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EFFECTIVENESS OF SPECIFIC NURSING INTERVENTION PROGRAMME ON MOTIVATION AND RELAPSE AMONG CLIENTS WITH ALCOHOL DEPENDENCE SYNDROME.

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Abstract

When it comes to alcoholism therapy, motivation plays a significant role since it influences patients to seek treatment, complete treatment, and comply with treatment. Additionally, it helps patients achieve successful long-term adjustments in their drinking habits, which helps prevent relapse. The purpose of this study was to evaluate the efficacy of a structured intervention program on the motivation and relapse rates of clients who were hospitalized to a particular hospital in Chennai, Tamil Nadu, and were diagnosed with alcohol dependent syndrome. For this study, the design consisted of a true experimental, pre-test, post-test, and control group. The sample was comprised of twenty patients who were diagnosed with alcohol dependent syndrome and were hospitalized to the de-addiction unit. The individuals were chosen using a process known as systematic random sampling. The Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES 8A) and the Advance Warning of Relapse -AWARE were the instruments that were utilized. The demographic and clinical data sheet connected to alcoholism was also utilized. On the first day, a pre-test was administered. The experimental group was set to participate in a specialized nurse intervention program beginning on the second day and continuing through the twelfth day on alternate days. This program included risk reward analysis, coping skill training, assertiveness training, family-based intervention, and psychoeducation and was slated to begin on the second day. In the first post test, which was administered one week after the intervention on the 19th day, the second post test was administered on the 42nd day, one month after the intervention, and the third post test was administered on the 102nd day, which was three months after the intervention. Friedman took a number of measures. An analysis of variance (ANOVA) was conducted to determine whether there was a significant difference in the motivation scores and relapse scores of the experimental group between the pre-test and post-test I, II, and III. The observed differences were ($\chi = 20.25$, $P < 0.001$) and ($\chi = 28.92$, $P < 0.001$) respectively. The intervention program inspired the clients who were suffering from alcohol dependence syndrome to confront the issues that were already present and to take measures to prevent or lessen relapse, which is a necessary condition for accomplishing complete recovery.

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Introduction:-

Alcoholism is a condition that is characterized by this conduct, and the hallmark of alcoholism is drinking alcohol to the point where it interferes with one's physical health, mental health, social life, family life, and occupational duties. Alcoholism is a disease that is characterized by this behavior. The problem is a complicated one that has ramifications in both the medical and social spheres, and it is something that affects people from all different social strata. Not only does it have an effect on the individuals who use it and their families, but it also has an effect on a great deal of other parts of society. It is becoming increasingly difficult to comprehend the problem and to come up with a solution to it as a result of the quick adjustments that are occurring in patterns of alcohol consumption.

This condition is defined by a preoccupation with alcohol and inadequate control over alcohol consumption, which leads to a strong urge to use alcohol, physical dependency, tolerance, and gradual disregard of alternative pleasures in consumers (Gelder, Mayou, & Cowen, 2004). This disease is characterized by an obsession with alcohol. Dependence on alcohol is a chronic condition that frequently worsens over the course of multiple years. The consumption of alcohol is responsible for more than twenty percent of traumatic brain injuries, as stated by Gururaj (2002). Additionally, it is

responsible for sixty percent of all injuries that are reported to emergency rooms, as stated by Benegal et al. (2006).

One of the most significant challenges that substance abusers and their counselors face is the possibility that they will experience a relapse. A relapse is defined as an uncontrolled return to alcohol or other drug use after receiving treatment. According to Lewis, Dana, and Blevins (2002) and Johnson (2003), this is one of the most significant challenges that substance abusers and themselves face. During the process of treating alcoholism, one of the most fundamental problems that must be overcome is the prevention of relapse. Approximately fifty percent of alcoholics who have gone through detoxification experience a relapse within three months after the completion of the program. Approximately ninety percent of people who are dependent on alcohol are likely to experience at least one relapse within the four years that follow treatment (Tempesta, 2000). This is based on the evidence that has been collected.

Because of this, therapies that make an effort to improve therapeutic efficacy and motivation are especially advantageous due to the fact that they are effective. Additionally, the individual's capacity to successfully solve the problem and implement an appropriate coping mechanism throughout the duration of treatment is a factor that influences the result of the therapy. The

presence of family members of those who are dependent on alcohol is unquestionably advantageous in terms of providing support for the patients and contributing to the patients' sustained participation in treatment. 2001 (Noble) Noble Edition. On the other hand, the bulk of these works were limited to specific psychotherapy techniques, which suggests that the entire nurse-led psychosocial treatment is still a field that has not been fully researched.

Materials and Methods:-

The goal of this research is to determine whether or not a specific nurse intervention program is effective in reducing the rates of relapse and keeping individuals who are dependent on alcohol motivated to take action. An experimental design that is quantitative and includes a control group that is given a pre-test as well as a post-test. Those who were between the ages of 30 and 60 and were dependent on alcohol were eligible to participate in the experiment. For the purpose of selecting twenty persons from a particular hospital located in the Chennai area of Tamilnadu, the approach of systematic random selection was utilized. The experimental group consisted of ten persons, and the control group consisted of ten individuals. Both groups involved a total of 100 people.

Results:-

The age range of 41 to 50 years old comprised the majority of participants in both the control group (60%) and the experimental group (50%) of the study. Half of the control group and sixty percent of the experimental group had only completed primary school. Everyone who took part in the study was married and worked in manual labor. 70% of the people in the control group and 80% of the people in the experimental group were from nuclear families. Ninety percent of the people in the experimental group came from rural areas.

Half of the people in the control group and seventy percent of the people in the experimental group had been drinking for more than twenty years. In both groups, the majority, or ninety percent, experienced excessive alcoholism for a period of more than one year. Abstinence was never experienced by fifty percent of the control group and sixty percent of the experimental group. All of the individuals in the control group and eighty percent of those in the experimental group had a family history of alcoholism. Additionally, eighty percent of the individuals in the control group and one hundred percent of those in the experimental group had a habit of smoking.

Comparison of pre-test and post-test scores of motivation in control and experimental group:-

In the group that served as the control, the median score for motivation before the test was 46.0, and the scores after the first, second, and third post-tests were 47.5, 43.5, and 42.5, respectively. In the experimental group, the parallel values were 40.5 in the pre-test, and they were further increased to 68.5, 68.0, and 65.5 in the post-tests I, II, and III, respectively. Friedman's repeated measures constitute a non-parametric test. An analysis of variance (ANOVA) was conducted, and the results showed that there was no significant difference between the pre-test and post-test I, II, and III in the control group ($\chi=4.483$, $P=0.214$). It was noticed that there was a significant difference between the pre-test and post-test I, II, and III in the experimental group ($\chi = 20.25$, $P<0.001$). A comparison of the medians was carried out using the Mann Whitney rank sum test. A comparison of the pre-test results of the control group and the experimental group found that there was no significant difference ($T = 123$, $p = 0.184$). During the post-test I, II, and III, it was discovered that there was a noteworthy distinction between the control group and the experimental group ($T = 55$, $p<0.001$).

The motivation scores of control and experimental group are presented in table 1

Table 1:-Motivation scores of control and experimental group in pretest, posttest 1, 2, and 3

Group	Median(25-75 percentile)	Friedan repeated measures analysis of variance on ranks		Mann whitney rank sum test			
		Con-Pre Con-Po1 Con-Po2 Con-Po3	Exp -Pre Exp -Po1 Exp -Po2 Exp -Po3	Con-Pre Exp -Pre	Con-Po1 Exp -Po1	Con-Po2 Exp -Po2	Con-Po3 Exp -Po3
Con-Pre	46.0 (41.25-47.25)	χ 4.483 P 0.214	X 20.25 P <0.001	T 123 P 0.184	T 55 P <0.001	T 55 P <0.001	T 55 P <0.001
Con-Po1	47.5 (44.75-49.25)						
Con-Po2	43.5 (37.75-48.25)						
Con-Po3	42.5 (37.75-48.25)						
Exp -Pre	40.5 (37.75-44.5)						
Exp -Po1	68.5 (66.0-77.0)						
Exp -Po2	68.0 (65.75-70.0)						
Exp -Po3	65.5 (58.75-68.25)						

Table 2:-Relapse scores of control and experimental group in pretest, posttest 1,2,and 3

Group	Median (25-75 percentile)	Friedan repeated measures analysis of variance on ranks		Mann whitney rank sum test			
		Con-Pre Con-Po1 Con-Po2 Con-Po3	Exp -Pre Exp -Po1 Exp -Po2 Exp -Po3	Con-Pre Exp -Pre	Con-Po1 Exp -Po1	Con-Po2 Exp -Po2	Con-Po3 Exp -Po3
Con-Pre	149.0 (147.0-150.0)	X 14.458 P 0.002	X 28.92 P <0.001	T 96 P 0.55	T 155 P <0.001	T 155 P <0.001	T 155 P <0.001
Con-Po1	145.5 (142.5-148.5)						

Con-Po2	149.0 (145.75- 150.25)						
Con-Po3	150.0 (148.75-153.0)						
Exp -Pre	150.0 (145.75- 151.25)						
Exp -Po1	51.5 (46.75-53.0)						
Exp -Po2	65.5 (62.75-67.75)						
Exp -Po3	72.5 (67.0-75.75)						

Comparison of pre-test and post-test scores of relapse in control and experimental group:-

Among the individuals who were assigned to the control group, the median score for relapse before the test was 149.0, and the scores after the first, second, and third post-tests were 145.5, 149.0, and 150, respectively. At the beginning of the experiment, the parallel values in the experimental group were 150.0, and at the end of the experiment, they were 51.5, 65.5, and 72.5 respectively. Friedman's repeated measures constitute a non-parametric test. Statistical analysis was performed using analysis of variance (ANOVA), which demonstrated that there was no significant difference between the pre-test and post-test I, II, and III in the control group ($\chi=14.458$, $P=0.002$). It was noticed that there was a significant difference between the pre-test and post-test I, II, and III in the experimental group ($\chi = 28.92$, $P<0.001$). A comparison of the medians was carried out using the Mann Whitney rank sum test. The results showed that there was no significant difference between the pre-test results of the experimental group and the control group ($T = 96$, $p = 0.55$). When comparing the control group to

the experimental group in the post test I, II, and III, it was discovered that there was a noteworthy distinction ($T = 155$, $p<0.001$). A comparison of the relapse rates of the control group and the experimental group is shown in table 2.

Discussion:-

The age range of 41 to 50 years old comprised the majority of participants in both the control group (60%) and the experimental group (50%) of the study. It was found that the findings of the study were consistent with the findings of Schuckit (2000), which said that heavy drinking between the third and fourth decade of life is a phenomenon that is often observed. According to the findings of Kadri et al. (2003), who conducted a study on the socio-demographic profile of substance abusers who visited a de-addiction center in Ahmadabad city, the majority of the abusers had completed their primary and secondary education. A total of fifty percent of the control group and sixty percent of the experimental group had only

completed primary school. Everyone who took part in the study was married and worked in manual labor. The results of this study were comparable to those obtained by Benegal, Velayudhan, and Jain (2000), who discovered that a low level of education and a laborer occupation were the criteria that were most strongly connected with alcohol reliance. 70% of the people in the control group and 80% of the people in the experimental group were from nuclear families. Ninety percent of the people in the experimental group came from rural areas. According to Ray R.'s research from 1994, research has shown that rural and low socioeconomic urban sections had significantly higher rates of alcohol consumption. Everyone in the control group and eighty percent of the people in the experimental group had a history of drinking in their family. This is in line with the findings of Khosla, Thankappan, Mini, and Sarma (2008), who discovered that the presence of alcohol in one's family history was the second most important factor in determining intake of alcohol at the present time.

It was discovered that the particular nurse intervention approach was successful in enhancing individual motivation and lowering the rate of relapse among those who were dependent on alcohol. Between the control group and the experimental group, there was a statistically significant difference in the median scores for motivation and relapse. In the current study, the intervention measures that were employed are consistent with a number of discovered findings. According to the findings of the current study, which indicate that various complementary and alternative

therapies have an effect on the motivation and relapse of alcohol users, the following studies provide support for the findings of other investigations.

Within the framework of a case control research, an investigation was carried out at the de-addiction unit of the Institute of Mental Health and neurosciences in Kozhikode. The purpose of this study was to evaluate the effectiveness of family intervention therapy as an adjunct to medication in the treatment of alcohol-dependent subjects. Only a brief kind of supportive psychotherapy was administered to thirty patients who were matched. The results of the study showed that the family intervention treatment considerably decreased the severity of alcohol consumption, enhanced the motivation to quit drinking, and shifted the locus of control from external to internal in the group that was being studied (Sureshkumar PN, 2007).

In order to evaluate the efficacy of Motivational Enhancement Therapy (MET), a randomized controlled trial was carried out in eight intensive care units (ICUs) in Thailand. A total of 117 participants were eligible for the study. Of the participants, 59 were assigned to the intervention group, which received MET in three individual appointments with a trained nurse, while the remaining 58 were assigned to a control group that only received assessment. Evaluations of the results were carried out after a period of six weeks, three months, and six months. At each of the three intervals, follow-up data were available for 84, 94, and 91% of the participants, respectively. The self-reported number of drinks consumed on a daily basis

was evaluated, and the intervention group had a reduction in binge drinking sessions that was significantly greater than that of the control group ($p < 0.05$) after three and six months (Noknoy S, 2010).

A further investigation was carried out to investigate the efficacy of MET in terms of its ability to motivate alcoholics to lessen the issues that are caused by drinking. The participants consisted of twenty-two alcoholics who were receiving treatment. Over the course of a period of twelve weeks, each participant received follow-up therapy every two weeks. The results of the analysis showed that the percentage of days spent abstaining from drinking increased after each session, whereas the percentage of days spent drinking heavily reduced after each session (Srikosai S, 2006). A significant part of alcoholism treatment is the development of motivation and the strengthening of commitment to change. This is because alcoholism treatment plays a significant role in the prevention of relapse.

Conclusion:-

The unique nursing intervention program, which included risk reward analysis, training in coping skills, training in assertiveness, training in family interaction, and psychoeducation, had a beneficial influence on the motivation of clients who were diagnosed with alcohol dependent syndrome. The intervention program assisted the clients who were suffering from alcohol dependence syndrome in acknowledging the facts and confronting the reality of their issues. As a result, they were encouraged to continue abstaining from alcohol, which is an essential component of a successful recovery from alcohol dependence. It is possible for nurses to be the most effective providers of interventions because

they are both active members of the psychiatric multidisciplinary team and qualified professionals. According to the findings of the study, it is possible to draw the conclusion that a particular nursing intervention program has the potential to dramatically increase the motivation of clients who suffer from alcohol dependence syndrome and to prevent relapse.

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