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Interventions targeting physical health problems in patients with concurrent mental illness and substance use

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Introduction Physical comorbidities are common in patients with concurrent mental illness and substance use disorder. Interventional studies addressing health promotion for this group of patients are scarce.
Aims To examine the physical health condition of a non-selected group of patients with substance use disorder comorbid to other psychiatric disorders. Further, to analyze for possible changes in their health condition during a two-year intervention study in relation to physical measures and substance use. Finally, to analyze for possible associations between changes in physical measures and in substance use.
Methods The patients were enrolled in the project continuously from October 2013 through May 2015. Physical health measures were obtained at the enrolment date and continuously as part of daily clinical practice. Interventions consisted of individual consultations with a research nurse, group sessions and an opportunity to do physical exercise together with the research nurse. Interventions included health promotion activities, i.e. guidance on healthy food intake, smoking cessation and a physically active life.
Results In total, 64 patients (mean age 32.7 years, SD 10.7) were included in the study. Patients were mostly diagnosed with psychotic disorders (11%), affective disorders (44%) or developmental disorders (34%). Baseline measures showed that 89% of the patients smoked cigarettes daily, 61% had used cannabis and 20% had used amphetamines within the past month. Further, few patients did moderate or vigorous physical exercise. Further results are in progress.
Conclusions These interventions seem relevant and manageable in an outpatient setting.
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Delusional symptoms with alcohol

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A patient is twenty-eight years old who comes to the emergency services because he has visual hallucinations related to alcohol consumption. He only consumes alcohol sporadically in leisure time. Since he began drinking at 18 years he has presented these symptoms in only four occasions. He does not relate with a more quantity of alcohol or another stressors. After a few minutes, these symptoms disappear and so he criticizes.
It is about of study through a clinical case the alcoholic hallucinosis, their characteristics and to see the differences in the patient. The patient in the acute phase presents a view of reality altered that later he recovers. There is no loss of consciousness or behavioral disorders. There are similarities with a pathological intoxication but there is not a regular relationship between consumption and symptoms.
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Do medical students use cognitive enhancers to study? Prevalence and correlates from lithuanian medical students sample

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Introduction Use of prescription psychostimulants and nootropics for non-medical purpose is a growing trend, especially in academic environment. Seeing the risks of neuroenhancement we decided to investigate situation in Lithuania.
Objective Analyze the use of cognitive enhancers among medical students in Lithuania.
Aims 1. Determine the prevalence of cognitive enhancement. 2. Figure out what drugs are mostly used and reasons for the usage. 3. Evaluate the contributing factors.
Methods A cross-sectional survey study was performed in Vilnius University and Lithuanian University of Health Sciences. Students were asked to fill anonymous paper questionnaires consisting of 13 items concerning prevalence of substance use to enhance cognitive performance, reasons, and correlates during lecture time.
Results Results are summarized in Table 1. A total of 8.1% of responders indicated that they had used cognitive enhancers. Nootropics were the most frequently mentioned: 59.6%, while psychostimulants were mentioned less frequently: 38.3% (including modafinil, methylphenidate and amphetamine derived drugs), and 23.4% indicated other substances. Improvement of concentration and increased studying time were predominant purposes (55.3% and 48.9% of users). Male students reported 3 times higher prevalence rates than females (14.6% vs. 5.1%, $P < 0.05$). Prevalence were also higher in students, who knew someone using these substances as compared to those who did not (17.3% vs. 5.1%, $P < 0.05$); it was the most associated factor with cognitive-enhancing drug taking behavior (Table 1).
Conclusions In Lithuania, 1 of 12 medical students admits to having used neuroenhancing drugs. Nootropics were the most used drugs. Knowing user was the most important factor for usage.

Table 1 Main findings of this study.

	%	N
Students who indicated that they had used cognitive enhancers	8.1	47 (of 579)
Gender differences:		
Male	17.1	27 (of 185)
Female	5.4	20 (of 394)
Most used drugs:		
Nootropics	59.6	28 (of 47)
	%	p value, standardized coefficient
Factors which had the greatest influence on consuming drugs:		
Knowing someone who had used	17.3	<0.0001, 0.0395
Gender	17.1	<0.0001, 0.0388
Most important reasons for use:		
Improve concentration	55.3	<0.031, 0.2397

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