

ABSTRACT

Background

The study of the factors influencing relapse to alcohol abuse among patients was done in Butabika hospital alcohol drug unit.

Objective

The broad objective was to determine the factors influencing relapse to alcohol abuse among patients treated in ADU in Butabika hospital.

Methods

The study design was a cross-sectional used to collect data on factors influencing relapse to alcohol abuse among patients treated in Alcohol and Drug Unit in Butabika hospital.

Results

The result indicated that follow up of patients in the community is inadequate and it leads to poor compliance of the patients to medication and ultimately relapse. This is coupled by the patient missing their medication due to it being unavailable or failure to take it. It is very difficult to detect early signs of relapse; therefore, prevention becomes challenging. The patients are very difficult to manage when they are at home because they escape from the care takers and drink alcohol. The hostility of patients scares off care takers, leading to hence creating ease to relapse. Much as patients have homes, they rarely stay there and this makes them vulnerable to alcohol abuse. The patients also have manipulative behavior that is not easy to manage by caretakers. There is also a lack of transport to attend the appointments. Most patients lose their employment there by being redundant, making them vulnerable.

Conclusion

The follow up of patients in the community is inadequate and it leads to poor compliance of the patients to medication. The patients are very difficult to manage when they are at home because they escape from the care takers and drink alcohol. The hostility of patient scare off care takers leading to hence creating ease to relapse. The patients also have manipulative behavior that is not easy to manage by caretakers. There is also lack of transport to attend the appointments. Most patients lose their employment there by being redundant making them vulnerable.

Recommendations

There is need to follow up the patients in the community by the health workers to ensure that they continue with the commitment to abstinence to medication. There is also need to intensify health education to patients to adhere to their treatment. There is also need for government and the local leaders to ensure that alcohol availability and sale is checked such that it is not available to anyone at any time.

There is also need to have specific programs in the community that target alcohol abuse in the community.