

# Profile of Clients on Methadone

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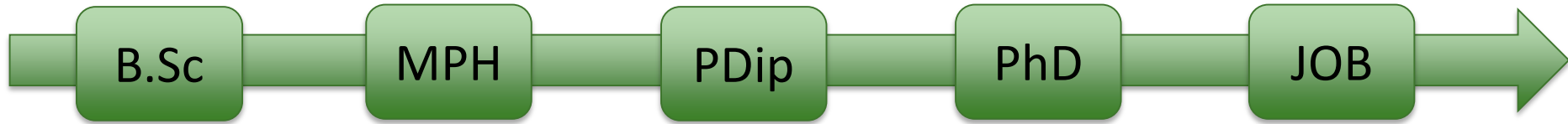
**CRISM**

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# Background Training

The beginning of a journey!



# Research in Substance Misuse

- CIHR Planning Grant: *Developing Priorities and Research Initiatives to Address HIV among Indigenous Communities in Saskatchewan*



CIHR IRSC



Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

- CRISM Proposal: *Improving success of the methadone clinic in Prince Albert, SK*
  - Geoffrey Maina
  - Colleen Dell
  - Michael Szafron



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Canadian Research Initiative in Substance Misuse



# Current Activity

- Profile patients receiving treatment at the methadone clinic in PA
  - Retrospective review (randomly retrieved 101 of 300 client records)
  - Variables included demographics, medical, psychological and social history, service utilization and treatment history



# Results - Demographics

Variable	Mean or Frequency
Age (years)	35.5±9.2 21-58
Gender	
Males	46%
Females	54%
Ethnicity	
Indigenous	85.9%
Education	
Less than High School	62%
High School	24%
Post-Secondary	14%
Marital Status	
Single	60%
Married/Common Law	31%
Divorced/Separated	9%



# Results - Demographics

Variable	Mean or Frequency
Housing	
Lives with Family	66%
Lives with Friends	5%
Lives Alone	6%
Other arrangements	21%
Homeless	2%
Employment	
Working	36.6%
Unemployed	25.7%
Unknown	39.7%



# Client History

Variable	Proportion	Mean Age (range) years
Alcohol/Drug Exposure		
Alcohol	96.0%	14.3 (range 6-25)
Marijuana	94.1%	14.9 (range 7-40)
Cocaine	87.1%	21.6 (range 11-47)
Crystal Meth	62.4%	30.8 (16-56)
Heroin	15.8%	26.8 (16-42)
Support Drug Use		
Stealing	33.7%	-
Prostitution	10.5%	-
Selling Drugs	5.3%	-
Work	30.5%	-
Family and friends	24.2%	-
Begging/borrowing	26.3%	-
Abuse History		
Physical	49.5%	-
Emotional	41.6%	-
Sexual	33.7%	-
HIV	2.4%	-
Hepatitis C	65.1%	-



# Recovery Phase

Variable	Proportion or Mean
Recovery Phase	
1 (stabilization – complete intake)	64.4%
2 (early recovery – relapse prevention)	18.8%
3 (middle recovery – develop new skills and goal setting)	12.9%
4 (late recovery – self-regulation/direction)	2.0%
5 (maintenance – harm reduction)	1.0%
Duration of Treatment (months)	11.9±8.4 1-61
Reasons for seeking treatment	
Pregnancy	13.1%
Moved from another city/province	11.1%
Family, partner or child related	18.2%
Lifestyle change	21.2%
Doctor referral	12.1%
Return to work or school	5.1%
Want to quit	6.1%
Tired of using, poor health, sickness	5.1%



# Client Issues

Variable	Proportion or Mean
Repeat Client	49.5%
Duration of previous treatment (months)	37.0±8.4 0-180
Reasons for Discontinuation (n=37)	
Transportation problems	10.8%
Moving	13.5%
Transferred to another clinic	21.6%
Started taking other drugs	27.7%
Withdrawal Symptoms	75%
Pain	68.4%
Hot/cold sweats	52.6%
Gastrointestinal problems	51.8%
Sleeping issues	24.2%
Anxiety	18.9%
Other	42.1%



# Next Steps

- Regression Modelling
  - to develop a model that predicts methadone adherence.
- Interviews (n=20)
  - to explore reasons for methadone discontinuation for clients in methadone treatment
  - To understand challenges clients face in the recovery trajectory that may result in treatment failure



# QUESTIONS?



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