

Abstract

In support of educating nursing students about nontraditional substances to alter the mind and/or mood

This resolution calls on the NSNA to advocate for the education of nursing students about nontraditional substances used to alter the mind and/or mood. In recent years there has been a dramatic increase in the number of individuals willing to try various substances to affect their brains, and thus alter their mind and/or mood. National drug officials once thought certain substances were contained in small pockets of the United States but have now changed that opinion based on the presentation of individuals in emergency departments suffering from the detrimental effects sustained when nontraditional substances are used. By supporting this resolution we as nursing students can begin to call attention to these nontraditional substances and thus increase the healthcare community's awareness. To obtain information concerning the use of nontraditional substances various sources were reviewed, analyzed, and referenced within this resolution.

- TOPIC:** **Educating nursing students about nontraditional substances to alter the mind and/or mood**
- SUBMITTED BY:** **New Jersey Nursing Students, Incorporated (NJNS)**
- AUTHORS:** **Dia Sanders**
- WHEREAS, according to the Oxford online dictionary, nontraditional is defined as “anything new and different from an established norm, custom, or method” (“Nontraditional”, 2010) and substance is defined as “an intoxicating, stimulating, or narcotic chemical or drug” (“Substance”, 2010)
- WHEREAS, in 2010 it was estimated that 22.6 million Americans (8.9 percent of the population) ages 12 and older had used at least one illicit drug, or abused at least one psychotherapeutic medication (such as a pain reliever, stimulant, or tranquilizer) in the month preceding the referenced study (National Institute of Health, 2012); and
- WHEREAS, in 2010 it was estimated 23.1 million Americans (9.1 percent of the population) were in need of treatment for a drug or alcohol-related problem, but only 2.6 million people received treatment, thus showing a large treatment gap (National Institute of Health, 2012); and
- WHEREAS, the initial decision to take drugs is voluntary for most people, the brain changes that occur when a person uses drugs challenges their self-control and their ability to resist intense impulses causing these individuals to continue taking drugs (National Institute on Drug Abuse, 2010); and
- WHEREAS, newly popularized substances used to alter one’s mind and/or mood has come in the form of snorting bath salts (American Association of Poison Control Centers’, 2011) ingesting, smoking or snorting nutmeg (Conley, 2010) and inserting alcohol soaked tampons into genital orifices (Bierman, 2012); and
- WHEREAS, bath salts are defined a beta-keto amphetamine, which is also known as a cathinone, that is classified as a type of stimulant that occurs naturally in areas such as East Africa and the Arabian peninsula (Marder, 2012); and
- WHEREAS, the adverse effects of snorting bath salts, and ingesting, smoking or snorting nutmeg can range from acute psychosis, with delusions and hallucinations, and potentially dangerous, bizarre behaviors, (Jerry, Collins, & Stroom, 2012) to tachycardia, increased blood pressure, agitation and extreme paranoia (American Association of Poison Control Centers, 2011); and
- WHEREAS, inserting alcohol soaked tampons into genital orifices causes a form of intoxication that cannot be acknowledged, discouraged, or controlled because of

the automatic absorption that occurs through the vaginal or anal mucus membranes (Bierman, 2012); therefore be it

RESOLVED, that the National Student Nurses Association (NSNA) provide education for student nurses to gain the knowledge and skills needed to recognize and address the use nontraditional substances as a means to alter one's mind/mood, and be it further;

RESOLVED, that the NSNA publish articles in *Imprint* and offer-workshops on nontraditional substances used to alter the mind/mood when feasible; and be it further

RESOLVED, that the NSNA send a copy of this resolution to the American Nurses Association, the National League for Nursing, the American Association of Colleges of Nursing, the National Organization for Associate Degree Nursing, the American Association of Critical Care Nurses, the Emergency Nurses Association, the American Psychiatric Nurses Association, the American Hospital Association, the American Medical Association, American Society of Addiction Medicine, the International Nurses Society on Addictions, the American Public Health Association, the American Public Health Association Student Assembly, the International Honor Society of Nursing, the Bureau of Educational and Cultural Affairs, the Joint Commission, the Department of Health and Human Services, the National Institute of Mental Health, the National Institute on Drug Abuse, the United States National Library of Medicine, the National Council of Alcoholism and Drug Dependence, the National Institute on Drug Abuse, the National Institute on Drug Abuse for Kids, the Substance Abuse and Mental Health Services Administration, the World Health Organization, the United Nations Children's Fund, the United Nations Development Programme, the United

Nations Economic and Social Council, and all others deemed appropriate by the NSNA Board of Directors.

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