

Factors for planning the care provided to substance users, street people and individuals hospitalized due to psychiatric crises

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Currently, in order to ensure a better prognosis, to individuals with mental health demands, especially to users of psychoactive substances, mental health researchers have invested in understanding aspects related to the planning of care for these individuals. In the present issue we have the opportunity to reflect upon the **Factors for planning the care provided to substance users, street people and individuals hospitalized due to psychiatric crises** that could have repercussions on the prognosis. From the knowledge produced, researchers, care nurses and other health care professionals can access research studies related to physical activity, spirituality and religiousness, the parenting role, perceptions on care and ways to assess Nursing care. Therefore, in the current mental health scenario, investing on scientific production and expanding health care professionals' horizons may assist in breaking scarcely explored barriers and providing effective and promising strategies for planning the care provided to substance users, street people and individuals hospitalized due to psychiatric crisis.

The editorial, authored by Giana Bitencourt Frizzo, Professor at the Psychology Institute and at the Graduate Program in Psychology of the Federal University of Rio Grande do Sul, presents important considerations on screen use in early childhood and its repercussions for childhood development. Thus, it points to the following elements that should be assessed: time of use, content and eating and sleep routines, among others. In addition to that, it showed preliminary results of an ongoing survey in charge of its research group. The research seeks to raise diverse information about the possible changes in the screen use pattern in early childhood during the COVID-19 pandemic. It also invites the readers to ponder about the importance of developing more studies addressing the theme.

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Considering factors for mental health promotion among users of alcohol and psychoactive substances, the article entitled **Effects of physical exercise on quality of life and memory in drug users** investigated the association between participation in a Physical Exercise Program (PEP) and cardio-respiratory capacity, memory and perception of Quality of Life (QoL) in 33 male adults followed-up in a rehabilitation program for users of alcohol and others drugs in a therapeutic community. The participants were subdivided into Intervention Group (n=19) and Control Group (n=14). The Intervention Group took part in the PEP, during an eight-month period, in addition to the usual treatment, and the Control Group only underwent the usual treatment in the evaluation period. The comparison tests between the groups showed that the participants from the Intervention Group presented improvements in their cardio-respiratory capacity, memory and perception of QoL. Thus, it is possible to infer that the practice of physical activity should also be considered when structuring health and mental health promotion measures among users of alcohol and other psychoactive substances undergoing rehabilitation processes.

Furthermore, an integrative review on the **Influence of spirituality and religiosity on the use of alcohol and drugs: an integrative review** was conducted with the purpose of deepening understanding on the factors that could somehow protect/promote the mental health of users of psychoactive substances. This integrative review identified 12 national and international studies that considered religiousness and spirituality as protective factors for individuals addicted to substances. The use of spiritual approaches has shown to be effective, with positive effects mainly with regard to improvements in quality of life, resilience, abstinence, adherence to the treatment and health promotion. This diverse evidence supports the importance of including religious and spiritual actions in the treatment and recovery of individuals with substance-related problems. Also on this theme, **Relationship between religiosity and smoking cessation among users of the Family Health Strategy** was the title chosen for a study involving 100 participants from a Smoking Treatment Program. The findings evidenced that no association was established between religiousness and cessation of the smoking habit, although 89% of the participants professed some religion. The authors indicate that, despite the results obtained, it is fundamental to consider that smoking cessation is complex and multifactorial, and that religion can act as complementary support to the treatment, through welcoming, bonding and social support. Thus, it is important to highlight the importance of conducting more studies that investigate the same phenomenon from other perspectives.

Three articles included in the current issue, **Use of psychoactive substances by parents and relationships with children: an integrative literature review**, **Perceptions of men about the influence of the family on the use of psychoactive substances** and **Reviewing the psychological impact on adolescent children of parents with non-communicable diseases** investigated factors in family relationships and/or parental behaviour as variables that could be performed without understanding substance use or presence of other mental health problems in individuals. The first study, an integrative literature review, described the impact of the parenting style of users of psychoactive substances on the children's mental health and development. In this integrative review, five articles were identified in relation to understanding the existing types of parenting styles and their implications for the children's development. Diverse evidence indicated that a negligent parenting style was associated with negative consequences on the children's lives, especially because it is often related to abuse of psychoactive substances. The second research study aimed at understanding, from the perspective of 16 male substance users living in a Therapeutic Community, the influence of the family on the use of psychoactive substances through interviews guided by a script. Most of the participants reported that family relationships can act as predictors of drug use initiation. On the other hand, they can also assist in the search for treatments. This study showed that there is a repetition pattern of some behaviors, such as violence, that is to say, addicts tend to repeat their peers' behavior, resulting in a cycle of family distress. Exploring the emotional origins that could be associated with substance use may support the promotion of comprehensive mental health care. The third research study aimed at conducting an integrative literature review to assess the psychological impact of parents' non-communicable chronic diseases on adolescent children. The analysis of the 11 articles selected described three groups of parental chronic diseases: neoplasms, chronic pain and mental disorders, and all of them were associated with the emergence of psychological morbidities in adolescent children. Thus, the study warns health professionals and family about the importance of strategies to minimize the influence of parental illness on young people.

In the article entitled **Attention assessment in cocaine users in Psychosocial Support Centers**, the readers will have the opportunity to discover the participants' sociodemographic profile and that related to cocaine abuse and/or addiction, as well as to assess the harms in the care provided to 10 cocaine users undergoing treatment in a Psychosocial Support Center. The 10 participants, cocaine users, were compared to 15 university

students. A Psychological Battery for Care Assessment was used to evaluate the assistance provided. The results showed that there was impairment in the care provided to the cocaine users, when compared to the university students. This result reinforces the importance of implementing prevention and management measures related to substance use.

The other study refers to **Characteristics of dependence and use of psychoactive substances in Psychosocial Care Centers**. The results showed that most of the users followed-up in the Psychosocial Care Centers were men with a mean age of 40.5 years old, had incomplete elementary school, and were active in the labor market. More than half of the users were classified as with a risk and addiction pattern in relation to alcohol and tobacco consumption. The results invite us to reflect on the need for family and social encouragement in the treatment process, for professional follow-up, for guidance on the risks of abuse of psychoactive substances for both physical and mental health, and for strengthening the participants' autonomy in the treatment process.

In the research entitled **Impact of the psychoactive substances testing requirement on the consumption of amphetamines by truckers**, the data were collected in the Metropolitan Region of the capital city of Rio Grande do Sul. Of the 97 truck drivers interviewed, 20.6% admitted making use of amphetamines. Use of this substance was associated with the drivers being unemployed and/or having to drive long distances. There was no relationship between coming into force of Law No. 13,103/2015, which mandates performing a toxicological test with a long detection window (90 days) for the consumption of psychoactive substances by professional drivers to obtain or renew the National Driver's License (*Carteira Nacional de Habilitação*, CNH) or to change it to categories C, D and E, as well as reduction in amphetamine use, from the truck drivers' perspective. According to the researchers, it is important to reflect on the need for further studies about the use of psychoactive substances by truck drivers and some variables such as risk factors for use, assessment of impulsiveness, depression symptoms, stress and anxiety, among others, for the development of more promising intervention measures.

The students at the State University of Southwestern Bahia, Campus Jequié, participated in the research entitled **Influence of alcohol consumption on the taste perception of sweet and salty tastes in college students**. Data analysis allowed describing an inverse and significant correlation between alcohol consumption and taste sensitivity to salty taste. Consequently, the findings highlight the importance of expanding the research studies on this association and to consider its possible implications for an increased risk of diseases such as arterial hypertension.


The study entitled **Nursing team's performance at the Psychosocial Care Center for Alcohol and Drugs** described, from the perspective of eight professionals working in the Nursing team, the integration process into a Psychosocial Care Center Alcohol and Drugs III. Inclusion of the professionals in the Nursing team was related to the need for a job, previous experience in other mental health services, interest due to the specialization or graduate degree in the mental health area, changes in the health care model, the benefits of being close to the community, and ease of articulation with other services or care points for treatment success. The challenge related to the particularities of the care to be provided to the clientele assisted in the service also emerged as part of the inclusion process. Thus, this study addresses the potential of the Nursing team to implement care procedures in individuals with mental and psychoactive substance-related disorders followed-up in community-based services.

On the other hand, the integrative literature review entitled **Situations that generate moral distress in mental health nurses** invites the readers to acknowledge that some situations experienced by mental health nurses, such as ethical/moral issues and institutional issues/impediments, may lead to suffering and moral distress. This article also encourages researchers to deepen studies addressing the concept of moral distress, due to its implications for the health professionals' care practice and personal life.

The research entitled **Homeless population and access to the health services: perspectives and determinants** showed a subjective view of health care, permeated by inadequate use of health services and non-use of prevention strategies, with emphasis on ensuring survival and relief of the problems caused by the challenges inherent to being on the streets, from the perspective of street people. The study showed the urgent need for strategies directed to these people, focusing on their leading role and autonomy and on the strengthening of measures to ensure comprehensiveness and intersectoriality.

Finally, the study entitled **The speech of people hospitalized due to psychiatric crisis on treatment autonomy and credibility** showed the punitive perception with regard to hospitalization and treatment, as well as devaluation of the discourse of individuals hospitalized due to psychiatric crisis in the elaboration of the Singular Therapeutic Project. The main results revealed lack of knowledge about the implications for the work of

the team on the follow-up of individuals hospitalized due to psychiatric crisis and for the institution. The authors highlighted that, although the current mental health care model reinforces aspects such as humanization and respect towards individuals, the users' discourse is still characterized by little credibility and limited autonomy in the therapeutic process, especially in the hospital setting. Such aspects need to be modified for mental health care and treatment to achieve successful results.

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