

# TOXICOLOGY AND APPLIED PHARMACOLOGY

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## A community intervention in a group of Cuban adolescents considered at risk of drug addiction: Reality and consequences

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Addiction to alcohol, cigarette, and illegal drugs, is a major world-wide health concern. Recently, in Cuba, this negative trend has seen a significant increase especially in the adolescent age group. Cuba is one of the world's largest producers of tobacco and alcoholic beverages, with a notable increase in the last decade due to tourism, where the consumption of alcohol and tobacco has become the paradigm of recreation and expression of friendship. A community intervention program consisting of orientations to parents and teachers, group therapies and educational videos, with the fundamental objective of motivating a change of behavior in relation to the consumption of addictive substances in this group was undertaken. By establishing certain parameters, a group of 33 adolescents considered at risk of addictions was studied for a period of time. The participants were all Senior High School students who had been previously surveyed to assess their knowledge about addiction. After the intervention, the knowledge of these participants increased significantly. The results were positive with as high as 84.8% of the participants acquiring adequate knowledge about the effects of these substances relative to 24.4% before the intervention program. This intervention has been recommended as a useful avenue to address addiction issues. Recommendations are made for more rehabilitation centers for patients and more recreational centers for adolescents as an intervention for prevention of their engagement in the abuse of drugs.

### Biography

Wilson Selorm Gobah is passionate about improving the quality and delivery of healthcare in African region. He is currently a Medical student at the Higher Institute of Medical Sciences of Havana, Cuba. Before his medical education, he did a first-degree program in Chemistry from the Kwame Nkrumah University of Science and Technology, Kumasi, Ghana. He has taught Chemistry at the senior high school level and has experience working in drug dispensary at healthcare centers.

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