UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Alcoholism and Alcohol-Related Problems

2425-2-I0101D118

Aims

• To know the clinical, piscological/behavioural aspects, social relapses and services available for the treatment and support of patients suffering from alcoholism.

Contents

Epidemiological data on the phenomenon
Clinical and care aspects
The alcohol-related problems
Prevention and rehabilitation
Testimonies of persons involved

Detailed program

The course is divided into two sessions.
• Historical-epidemiological scenario.
Key epidemiological data from WHO and ISS Italian sources and scientific literature will be presented.
• Clinical and care aspects.
The main and fundamental definitions related to the problem of alcohol use and abuse will be introduced, based on ICD-11 and DSM-5 classifications and other essential definitions. Then, will be treated in a synthetic way the main pathological conditions caused by alcohol and its abuse, organic pathologies in the various body and psychiatric districts. The discussion will pay particular attention to the conditions that have the greatest impact on the nursing profession. Ample space will in fact be dedicated to pathologies of frequent and not easy management in the emergency room and in hospital departments, such as acute alcohol poisoning and alcohol withdrawal syndrome.

Students will be provided with the theoretical basis to address these issues, based on the role and duties of the nurse.
• Psychological and behavioural aspects
The course will devote ample space to the psychological aspects of alcoholism. The path that can lead to complete rehabilitation from alcoholism will be explained in detail and in its necessary graduality. Mention will be made of the main methods of clinical psychology used and approved by the scientific community for the treatment and rehabilitation of alcoholism. Finally, the theoretical basis of the method of rehabilitation of alcoholics, known as the 12 steps, will be illustrated. The course, especially in this session, aims to convey the correct psychological professional attitude towards the alcoholic patient, which clearly excludes the judgmental one, not unlike how it should be the one adopted towards the sick and suffering from other forms of dependence and diseases.
• Social aspects
A part of the course will be dedicated to illustrate the method of work applied in Ser-D towards the alcoholic user, whether it is addressed in person or for the interest of family members, whether it is sent by an institutional authority following traumatic events, accidents or to violation of laws and regulations (in particular of the highway code). The topic of activity in Ser-D will be treated from the point of view of the social worker and the purely nursing. Particular emphasis will be placed on the importance of team work within the Ser-D and network aimed at the territory: hospital first aid, hospital wards, hospital doctors and general practitioners, community homes, rehabilitation facilities. In each of these facilities or levels of care, the nurse has a key role in managing alcoholism and alcohol-related problems. This role will be outlined during the course.
• Experiences and testimonies of people and family
The direct testimonies of people who have had to deal with the problem of alcoholism, in the first person or indirectly, being familiar with the subjects who have been affected, are of fundamental importance for the understanding of the problem and are integrated with the theoretical notions provided in the lessons.
• Debate

Prerequisites

Enrolling in the 2nd-3rd year of the Bachelor’s Degree in Nursing

Teaching form

Face-to-face teaching - Frontal lecture and testimonials

Textbook and teaching resource

• Bagnardi, V., Rota, M., Botteri, E., Tramacere, I., Islami, F., Fedirko, V., Scotti, L., Jenab, M., Turati, F., Pasquali, E., Pelucchi, C., Galeone, C., Bellocco, R., Negri, E., Corrao, G., Boffetta, P., & La Vecchia, C. (2015). Alcohol consumption and site-specific cancer risk: a comprehensive dose-response meta-analysis. British journal of cancer, 112(3), 580–593. https://doi.org/10.1038/bjc.2014.579
• Boffetta P, Hashibe M. Alcohol and cancer. Lancet Oncol. 2006 Feb;7(2):149-56. doi: 10.1016/S1470-2045(06)70577-0. PMID: 16455479.
• Carvalho AF, Heilig M, Perez A, Probst C, Rehm J. Alcohol use disorders. Lancet. 2019 Aug 31;394(10200):781-792. doi: 10.1016/S0140-6736(19)31775-1. PMID: 31478502.
• Istituto Superiore di Sanità. (2021) Sindrome alcolico fetale. EpiCentro. https://www.epicentro.iss.it/alcol_fetale/.
• Kelly, J. F., Humphreys, K., & Ferri, M. (2020). Alcoholics Anonymous and other 12-step programs for alcohol use disorder. The Cochrane database of systematic reviews, 3(3), CD012880.

https://doi.org/10.1002/14651858.CD012880.pub2
• Magill, M., & Ray, L. A. (2009). Cognitive-behavioral treatment with adult alcohol and illicit drug users: a meta-analysis of randomized controlled trials. Journal of studies on alcohol and drugs, 70(4), 516–527. https://doi.org/10.15288/jsad.2009.70.516
• Management of Substance Use Department of Mental Health and Substance Use, (2019). The SAFER technical package: five areas of intervention at national and subnational levels. Ginevra: World Health Organization.
• Mirijello, A., Sestito, L., Antonelli, M., Gasbarrini, A., & Addolorato, G. (2023). Identification and management of acute alcohol intoxication. European journal of internal medicine, 108, 1–8. https://doi.org/10.1016/j.ejim.2022.08.013
• Mukamal, K., & Lazo, M. (2017). Alcohol and cardiovascular disease. BMJ (Clinical research ed.), 356, j1340. https://doi.org/10.1136/bmj.j1340
• Popova, S., Lange, S., Shield, K., Mihic, A., Chudley, A. E., Mukherjee, R. A. S., Bekmuradov, D., & Rehm, J. (2016). Comorbidity of fetal alcohol spectrum disorder: a systematic review and meta-analysis. Lancet (London, England), 387(10022), 978–987. https://doi.org/10.1016/S0140-6736(15)01345-8
• Scafato E, Ghirini S, Gandin C, Matone A, Manno V, Vichi M, e il gruppo di lavoro CSDA (Centro Servizi Documentazione Alcol). Rapporto 24/3 - Epidemiologia e monitoraggio alcol-correlato in Italia e nelle Regioni. Valutazione dell'Osservatorio Nazionale Alcol sull'impatto del consumo di alcol ai fini dell'implementazione delle attività del Piano Nazionale Alcol e Salute e del Piano Nazionale della Prevenzione. ISS. Rapporto 2024.
• Schuckit M. A. (2014). Recognition and management of withdrawal delirium (delirium tremens). The New England journal of medicine, 371(22), 2109–2113. https://doi.org/10.1056/NEJMra1407298
• Stehman, C. R., & Mycyk, M. B. (2013). A rational approach to the treatment of alcohol withdrawal in the ED. The American journal of emergency medicine, 31(4), 734–742. https://doi.org/10.1016/j.ajem.2012.12.029
• The Medical Letter n. 24 / 2021. Nr. 24 del 15/12/2021. TML n. 24 / 2021 FARMACI PER IL DISTURBO DA USO DI ALCOL. TML n. 24 / 2021 FARMACI PER IL DISTURBO DA USO DI ALCOL - Medlife (med-life.it).
• Tonigan, J. S., Toscova, R., & Miller, W. R. (1996). Meta-analysis of the literature on Alcoholics Anonymous: sample and study characteristics moderate findings. Journal of studies on alcohol, 57(1), 65–72. https://doi.org/10.15288/jsa.1996.57.65
• WHO - Organizzazione Mondiale della Sanità. Global status report on alcohol and health 2018. Global status report on alcohol and health 2018 (who.int).

Semester

Second semester

Assessment method

Frequency

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING