

ABSTRACT

METHADONE MAINTENANCE THERAPY PROFILE IN PATIENT WITH HEROIN DEPENDENCE (Study at outpatients Methadone Maintenance Therapy Dr. Soetomo Teaching Hospital Surabaya)

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Heroin dependence is part of a narcotic/substance dependency which is a disorder that causes impairment (dysfunction). Impacts of heroin dependence are shown by the habituation, physical dependence, and tolerance. Therefore, there are many efforts that made to support the recovery process of patients with heroin dependence. One of them is the methadone maintenance therapy.

The aims of this study was to analyze the profile of methadone maintenance therapy for patients with heroin dependence. It was a retrospective study during period first control January 1st 2006 to December 31st 2014 in outpatients Methadone Maintenance Therapy Dr. Soetomo Teaching Hospital Surabaya.

The results showed that of 14 male patients who met the inclusion criteria, majority in the age of 26-35 years old (50%). Methadone dose was divided into an initial, stabilitation, and maintenance dose. Most initial dose was 25 mg (50%), the most frequent of stabilitation dose (two weeks dose) was 30 mg and 40 mg (21,4%), then the smallest maintenance dose of 6-10 mg (21,5%) and 16-20 mg (21,5%), while the largest maintenance dose of 51-100 mg (43%). Profile of methadone maintenance therapy that was formed by 14 patients quite varied. There were seven different patterns of methadone dose, majority was fluctuative (43%). The administration of methadone was once daily and most patients undergo MMT for 4-5 years (28, 6%). Actual problems related to methadone was side effects that occur in a patient, mostly was loss of appetite and limp (28,6%). In addition, the withdrawal symptoms in patients, mostly was insomnia (71,4%). Other drugs that potentially cause interaction with methadone are clozapine, fluoxetine, dextromethorphan, amitriptyline, diazepam, and alprazolam.

Keywords: heroin dependence, MMT (Methadone Maintenance Therapy), methadone, initial dose, stabilitation dose, maintenance dose, DRPs of methadone