

Alcohol Use Disorder: The Main Role of Nursing Interventions Protocols and The Critical Roles of Healthcare Security Workers-An Updated Review

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Abstract

Alcohol Use Disorder (AUD) is a widespread public health concern with significant social, economic, and health implications. In the U.S., approximately 5.9% of individuals aged 12 and older meet the criteria for AUD, with alcohol misuse linked to various mental health, physiological, and social issues. Studies reveal that AUD often coexists with other health conditions like poor nutrition, mental disorders, and diminished performance in occupational or academic settings. The severity of AUD demands effective nursing interventions and healthcare security workers' involvement, especially in acute clinical settings. The aim of this review is to examine the role of nursing interventions and healthcare security workers in the management of Alcohol Use Disorder, focusing on the integration of care approaches and the critical role security workers play in preventing harm and facilitating timely medical interventions. This review systematically synthesizes current literature on AUD, highlighting nursing management protocols, healthcare security workers' roles, and the challenges associated with managing patients with alcohol use disorders in various healthcare settings. Relevant studies were reviewed to present evidence on the efficacy of nursing interventions, and the involvement of security staff in patient safety and care delivery. Nursing interventions, such as the use of motivational interviewing and cognitive-behavioral therapy (CBT), have been shown to aid in the management and treatment of AUD. Security workers play an essential role in identifying critical situations, such as alcohol intoxication, withdrawal, or aggression. Their ability to assess sudden mood changes, unresponsiveness, confusion, and unstable vital signs is vital in ensuring that individuals with AUD receive timely medical care. Effective collaboration between healthcare teams and security personnel can lead to improved patient outcomes. Addressing alcohol use disorder requires a comprehensive, multifaceted approach that incorporates both nursing interventions and the critical roles of healthcare security workers. Security staff are integral to identifying patients at risk and ensuring that they receive appropriate medical attention. Ongoing training for security workers in recognizing alcohol misuse signs and de-escalating aggressive behaviors is crucial for improving patient safety and care quality.

Keywords: *Alcohol Use Disorder, Nursing Interventions, Healthcare Security Workers, Motivational Interviewing, Cognitive Behavioral Therapy, Patient Safety.*

Introduction

Alcohol misuse is a significant public health concern associated with a wide range of social, economic, and health-related challenges. Research indicates that approximately 40% of patients have encountered complications stemming from alcohol misuse, highlighting the pervasive nature of this issue [1]. In the United States, data from the 2015 National Survey on Drug Use and Health revealed that 138.3 million individuals aged 12 and older reported current alcohol use [2]. Among these individuals, 48.2% admitted

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to engaging in binge drinking episodes within the 30 days preceding the survey. Furthermore, 26% of those who reported binge drinking also met the criteria for heavy alcohol use, defined as binge drinking on five or more days within the same 30-day period. This subgroup represents 12.5% of all alcohol users [2]. Overall, 5.9% of the surveyed population, equivalent to 15.7 million individuals aged 12 and older in the United States, were identified as meeting the diagnostic criteria for an alcohol use disorder (see image for specific criteria) [2]. The consequences of alcohol misuse are severe, with more than 85,000 annual deaths in the United States directly attributable to alcohol-related causes [1][2][3]. These statistics underscore the urgent need for effective interventions and policies to address the multifaceted impact of alcohol misuse on individuals and society.

Nursing Diagnosis

Alcohol misuse is a critical health issue that often coexists with several interrelated nursing diagnoses, including alcohol abuse, poor nutrition, mental health disorders, and diminished performance in occupational and academic settings. Alcohol abuse, characterized by excessive and harmful consumption, frequently leads to physiological and psychological complications, necessitating targeted nursing interventions [1]. Poor nutrition is a common consequence of alcohol misuse, as individuals may prioritize alcohol consumption over adequate dietary intake, resulting in deficiencies in essential nutrients and overall malnutrition [2]. Additionally, mental health issues such as depression, anxiety, and cognitive impairments are prevalent among individuals with alcohol use disorders, further complicating their clinical presentation and care requirements [3]. These mental health challenges often exacerbate the cycle of alcohol misuse, creating a bidirectional relationship that necessitates integrated treatment approaches. Furthermore, alcohol misuse significantly impacts an individual's ability to function effectively in work and academic environments, leading to poor performance, absenteeism, and reduced productivity [4]. This decline in performance can perpetuate socioeconomic difficulties, contributing to a cycle of stress and increased reliance on alcohol as a coping mechanism. Addressing these nursing diagnoses requires a holistic approach that includes nutritional support, mental health counseling, and strategies to enhance occupational and academic functioning, thereby promoting recovery and improving overall quality of life [1][2][3].

Causes

The etiology of alcohol use disorder (AUD) remains incompletely understood; however, its development is believed to result from a complex interplay of multiple factors. Environmental influences, such as familial settings and peer interactions, play a significant role in shaping drinking behaviors and patterns [4]. Genetic predisposition is another critical factor, with specific genes implicated in the susceptibility to AUD. These include *GABRG2*, *GABRA2*, *COMT Val 158Met*, *DRD2 Taq1A*, and *KIAA0040*, which are associated with neurotransmitter regulation and reward pathways in the brain [4]. Additionally, cognitive functioning levels and pre-existing personality disorders contribute to the risk of developing AUD. Personality traits such as disinhibition, impulsivity, and difficulties in socialization, as well as depressive tendencies, are strongly correlated with the onset and progression of AUD [4]. These factors collectively interact to increase vulnerability to alcohol misuse, highlighting the multifactorial nature of AUD and the need for comprehensive approaches to understanding and addressing its root causes.

Risk Factors

The 2015 National Survey on Drug Use and Health, conducted by the Substance Abuse and Mental Health Administration, revealed that approximately 20.8 million Americans aged 12 and older experienced a substance use disorder. Of these, 15.7 million individuals had alcohol use disorders. Furthermore, 2.7 million people with alcohol use disorders also struggled with illicit drug use disorders, underlining alcohol as the primary substance of abuse in the U.S. Among the adolescent population, 623,000 individuals aged 12 to 17 (2.5% of all adolescents) had both alcohol and illicit drug use disorders. In the young adult group aged 18 to 25, nearly 3.8 million people (10.9% of this age group) suffered from both alcohol and illicit drug use disorders. The rate was lower among adults aged 26 and older, with 11.3 million individuals (5.4%) reporting co-occurring alcohol and illicit drug use disorders. Although the number of people with dual alcohol and illicit drug disorders remains significant, there has been a noticeable decline in these rates since

2002. This decline suggests a positive trend, though substance abuse continues to be a major public health concern. In addition to substance use disorders, nearly half of individuals with any form of substance abuse, including alcohol, also experience a co-existing mental illness. This dual diagnosis is critical to understanding the complexity of substance use and the need for integrated treatment approaches [5][6][7].

Assessment

When assessing individuals with suspected alcohol use disorder, a thorough history gathering is essential to understanding the scope of the problem. The patient may report episodes of binge drinking, typically defined as consuming four or more drinks in one sitting for women, and five or more drinks for men. The CAGE questionnaire is a useful tool in identifying alcohol-related issues. A score of 2 or more on the CAGE questionnaire often indicates a significant problem with alcohol use. The questions in the CAGE are as follows:

- **C:** Have you ever felt you should Cut down on your drinking?
- **A:** Have you ever been Annoyed by people criticizing your drinking?
- **G:** Have you ever felt Guilty about your alcohol use?
- **E:** Have you ever needed an Eye-opener to steady your nerves or get rid of a hangover?

A positive response to two or more of these questions suggests the presence of alcohol misuse. In addition to this, patients may report physical symptoms such as frequent falls, blackouts, unsteadiness, or visual disturbances. Alcohol use disorders may also manifest through neurological symptoms like seizures, particularly if the individual goes a few days without drinking. Other symptoms that could be reported include tremors, confusion, emotional disturbances, and frequent changes in employment status, which may indicate the impact of alcohol misuse on the patient's daily life. Social problems are also common, such as job termination, separation or divorce, estrangement from family members, or loss of housing. Sleep disturbances are also frequently reported by individuals with alcohol use disorder, reflecting both the physiological and psychological impact of alcohol abuse.

In the early stages of alcohol use disorder, patients may present hypertension (HTN) or insomnia as primary complaints. These symptoms may not seem directly related to alcohol use but can be indicative of underlying issues caused by heavy drinking. As the disease progresses, additional symptoms may develop. These can include nausea, vomiting, hematemesis (vomiting blood), abdominal distension, epigastric pain, weight loss, jaundice, or other signs pointing to liver dysfunction. At this stage, the patient may not always present with obvious symptoms, especially in the early stages of liver damage. As the disorder advances, however, more pronounced symptoms of liver disease, such as jaundice or ascites (fluid buildup in the abdomen), may appear. On physical examination, patients with alcohol use disorder may show signs of cerebellar dysfunction, such as ataxia (lack of muscle coordination) or difficulty with fine motor skills, indicating the neurological effects of alcohol. They may also exhibit slurred speech, tachycardia (increased heart rate), memory impairment, nystagmus (involuntary eye movements), and disinhibited behavior. Hypotension (low blood pressure) is another potential finding in these patients. As alcohol use disorder progresses to more severe liver damage, additional signs of advanced liver disease may be present, including tremors, confusion or changes in mental status, asterixis (flapping tremor of the hands), ruddy palms (redness of the palms), and jaundice (yellowing of the skin or eyes).

In the late stages of liver disease, other clinical findings may include spider angiomas (spider-like blood vessels on the skin), hepatomegaly (enlargement of the liver), and splenomegaly (enlargement of the spleen). As the liver becomes cirrhotic, it may shrink, leading to further complications. Alcohol use disorder can also result in bleeding disorders, anemia, gastritis, ulcers, or pancreatitis as secondary complications. These conditions reflect the systemic effects of alcohol abuse on the gastrointestinal and hematologic systems. Laboratory tests play an important role in the assessment of alcohol use disorder and its

complications. In cases of advanced liver disease, laboratory findings may include anemia, thrombocytopenia (low platelet count), coagulopathy (blood clotting disorders), hyponatremia (low sodium levels), hyperammonemia (elevated ammonia levels), and deficiencies in vitamin B12 or folate. These findings are indicative of the impact of chronic alcohol use on the liver and other body systems. As liver disease advances, these laboratory abnormalities will often become more pronounced, providing further evidence of the severity of the disorder. In summary, a comprehensive assessment of alcohol use disorder involves gathering detailed patient history, using diagnostic tools like the CAGE questionnaire, and conducting a thorough physical examination and lab tests. Identifying alcohol-related problems early and monitoring the progression of the disease is crucial for effective intervention and management.

Evaluation

An effective evaluation of alcohol use disorder begins with a detailed inquiry into the patient's alcohol consumption habits, focusing on frequency and quantity. It is crucial to gather information on how often the patient drinks and how much alcohol they consume during each episode. The CAGE questionnaire, as previously discussed, should be administered as part of the evaluation process. In addition to the CAGE, other screening questions related to alcohol use disorder, as depicted in standard clinical guidelines, can help to assess the severity and extent of the problem. A comprehensive evaluation also includes gathering a family history of alcohol and other substance use disorders, as well as any family and personal history of psychiatric disorders. This can provide valuable context, as alcohol use disorders often run in families, and co-occurring mental health conditions may exacerbate the problem. Understanding the patient's psychological background and any familial predispositions to substance misuse can aid in determining the most appropriate treatment approach. Additionally, the evaluation should address any medical or behavioral complications associated with alcohol abuse. Common complications include macrocytic anemia, elevated liver enzymes, coagulopathies, and pancreatitis, all of which are indicators of alcohol-related damage to various organ systems. The patient may also present with physical signs of alcohol misuse, such as frequent falls or unsteady gait. Behavioral indicators, like job loss, relationship difficulties, or engagement in risky behaviors such as unprotected sex or impulsivity, should also be assessed. These factors often contribute to the overall impact of alcohol use on the patient's life and well-being. Identifying these complications early can help inform both the diagnosis and treatment plan, ensuring a comprehensive and individualized approach to care [8][9].

Medical Management

Effective medical management of alcohol use disorder involves a variety of therapeutic approaches that have shown positive outcomes in helping patients achieve long-term sobriety. One such approach is evidence-based motivational interviewing, which assists patients in exploring the reasons behind their ambivalence toward behavior change. This technique allows patients to reflect on their alcohol use and the potential benefits of cessation, while receiving a personalized assessment of their risks and needs. Motivational interviewing is particularly effective in addressing the emotional and psychological barriers to treatment and in enhancing the patient's motivation to change. Another key component of treatment is cognitive behavioral therapy (CBT), which focuses on altering negative thought patterns and behaviors related to alcohol use. CBT helps individuals identify triggers for alcohol consumption, develop coping strategies, and learn healthier ways of managing stress or negative emotions. This form of therapy is particularly beneficial in addressing the underlying psychological factors contributing to alcohol dependence.

For patients with severe alcohol use disorders, 24-hour residential treatment facilities provide a structured environment for detoxification and rehabilitation. These facilities treat not only the medical complications associated with alcohol use, such as liver damage or pancreatitis, but also address any psychiatric comorbidities that may be present. Residential treatment offers intensive, round-the-clock care, which can be particularly beneficial for individuals who require close monitoring during the early stages of recovery. In addition to professional therapies, support groups like Alcoholics Anonymous (AA) or other 12-step programs are critical in helping individuals maintain sobriety. These programs offer a sense of community and support through group meetings, mentorship, and peer guidance. The group setting provides emotional

encouragement and accountability, which is crucial in preventing relapse and fostering long-term recovery. It is important to recognize that many patients will experience lapses or relapses during their recovery journey. As a result, ongoing therapy and support are necessary. Depending on the patient's needs, different intensities of treatment may be required throughout their life, with the potential for periodic adjustments in therapeutic approaches. Ultimately, a comprehensive, individualized treatment plan that incorporates these various strategies can significantly improve the chances of sustained recovery [10][11].

Nursing Management

Effective nursing management of alcohol use disorder involves several key steps to ensure comprehensive care and support for patients. One of the first actions is screening patients using the Alcohol Use Disorders Identification Test (AUDIT) tool. This tool is widely recognized for its ability to assess the extent of alcohol use and identify individuals at risk of developing alcohol use disorders. By conducting regular screenings, nurses can identify patients who may benefit from further intervention or treatment. Education plays a critical role in nursing management. Nurses should educate patients about the potential harms of alcohol, including both short-term effects like impaired judgment and long-term consequences such as liver disease, cardiovascular problems, and mental health disorders. Providing this information helps patients understand the serious risks associated with alcohol use and can motivate them to seek treatment or make healthier choices. Encouraging participation in support groups, such as Alcoholics Anonymous (AA), is another essential aspect of nursing care. AA provides individuals with a community of people who share similar struggles and experiences, which can significantly enhance the recovery process. Nurses should inform patients about the benefits of joining such groups and encourage regular attendance as part of a long-term recovery strategy. Finally, referring patients to a mental health counselor is often necessary, particularly for those with co-occurring psychiatric disorders such as depression or anxiety. Alcohol use disorder is frequently linked to underlying mental health issues, and addressing these through counseling can improve overall treatment outcomes. Nurses play a vital role in identifying when these referrals are needed and ensuring that patients receive appropriate care. This multi-disciplinary approach to treatment helps address the complex nature of alcohol use disorder and supports the patient's journey toward recovery.

When to Seek Help

Security workers play an essential role in identifying and managing potential alcohol use disorders, especially in environments where individuals may be at risk of harming themselves or others. Recognizing when to seek help for a patient or individual is crucial, and security workers must be vigilant in spotting warning signs of alcohol-related issues that require immediate attention.

- **Sudden Mood Changes:** Security workers should be trained to recognize sudden mood shifts in individuals, which can often signal alcohol intoxication or withdrawal. Individuals under the influence of alcohol may experience rapid emotional changes, including irritability, sadness, or aggression. These mood changes can lead to behavioral issues, such as outbursts, verbal or physical aggression, or risky behavior that could escalate into dangerous situations. Security personnel should intervene if they notice these changes and ensure that the individual is in a safe environment while awaiting medical assistance.
- **Unresponsiveness:** Unresponsiveness or altered consciousness is another clear indication that immediate help is needed. Alcohol overdose or acute intoxication can impair a person's ability to stay conscious, and they may become unresponsive, potentially leading to respiratory depression or even coma. Security workers must be able to assess whether an individual is responsive and, if necessary, activate emergency services. In situations of unresponsiveness, it's important for security personnel to ensure the individual's airway is clear, monitor any signs of breathing difficulties, and seek medical intervention without delay.
- **Confusion and Aggression:** Alcohol use can lead to cognitive impairments such as confusion, disorientation, or memory loss. In more severe cases, individuals may become agitated or

aggressive. Security workers should be trained to approach these situations with caution, as aggression may escalate and put others at risk. Confused or aggressive individuals may not be able to make rational decisions, and their behavior can lead to unsafe environments. Security personnel should remain calm and attempt to de-escalate the situation while assessing whether the person needs medical help or immediate transport to a healthcare facility.

- **Unstable Vital Signs:** When alcohol use or withdrawal presents with unstable vital signs, it signals a serious medical issue. Signs such as fluctuating blood pressure, irregular heart rate, or abnormal breathing can indicate alcohol poisoning or the onset of withdrawal symptoms, both of which require urgent medical intervention. Security workers need to be vigilant and aware of these signs so that they can respond quickly. Monitoring the individual's condition while waiting for emergency responders is crucial. In some cases, security personnel may be asked to help administer first aid, including CPR or other life-saving measures, until medical professionals arrive. In all these situations, security workers are not expected to diagnose or treat alcohol use disorders themselves. However, they play an integral role in identifying when these signs indicate a need for urgent intervention. Their ability to act quickly and appropriately in these scenarios can prevent escalation and ensure the individual receives the necessary medical care in a timely manner. Security workers should also be proactive in collaborating with medical teams and ensuring that the individual is escorted to appropriate care facilities if necessary. By being trained to recognize alcohol-related symptoms and knowing when to seek help, security workers can significantly contribute to the safety and well-being of individuals in their care.

Outcome Identification

In managing alcohol use disorders, establishing clear and measurable outcomes is essential for guiding treatment and evaluating progress. For patients receiving care, particularly in a security or healthcare setting, certain key outcomes should be identified to ensure that both immediate and long-term goals are met effectively. Two major outcomes that are often targeted in the treatment of alcohol use disorder are abstaining from alcohol and adopting healthier lifestyle habits, such as eating a nutritious diet.

Abstains from Alcohol

The primary and most critical outcome for individuals with alcohol use disorder is abstinence from alcohol. This goal should be addressed as part of a comprehensive treatment plan, which includes medical intervention, therapy, and supportive services. The path to alcohol abstinence may be difficult and often involves multiple phases, including detoxification, rehabilitation, and ongoing counseling. As a result, achieving this outcome requires a combination of behavioral interventions, support networks, and, where necessary, medications to help manage cravings and prevent relapse. Security workers and healthcare staff must play an important role in monitoring and reinforcing this outcome. Regular assessments of alcohol consumption, patient progress in therapy, and participation in support groups like Alcoholics Anonymous (AA) are vital. Additionally, early identification of any lapses or relapses, which are common in recovery, can help in adjusting the treatment approach, ensuring that the patient receives the necessary support to remain alcohol-free. A patient's commitment to abstaining should be continually reassessed to ensure that they are actively engaged in their recovery and receiving the appropriate level of care.

Eating a Healthy Diet

Another critical outcome for individuals recovering from alcohol use disorder is adopting a healthy diet. Chronic alcohol consumption often leads to nutritional deficiencies, liver damage, and other metabolic issues that can exacerbate the effects of alcohol use disorder. A balanced diet is essential for repairing damage, supporting the body's healing processes, and improving overall well-being. Patients should be encouraged to consume a diet rich in vitamins, minerals, and proteins that support brain function, liver health, and immune system recovery. Security and healthcare workers can support this outcome by promoting healthy eating habits and ensuring that patients have access to nutritious meals. They can also

educate patients about the importance of nutrition in their recovery journey, helping to prevent further health complications associated with alcohol misuse. In some cases, referrals to nutritionists or dietitians may be necessary to help patients develop personalized meal plans that meet their specific health needs. Achieving a healthy diet can also provide an additional layer of support for patients in recovery. Proper nutrition can help improve energy levels, reduce cravings, and enhance mood stability, all of which are important for maintaining sobriety. Ensuring that the patient is not only abstaining from alcohol but also adopting positive lifestyle habits, such as eating well, can significantly increase the likelihood of long-term success in their recovery. Both of these outcomes — abstinence from alcohol and the adoption of a healthy diet — are interconnected and should be addressed together. Recovery from alcohol use disorder involves not just quitting alcohol but also improving overall physical and mental health. By focusing on these key outcomes, security and healthcare professionals can create a supportive environment that enhances the patient's chance of a successful and sustained recovery.

Monitoring

Effective monitoring is crucial in the management of alcohol use disorders, as it helps identify any complications, track recovery progress, and adjust treatment strategies accordingly. Security workers, healthcare providers, and support staff must regularly observe specific indicators to ensure that the patient's physical and mental well-being is being maintained throughout the recovery process. Monitoring should include observing mood, checking vital signs, tracking intake and output (ins and outs), and assessing mental status.

Observe Mood

Monitoring mood is a key aspect of managing alcohol use disorder, as individuals recovering from alcohol addiction may experience mood swings due to withdrawal symptoms or changes in their psychological state. Alcohol withdrawal can lead to anxiety, irritability, depression, or even anger, which can affect behavior and interactions with others. It is essential for security personnel and healthcare providers to regularly observe changes in mood and emotional responses. Sudden mood shifts can indicate potential withdrawal complications, relapse triggers, or the need for adjustments in therapy. Identifying these shifts early allows for timely intervention to prevent escalation or harmful behaviors.

Check Vital Signs

Vital signs, such as heart rate, blood pressure, respiratory rate, and temperature, should be monitored regularly in patients with alcohol use disorder. Alcohol withdrawal can cause fluctuations in vital signs, particularly elevated heart rate and blood pressure, which may signal the need for medical intervention. Unstable vital signs can also indicate complications like dehydration, electrolyte imbalances, or severe alcohol withdrawal syndrome (AWS). Regularly checking vital signs ensures that any abnormal readings are promptly addressed, helping to prevent more serious conditions like seizures or delirium tremens, which can occur in severe cases of alcohol withdrawal.

Monitor Ins and Outs

Monitoring intake and output (ins and outs) is essential in patients recovering from alcohol use disorder, as alcohol abuse often leads to dehydration, electrolyte imbalances, or gastrointestinal issues. It's important to track the patient's fluid intake and output to ensure proper hydration, especially if the patient has experienced vomiting, diarrhea, or excessive sweating during withdrawal. Nurses and security staff should ensure that the patient is consuming adequate fluids and nutrition to support recovery. Monitoring ins and outs also helps detect early signs of complications like kidney dysfunction or liver failure, common in chronic alcohol abuse.

Assessment of Mental Status

Assessing the patient's mental status is vital, as alcohol use disorder can impair cognitive function, especially in the later stages of addiction. Individuals with alcohol dependence may exhibit confusion, memory loss, disorientation, or other signs of mental status changes, which can indicate withdrawal, intoxication, or co-occurring psychiatric conditions. Regular cognitive assessments help identify issues that may require intervention, such as confusion or disorientation during withdrawal or the onset of psychiatric symptoms like anxiety or depression. Mental status assessments can also inform the treatment team if the patient's psychological health is improving or deteriorating, allowing for adjustments to the care plan as necessary. Incorporating these monitoring practices — observing mood, checking vital signs, tracking ins and outs, and assessing mental status — provides a comprehensive approach to managing alcohol use disorder. These steps allow healthcare and security staff to address emerging issues promptly, ensure the patient is on track for recovery, and provide the support necessary to manage both the physical and psychological aspects of alcohol dependence.

Coordination of Care

Alcohol abuse disorder is widespread in the United States, yet many individuals do not seek medical help until they face serious health issues or legal consequences. This disorder goes far beyond addiction, affecting the lives of the individual, their family, friends, and often leading to strained interpersonal and professional relationships. Unfortunately, alcoholics rarely seek help on their own, and it is up to healthcare workers to recognize the signs of alcohol abuse and make the appropriate referrals. Healthcare providers, including security workers, nurses, physicians, and social workers, have a vital responsibility in the early identification of alcohol use disorders. By remaining vigilant and recognizing the signs of alcoholism, they can intervene early and guide patients toward appropriate treatment options. This could involve referrals to specialized treatment programs, counseling services, or community resources such as Alcoholics Anonymous (AA). Despite the importance of timely intervention, the prognosis for many individuals with alcohol use disorder is often guarded. Research indicates that fewer than 30% of alcoholics successfully discontinue drinking long-term, and many suffer from irreversible organ damage as a result of prolonged alcohol abuse. This emphasizes the importance of early detection and comprehensive care. While complete recovery is challenging, the goal is to reduce harm, manage withdrawal symptoms, and support patients in achieving long-term sobriety.

Part of the coordination of care also includes educating both the patient and their family about the long-term effects of alcohol use. Raising awareness about the potential consequences, such as liver damage, cardiovascular problems, and mental health issues, can motivate individuals to take their condition seriously and engage in treatment. Family involvement is essential in creating a support system that fosters accountability and reinforces recovery efforts. Referrals to support groups like Alcoholics Anonymous (AA) are commonly recommended as part of the treatment plan. These programs provide individuals with a community of peers who are facing similar challenges, offering support and shared experiences. However, data shows that compliance with AA or other support programs is often low, and many individuals may not follow through. Therefore, healthcare workers must be proactive in encouraging participation, addressing barriers to attendance, and ensuring ongoing support throughout the recovery process. In summary, the coordination of care for individuals with alcohol use disorder requires a collaborative approach involving healthcare professionals, family members, and community resources. Early identification, appropriate referrals, and continuous education about the risks of alcohol abuse are key components in managing the disorder. Although recovery is challenging, coordinated care offers the best opportunity for individuals to regain control over their lives and improve their overall well-being [1][8].

Health Teaching and Health Promotion

Effective health teaching and health promotion play a crucial role in the management and recovery of individuals with alcohol use disorder. As alcohol abuse often leads to various physical and mental health complications, focusing on positive lifestyle changes and supportive care can greatly enhance the likelihood of long-term recovery. Key areas of focus include maintaining a healthy diet, attending support programs such as Alcoholics Anonymous (AA), and following up with mental health counseling.

Eat a Healthy Diet and Include Fruits and Vegetables

One of the most important aspects of health teaching for individuals recovering from alcohol use disorder is promoting a healthy, balanced diet. Chronic alcohol consumption often leads to poor nutrition, as alcohol displaces essential nutrients and can cause liver dysfunction, making it harder for the body to absorb and process nutrients. As part of the recovery process, individuals should be encouraged to eat a diet rich in fruits, vegetables, whole grains, and lean proteins, which provide vital vitamins and minerals to support the body's healing process. Fruits and vegetables are particularly important, as they are high in antioxidants, vitamins, and fiber, which aid in liver recovery, reduce inflammation, and improve overall health. Teaching patients the importance of these foods can also help address some of the nutritional deficiencies that often occur in individuals with alcohol use disorder, such as vitamin B12 and folate deficiencies. By incorporating these dietary changes, individuals can experience increased energy levels, improved mood stability, and better cognitive function, all of which support long-term sobriety.

Attend Alcoholics Anonymous (AA)

Alcoholics Anonymous (AA) is one of the most widely recognized and utilized programs for individuals recovering from alcohol use disorder. The program offers a structured, peer-supported environment where individuals can share their experiences, gain motivation, and learn strategies for maintaining sobriety. Health promotion efforts should encourage individuals to attend AA meetings regularly, as these meetings provide a sense of community and accountability, which can be crucial during recovery. AA's 12-step program is designed to help individuals take responsibility for their actions, confront their addiction, and commit to ongoing personal growth. While participation in AA has shown positive outcomes for many, it is essential to recognize that commitment levels may vary. Therefore, health teaching should address potential barriers to participation, such as scheduling conflicts or stigma, and emphasize the benefits of regular attendance and support from others who understand the challenges of recovery.

Follow Up with a Mental Health Counselor

Mental health counseling is an integral component of managing alcohol use disorder, as many individuals with alcoholism also experience co-occurring mental health issues, such as anxiety, depression, or trauma. Health promotion should emphasize the importance of follow-up care with a mental health counselor, as ongoing therapy can help individuals address underlying psychological factors that contribute to their alcohol use. Counseling provides a safe space for individuals to explore the emotional, behavioral, and cognitive aspects of their addiction and learn healthier coping mechanisms. Regular follow-ups with a counselor are essential for helping patients manage withdrawal symptoms, reduce the risk of relapse, and build emotional resilience. Cognitive behavioral therapy (CBT) and other therapeutic approaches can assist in altering thought patterns and behaviors that contribute to alcohol misuse. By incorporating mental health counseling into the treatment plan, individuals can better understand the root causes of their addiction and develop a more comprehensive approach to recovery. In summary, health teaching and health promotion for individuals with alcohol use disorder should focus on supporting both physical and mental recovery. Encouraging a healthy diet, regular participation in AA, and ongoing mental health counseling are critical strategies for helping individuals rebuild their lives and maintain long-term sobriety.

Discharge Planning

Effective discharge planning is essential for ensuring a smooth transition from inpatient care to continued recovery for individuals with alcohol use disorder. The goal of discharge planning is to provide patients with the tools and support they need to maintain sobriety and improve overall health after leaving medical care. Key components of discharge planning include a healthy diet, continued attendance at Alcoholics Anonymous (AA), follow-up care with a clinician, and actively seeking help when needed.

Healthy Diet

A healthy diet is crucial for individuals recovering from alcohol use disorder, as chronic alcohol consumption often leads to nutritional deficiencies. Upon discharge, patients should be encouraged to maintain a well-balanced diet that includes a variety of fruits, vegetables, lean proteins, and whole grains. This dietary approach will help replenish vital nutrients, support liver function, and improve overall health. Patients should also be educated on the importance of avoiding alcohol-related foods and beverages, which may trigger cravings or relapse. A healthy diet plays a significant role in stabilizing mood, boosting energy levels, and enhancing cognitive function, all of which are critical for recovery. A nutritionist or dietitian can assist with meal planning and help tailor the diet to the patient's specific needs.

Attend Alcoholics Anonymous (AA)

Regular participation in Alcoholics Anonymous (AA) meetings is often recommended as part of a comprehensive discharge plan. AA provides a support system for individuals recovering from alcohol use disorder, where they can connect with peers who understand their struggles. The 12-step program helps participants identify and address the underlying causes of their addiction, set goals for sobriety, and work through challenges that may arise during the recovery process. Patients should be encouraged to attend AA meetings regularly and continue their involvement with the group even after discharge. Providing resources for local AA meetings or online groups can help ensure ongoing support. If patients face barriers to attending, such as transportation issues or time constraints, healthcare providers should work with them to find solutions that make participation possible.

Follow Up with a Clinician

Follow-up care with a clinician, such as a doctor or mental health counselor, is essential for maintaining progress after discharge. Continued monitoring of physical health, especially liver function and nutritional status, is necessary to track recovery and address any emerging issues. A clinician can also help manage any co-occurring mental health conditions, such as anxiety or depression, that may have contributed to the patient's alcohol use disorder. Clinician follow-up should be scheduled within a short time frame after discharge, and ongoing appointments should be arranged to support the patient's continued recovery. These sessions provide an opportunity for patients to discuss their challenges, receive guidance on managing triggers, and receive any necessary adjustments to their treatment plan.

Seek Help

One of the most important aspects of discharge planning is encouraging patients to actively seek help when needed. Recovery from alcohol use disorder is often a long-term process, and patients may face setbacks or difficult moments after leaving medical care. It is essential that patients know how to reach out for support when they experience cravings, emotional distress, or situations that could lead to relapse. Patients should be encouraged to utilize a variety of resources, such as support groups, therapy, or crisis hotlines, to address these challenges. Empowering patients to seek help as needed can prevent a relapse and provide them with the tools to manage difficult situations in a healthy way. In conclusion, a comprehensive discharge plan that includes a healthy diet, continued participation in AA, regular follow-up care with a clinician, and a commitment to seeking help as needed is essential for successful recovery from alcohol use disorder. By providing the necessary resources and support, healthcare professionals can help ensure that patients remain on the path to long-term sobriety and improved health.

Other Issues

Complications of alcohol use disorder (AUD) extend far beyond physical health and can significantly impact various aspects of a patient's life, including their socioeconomic status, mental health, relationships,

employment, and overall well-being. These far-reaching effects highlight the importance of addressing alcohol use disorder in a comprehensive and holistic manner.

Socioeconomic Impact

Alcohol use disorder often leads to financial difficulties, as individuals may struggle to maintain steady employment or may face job loss due to absenteeism, poor performance, or behavioral issues associated with their alcohol use. This financial instability can, in turn, contribute to other social issues, such as homelessness, legal problems, and strained relationships. Individuals with AUD may also face challenges in maintaining a stable living situation or managing their personal finances, which can make recovery more challenging.

Mental Health Implications

Alcohol use disorder is frequently associated with co-occurring mental health disorders, such as depression, anxiety, and post-traumatic stress disorder (PTSD). These mental health issues can exacerbate alcohol abuse and make recovery more difficult. It is essential to address both the alcohol use and any underlying mental health conditions simultaneously through integrated treatment approaches, such as dual diagnosis care, to improve the chances of successful recovery.

Interpersonal and Relationship Strain

Relationships with family, friends, and romantic partners are often strained due to the behavioral and emotional challenges that accompany alcohol use disorder. Patients with AUD may experience conflict, isolation, and feelings of guilt or shame, all of which can hinder their recovery. Involving family members and close friends in treatment and providing them with education about AUD can foster understanding and support for the patient, improving the chances of a successful recovery.

Physical Well-being

The physical consequences of alcohol use disorder are well-documented and include liver damage, cardiovascular problems, neurological impairments, and gastrointestinal issues. Addressing these health concerns is crucial during recovery, as they can affect the patient's ability to engage fully in treatment and recovery programs. Continuous monitoring of the patient's physical health and integrating medical care with addiction treatment can help manage these issues and improve overall health outcomes.

Early Intervention and Ongoing Conversations

Early intervention is essential in addressing alcohol use disorder, as it allows for timely treatment and support before the disorder leads to severe health, social, and economic consequences. Repeated non-malignant discussions between the patient and healthcare provider are a key aspect of early intervention. These conversations, conducted in a non-judgmental and empathetic manner, help build trust, reduce stigma, and create a safe space for the patient to openly discuss their struggles. The provider's role is to listen, acknowledge the patient's experiences, and offer guidance, rather than criticize.

Recognizing Successes and Providing Resources

Acknowledging the patient's progress and successes is an important part of treatment. Celebrating even small achievements can help build the patient's self-esteem and motivation to continue their recovery journey. At each visit, healthcare providers should offer resources for continued efforts, such as support groups, counseling services, or additional treatment options. These resources not only provide ongoing support but also empower the patient to stay engaged in their recovery process.

Addressing Barriers to Seeking Assistance

Barriers to seeking cessation or treatment for alcohol use disorder can vary greatly from patient to patient. Some individuals may be reluctant to seek help due to feelings of shame, fear of judgment, or a lack of understanding about available resources. At each interaction, healthcare providers should engage in open discussions to explore these barriers and develop strategies to overcome them. This might include addressing misconceptions about treatment, exploring financial or logistical concerns, or helping the patient build a support network. By identifying and addressing these barriers, providers can help create a more effective and personalized approach to managing AUD. In conclusion, addressing alcohol use disorder requires a comprehensive approach that considers its impact on various aspects of a patient's life. Early intervention, continuous dialogue with the patient, recognition of progress, and identifying barriers to treatment are essential components of an effective care plan. By working together with the patient and their support system, healthcare providers can improve the chances of successful recovery and help the patient achieve long-term sobriety.

Role of Healthcare Security Workers

Healthcare security workers play a critical role in ensuring the safety and well-being of patients, staff, and visitors within medical facilities. Their responsibilities go beyond traditional security duties, extending into areas of patient care, emergency response, and support for healthcare teams. In hospitals, clinics, and other healthcare settings, security workers are essential for maintaining a secure environment, mitigating risks, and assisting in the management of behavioral health crises, including those related to substance abuse disorders such as alcohol use disorder (AUD). One of the primary responsibilities of healthcare security workers is to maintain a safe environment by preventing violence, theft, and other disruptive behaviors. In medical settings, this often involves managing and de-escalating situations where patients or visitors may become agitated or aggressive. Security personnel are trained to recognize signs of escalating aggression or distress and intervene in a way that minimizes harm to the individual involved and to others. For example, when patients with alcohol use disorder experience withdrawal symptoms, they may display aggressive behavior or emotional instability. Security workers must be able to handle these situations with sensitivity, employing non-confrontational methods to ensure safety while allowing healthcare providers to manage the underlying medical issues. Another critical aspect of a healthcare security worker's role is assisting in emergency situations. Healthcare facilities often experience emergencies that require immediate attention, whether due to medical crises, violent incidents, or natural disasters. Security personnel are trained to respond quickly and effectively, often coordinating with law enforcement, emergency medical services, and hospital staff. In the case of a patient experiencing alcohol withdrawal, which can lead to severe complications like seizures or delirium tremens, security workers may be the first responders on the scene. Their ability to assess the severity of the situation and communicate with medical personnel can make a significant difference in the patient's outcome.

Security workers also have a significant role in supporting the healthcare team during the management of mental health crises. Patients experiencing alcohol-related issues may present with co-occurring psychiatric conditions such as anxiety, depression, or aggression, which can complicate treatment and care. Security personnel are often involved in helping to maintain order during these crises by preventing harm and ensuring that patients receive the appropriate care. For example, if a patient exhibits erratic behavior or self-harm tendencies due to alcohol-induced confusion or delirium, security workers help secure the environment to allow medical staff to administer care without disruption. Moreover, healthcare security workers contribute to broader efforts in patient and staff safety through proactive monitoring. This includes monitoring surveillance systems, conducting regular patrols, and ensuring that secure areas of the hospital are accessible only to authorized personnel. In instances where a patient with alcohol use disorder becomes violent or attempts to leave against medical advice, security workers may be tasked with ensuring the patient's safety while preventing them from endangering themselves or others. These interventions help maintain a controlled environment, allowing healthcare providers to focus on treating the patient's medical needs. In addition to their security and emergency response functions, healthcare security workers are integral in the educational aspects of healthcare. They often participate in training hospital staff on de-escalation techniques, emergency procedures, and handling patients with behavioral health disorders. By fostering a safe and collaborative work environment, security workers enhance the overall patient experience

and contribute to the successful delivery of healthcare. In conclusion, healthcare security workers play a vital role in maintaining safety, managing crises, and supporting the healthcare team in medical facilities. Their involvement in handling behavioral emergencies, such as those associated with alcohol use disorder, ensures that patients receive the necessary care while minimizing risks to themselves and others. Through proactive monitoring, emergency response, and collaboration with medical staff, security workers help create a secure and supportive environment, essential for optimal patient care.

Conclusion

Alcohol Use Disorder (AUD) continues to be a significant public health issue with far-reaching consequences, including mental health challenges, poor nutritional status, and impaired social functioning. Effective management of AUD requires a comprehensive approach, integrating both nursing interventions and the involvement of healthcare security workers. Nurses play a crucial role in diagnosing, educating, and providing therapeutic interventions aimed at supporting patients through their recovery journey. Among the most effective nursing interventions are motivational interviewing and cognitive-behavioral therapy (CBT), both of which have demonstrated success in engaging patients and helping them address the underlying psychological components of alcohol misuse. Moreover, healthcare security workers hold an often-overlooked yet essential role in the care and management of patients with AUD. Security workers are frequently the first to identify signs of alcohol intoxication, withdrawal symptoms, or aggressive behaviors, which are common in patients suffering from AUD. Their ability to assess mood swings, confusion, unresponsiveness, and other critical signs can prevent escalations that may endanger both the patient and others in the healthcare setting. Security workers are trained to respond promptly to such situations, ensuring the patient's safety while awaiting medical evaluation and treatment. This collaboration between healthcare staff and security personnel is vital for effective intervention and ensuring a seamless care continuum for individuals struggling with alcohol misuse. It is also important to emphasize that security workers are not expected to diagnose or treat alcohol use disorders; however, they play a significant role in identifying high-risk situations and initiating appropriate responses. They provide an extra layer of safety and support, contributing to the overall care plan and making healthcare environments more secure. Furthermore, regular training and clear protocols for security personnel regarding alcohol misuse signs, de-escalation techniques, and emergency medical responses are essential for improving patient outcomes and reducing the likelihood of harm. In conclusion, the integration of nursing interventions and healthcare security workers in the management of AUD offers a more holistic, coordinated approach that addresses the multifactorial challenges posed by alcohol misuse. Through effective collaboration, healthcare settings can better meet the needs of patients, ensuring timely interventions, enhanced safety, and improved recovery outcomes.

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اضطراب تعاطي الكحول: الدور الرئيسي لبروتوكولات التدخلات التمريضية والأدوار الحيوية لعمال الأمن الصحي - مراجعة محدثة

الملخص:

الخلفية: يُعد اضطراب تعاطي الكحول (AUD) من القضايا الصحية العامة المنتشرة التي لها تأثيرات اجتماعية واقتصادية وصحية كبيرة. في الولايات المتحدة، يُلبّي حوالي 5.9% من الأفراد الذين تتراوح أعمارهم بين 12 عامًا وما فوق معايير اضطراب تعاطي الكحول، مع ارتباط تعاطي الكحول بمشكلات صحية عقلية وفيزيولوجية واجتماعية متنوعة. تكشف الدراسات أن اضطراب تعاطي الكحول غالبًا ما يتزامن مع حالات صحية أخرى مثل سوء التغذية، الاضطرابات النفسية، وضعف الأداء في البيئات المهنية أو الأكاديمية. تتطلب شدة اضطراب تعاطي الكحول تدخلات تمريضية فعّالة ومشاركة عمال الأمن الصحي، خاصة في البيئات السريرية الحادة.

الهدف: تهدف هذه المراجعة إلى دراسة دور التدخلات التمريضية وعمال الأمن الصحي في إدارة اضطراب تعاطي الكحول، مع التركيز على دمج أساليب الرعاية والدور الحيوي الذي يلعبه عمال الأمن في الوقاية من الأذى وتسهيل التدخلات الطبية في الوقت المناسب.

الأساليب: تقوم هذه المراجعة بتلخيص الأدبيات الحالية حول اضطراب تعاطي الكحول، مع تسليط الضوء على بروتوكولات إدارة التمريض، أدوار عمال الأمن الصحي، والتحديات المرتبطة بإدارة المرضى الذين يعانون من اضطرابات تعاطي الكحول في بيئات الرعاية الصحية المختلفة. تم مراجعة الدراسات ذات الصلة لتقديم أدلة حول فعالية التدخلات التمريضية، ودور العاملين الأمنيين في سلامة المرضى وتقديم الرعاية.

النتائج: أظهرت التدخلات التمريضية، مثل استخدام المقابلات التحفيزية والعلاج السلوكي المعرفي (CBT)، أنها تساهم في إدارة وعلاج اضطراب تعاطي الكحول. يلعب عمال الأمن دورًا أساسيًا في تحديد الحالات الحرجة، مثل التسمم الكحولي، أو الانسحاب، أو العدوان. تعتبر قدرتهم على تقييم التغيرات المفاجئة في المزاج، أو عدم الاستجابة، أو الارتباك، أو العلامات الحيوية غير المستقرة أمرًا بالغ الأهمية لضمان حصول الأفراد الذين يعانون من اضطراب تعاطي الكحول على رعاية طبية في الوقت المناسب. يمكن أن يؤدي التعاون الفعّال بين فرق الرعاية الصحية وعمال الأمن إلى تحسين نتائج المرضى.

الخلاصة: يتطلب معالجة اضطراب تعاطي الكحول نهجًا شاملاً ومتعدد الأوجه يجمع بين التدخلات التمريضية والأدوار الحيوية لعمال الأمن الصحي. يعتبر الموظفون الأمنيون جزءًا لا يتجزأ من تحديد المرضى المعرضين للخطر وضمان حصولهم على الرعاية الطبية المناسبة. إن التدريب المستمر للعاملين الأمنيين في التعرف على علامات تعاطي الكحول والتعامل مع السلوكيات العدوانية أمر بالغ الأهمية لتحسين سلامة المرضى وجودة الرعاية.

الكلمات الرئيسية: اضطراب تعاطي الكحول، التدخلات التمريضية، عمال الأمن الصحي، المقابلات التحفيزية، العلاج السلوكي المعرفي، سلامة المرضى