

The system of organizing effective primary prevention of drug addiction
and monitoring the drug situation among young people
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In the last decade, the problem of the intensification of the spread of drug addiction among the youth has been of particular concern to the public.

Introduction to the regular use of psychoactive substances (PAS) leads to depletion of the adaptive reserves of the nervous, endocrine, and immune systems of the growing organism, the formation of functional disorders, and then chronic pathology.

A healthy person is a key fundamental value for the normal life of society and the state, for positive demographic development, therefore the state is interested in maintaining the health of each of its citizens.

The defense capability, economic and intellectual potential of the country, the health of subsequent generations are largely determined by the health that the younger generation of citizens possesses.

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 thrills, pleasures and pleasures, which are often achieved with the help of psychoactive substances.

The factor of professional unsuitability is relevant for many professions, and drug use presupposes a ban on engaging in a particular professional activity.

Within the framework of the priority national project "Health", a concept was developed to create favorable conditions for motivating a healthy lifestyle among students of the Ural State Mining University (USMU).

To address the issue of prevention and early detection of the presence of bad habits (smoking, alcohol and psychoactive substances) among USMU students in 2001, a department for the prevention of addictions was created.

The main directions of the department's work have been determined:

- hardware-screening diagnostics of surfactant use;
- social and psychological assistance to students with an established fact the use of surfactants;
- preventive and preventive work with students.

To resolve the issue of identifying persons who use drugs and control the drug situation in the current mode, hardware testing was chosen "Method for identifying persons who use drugs" Methodical instructions No. 2001/98, approved by the Ministry of Health of the Russian Federation 04.04. 2001 year

The examination is carried out by a psychiatrist-narcologist who specialized in the above method using the MINI-EXPERT-DT apparatus (Manufactured by CIMS IMEDIS LLC, Moscow), registration certificate No. FS 022a3065 / 0415-04 dated July 08, 2004.

Depending on the tasks to be solved, the use of this hardware method

allows you to answer a number of extremely important questions, namely:

- whether there was a fact of drug use;
- 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 surfactants, the following algorithm of actions is applied:

1. Formation of a group of "active" supervision from among persons who have positive test results with repeated testing at various times until the complete cessation of drug use.

2. Carrying out rehabilitation measures (psychological assistance) to persons, having a one-time experience of using surfactants.

3. Referral of persons who systematically use drugs to consultation with a narcologist at a specialized medical institution to solve the following tasks:

- clarifying the reliability of the results of hardware testing using biochemical diagnostic methods and establishing a diagnosis of the disease;
- provision of specialized medical care.

For each student who has established the fact of using psychoactive substances, an individual method of rehabilitation is developed with the solution of the identified problems of social and psychological adaptation.

Since 2001, hardware diagnostics of the fact of the use of surfactants has been carried out in a planned mode during the annual compulsory medical examinations of students on the basis of an interuniversity polyclinic. Up to 3000 people are examined annually. It should be noted that the following regularity was revealed: the largest number of students using psychoactive substances is detected in the first year - 9%, in the second year - 3.2%, in the third year 2.1%.

Conducted research and received an experience application method screening studies for drug use have confirmed its high diagnostic efficacy, safety and significance for the development of preventive measures.

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.

Using the accumulated experience and taking into account the need to improve the forms and methods of primary prevention, the "TEST-UNIVERSITY" project was developed. The project was submitted to the regional competition of works on primary prevention of drug addiction, held by the Ministry of Physical Culture, Sports and Youth Policy of the Sverdlovsk Region, was recognized as relevant and received a grant from the Government of the Sverdlovsk Region.

To implement the project, the following were identified: 1.

Objectives:

- creation of an effective interuniversity prevention infrastructure addictive behavior;

- expansion of the preventive component of the activities of universities;
- introduction of the latest technologies for early detection of use

psychoactive substances and monitoring of the drug situation in the student environment.

2. Objectives:

- to prevent the beginning of the use of psychoactive substances by persons who have not previously have used;
- to prevent the development of the disease in persons who periodically use psychoactive substances;
- create an alternative to drug use;
- to form motivation for a healthy lifestyle.

3. Project participants: full-time students of state universities

Leninsky district of Yekaterinburg, assigned to the service by specialists of the interuniversity polyclinic. The selection was made selectively, taking into account risk factors.

4. For the successful implementation of the project, a methodological and material technical support of the testing process.

Information has been prepared for rectors of universities on the possibilities and conditions of participation in the implementation of the project, the rules for sending students from risk groups to hardware testing.

Students of 1–3 courses of universities of the Leninsky District (Ural State Mining University, Ural State Economic University, Ural State Pedagogical University, Ural State University, Ural Academy of Public Service) took part in the implementation of the hardware testing project.

The project was implemented during 2010. The results obtained and their analysis were submitted to the Ministry of Physical Culture, Sports and Youth Policy of the Sverdlovsk Region. The work done was approved and it was proposed to continue the implementation of the project after making adjustments to it.

The next step was the development of a new project of drug addiction monitoring in the student environment by conducting hardware testing in order to identify the fact of the use of psychoactive substances. " The project was included in the regional state target program "Youth of the Sverdlovsk region" for 2011-2015 "(Approved by the Decree of the Government of the Sverdlovsk region of 11.10.2010 No. youth policy in terms of prevention of asocial phenomena in the youth environment ".

In accordance with this project, selective testing of full-time students of universities of the Leninsky district of Yekaterinburg is provided to identify the fact of using psychoactive substances (PAS) and repeated hardware testing of students with a positive result of the first test.

For the implementation of the project, information letters were prepared to university rectors about the possibilities and advantages of hardware testing. Proposed

to send students from risk groups to the addiction prevention department for testing in order to identify the fact of taking drugs. A schedule for testing students of Leninsky District universities for 2011–2012 was developed and approved.

The testing process was carried out in two stages:

1. February-May 2011-2012.

2. September-November 2011-2012

The results of the work done were sent quarterly to the specialists of the Ministry of Physical Culture, Sports and Youth Policy.

During the implementation of the project, 5070 students were tested:

- 1-3 course of the Ural State Mining University (USMU);

- 1–4 courses of the Ural State University of Economics (USUE);

- 1– course of the Ural State Pedagogical University (USPU);

- 1–3 years of the Ural State Conservatory (UGC). 410 students (8%) were identified who used pharmaceuticals without a doctor's prescription (medical certificates confirming the need to take these drugs were not provided).

175 students (3.5%) smoked hookah mixes containing surfactants 1 to 3 times in the previous 6 months. During individual conversations, it was found that many students are unaware of the possible content of surfactants in hookah mixes.

106 students (2%) have used marijuana 1-2 times in the last 6 months.

All students with the established fact of drug use were offered medical and psychological support in the form of correction of the somatic and mental state (restorative and stress-protective therapy). Trainings on the formation of stress resistance, motivation for a healthy lifestyle, refusal from self-medication with codeine-containing drugs, and the use of hookah mixtures were organized and conducted. Preliminary diagnostics of the level of anxiety as a risk factor for the use of psychoactive substances was carried out. For students participating in the project, individual conversations were held about the effect of surfactants on the body, the dangers of smoking mixtures and self-medication. Information booklets and anti-drug leaflets have been created.

Repeated (control) testing was carried out 2 months after revealing the fact of using surfactants. During control testing, the fact of continuing to take psychoactive substances was confirmed in eight students.

The results of hardware testing of students are presented in table. # 1.

Table 1

Results of hardware testing of full-time students of universities
Leninsky district for the period January-October 2011

University	Directed to testing (people)	Revealed the fact of the use of surfactants (people)		
		T	TO	M
USPU	134	40 (29.85%)	3 (2.23%)	0
USUE	138	34 (24.63%)	18 (13.04%)	0
USMU	1612	222 (13.77%)	95 (5.89%)	98 (6%)
TOTAL	1884	296 (15.71%)	116 (6.15%)	98 (5.2%)

T - tabletted codeine-containing pharmacological preparations, used without a doctor's prescription.

K - hookah mixtures containing surfactants.

M is marijuana.

USPU - Ural State Pedagogical University. USUE - Ural State Economic University. USMU - Ural State Mining University.

Currently, the results are being summed up and the analysis of the preventive work carried out.

The results obtained indicate the effectiveness of the developed projects for the prevention and prevention of the use of psychoactive substances, the implementation of which makes it possible to improve the forms of monitoring the drug situation in the youth environment, improve their quality and efficiency, and maintain the health of young people.

Hardware testing of students in order to identify the facts of drug use provides an integrated approach to the problem of drug addiction prevention and is a very powerful deterrent in choosing safe forms of behavior.

S.V. Bachinina The system of organizing effective primary prevention of drug addiction and monitoring the drug situation in the youth environment // XIX ##### "##### #### # #####
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