficiency of work is ensured by cooperation with the Department for Youth Affairs, the Department of Prevention of Addictions under the City Administration, the Office of the Federal Drug Control Service of Russia in the Sverdlovsk Region, the Diocese of the Russian Orthodox Church, the Administration of the Leninsky District (department of youth policy, health department), the regional and city center for medical prevention, the regional center for HIV prevention / AIDS, universities of the city, the center of social services of the Leninsky district of Yekaterinburg.

To ensure the normative and legal activities of the department, an agreement was concluded with the department of prevention of the UFSKN in the Sverdlovsk region, within the framework of which meetings, seminars, round tables for students and staff of the university, participation in All-Russian, regional and regional Olympiads of scientific and student work in the field of drug addiction prevention and drug crime.

In accordance with the action plan to combat the spread of tobacco smoking and other bad habits among students, a center has been established to assist students who want to quit smoking. The information and educational center "School of Health" has been organized and is actively working. Within the framework of the center, a student lecture group of 25-30 volunteers has been created. They prepared lectures with high-quality and interesting presentations on the dangers of tobacco smoking, alcohol and drug use in the prevention of sexually transmitted diseases and AIDS, on the importance of physical activity and a healthy lifestyle for human health, as well as on the issues of motherhood and the harm of abortion.

We can already say that this project has been extremely successful.

Firstly, in order to prepare lectures, the children have to informally deeply study the issue, work with literature, and additionally communicate with teachers. You can be sure that, having grasped the essence of the issues of the influence of smoking, the student, as a rule, himself renounces this vice.

Therefore, our goal is to make this movement as widespread as possible. They must shape public opinion, norms of behavior among young people, and become trendsetters for a normal, healthy lifestyle.

Secondly, the effectiveness of these lectures, when the lecturer is a deeply convinced and well-prepared peer, significantly exceeds that when the lecturer is an adult, even if he is a very good specialist. In the first case, a relaxed atmosphere of mutual understanding and dialogue is created in the audience.

In the center for assistance to students who want to quit smoking, you can get advice from a narcologist, therapist, and a specialist in medical culture. For students living in the hostel, an information and educational center "School of Health" has been created. Classes are held by specialists once a month.

On the basis of the library and the reading room of the university, an easily accessible information databank has been created on all aspects of the influence of tobacco smoking, alcoholic beverages and psychoactive substances on the growing body.

Events are held annually aimed at limiting the spread of bad habits: "Breathe freely", "Quit smoking and win", "Take care of your engine when you are young", "Don't drink, brother", "If you want to live cool - stop drinking beer", "I don't smoke! And you? ", "We don't smoke, and this is cool ", "Living without tobacco is stylish ", "Drugs: myths and reality "and others.

The organization and conduct of the actions is carried out jointly by the trade union committee of students and the Union of university students.

The organization of educational work on the prevention and counteraction of drug addiction and alcoholism is carried out not only at the university, but also at the interuniversity level. Including:

Rock festival "Music of the Mountains" (within the framework of the city action "Students against drugs");

Interuniversity action "Students against drugs";

Regional KVN games;

Festival of patriotic songs;

Actions for the world days against HIV / AIDS, tobacco smoking, drug addiction, for the day of health. On a constant basis, students are monitored for the implementation of the law of the Russian Federation "On the restriction of tobacco smoking" (No. 87-ФЗ dated 10.07.2001), the order of the rector on the prohibition of smoking on the territory of the university.

To increase anti-drug literacy and intensified work in groups, educational seminars are organized for the supervisors of student groups and methodological materials are issued.

Thus, the educational and preventive focus of the department prevention of addictions covers the audience of the teaching staff of the university and students, which increases the effectiveness of work.

The territory of the university has been declared a smoking-free zone. For smokers, equipped outdoor areas are reserved. As part of cultural and leisure activities at the university, about 300 events are held per year, which form a society of non-smoking people with deviant behavior.

One of the priority directions of the university's activity is hardware testing of students, which provides an integrated approach to the problem of drug addiction prevention. The Ural State Mining University is the only higher educational institution in the region, which carries out early instrumental express diagnostics of the fact of the use of surfactants.

The examination is carried out by a psychiatrist-narcologist using the apparatus for electropunctural diagnostics "MINI-EXPERT-DT", developed by LLC "CIMS" IMEDIS ", Moscow.

Depending on the tasks to be solved, the use of the method allows you to answer a number of questions, namely:

whether there was a fact of using a narcotic substance;

what narcotic or toxic substance was used;

how long this substance has been used;

when was the last use.

In case of revealing the fact of the use of psychoactive substances, the following algorithm of actions is applied: Formation of a group of "active" observation from among persons with positive test results, with repeated testing at different times.

Referral of persons who regularly and periodically use narcotic substances for a consultation with a narcologist in a specialized medical institution to solve the following tasks (if necessary):

providing advice;

clarification of the reliability of testing results using biochemical diagnostic methods, with the establishment of a diagnosis of the disease;

provision of specialized medical care (including psychotherapeutic care);
 further observation of persons who made up a group for "active" observation until complete refusal to use drugs with the implementation of rehabilitation measures (psychological assistance).

For each student who has identified the fact of using surfactants, a individual rehabilitation technique.

The examinations are carried out as planned during the annual compulsory medical examinations. Students of I, II, III courses are tested. Up to 3000 people are examined annually. It should be noted that the largest number of students using psychoactive substances is detected in the first year.

The studies carried out and the experience of using the method confirm its high diagnostic efficiency and safety of screening apparatus studies for the use of narcotic substances.

From an economic point of view, it is important that there is no need to replenish consumables and, which is especially important, the ability to identify the facts of a single use of drugs at the preclinical stage of the development of the disease. This increases the effectiveness of preventive measures in the entire scheme of combating drug trafficking and drug abuse.

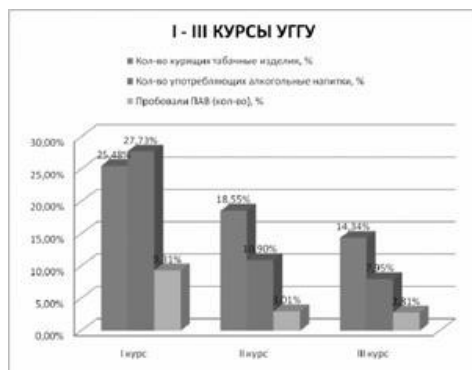
Control over drug use inevitably leads to a decrease in the demand for drugs and a decrease in the absolute number of people who use psychoactive substances.

Monitoring of students' attitudes towards bad habits and their prevalence in the student environment is also carried out by means of sociological surveys.

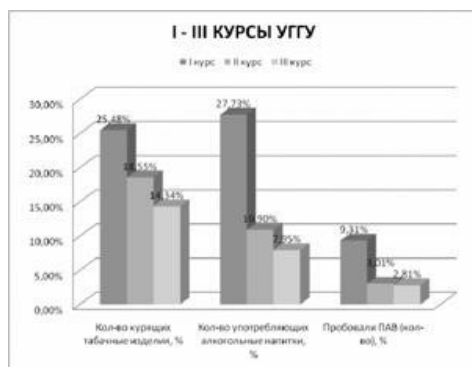
table

The results of the examination of USMU students I-III courses for the presence of bad habits and propensity to use surfactants

	Gone honey. inspection (Human)	Qty smokers tobacco products	Qty smokers tobacco products,%	Qty using alcoholic the drinks	Qty using alcoholic the drinks, %	Sample-whether surfactant (qty)	Have tried Surfactant (number in),%
I course	934	238	25.48%	259	27.73%	87	9.31%
II course	798	148	18.55%	87	10.90%	24	3.01%
III course	1032	148	14.34%	82	7.95%	29	2.81%
By To the university	2764	534	19.32%	428	15.48%	140	5.07%



Rice. one



Rice. 2

Analysis of the results of the examination of USMU students allows us to make the following conclusions:

1. Most of the students with bad habits are freshmen. On II and III

The situation is changing for the better.

If in the 1st year of 934 students, 238 smokers (25.48%), then in the 2nd year of 798 students, 148 smokers (18.58%), in the 3rd year of 1032 students to 148 smokers (14.34%), which almost two times less than in the first year.

Positive dynamics was achieved by the complex work of the university among students.

2. Activities aimed at social adaptation, growing up processes, leisure and preventive activities give good results. But the most important component in achieving this goal is constant monitoring in the form of screening hardware diagnostics.

3. Educational work among university staff, a ban on smoking on the territory of the university, the authority and personal example of a non-smoking rector and vice-rectors led to a decrease in the number of smoking employees. Of the 1490 smokers, 270 people, which is 18.1%, among the teaching staff of smokers, 9.8% (45 out of 456 teaching staff smokers).

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