Marijuana is the most commonly abused drug in schools today?  

People under the influence of methamphetamine will exhibit constricted pupils?  

FALSE

FALSE
Test Your Knowledge

• The citizens of the United States consume 50% of the world’s licit and illicit drugs? **FALSE**

• The average heroin user will usually inject heroin approximately 4-6 times each day? **TRUE**
Test Your Knowledge

• If a person’s blood alcohol level is 0.10%, it will take approximately 4 to 5 hours of non-drinking to eliminate all alcohol and achieve a 0.00% blood alcohol level? ✔️

• Alcohol lowers inhibitions, therefore it is best classified as a stimulant? ✔️
Test Your Knowledge

• In general, injecting a drug is the fastest way for it to reach the brain?  
  FALSE

• Marijuana impairs a person’s attention span for approximately two hours after use?  
  FALSE
Test Your Knowledge

• Most people abuse only one type of drug while usually not abusing other types of drugs?

   FALSE

• A person intoxicated by Xanax will appear similar to one intoxicated by alcohol?

   TRUE
Objectives

- Learn the seven drug categories as defined by the Drug Evaluation and Classification Program
- Identify common signs and symptoms associated with the seven drug categories
- Talk to patients and the general public about drug impairment
- Dispel myths about certain drugs
- Learn common names and phrases associated with drugs
For the purposes of this class, a drug is defined as:

Any substance when taken into the human body can impair the ability of a person to function normally in a social environment or can impair the person's ability to operate a vehicle safely.
Nystagmus

- **HGN – Horizontal Gaze Nystagmus**
  - The involuntary jerking of the eyes as they gaze from side to side on a horizontal plane

- **VGN – Vertical Gaze Nystagmus**
  - The involuntary jerking of the eyes and they gaze upward on a vertical plane (usually prevalent if the drug or alcohol is used in high dosage for that particular individual)
Resting Nystagmus

- Resting Nystagmus can be present in some individuals that are under the influence of certain drugs or drug categories.

- Resting nystagmus is defined as an involuntary jerking of the eyes as they face forward. (Not looking or focusing on anything).
This is an extreme case of Nystagmus. The video demonstrates an involuntary jerking of the eyes.

The suspect in this video had just ingested a high amount of PCP. Normal HGN is NOT this pronounced.
Pupil Size

- Dilated pupils – abnormally large pupils

- Constricted pupils – abnormally small pupils
Average Ranges

- Pulse rate: 60 to 90 beats per minute
- Body Temperature: 98.6° ± 1°
- Blood pressure: 120-140 / 60-90 mmHg
- Internal clock: 30 seconds ± 5 seconds
Average Pupil Size

- Room Light: 2.5 – 5.0 mm
- Near Total Darkness: 5.0 – 8.5 mm
- Direct Light: 2.0 – 4.5 mm
Drug Categories

- CNS Depressants
- CNS Stimulants
- Hallucinogens
- Dissociative Anesthetics
- Narcotic Analgesics
- Inhalants
- Cannabis
The most commonly abused Depressant is alcohol.
CNS Depressants

- Central Nervous System Depressants slow down the processing ability of the brain and many other body functions.

- Central Nervous System Depressants are commonly prescribed for anxiety disorders, depression, sleep disorders, and muscle relaxation.
Most commonly abused depressants include:

- **XANAX** (alprazolam)
- **SOMA** (carisoprodol)
- **VALIUM** (diazepam)
- **GHB**
Common signs and symptoms include:

- Drowsiness
- “Drunk like” behavior
- Slurred speech
- Lowered inhibitions
- Droopy eyelids
- Difficulty walking
- Mood swings
- Flaccid muscle tone
- Uncoordinated movements
- May cause bloodshot/watery eyes
• Pupil size will usually be average
• HGN will be present
• VGN will be present if the dose taken is high for that particular individual.
Common Names or Phrases

Xanax: “Zanie” bars, Zanie ladders, Ladders

Xanax is the most abused CNS Depressant found in drivers by the AZ DPS crime lab in 2011.

Soma (carisoprodol) is commonly referred to by the brand name Soma.

Valium: Little V, Sleepy V, Baby Xanax.
Methods of Ingestion

- CNS depressants are usually taken orally
- Depressants can be injected but requires a large needle
- Depressants can be snorted (common in school age people because it defeats the time release of pill)
CNS Stimulants

- CNS Stimulants speed up the metabolism of the body increasing pulse rate, body temperature, and blood pressure.

- Some high school and college age people commonly abuse stimulants to aid them in studying or in sports.
Common Stimulants

- Methamphetamine (Meth)
- Crack Cocaine
- Cocaine
- Amphetamines (Prescription)
CNS Stimulants

Common Signs and symptoms include:

- Dilated pupils
- Elevated pulse rate
- Elevated blood pressure
- Raised body temperature
- Excessive sweating
- Agitation
- Euphoric feelings
- Mood swings
- Fast, twitchy movements
Eye Indicators

- HGN will not be present
- VGN will not be present
- Pupil Size is usually dilated (larger)
Common Names and Phrases

• Methamphetamine: Meth, Glass, Ice, Crank, Crystal, Speed

• Cocaine: Coke, Candy, Blow, Powder, Snow, Sugar

• Crack Cocaine: Crack, Rock, Hardball, Moon rocks
Methods of Ingestion

CNS Stimulants are ingested in a variety of methods:

- Smoked
- Snorted
- Injection
- Orally
Hallucinogens

- Hallucinogens are drugs that cause hallucinations at any dosage

- Hallucinogens mimic CSN stimulants in many ways but affect the body differently

- This category of drug is often abused by high school and college aged people for and at parties