

Nursing and effect observation of middle-aged male patients with acute alcoholism.

Liu Jing¹, Sun Xuan², Li Li³, Tian Dan^{4*}

¹The Out-Patient Department, Renmin Hospital of Wuhan University, Wuhan, PR China

²The Nursing Department, Renmin Hospital of Wuhan University, Wuhan, PR China

³The Pediatric Department, Renmin Hospital of Wuhan University, Wuhan, PR China

⁴The Emergency Department, Renmin Hospital of Wuhan University, Wuhan, PR China

Abstract

With the continuous improvement of people's living standard, people's material needs have been met. Nowadays, some of the unhealthy living conditions have led to outbreaks of disease, and have also caused some damage to people's healthy life. For example, alcohol consumption has a greater impact on people's health. Based on the prevalence of alcoholism in current society, the postoperative nursing and related effects were further analysed in this paper. The purpose of this study is to provide some theoretical basis and scientific support for the improvement of our country's physical health.

Keywords: Middle-aged men, Acute alcoholism, Nursing, Effect.

Accepted on May 22, 2017

Introduction

With the rapid development of modern economy, people's living standard and quality have been improved to a great extent. Many unhealthy living habits are constantly emerging and developing. In particular, tobacco, wine, and so on have become an important part of people's daily lives. These products have caused a certain degree of harm to human health. It causes serious harm to some tissues and organs of the body, and further causes paralysis of nerve tissue [1]. The average life expectancy of people who smoke and drink for a long time is significantly lower than that of people who never smoke or drink [2]. Therefore, it is necessary to check and monitor the health of alcoholic people, so as to avoid the occurrence of certain diseases.

Wine culture has always been an important part of diet in China. Nowadays, drinking has become an inevitable process in business. However, a large scale consumption of alcohol may damage the body's immune system, and gradually reduce the sensitivity of the body. The degree of alcohol sensitivity depends on various factors such as genetic, age-related factors, racial differences etc. [3]. Acute alcoholism will cause major damage to key tissues of the body, and may further lead to other complications such as fatty liver, hypertension, oral cancers and cardiac diseases [4-7]. And because of the prevalence of contemporary wine culture, acute alcoholism has become one of the most important diseases. The severity of acute alcoholism and its effects in middle-aged men is mainly analysed in this paper. The disease management and the

nursing of the disease are observed. The purpose of this study is to provide a theoretical basis for the prevention and treatment of acute alcoholism, so as to further provide scientific support for the health of our nation.

State of the Art

The main symptoms of acute alcoholism and related research

Many studies have found that acute alcoholism will not only damage some of the body's tissues and organs, but also may cause the body to produce a certain degree of dependence on ethanol. Furthermore, some of the tumor suppressor genes may be activated, resulting in the occurrence of malignant tumors [8,9]. Therefore, scholars should pay attention to the prevention and treatment of acute alcoholism.

Study on nursing and related effects of acute alcoholism

Based on the symptoms shown by the acute alcoholism patients, needs to be hospitalized to overcome the symptoms [10]. Today, many of the related nursing methods has been evolved and practiced. Only the effective care can make patients ease up from the symptoms of poisoning as soon as possible, so as to reduce the mortality and life threats.

Methodology

Analysis of the current situation of acute alcoholism in middle-aged men in China

Due to the reasons for the wine culture, coupled with the rapid development of China's economy, middle aged men's entertainment is gradually increasing. There is an increasing trend in the incidence of acute alcoholism among middle-aged men (Figure 1). Moreover, many studies have suggested that acute alcoholism has become one of the most important diseases that cause the death of middle-aged men in China. However, the degree of attention to this kind of patients in China is relatively less, so that the relevant treatment is not perfect. Therefore, in view of this phenomenon, the nursing method of acute alcohol intoxication in middle-aged men in China was studied in this paper, so as to provide theoretical basis for the physical health of our nation.

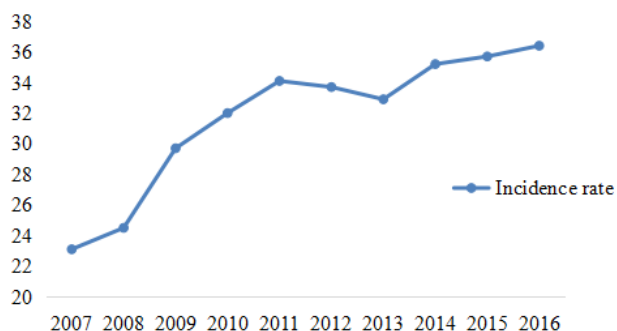


Figure 1. Analysis of the incidence of acute alcoholism in middle-aged men in China.

Research method

A total of 60 patients with acute alcoholism were randomly selected for the study, and they were divided into the experimental group and the control group. All the patients in the experimental group were treated with postoperative nursing intervention. The Table 1 gives the detailed information of the patients in the experimental group. Except the intervention treatment, the other influencing factors of the other factors are all the same.

The occurrence rate of some dangerous hidden side effects after operation is compared and analysed, so as to determine

Table 1. Analysis of the specific information of the relevant personnel.

	Male	Female	Average age	Intervention measures
The experimental group	22	8	47.25 ± 5.32	1. Cultivate keen observation; 2. To assess unsafe factors; 3. The use of naloxone, 4. To ensure the safety of the patient
The control group	22	8	49.30 ± 7.51	Nothing

the importance of nursing care for patients with acute alcoholism. The formula of hidden danger rate is as follows:

$$\text{Hazard rate (\%)} = F_i / N_i \times 100 \rightarrow (1)$$

Hazard rate is the hidden rate; F_i is the number of risk factors; N_i is the number of all personnel.

Result Analysis and Discussion

Study on the correlation of acute alcoholism in middle-aged men

The analysis of the experimental data reveals that the main manifestations of acute alcoholism in middle-aged men in China are three forms: General intoxication, pathology and complexity [11]. With the deepening of the three forms, the damage caused to the collective has also gradually increased, which may cause different degrees of damage to the body. Each type of acute alcoholism needs to be treated by taking different interventions to get rid of serious harm to the body [12].

Effect of nursing intervention on middle-aged male patients with acute alcoholism

The application of nursing intervention measures to the related subjects is studied in this paper (Figure 2). And it is further found that the use of nursing interventions can gradually reduce the potential risk in patients with acute alcoholism [13].

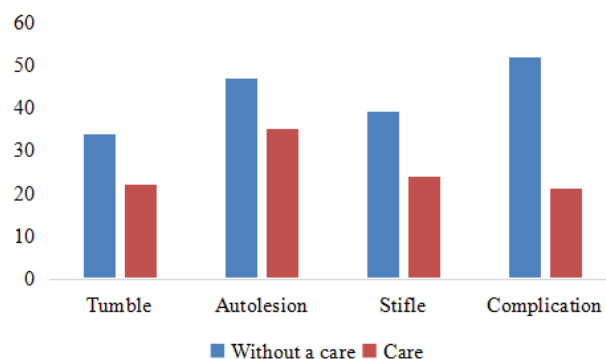


Figure 2. Analysis of the effect of nursing intervention on middle-aged male patients with acute alcoholism.

Conclusions

At present, due to the development of economy and the prevalence of wine culture, the incidence of acute alcoholism among middle-aged men is rising. According to the background that nursing intervention may effectively relieve the symptoms, the related measures and effects of nursing intervention were analysed in this paper. The results show that effective nursing intervention can reduce the occurrence of patient safety risks.

References

1. Wasmuth, Hermann E. Patients with acute on chronic liver failure display sepsis-like immune paralysis. *J Hepatol* 2005; 42: 195-201.
2. Windle M. Drinking over the lifespan: focus on early adolescents and youth. *Alcohol Res* 2016; 38: 95-101.
3. Wall TL, Luczak SE, Hiller-Sturmhofel S. Biology, genetics, and environment: Underlying factors influencing alcohol metabolism. *Alcohol Res Curr Rev* 2016; 38: 59.
4. Sookoian S, Flichman D, Castano GO, Pirola CJ. Mendelian randomisation suggests no beneficial effect of moderate alcohol consumption on the severity of non-alcoholic fatty liver disease. *Aliment Pharmacol Ther* 2016; 44: 1224-1234.
5. Epstein M, Duprez DA. Resistant hypertension and the pivotal role for mineralocorticoid receptor antagonists: a clinical update 2016. *Am J Med* 2016; 129: 661-666.
6. Li N, Yao X, Zhou L, Abulikem S, Zhang D, Chang G, Zhou K. OS 22-08 Prevalence of primary aldosteronism and its cardio-metabolic factors Chinese hypertensive patients in Xinjiang of China. *J Hypertens* 2016; 34: 240.
7. Chung CM, Kuo TM, Chiang SL, Wang ZH, Hung CC, Lane HY, Liu CS, Ko YC. Antidepressants in association with reducing risk of oral cancer occurrence: a nationwide population-based cohort and nested case-control studies. *Oncotarget* 2016; 7: 11687.
8. Sophie T, Vincent D, Ezio T. Locomotor effects of ethanol and acetaldehyde after peripheral and intraventricular injections in swiss and C57BL/6J. *Behav Brain Res* 2006; 172: 145-154.
9. Barbier E, Johnstone AL, Khomtchouk BB. Dependence-induced increase of alcohol self-administration and compulsive drinking mediated by the histone methyltransferase PRDM2. *Mol Psychiatry* 2016.
10. Hoek JB, Pastorino JG. Ethanol, oxidative stress, and cytokine-induced liver cell injury. *Alcohol* 2002; 27: 63-68.
11. Scheenen ME, de Koning ME, van der Horn HJ, Roks G, Yilmaz T, van der Naalt J, Spikman JM. Acute alcohol intoxication in patients with mild traumatic brain injury: characteristics, recovery, and outcome. *J Neurotraum* 2016; 33: 339-345.
12. Crabb DW, Bataller R, Chalasani NP, Kamath PS, Lucey M, Mathurin P, McClain C, McCullough A, Mitchell MC, Morgan TR, Nagy L. Standard definitions and common data elements for clinical trials in patients with alcoholic hepatitis: recommendation from the NIAAA Alcoholic Hepatitis Consortia. *Gastroenterology* 2016; 150: 785.
13. Chavez LJ, Liu CF, Tefft N, Hebert PL, Devine B, Bradley KA. The association between unhealthy alcohol use and acute care expenditures in the 30 days following hospital discharge among older veterans affairs patients with a medical condition. *J Behav Health Serv Res* 2016; 1-23.

*Correspondence to

Tian Dan

The Emergency Department

Renmin Hospital of Wuhan University

PR China