

"Socio-demographic and clinical profile of mixed opioid and Amphetamine type stimulant dependent subjects attending Methadone Maintenance Therapy clinic in Kuala Terengganu, Malaysia: A preliminary report"

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ABSTRACT

In recent years, the increasing trend of amphetamine type stimulant (ATS) use among opioid dependent was strikingly afflicted worldwide, including Malaysia.. A descriptive study was carried out to provide information of socio-demographic and clinical characteristics of mixed opioid and ATS dependent subjects undergoing the MMT program in Methadone Clinic in Kuala Terengganu in order to enhance the management related to health and social effects. A total 36 subjects who fulfilled the inclusion and exclusion criteria were recruited and interviewed. The mean (SD) age of patients was 40.98 years (SD 4.64), and the most common age of initiation was 15–20 years (42%). Most of the educational background were up to high school level (44%). Morphine and methamphetamine were the most abused substances. The majority of 83.1% used injections as their method of opioid ingestion, while 65.3% preferred chase to ingest ATS. About 30.6% of drug-dependent subjects in this study were on MMT for a 4-year duration with 63.5% of them were on methadone dosage between 45-70mg/day. Most of them demonstrated no history of arrested and conviction for drug use (63.9%) or other criminal acts nonrelated to drug abuse (94.5%). This study provide update and supportive information of socio-demographic and clinical characteristics of mixed opioid and ATS dependent subjects undergoing the MMT program that may contribute towards comprehensive management to overcome the significant surge of ATS use among opioid dependents.



INTRODUCTION

Approximately 60% of opioid injection drug users report lifetime use of ATS with 29% also reporting lifetime injection of ATS in many regions in Malaysia (Vicknasingam et al., 2010)

Excessive ATS and opioid intake may lead to serious side effects including death.

OBJECTIVE

To study the socio-demographic and clinical profile of mixed opioid and ATS dependent male patients attending the methadone maintenance therapy (MMT) program.

METHODOLOGY

The study protocol was approved by the Medical Research and Ethics Committee, Ministry of Health Malaysia (National Medical Research Register (NMRR) -18-1989-41507 (IIR)).

Subjects recruitment according to inclusion and exclusion criteria

All subjects gave voluntarily signed informed consent and were interviewed and evaluated according to a pre-designed questionnaire form which was based on the Addiction Severity Index (ASI) criteria .

Descriptive statistics were applied for demographic data of subject analysis using the Graph Pad Prism



INCLUSION CRITERIA

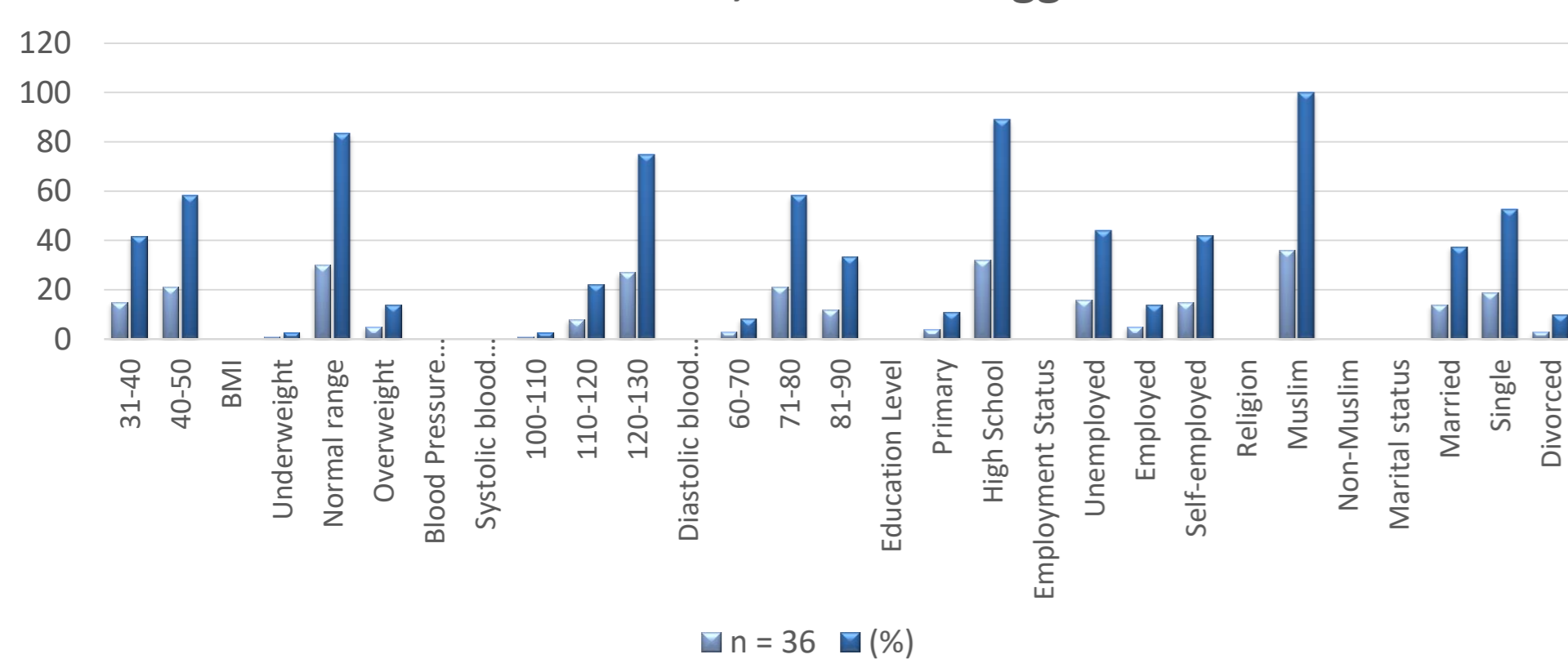
1. Malay (3 Generations)
2. Male
3. Aged between 18-50
4. Meet Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) criteria for both opioid and ATS dependence.

EXCLUSION CRITERIA

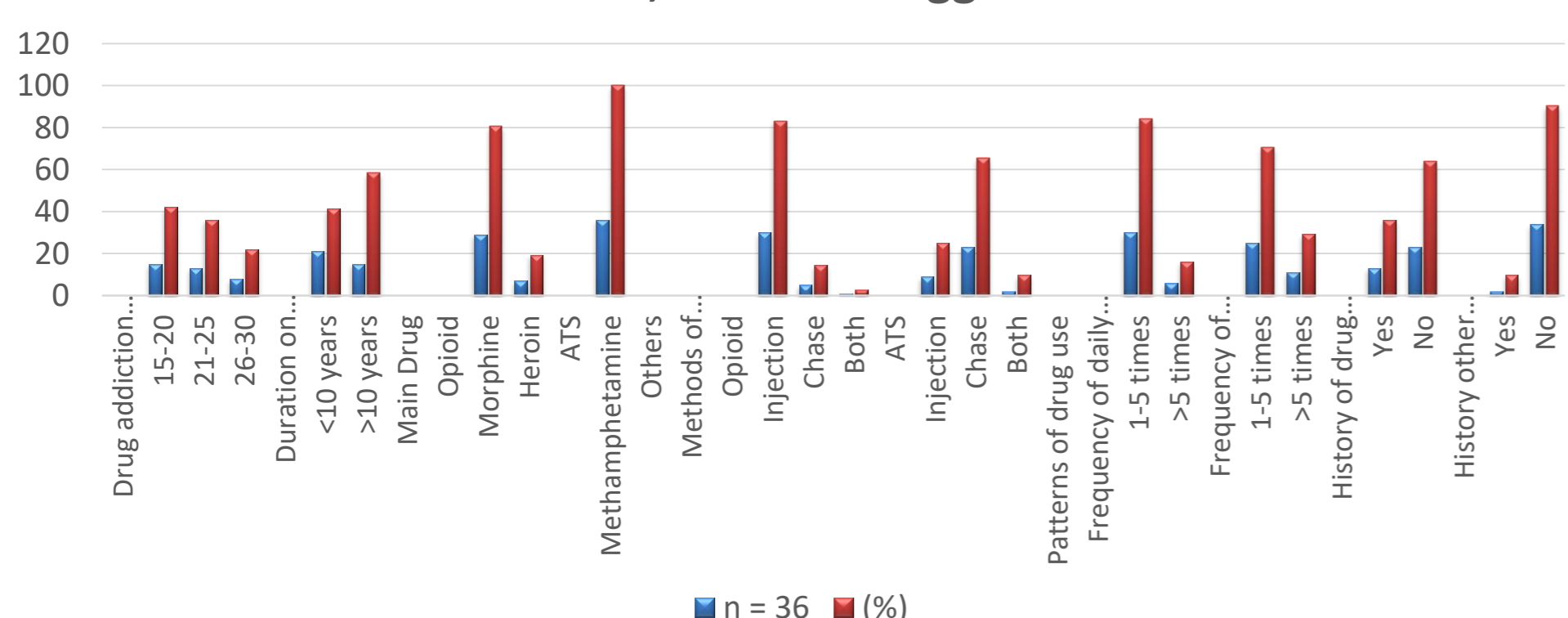
1. Mix blood
2. History of mental disorder
3. Refused informed consent or inability to understand the protocol or assessment question
4. Human Immunodeficiency Virus (HIV) positive

RESULTS AND DISCUSSIONS

Socio-demographic characteristics of mixed opioid and ATS dependent subjects undergoing MMT program in Health Clinic, Kuala Terengganu



Clinical characteristics of the mixed opioid and ATS drug-dependent subjects undergoing MMT program in Health Clinic, Kuala Terengganu



1. Mohamed et al., (2008) reported significant association of male gender and drug dependence in which male participants showed a higher tendency for substance and drug dependence.

2. The average age of our subjects was 40.94 (4.64), while the drug addiction initiation age was ranging between 15 to 30 years old, which in line with the increasing trend worldwide that substance abuse begin at a young age.

3. Majority of drug-dependent subjects preferred injection as their route of choice in using opioid [59.3% (n=22)]. This finding is consistent with Rather et al (2013) where most of the subjects take opioid through injection. The reason for such preference might be due to the fast effect of the drug even with a small amount. As for ATS, our study reported the chase method ("chase the dragon") as the most preferred route, which accounts for 73.6% (n=26).

4. A total of 30.6% (n=11) of drug dependents were on for a 4-year duration while the longest duration on MMT among them is 11 years [5.6% (n=2)]. This result is in line with previous reports that attending MMT program is effective at improving the quality of life of drug-dependent subjects.

5. Approximately 63.5% (n=23) of our subjects are on average of 45-70mg/day of methadone. This finding was supported by a previous review by Faggiano et al., (2003) where he suggested that maintaining the patient on higher methadone dosages (60-100mg/day) is more effective to ensure patient's compliant on MMT program and it helps to reduce the opioids use relapse during the program compare to lower dosages.

CONCLUSION

This study provide update and supportive information of socio-demographic and clinical characteristics of mixed opioid and ATS dependent subjects undergoing the MMT program that may contribute towards comprehensive management to overcome the significant surge of ATS use among opioid dependents

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