

Evaluation of Drug Utilization Pattern in Patients Referred to Methadone Maintenance Treatment Centers, Ardabil, Iran, 2022

Abstract

Introduction and Goal: Opioids are the most commonly abused drugs. One of the therapeutic strategies for the treatment of opioid abuse is methadone maintenance therapy (MMT). Methadone is a long-acting opioid that is used in detoxification and pain management regimens. Considering that many drugs can potentially affect on unwanted side effects, compliance as well as MMT success, therefore in this study, for the first time, the pattern of drug utilization in patients referred to addiction treatment centers in Ardabil city was evaluated.

Materials and Methods: A descriptive-analytical study was conducted on 300 referred patients in addiction treatment centers in Ardabil city. All patient information, including demographic data, such as age, gender, clinical information, including complete medication history, and paraclinical information, including laboratory data was recorded. The data were analyzed by SPSS 21 software after evaluation.

Results:

Out of studied patients, 248 (82.66%) of the studied patients were male and 52 (17.34%) were female; The mean \pm Standard Deviation(SD) of the patients' age was 39.41 ± 8.12 ; The mean \pm SD number of medicinal count consumed by the patients was 7.14 ± 2.49 ; The most commonly used drug class was antianxiety and benzodiazepin respectively. The most common interactions related to the exacerbation of Central nervous system and respiratory suppressive effects with benzodiazepines and additive anticholinergic side effect (constipation -urinary retention) with antidepressants in the number of 43 (14.33%) and 127 (42.33%) patients respectively.

Discussion and conclusion: The results of present study, in line with previous studies, indicate a high rate of drug interactions with methadone in MMT centers, which can potentially affect treatment success, therefore presence of a pharmacist in MMT centers for efficacy and adverse drug reactions monitoring, is felt in MMT centers.

Key words: addiction, consumption pattern studies, methadone maintenance treatment, interactions