

ADOLESCENCE

OFFICE MANAGEMENT OF SUBSTANCE USE IN ADOLESCENCE

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Abstract: Substance use in adolescents begins in the critical phase of growth. Adolescents are “biologically wired” to seek new experiences and take risks, as well as to carve out their own identity. Substance use during adolescence has been associated with a greater risk of substance use disorders in adulthood. Efforts should be focused on early identification, awareness and prevention programs, and routine monitoring of adolescent health. Pediatricians should screen for nonspecific flag signs and specific indicators of substance use and underlying mental health disorders should be diagnosed in these adolescents. Behavioural interventions, family, school and community support groups need to be created for their management

Keywords: Substance use, Drug addiction, Adolescence, Adolescent behaviours, Screening.

Points to Remember

- *Substance use in adolescents begins as a result of curiosity or peer pressure.*
- *The primary care pediatrician plays an important role and has an unique opportunity to screen adolescents for SUD.*
- *Creating awareness among adolescents, parents and teachers is the need of the hour.*
- *Pediatricians should screen every adolescent for substance use.*
- *Treatment requires a multidisciplinary approach along with parental and peer support.*
- *Behavioural interventions help in prevention of substance use.*

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