



Alcohol abuse in young adults (18-25yrs)

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ABSTRACT

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Abuse of alcohol has become a global health problem among young adults. The abuse of alcohol not only impacts the families of young adults but also society in general. The aim of the thesis was to conduct a qualitative literature review on nursing interventions for alcohol abuse in young adults between the ages of 18 and 25.

The information was gathered from PUBMED and CINAHL and obtained all the relevant articles. The method of literature survey on the topic of research is done using relevant keywords. The articles related to the topic of abuse of alcohol among the young adult population were collected. From the collected articles eleven most relevant articles were selected. Articles from 2011-2022 related to the topic and read them carefully and analyzed the data and present the relevant information in the thesis.

In the literature survey, nursing interventions were found for alcohol abuse by young adults such as brief motivational interviews (BMI), motivational interviews (MI), Audit, Audit C, Alcohol Smoking and Substance Involvement Screening Test (ASSIST), Routine screening brief intervention and referral to treatment (SBIRT). Mobile phone interventions, community-based interventions, booster sessions, timeline follow-up (TLFB), and counselling.

In conclusion, nursing interventions included methods to identify and reduce alcohol consumption among young adults. Among these methods, Audit, Audit C, the MI, and evidence-based pharmacotherapy for alcohol use disorder (AUD) were helpful in identifying and reducing alcohol consumption among young adults.

Keywords: young adults, alcohol abuse, binge drinking, acute care, nursing interventions

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GLOSSARY

AAI	Acute Alcohol Intoxication
A&E	Accident and Emergency
AUD	Alcohol Use Disorder
AUDIT	Alcohol Use Disorders Identifications Test
ASSIST	Alcohol, Smoking and Substance Involvement Screening Test
BI	Brief Intervention
BMI	Brief Motivational Intervention
CAGE	Cut Down, Annoyed, Guilty, and Eye Opener
ED	Emergency Department
IBC	Injury Behaviour Checklist
MI	Motivational interview
MET	Motivational Enhancement Therapy
NIDA	National Institute on Drug Abuse
TLFB	Timeline Follow back
TRAC	Texting to Reduce Alcohol Consumption
SADD	Short-form Alcohol Dependence Data

1. INTRODUCTION

The misuse of alcohol has become a common phenomenon among the young adults in recent times and this has become a significant problem not only for the families but also to the communities and to the society overall. Young people are abusing alcohol at a higher rate around the world, which has implications for the nurses who care for these young adults. The nurses should be aware of implications of the misuse of alcohol by the young people and recognise the signs of abuse of alcohol and intervene accordingly. It has been observed that there is a significant increase in the number of young people requiring visits to the emergency departments due injuries related to misuse of alcohol. The increased visits of young people to the emergency departments suggests that the nurses and supporting staff in such departments should be well equipped to give appropriate education and support to such young adults misusing alcohol. The misuse of alcohol-containing beverages regularly has adverse effects on the health of such people. Therefore, the responsible nurses need to involve actively in promoting health to make sure that young people are aware of the dangers due to misuse of alcohol. (Kiernan 2012.)

The topic is interesting because it is related to young adult, young adults are important to society and future of the society depends on their well-being. This thesis is written in collaboration with TAMK.

2. THEORETICAL STARTING POINT

Young adults are at a crucial stage of lives and care for their mental and physical health needs at this stage must be given priority to become responsible citizens in future. Research and development of suitable strategies and implementation of these is essential to improve young people's physical and mental well-being. (Society for Adolescent Health and Medicine 2021.) The young adult age ranges from 18-30, the period of young adult when there is a maturation biologically and psychologically (Zagorsky 2011).

When a person uses excessive amount of alcohol which increase health risks, violence, accidents, and increased mortality rate is known as alcohol abuse. It is recommended not to drink regularly to stay away from health risks that are caused by alcohol. Alcohol consumption is increased in young adults as well as increased crimes, violence, accidents. Lately it has become worldwide concern to reduce alcohol consumption on young adults. (Blevins & Khanna 2016.)

Excessive drinking in short period of time which include heavy drinking is binge drinking. It is common in college and university students. (Crego, Holguin, Parada, Mota, Corral & Cadaveira 2009.) The alcohol abuse is defined as a medical problem in which a person continues consuming alcohol despite knowing the adverse consequences of the alcohol physically, mentally, and economically (World Health Organization 2018).

The acute care, with reference to alcohol abuse is a secondary health care where a person obtains active short-term treatment for excessive alcohol consumption and for its adverse effects on the person (Hirshon, Risko, Calvello, De Ramirez, Narayan, Theodosios & Neill 2013).

Unforeseen treatment among young adult with morbidities associated to alcohol are often found in emergency department (ED). Many youths might not realize their use of alcohol is problematic or they may not know where to seek help or feel embarrassed to ask for help unless the ED visits. ED visits may provide an opportunity to do nursing intervention and highlight the consequences of alcohol use and its effect. Similarly, ED based nursing intervention

fills a health service care gap for those who do not have access to primary health care or regularly checkups. (Newton, Dong, Mabood, Ata, Ali, Samina, Gokiart, Vandermeer, Tjosvold, Hartling & Wild 2013.)

Nursing interventions are the efforts and actions nurses use to implement the patient's care plan which include any treatments, procedures, and teaching care for the patient to improve the patient's health and improve the patient's comfort (University of St. Augustine for Health Sciences 2022).

Identifying excessive alcohol use in young adults and treating them can reduce injury, violence, health complications and increase quality of life (Blevins & Khanna 2016). The World Health Organization claims that the AUDIT is a useful tool for detecting alcohol abuse. Similarly, questionnaire like short-form Alcohol Dependence Data (SADD) helps to evaluate the degree of dependency.

2.1 FACTORS INFLUENCING YOUNG ADULTS INCREASING ALCOHOL INTAKE

There is no single reason for alcohol misuse. There are many risk factors that results to increase in alcohol misuse. All risk factors combine differently in individual which may result some people get addicted to alcohol but others. Young people have a strong need to belong. If they don't get it at family, school, or through hobbies, they may turn to a group that uses alcohol or other intoxicants for acceptance. (WHO 2022.)

2.1.1 FAMILY

Indirect paternal impacts such as consumption permissiveness have been repeatedly linked to increasing consuming, excessive episodic drinking, and adverse effects of alcohol on younger adults. As young adults develop, parental expectations around alcohol consumption are likely to shift. Parents can influence their children's drinking habits even if they don't directly give them alcohol by creating a conducive environment. (Kaynak, Winters, Cacciola, Kirby, & Arria 2014.)

2.1.2 TRAUMATIC EVENTS

An individual can sometimes drink to cope with stress, distress, and irritability following a traumatic event. Typically, alcohol appears to alleviate these symptoms at first. When we are subjected to a traumatic event, our brain produces stress hormones, which help to dull the pain the physical and emotional pain of the incident. This seems to be our body naturally assisting us in coping. (Turner 2017.)

Children that have been victims of abuse in their early age are more likely to suffer from psychiatric and emotional problems, according to several studies. Additionally, Studies shows that child abuse and maltreatment have been increasing the risk of alcohol and drug abuse. The young adult who has experience childhood maltreatment or child abuse have been drinking a lot when they grow up. (Enoch 2011.)

2.1.3 SOCIAL AND CULTURAL FACTORS

Age, gender, family status, as well as socioeconomic factors are all personal factors. Despite the lack of a single health risk that is predominant, the further especially sensitive an individual is, more likely those who are to grow drinking issues because of drinking. Drinking causes more social and health damage to the poor compared to the wealthy. (WHO 2022.)

2.2 EFFECTS OF ALCOHOL ON YOUNG ADULTS

Alcohol misuse presents health risks and is responsible for careless behaviour humans irrespective of age. However, alcohol has different effects on the young people compared to the older people and is more dangerous for young people. In young people, excess alcohol consumption can cause physical damage to their body physically and mentally. The bodies and minds of young adults are still in a developing stage. Therefore, alcohol can interfere with the development of bodies

and minds making such people vulnerable to short term and long-term effects that includes both physiological and psychological effects. (Lee, Calhoun, Abdallah, Blayney, Schultz, Brunner & Patrick 2022.)

2.2.1 PSYCHOLOGICAL AND PHYSIOLOGICAL EFFECTS

The consumption of alcohol by young adults' changes body and mind both at psychological and physiological levels. In the body, alcohol makes brain adjusts its chemical production to deal with the foreign elements that are in the body and changes the functioning of the brain such as how people think and act. Such changes eventually leave noticeable physiological effects of alcohol on the brain and body. There are many common physiological effects of alcohol people experience after continued consumption. The psychological effects of alcohol misuse manifest soon after the use of alcohol and long-term effects that manifest over prolonged use of alcohol. (Vinader-Caerols, Monleón & Parra 2014.)

The short-term use of alcohol ranges from disoriented focus and feeling of relaxation and reduced stress as it slows down brain and changes the way an alcohol abuser thinks, feels, and acts. Difficulty in remembering things, impaired vision, reduced coordination, and reflexes of muscles. The use of alcohol for a longer period leads to depression and causes anxiety. It also increases tolerance of a person and the abuser to increase the substance abuse and dependency on alcohol. It also has impact on learning capacity and memory and interrupts the development of brain. (Vinader-Caerols, Monleón & Parra 2014.)

2.3 COMMON NURSING INTERVENTIONS USED FOR ALCOHOL ABUSE

The amount of young people going to ED because they are drunk or have a drinking problem or get hurt during intake of alcohol has significantly increased (Kiernan, Fhearail & Coyne 2012). Young adults are unaware of the problems caused due to alcohol abuse, there is a need for screening for these problems

proactively. Proactive screening among youth aged 18-25 years is effective at places such as college counseling centers and different hospital settings. (Mont et al, 2004; National Institute on Alcohol Abuse and Alcoholism 2006).

The nurses' assessment regarding alcohol abuse and related problems is important to prepare care plans and to make sure that young adults receive interventions to reduce the risk of alcohol-related problems. An important component of a nurse's evaluation in the ED is identifying the reasons that influence a youth's decision to drink. Alcohol usage has already harmed a young person's health if they are presenting a medical condition or injury caused by alcohol to the emergency room. As a result, they need to be assessed and given the proper interventions. (Wachtel & Staniford 2010; Kiernan et al, 2012.)

Different screening methods and questions are there to assess alcohol abuse and related problems. AUDIT is one of the questionnaires that is commonly used and CAGE tests. These two tests AUDIT and CAGE are found to be effective in ED. (Mongan, Reynolds, Fanagan & Long 2007.)

In addition to the assessment using questionnaire, it is important that nurses motivate patients using brief interventions to change their risky behaviour. (DoHC 2004; Hyman 2006; Wachtel & Staniford 2010; Kiernan et al 2012). Numerous therapeutic strategies, including multisystemic treatment, cognitive behavioral therapy, and medication have been studied for usage in situations of alcohol dependence yet motivational interviewing is viewed as being particularly relevant in the ED context, when interventions must be quick, simple, and successful. (Wachtel & Staniford 2010; Kiernan et al 2012.)

Studies have shown the MI is effective in minimizing alcohol abuse and related problems (Committee on substance Abuse and Kokotailo 2010; Wachtel & Staniford 2010; Kiernan et al 2012). It is important to maintain partnership between patient and nurse to respect patient's autonomy for effective motivational interview (Committee on Substance Abuse and Kokotailo 2010; Kiernan et al 2012). The nurse also needs to show empathy and listen to patients'

experience to maintain the relationship (Deas & Clark 2009; Spirito et al 2011; Kiernan et al 2012).

The MI primarily promotes youngster's consciousness as well as the decision to modify one's behavior (Committee on substance Abuse & kokotailo 2010; Spirito et al 2011; Kiernan et al 2012). The main goal is to demonstrate the difference that exists with both both the young peoples' current excessive drinking and one 's career ambitions in terms of academic achievement, work, sports activities, as well as family and friends. (Deas & Clark 2009; Committee on Substance Abuse and Kokotailo 2010; Spirito et al 2011, Kiernan et al 2012.)

Studies have shown that MI is effective in short term for up to 3 months and booster session are recommended to reduce the abuse of alcohol. It has also been seen that MI to the family needed in recognizing the risky behaviour of the youth by parents and help them address the issue. (Spirito et al 2011; Kiernan et al 2012.) Based on the screening AUDIT score and alcohol related injuries and visits to ED by young adults the nurse must refer to related services such as mental health and general practitioners. During this process the nurse must support and take into consideration the wishes of the family related to misuse of alcohol by the child. (NICE 2011; Kiernan et al 2012.)

Pharmacotherapies typically only address a small range of symptoms or psychological issues, making them ineffective as a standalone form of treatment. Pharmacotherapies routinely enhance addiction results when paired with psychosocial therapies. In any therapy context, detoxification is a typical technique that can be carried out. (Mongan et al. 2007.)

There is no ideal course of action or intervention for alcohol related problems. Instead, a variety of efficient therapies are available for various service user types in various situations. People with more complicated issues those with significant dependence, psychological morbidity, or social disorder are likely to require more intense therapies. The decision of the client, the preference of the clinician, and the availability of qualified and passionate therapists all play a role in choosing the best course of action. (Mongan et al. 2007).

3. PURPOSE, OBJECTIVES AND STUDY QUESTION

The purpose of the thesis is to conduct a qualitative literature review on nursing interventions alcohol abuse in young adults (18-25yrs).

The objective of the thesis is to provide information to nurses. This thesis is beneficial for nurses who work in that environment acute care facility.

Research question for this thesis: What are the nursing interventions used to help young adults against alcohol abuse in acute care?

4. METHODOLOGY

The approach for the writing our thesis contains method namely literature review search that is qualitative in nature. In this, we collect all the articles related to the topic abuse of alcohol among the young adult population. From the collected articles we select the most relevant articles related to the topic and read them carefully to analyse the data and present the necessary information in the thesis. (Xiao & Watson 2019.)

In our method of literature survey on the topic of research is done using relevant key words, however it is a search of information from PubMed, Cinahl and other sources and review the scientific, paired reviewed articles on the topic in the chosen field (Xiao & Watson 2019).

The literature review is the most important step of the research process in any research study. At the beginning of writing a thesis, the most important part is to explore the literature on the chosen topic. This step involves drawing a visual map of the studies that relates to your chosen topic, writing good abstract and identifying key terms. Qualitative research is done to explore and understand the reasons for human and social problems. (Creswell 2014.)

The plan is to use inclusion and exclusion criteria for the articles from reliable databases such as CINHALL & PUBMED. Then read and analyse the quality of chosen articles and choose 10 articles to our topic. Literature review is conducted in a planned manner. (Xiao & Watson 2019.)

5 DATA SEARCH PROCESS

The search for the topic Alcohol misuse in young adults 18-25 years was done in database CINAHL and MEDLINE. Our research question is How nursing interventions supports nurses to help young adults to manage alcohol abuse in the acute care? Using the CINAHL and MEDLINE database the searches were done in seven steps. Using the synonyms for the keywords the searches were done. The first search S1 was done choosing terms emergency care OR acute care and the results are 34,372 in CINAHL and 17,483 in MEDLINE. In second search S2 included the term short term care, and the findings are 77,031 in CINAHL and 126,339 in MEDLINE. In third search S3 alcohol abuse OR binge drinking terms were used and the findings in CINAHL are 31,707 and in MEDLINE are 86,297.

Using the terms young adults OR young people OR youth OR young adults in search S4 the results in CINAHL are 368,690 and in MEDLINE are 1,009,394. In search S5 combining the searches S2 AND S3 AND S4 found results are 43. In the final search S6, S2 AND S3 AND S4 combined with the limitations such as published date from 2011 to 2022, choosing English language, peer reviewed, and research articles and the results are 25 in CINAHL and are 6 in MEDLINE, in total 31 articles. Among 31 articles 20 articles were excluded; duplicate record removed (n=2), records removed for other reasons (n=3), records removed for age limit (n=5), records removed for not Europe (n=6) and 10 were finalize for thesis

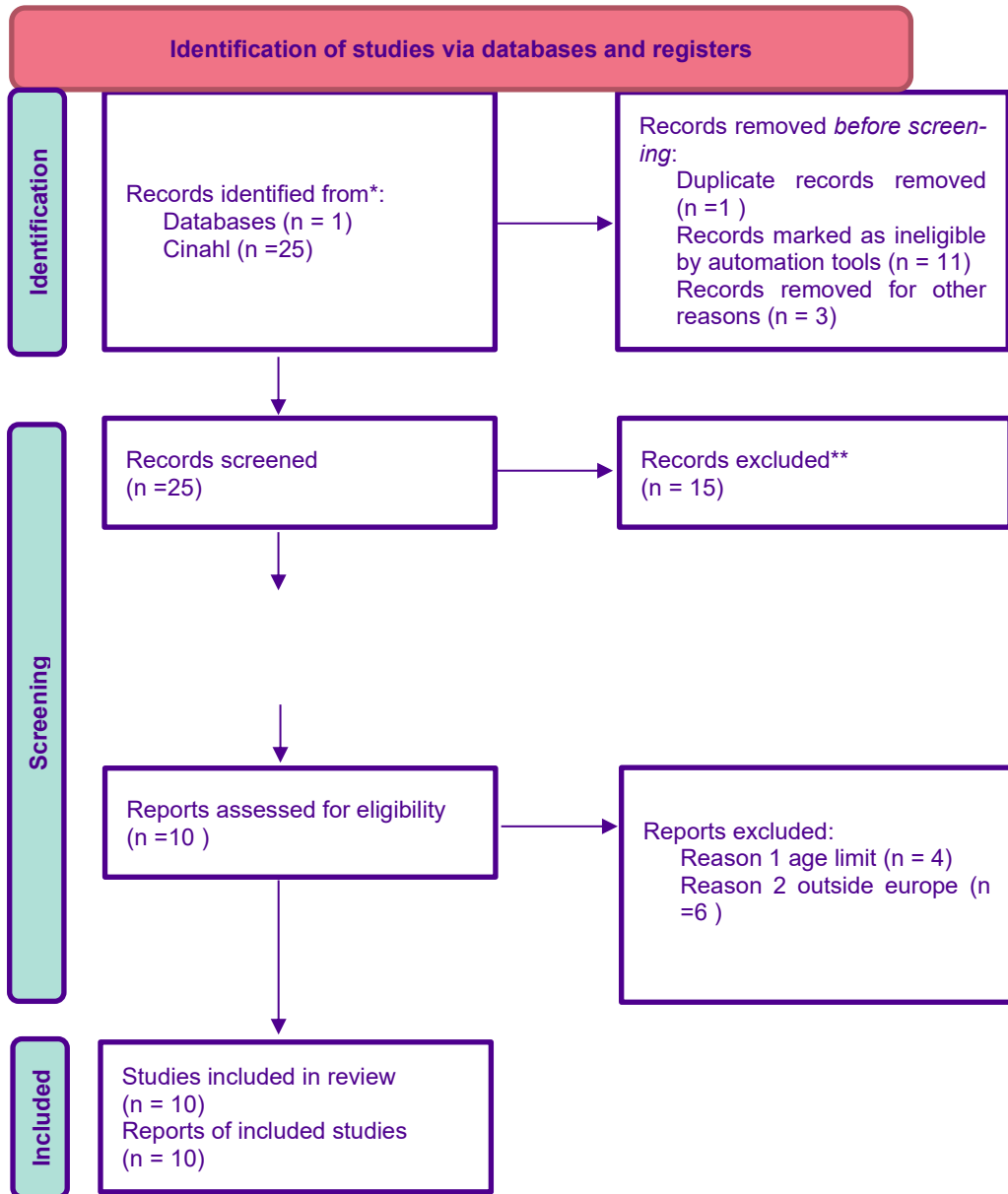


Figure 1 Prisma flow chart

6 FINDINGS

Table no.1 Findings from chosen articles

Nursing interventions against alcohol abuse in young adults	
Main categories	Subcategories
Health promotion	<ul style="list-style-type: none"> - Educating - Motivation - Counseling - Community based alcohol prevention - Computer delivered exercise
Nursing interventions and care	<ul style="list-style-type: none"> - Brief interventions (BI) - Screening test (BMI) - Audit, Audit C - MI - Mobile phone text - IBC -TLFB - MET - Booster session
Multidisciplinary Care Approach	<ul style="list-style-type: none"> - Family psychosocial therapies - Referral to treatment -Different supportive programmes

6.1 HEALTH PROMOTION

Educating and promoting youths' behaviours to reduce alcohol related harm have been effective in young adults (Diestelkamp, Drechsel, Baldus, Wartberg, Arnaud & Thomasius 2016). Interventions carried out in the community have proven successful at reducing various forms of violence caused by alcohol consumption. A city across the country-controlled study of a restoration intervention aimed at impoverished communities, for example, alcohol consumption as well as community crime. (Goldstick, Bohnert, Davis, Bonar, Carter, Walton & Cunningham 2018.)

Although the main goal of the nursing interventions where reduce alcohol consumption. One of the research articles primary goals was to motivate patients

to get more help for their treatment. Motivation sessions were held by professionals such as trained counsellors or psychologist. Counselling session's aim was to help patient to reduce alcohol consumption. A Dutch AAI intervention is structured as a counselling and educational programme which is planned for adolescent in emergency department after their intoxication hospitalized. (Diestelkamp et al. 2015.)

Observation assessments, where client report their drinking behaviour through texts message after ED. The patient who continuity report possibly dangerous drinking problem may referred directly to helpline and counsellor. know counsellors. (Suffoletto, Callaway, Kristan, Monti & Clark 2013.) Brief interventions were used and studied to reduce alcohol consumption and problems associated with it, such as drunk driving, violence, and injuries that result from drinking (Kohler & Hofmann 2015).

The active treatment groups in these studies were minimal, also including basic treatment, informational booklets, or feedback only. Two experiments tried to compare a BI to an enhanced BI, that is, individual intervention and as well as family-based intervention and furthermore computer-based practice focused on alcohol consumption. (Diestelkamp et al. 2015.)

6.2 NURSING INTERVENTION AND CARE

Motivational interviewing (MI) is one of the nursing interventions used for minimising the alcohol abuse among the young adults. This technique offers secondary prevention in an emergency care setting to you young adults who are hospitalized and are known for risky alcohol consumption. (Kohler & Hofmann 2015.)

It is well known that facilitating and motivating the young adults can bring about the changes in behaviour. The main aim of MI is to pursue the goal of deaddiction and resolve the contradictory ideas about the alcohol consumption. In the emergency hospital settings, the MI is believed to minimize the consumption of alcohol and its related problems. (Kohler & Hofmann 2015.)

The alcohol abuse among the young adults can be screened using AUDIT-C in various healthcare settings. In many situations, a quick and effective screening tool is very helpful and therefore many single screen methods have been developed and AUDIT-C is one of them that can detect risk of alcohol abuse. (Beth, Chaney, Barry, Matthews, Martin, Stellefson & Smith 2014.)

The audit-consumption (AUDIT-C) which is a very compact version that focuses exclusively on the initial three consumption items from the AUDIT. This has been shown to be very efficient method in identifying risky behaviours of alcohol consumption. (Beth et al. 2014.)

In this method, there are three questions asked such as, 1) how often a person consumes an alcohol containing drink? 2) How many alcoholic beverages do you take in a day? 3) The last question will be the frequency of consuming six or more drink on single event (Suffoletto et al. 2014.)

Recent studies in Europe have suggested that increasing numbers of young adults require emergency medical interventions for excessive alcohol consumption and it is a major health problem. In the emergency department (ED), Brief interventions (Bis) could be helpful in preventing future risky drinking behaviour in such young adults. (Diestelkamp et al. 2016.)

BIs is introduced to minimize the acute alcohol intoxication (AAI) patients in hospital setting in Europe. Halt-Hart am Limit project has been developed to prevent the alcohol consumption in underage AAI patients in Germany, and BI is one of the elements in this project. Nationwide, this project is implemented in more than 170 places. However, little is acknowledged well about efficacy of BIs in young people and adolescents. (Diestelkamp et al. 2016.)

Interventions using mobile phone text messaging is suggested to be an effective communication tool for young adults for supporting their drinking behaviour after the discharge from ED. Studies have shown that about 95% of young people use mobile phones and 97% of them communicate through text messages every day. It has been demonstrated that communicating with young people about alcohol misuse after ED care is easier using text message and minimizes the binge drinking episodes in a very short period. (Suffoletto et al. 2016.)

Timeline Follow back (TLFB) procedure is used for measuring the consumption of alcohol among the participants and uses calendar for giving retrospective estimates of daily drinking by participants for a month before the date of the interview. The Injury Behaviour Checklist (IBC) is used for measuring the injuries related to alcohol. In this procedure, the participants are asked about how often the injuries occurred in the last three months. If it is found that the participant received injuries, the follow up question would be regarding alcoholic beverages consumed prior to the event of injury and if it was treated by a doctor. National Institute on Drug Abuse (NIDA)-Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) is used for measuring drug abuse in last three months. (Suffoletto et al. 2016.)

TRAC trial used to report risky alcohol use for randomized 12-week SMS program for patients between 18-25 age group, where they were questioned about intentions for drinking, goals setting and alcohol consumptions. In minimizing binge drinking among young adults TRAC is found to be more effective for text messages. (Suffoletto et al. 2016.)

Motivational Enhancement Therapy (MET) intervention is a counselling session that lasts for about 20-25 minutes incorporating feedback and guidance and increases motivation to help the patients in increasing their safety. The aim of MET intervention is to get the response of the patient to recognise the reasons for change and help them identify their own goals and resolve the confusion. (Rhodes, Rodgers, Sommers, Hanlon & Christoph 2014.)

In MET interventions, the patients are encouraged to find out the relations between their alcohol abuse and the reason for the violence with their partners. The purpose of the MET interventions for many is to agreement to minimise abuse of alcohol or its ability to cause harm. Through negotiation process, the agreement is done between the patient and the practitioner. If the patient is not ready to change the behaviour the patient's needs are supported and encouraged by the MET therapist and also therapist respect autonomy of the patient. (Rhodes et al. 2014.)

It has been found that, when BI is combined with booster sessions, there was a substantial reduction in consumption of alcohol at 3-month follow-up. An-

other study compared a BI that included booster sessions and found a significant reduction in alcohol consumption in BI group at 6- and 12-month follow up period. (Diestelkamp et al. 2016.)

6.3 MULTIDISCIPLINARY CARE APPROACH

Young adults who drink dangerously are advised to speak with their general healthcare provider or a nearby a local information source on cutting back on their use of alcohol (Wiercigroch, Sheikh & Hulme 2020). Nurses' and specialized staff in the ED question patients about their sociodemographic make-up and frequency of visits to A&E for alcohol-related issues. sociodemographic traits such the usage of tobacco, drugs, and alcohol both in the past and currently; health and social services; information on their most recent and previous visit to the emergency room; and the kind of support or treatment they need. Thus, gathering the data helps in highlighting their issues and generating more and better resources for the patients. (Neale, Parkman, Day & Drummond 2016.)

Alcohol usage and depression and anxiety are frequently associated. Understanding these dynamics may help avoid alcohol use and mental health symptoms (Goldstick et al. 2018). In order to assess whether additional treatment to psychologist or specialist doctor is needed or not, psychosocial risk factors are addressed with the BI. If necessary, a referral to psychiatric treatment or drug abuse counseling for young people is done. Referral to either detoxification, inpatient treatment, sociotherapy, or an experience-focused group program, psychiatrists. (Diestelkamp et al. 2016.)

One study offers the sessions to parents and adolescents together as well as to parents individually, offering them counseling. The main goal of the primary intervention is to encourage patients to seek additional alcohol-related treatment. (Diestelkamp et al. 2016.) Treatment care with written material such as an educational booklet or handout regarding the dangers of alcohol use or a

contact list such as a list of community services or adolescent treatment centers and a brief talk about an educational pamphlet is helpful to the alcohol consumption youth (Kohler & Hofmann 2015.)

The fact that many of the highlighted practice initiatives were started by hospital staff in response to the raising number of young adults getting treatment for alcohol intoxication in EDs illustrates the clear need that practitioners feel qualified to speak with this target group using adequate facilitate. Furthermore, to these programs that offer BIs in ED, there are other programs in Europe that offer different types of support to adolescents who are intoxicated by alcohol. For instance, the Dutch program "Jeugd en Alcohol" provides adolescents with AAI with a counseling and educational session at a scheduled revisit a few weeks after hospitalization, and the Swedish Maria Ungdom provides treatment for adolescents with AAI in a clinic specifically designed for young adults who struggle with drink and drug use. (Diestelkamp et al. 2016.)

7. ETHICS AND RELIABILITY

For writing thesis there is need to follow ethics and the information need to obtain from authentic and reliable sources. It is essential to be sincere, aware and admire the others' work. According to data protection act GDPR article 6 section 4 the personal data is not revealed and not considering any specific groups in our thesis. Specific groups for example, political opinion, sexual orientation, or behaviour. In thesis when the other researcher work, their finding, data, or any information used as the framework, proper citation must be done. The information must be acknowledged and referenced in the text. (Arene 2019.)

When reviewing on others work, we must also consider the possible impacts that the results may have on other people, who participated in the research. The oiva contract agreement is to be signed by the student and the supervisor following the key principles such as thesis topic, plan, timetable, and funding of the research are agreed upon at the beginning of the research. We write the thesis according to the TAMK report guidelines and the copywrite of the work belongs to us. (Arene 2019.)

We also follow the data protection materials and instructions provided by Tampere University of Applied Science. Taking others' researcher ideas, plan, data, or copyright materials and presenting it as own is considered a steal and of resource misconduct. This resource misconduct is done without proper citation. Thus, to prevent this crime, the thesis is checked in plagiarism identification system before approved. We know that thesis is a public document. The thesis is not confidential materials, anyone may view it including persons who are not connected to the university. (Arene 2019.)

In the thesis presentation, the students present the results, main finding, and the conclusion of the thesis research. The presentation is the public event. The presentation of the thesis will be made according to the agreement, working together with supervising teacher and the cooperative party. (Arene 2019.)

8. DISCUSSION

The findings from the selected articles about the alcohol abuse among young adults 18-25 yrs, nursing intervention methods to reduce the troubles associated with drinking alcohol in ED studies found MI to be more effective method for reducing the alcohol consumption among young adults (Kohler & Hofmann, 2015). AUDIT-C, that was used in various health care settings has been shown to be very useful method in identifying risky behaviours of alcohol consumption (Beth et al.2014).

According to (Diestelkamp et al. 2016) seven RCTs were carried out to assess the efficacy of alcohol. BIs in ED and found that four BIs were beneficial. BIs were introduced to minimize the acute alcohol intoxication patients in hospitals setting in Europe and it was found that BI combined with booster session is more effective in reducing the alcohol consumption with minimum of 3 months follow-up.

Nursing interventions using mobile phone text messaging among young adults 18-25 yrs. after ED care are easy methods to communicate and support in minimizing alcohol consumptions and follow-up like booster sessions. TRAC is a texting method to reduce alcohol consumption trail used to report risky alcohol use for randomised 12-week SMS program for young adults. (Rhodes et al. 2014.)

In addition to other interventions, MET intervention is a counselling session where the agreement is done between the counsellor and the patients to minimise the alcohol abuse. Even though the patient doesn't agree with the goals it is important that the therapist must respect the patient's autonomy and support the patient. (Rhodes et al. 2014.)

Studies showed that the people who often visit Accidental emergency department for alcohol related problems also had physical and mental health problems, unemployment, social and economic problems (Neale et al. 2016). Nursing interventions carried out in the community were found to be successful in reducing various forms of violence caused by alcohol consumption

(Goldstick et al. 2018). Similarly, educating and promoting young people's behaviours to reduce alcohol related harm found to be effective (Diestelkamp et al. 2016).

9. CONCLUSION:

The main focus of this literature review is to find out the nursing interventions used against alcohol abuse among young adults aged 18-25. The studies showed that some of the nursing interventions were effective in reducing alcohol intake and its related problems. Young adults coming from poor social economic background who abuse alcohol are prone to physical, and mental, problems need thorough screening at multiple places such as university, schools and different hospital settings to reduce the risky behaviours among them.

Alcohol consumption among young adults is increasing and is a major concern worldwide. There is an increase in number of young adults visiting emergency departments for alcohol related problems, nurses and support staff in these departments should be well equipped to provide appropriate education and support to these young adults.

Many young individuals may not recognize their own drinking problems as a concern and may not know when and where to get the help or may be too embarrassed to seek help unless they go to the ED. Nurse' in ED need to assess the patient and offer treatment as needed. In addition to that nurses should be able to understand the warning indicators and symptoms of alcoholism and help the patient to get treatment for alcohol consumption.

Nursing interventions are helpful in reducing the consumption of alcohol, in addition to that the young adults need support and motivation from their families and health care providers. Interventions become easier to implement when the clients are motivated to get help and live quality of life.

In the research articles, the intervention methods were used to identify and reduce alcohol consumption among young adults. Among these methods used, Audit, Audit C, the MI, and evidence-based pharmacotherapy for alcohol use disorder (AUD) were helpful in identifying and reducing alcohol consumption among young adults.

10. REFERENCES

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APPENDICES

Appendix 1. Date base search

1/3	Query	Limiters/Expanders	Last Run Via	CINAHL	Medline	30
S6	S2 AND S3 AND S4	<p>Limiters - Published Date: 20110101-20221231; English Language; Peer Reviewed; Research Article</p> <p>Expanders - Apply equivalent subjects</p> <p>Search modes - Boolean/Phrase</p>	<p>Interface - EBSCOhost Research Databases</p> <p>Search Screen - Advanced Search</p> <p>Database - CINAHL Complete</p>	(25)	(6)	
S5	S2 AND S3 AND S4	<p>Expanders - Apply equivalent subjects</p> <p>Search modes - Boolean/Phrase</p>	<p>Interface - EBSCOhost Research Databases</p> <p>Search Screen - Advanced Search</p> <p>Database - CINAHL Complete</p>	(43)	(55)	

S4	(MH "Young Adult") OR (young people OR youth OR young adults)	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EB- SCOhost Re- search Data- bases Search Screen - Advanced Search Database - CI- NAHL Com- plete	(368,690)	(1,099,394)
S3	((MH "Alcohol Abuse") OR (MH "Binge Drinking") OR ((alcohol abuse OR binge drinking)	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EB- SCOhost Re- search Data- bases Search Screen - Advanced Search Database - CI- NAHL Com- plete	(31,707)	(86,297)
S2	((MH "Emergency Care") OR (MH "Acute Care")) OR (acute care OR emergency care OR	Expanders - Apply equivalent subjects Search modes - Boolean/Phrase	Interface - EB- SCOhost Re- search Data- bases Search Screen - Ad- vanced Search Database - CI- NAHL Com- plete	(77,031)	(126,339)

	short term care)					
S1	(MH "Emer- gency Care") OR (MH "Acute Care")	Expanders - Apply equiv- alent sub- jects Search modes - Bool- ean/Phrase	Interface - EBSCOhost Research Da- tabases Search Screen - Ad- vanced Search Database - CI- NAHL Com- plete	(34,372)	(17,483)	

Appendix 2. Prisma chat flow

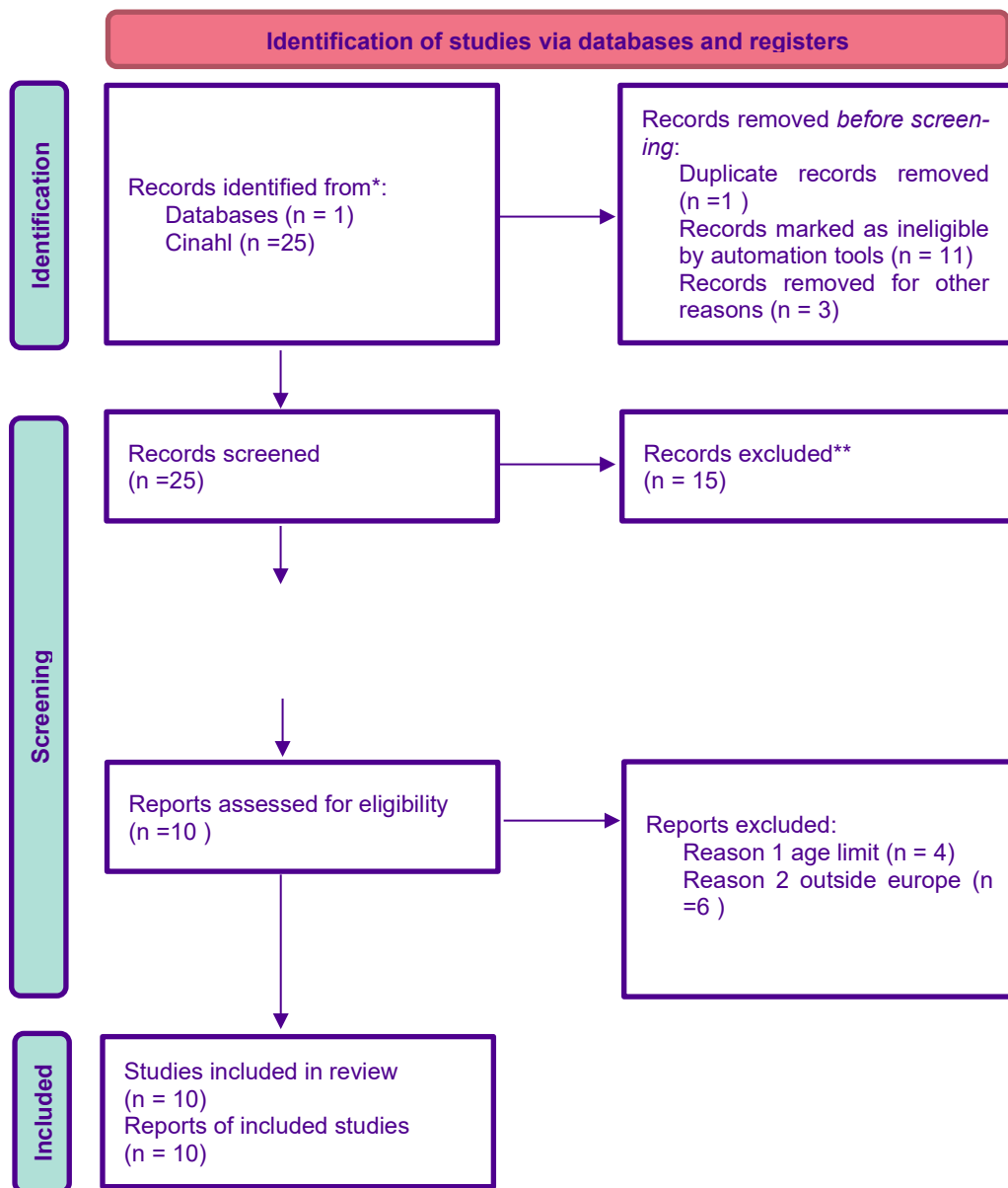


Figure 1 Prisma flow chart

Appendix 3. Eligible 10 articles and their aim

Chosen Articles	Authors	Aim
<p>1.Can Motivational Interviewing in Emergency care Reduce Alcohol Consumption in? A Systematic Review and Meta-analysis.</p>	<p>Kohler, Stefan; Hofmann, Anjuna</p>	<p>Aim of the research is to investigate the effect of motivational interviewing (MI), delivered in a brief intervention during an emergency care contact, on the alcohol consumption of young people who screen positively for present or previous risky alcohol consumption.</p>
<p>2.Socio-demographic characteristics and stereotyping of people who frequently attend accident and emergency departments for alcohol-related reasons: Qualitative study.</p>	<p>Neale, Joanne; Parkman, Tom; Day, Ed; Drummond, Colin</p>	<p>To provide new insights into the socio-demographic characteristics of people who frequently attend Accident and Emergency (A&E) departments for alcohol-related reasons</p>
<p>3.Dual Trajectories of Depression/Anxiety Symptoms and Alcohol Use, and their Implications for Violence Outcomes Among Drug-Using Urban Youth.</p>	<p>Goldstick, Jason E; Bohnert, Kipling M; Davis, Alan K; Bonar, Erin E; Carter, Patrick M; Walton, Maureen A; Cunningham, Rebecca M</p>	<p>To examine dual trajectories of anxiety/depression symptoms and alcohol use among drug-using youth seeking care from an urban emergency department (ED), their baseline correlates and co-occurring trajectories of severe violence.</p>

<p>4. Psychometric properties of a single item assessing drunkenness to identify hazardous drinking: a replication study.</p>	<p>Chaney, Beth H.; Barry, Adam E.; Cremeens-Matthews, Jennifer; Martin, Ryan J.; Stellefson, Michael L.; Vail-Smith, Karen</p>	<p>This study replicates previous work validating the ability of a non-quantity-based single item assessing drunkenness to effectively identify signs of hazardous alcohol use.</p>
<p>5. Brief in Person Interventions for Adolescents and Young Adults Following Alcohol-Related Events in Emergency Care: A Systematic Review and European Evidence Synthesis.</p>	<p>Diestelkamp, Silke; Drechsel, Magdalena; Baldus, Christiane; Wartberg, Lutz; Arnaud, Nicolas; Thomasius, Rainer</p>	<p>to understand the baseline characteristics and intent to retaliate of drug-using, assault-injured (AI) youth in the Emergency Department (ED) setting, where care for violent injury commonly occur</p>
<p>6. French Red Cross Volunteer Rescue Workers: Psychological Characteristics and Healthcare Support After the January 2015 Terrorist Attacks in Paris.</p>	<p>Meudal, Julie; Vandentorren, Stéphanie; Simeoni, Laurent; Denis, Céline</p>	<p>To analyse the results of the IMPACTS study regarding the somatic, psychological, and social characteristics of the French Red Cross volunteer rescuers who intervened during these terrorist attacks.</p>

<p>7.A rapid access to addiction medicine clinic facilitates treatment of substance use disorder and reduces substance use.??</p>	<p>Wiercigroch, David; Sheikh, Hasan; Hulme, Jennifer</p>	<p>to describe the RAAM clinic model of care, including referral patterns, patient demographics and substance use disorders. Secondary objectives included the rate of prescription of evidence-based pharmacotherapy for AUD and OUD and treatment outcomes over the study period, including changes in both self-reported and objective substance use, as well as retention in treatment.</p>
<p>8.Understanding the service needs of assault-injured, drug-using youth presenting for care in an urban Emergency Department.</p>	<p>Bohnert, Kipling M; Walton, Maureen A; Ranney, Megan; Bonar, Erin E; Blow, Frederic C; Zimmerman, Marc A; Booth, Brenda M; Cunningham, Rebecca M</p>	<p>to understand the baseline characteristics and intent to retaliate of drug-using, assault-injured (AI) youth in the Emergency Department (ED) setting, where care for violent injury commonly occurs.</p>
<p>9.Mobile phone text message intervention to reduce binge drinking among young adults: study protocol for a randomized controlled trial.</p>	<p>Suffoletto, Brian; Callaway, Clifton W; Kristan, Jeffrey; Monti, Peter; Clark, Duncan B</p>	<p>The aim of this study is to test the hypothesis that a mobile phone text-messaging program will result in immediate and durable reductions in binge drinking among at-risk young adults.</p>

<p>10.motivational intervention for problem drinking and intimate partner violence in an The Social Health Intervention Project (SHIP): protocol for a randomized controlled clinical trial assessing the effectiveness of a brief urban emergency department.</p>	<p>Rhodes, Karin V; Rodgers, Melissa; Sommers, Marilyn; Hanlon, Alexandra; Crits-Christoph, Paul</p>	<p>to determine whether a motivational intervention delivered at the time of an Emergency Department visit will reduce heavy drinking and improve the safety of women experiencing intimate partner violence.</p>
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