Chapter 49:

LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. List the adverse health effects brought about by the use and abuse of alcohol, nicotine, and caffeine.
2. Recommend specific drugs and dosing regimens for preventing withdrawal from alcohol.
3. Provide evidence-based recommendations to help people to stop smoking.
4. Describe the role of naltrexone and disulfiram as long-term treatments for alcohol dependence.
5. Select an appropriate product to be used as nicotine replacement therapy in a given patient, considering cost, convenience, efficacy, and side effects.
6. Explain the role of counseling and other support therapy in a comprehensive program to help people quit smoking.
7. Explain the effects of alcohol at different concentrations in the blood.
8. Identify risk factors that might predispose a person to alcoholism.
9. Calculate the amount of alcohol present in various volumes of different alcoholic beverages.
10. Discuss the economic burden imposed on our society by the abuse of alcohol, nicotine, and caffeine.
11. Compare and contrast the five first-line pharmacotherapies that reliably increase long-term smoking abstinence rates.
12. Recommend a starting dose and duration of treatment for a patient choosing to use bupropion as a smoking deterrent.
13. Determine if a patient is suffering from caffeine withdrawal, given a specific set of signs and symptoms.