

## Primary results of Methadone maintenance treatment programme in HCMC

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**Background:** The HCMC MMT's pilot program has brought many positive results. However, there is some individuals who still use illicit drugs such as heroin and methamphetamine. This paper of study aims to explore the effects of heroin on induction/stabilization and maintenance's periods and the issues of co-occurring disorders

**Methods:** Data were collected as part of a prospective descriptive study on during the pilot phase. The data collected including Methadone's average doses and other variables to be analyzed, urine testing of 180 patients from November 2010 to July 2011. The ANOVA test used to compare the illicit heroin use group and ARV treated group.

**Results:** Among the 180 patients, 96.1% people are male, average age is 30.7 years, 35% patients with ARV treatment. 46.1% used drugs before 18 years old, 61.7% took heroin and 38.3% combined heroin with other drugs. 100% use drugs during the induction phase, 75.06% use drugs during the stabilization phase and 24.08% use drug during the first month of the maintaining phase.

Among patients still used heroin, the average Methadone dose is high ( $120.04 \pm 47.74\text{mg}$ ) with long average in the induction phase ( $61.16 \pm 33.71$  days), while, for patients not used heroin, the average Methadone dose is low ( $85.22 \pm 33.71\text{mg}$ ) and the average the induction phase is short ( $47.31 \pm 32.25$  days) ( $p=0.003$  &  $P=0.021$ ). 2.8% MMT patients have depression disorders; 27.2% anxiety disorders and 5.6% mood disorders by MINI CIM-10 version's assessment.

In the first month taking maintenance dose, 69.69% were positive with heroin tested and 18.18% were positive with methamphetamine tested in urine.

**Conclusions:** The decreasing percentage of those using drugs during MMT program's periods is a positive result. The Methadone dose indication must be increased and given that finding the ethical to do is to expand the program immediately and stop the "pilot phase". MMT's program should combine drug interaction's knowledge and clinical assessment skill, particularly COWS evaluation, and psychological consultation to decrease heroin use in therapy substitution's training.

### Biography

Dr. Pham Van Tru, Deputy Director of HCMC Mental Hospital, Chief of Professional Supporting Group of MMT Program of HCMC. Associate Professor. PhD. Nguyen Tan Binh, Deputy of Health Service of HCMC, Deputy-President of Committee AIDS of HCMC. Dr Tieu Thi Thu Van. Office Manager of Committee AIDS of HCMC. And other collaborators of the MMT sites in HCMC.