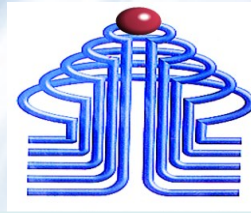


# **Effect of Rate Compliance Patient Counseling Against Methadone maintenance therapy in the Health Center District of Cengkareng West Jakarta**

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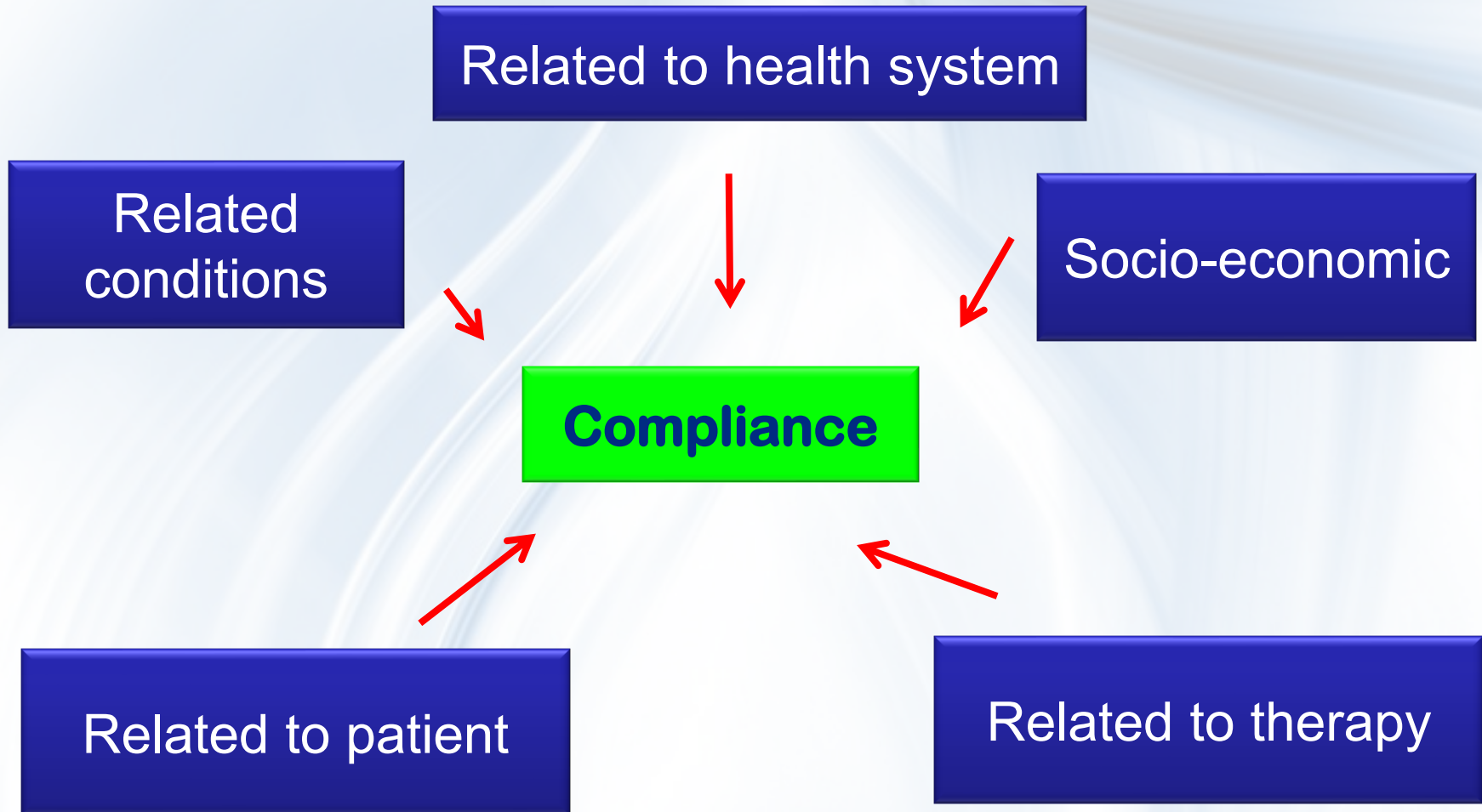
# Introduction



- Drug abuse is a complex problem in the world. National Survey in 2004, Indonesia recorded ambusment of drug in as many as 6% of the total population or about 13 million people have been abusing the drug. Provincial capital region with the highest drug abuse is Jakarta (23%), Medan (15%) and Bandung (14%), for Jakarta, the area of West Jakarta is the largest region for the case of drug abuse.
- one of method for drug abusers is methadone maintenance therapy, especially heroin, or better known as putau.
- Methadone maintenance therapy is one treatment for users of Narcotics, Psychotropic and Addictive Substance (Drugs), in particular heroin to overcome the problems it causes.

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- . The Data from the PRM in the Hospital Drug Dependency (RSKO) Jakarta showed that 43% of the total patient to stop or get out of therapy, 75% stop or out of therapy before 5 months of the program.
- Compliance of patients for therapy lived very important, the need for encouragement, either from the patient, family and the medical staff to overcome it

# Factors related to Compliance





# Stages of counseling in methadone maintenance therapy



## 1. initial counseling

As one technique to perform Clinical evaluation before starting therapy



- Information program(adjustable)
- An effective education program (personality development)
- To provide a meaningful choice program (to distract)
- Early recognition & early intervention (moral support of all parties)
- Psychosocial skills training program

In the initial stages of counseling should be able to the following things:

- A history of drug abuse
- A history of drug-related care
- The patient's personal data, such as: housing, economic conditions, etc..

## 2. Advanced counseling

Properties: a comprehensive

pharmacological aspects

Nonpharmacological Aspects  
(1 staff for 25 patients)

Can be done once a week with a span of 20-60 '

## 3. Family counseling

Objective: to improve the psychological functioning of the family system so that support the process of addiction recovery

# Implementation Methadone maintenance therapy, including:

1. Induction phase, the phase of commencement of the use of methadone maintenance therapy.
2. Stabilization phase, aims to raise the dose slowly, from the initial dose that entered the maintenance phase.
3. Maintenance phase. Where methadone dose given was to give a sense of comfort for the patient. The increase in the dose maintenance phase is not as often as the stabilization phase. The recommended maintenance dose according to the Guidelines for methadone maintenance therapy is 60-120 mg / day.
4. Methadone Discontinuation Phase. Methadone can be stopped gradually and slowly

# Research Objectives



1. To determine the factors that encourage the patient to perform therapy and whether there is a bid for re-use of addictive drugs derived from the patient's environment
2. To determine the factors that become obstacles in carrying out patient methadone therapy
3. To determine the relationship of the level of adherence counseling methadone maintenance patients.



# Data Collection

- data collection is conducted through a questionnaire of patients who undergoing therapy at the Health Center District , West Jakarta,
- the period of research from 2008 to 2010.

# RESEARCH RESULTS

## The distribution of patient by sex

sex	number of patients	Percentage (%)
Male	73	90,123
Female	8	9,877
Total	81	100

## The distribution of patients by age

Age (years)	Number of patients (patients)	Percentage (%)
< 15	-	-
15 – 24	12	14,815
25 – 49	69	85,185
>50	-	-
Jumlah	81	100

## Distribution of patients based on education

Education Background	The number of patients	Percentage (%)
Elementary	3	3,704
Junior high school	9	11,111
Senior high school	53	65,432
Diploma 1	3	3,704
Diploma 2	1	1.234
Diploma 3	4	4,938
Bachelor	7	8,642
Master	1	1,234
Total	81	100

# The distribution of patients by occupation



Employment	Number of patients	Percentage (%)
Working	55	67,901
Not working	26	32,099
Total	81	100

- accordance with the Mc Lellan study: patients who work will last a long time in therapy and provide a better outcome after leaving therapy

## The distribution of methadone maintenance therapy patients run a therapy based on primary factor

Number of running a major factor therapy	patients	Percentage (%)
<b>Self Encouragement</b>	<b>68</b>	<b>83,951</b>
Encouragement of parents	6	7,407
Encouragement of coworkers	3	3,704
Support of friends around the patient's home environment	3	3,704
Another reason	1	1,234
Total	81	100



# The distribution of patients based on bids for drug abuse

Bids for number of drug abusing	Patients	Percentage (%)
Ever	38	46,914
Sometimes	24	29,629
Rarely	11	13,680
Never at all	8	9,877
Total	81	100

- One study showed 20% of patients receiving social pressures, including offers of drug abuse.
- Associated with the driving factor therapy (motivation): patients can take wise decisions, cope with mental stress, improve self-confidence and eliminate the negative images about ourselves

# The distribution of patients based on factors inhibiting therapy

Factor of inhibitor therapy	Patients	Percentage (%)
Distance home to distant health centers	16	19,753
transport stream	11	13,580
Inadequate public transport	3	3,704
Work	34	41,975
Other academic activities of	17	20,988
Total	81	100

# Counseling relationship with the level of patient compliance methadone maintenance therapy

Adherence counseling activities	Compliance		Patients
	Submissive (patients)	Disobedience (patients)	
Motivation	81	0	81
Attitudes (satisfaction with the doctor / other staff)	77	4	81
Interactions (the quality of doctor and patient relationship)	81	0	81
Cost	76	5	81

Chi-square test results: there is related significant between relationship counseling with patient compliance rate ( $p = 95\%$ ,  $\alpha = 0.05$ )

## Conclusion

1. The main factor that drives perform therapy is the patient's own desire to heal, where the patient is still receiving bids for the misuse of drugs .
1. The main factor inhibiting therapy is a job . There is a relationship between level of adherence counseling to patients on methadone maintenance therapy Cengkareng District Health Center, West Jakarta.

**THANK YOU**