

Methadone treatment programme in Hong Kong

香港美沙酮治療計畫

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What is Methadone?

美沙酮是甚麼？

- A long acting synthetic analgesic and habit forming drug
效力持久的一種合成止痛藥物
- Treatment of opiate abuse - replacement therapy and detoxification
治療鴉片類藥物毒癮 – 可作代用治療及戒毒
- Possesses same pharmacological properties of heroin
與海洛英的藥用性質相同

How does Methadone help addicts

美沙酮如何幫助吸毒者

- Safe and effective oral treatment for heroin addiction
安全及有效的治療海洛英毒癮口服藥物
- Not create drowsiness, sedation, intoxication
不會產生睡意、鎮靜或興奮作用
- No adverse effect on motor skills, mental capacity and employability
不會影響駕駛能力、智力或工作能力
- Lead to a normal productive life
幫助重過正常生活

Advantage of Methadone

美沙酮的好處

- Effective in controlling withdrawal symptoms
有效控制斷癮症狀
- Start about ½ hr after taking methadone
服藥後半小時開始生效
- Last for 24 to 36 hours, once daily dose is enough
藥物有效期長達24至36小時
- Proven to be safe and effective
證實安全及有效
- Very few and transient side effects (Constipation, sweating, minor skin rash, and dyspepsia)
很少及暫時性的副作用(便秘、出汗過多、輕微皮膚疹及消化不良)

Anti-drug Policy 禁 毒 政 策

5-Pronged Approach 五管齊下的策略

- Preventive education and publicity 預防教育和宣傳
- **Treatment and rehabilitation 戒毒治療和康復服務**
- Legislation and law enforcement 立法和執法
- External co-operation 對外合作
- Research 研究工作

戒毒治療和康復服務

- 懲教署推行的 強迫戒毒計劃；
- 衛生署提供的 美沙酮自願門診計劃；
- 38 間由非政府機構營辦的 自願住院戒毒治療康復計劃；
- 11 間 濫用精神藥物者輔導中心，以及 2 間 戒毒輔導服務中心 提供的社區為本輔導服務；及
- 醫院管理局開辦的 物質誤用診所

Treatment and Rehabilitation Services in Hong Kong

- Compulsory placement scheme operated by the Correctional Services Department
- Voluntary out-patient methadone treatment programme provided by the Department of Health
- Voluntary residential drug treatment and rehabilitation programmes run by non-governmental organisations.
 - There are 38 drug treatment and rehabilitation centres and halfway houses in the territory (19 of them are subvented by Department of Health or Social Welfare Department)
- Community-based counselling services
 - including 11 counselling centres for psychotropic substance abusers and two centres for drug counselling under subvention of Social Welfare Department
- Substance abuse clinics operated by the Hospital Authority.

Background

背景

- Since 1972 (First in the region)
始於1972年 (區內首例)
- Funded by Security Bureau
經費來自保安局
- Operated by Department of Health
衛生署負責管理
- Started as anti-crime initiative
開設動機是希望減少罪案

Programme Objectives

計畫目的

Opiate addiction is a chronic relapsing disease
鴉片類毒癮是屬於長期性及容易重新染上的疾病

Maintenance therapy is the mainstay of treatment
代用治療是治療鴉片類毒癮的主流方法

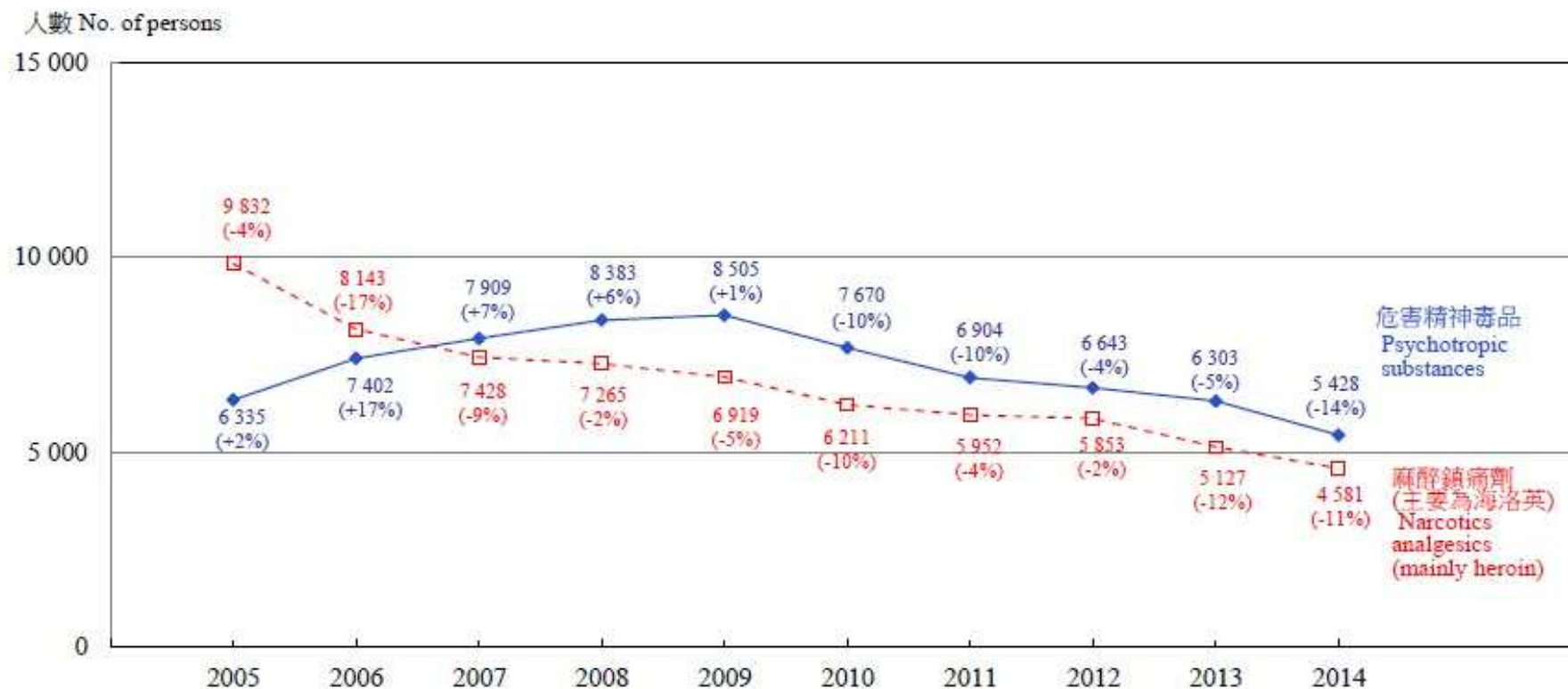
- To provide a readily accessible, legal, medically safe and effective alternative to opiate drug use
提供一種方便、合法、醫學上安全和有效的藥物，代替非法服用鴉片類藥物
- Harm reduction: To prevent the spreading and contracting of blood-borne diseases like HIV/AIDS, viral hepatitis and tetanus
緩減毒害: 防止傳播及感染經血液傳播的疾病，例如感染愛滋病病毒、肝炎等
- To reduce crime and antisocial behaviour
減少罪惡和反社會行為
- To lead a normal and productive life
使吸毒者能過正常而自給自足的生活
- To achieve a drug free stage by providing Detoxification Program
提供戒毒服務，協助吸毒者脫離對毒品的依賴

MTP Service Statistics (2015)

美沙酮治療計畫服務統計數字(2015)

- **Average Effective Registration: ~6,700**
平均有效登記人數
- **Attendance Rate: 75%**
出席率
- **Male to female ratio: 7.1 to 1**
男女比率
- **Mean age: 51**
平均年齡
- **Mean methadone dosage: 48 mg (毫克)**
平均美沙酮藥量

Reported abusers of psychotropic substances and narcotics analgesics 被呈報吸食危害精神毒品及麻醉鎮痛劑者



Source: [Central Registry of Drug Abusers, Security Bureau, HKSARG](#)

來源：香港特區政府保安局，藥物濫用資料中央檔案室

Manpower 人手安排

Rank職級	Number人數
Senior Medical and Health Officer 高級醫生	2
Social Worker (from SARDA) 社工	27
Medical Officer (part time) 醫生(兼職)	~30
Auxiliary Medical Services (voluntary staff) 醫療輔助隊(義務工作)	>400

Operation of methadone clinics

美沙酮診所運作

Principle: ensure easy access and convenience to users

原則：確保使用者容易到達和方便就診

- 19 clinics (7 day and 12 evening clinics)
19間診所 (7間日間及12間晚間診所)
- Operated clinics in densely populated and different area
在人口稠密及不同地區設立診所
- Open 365 days a year
全年365日開放
- Opening hours beyond 9am to 5pm
開放時間超越早上9時晚上5時



香港二十間美沙酮診所的位置

Criteria for admission

登記接受治療準則

- Opiate drug abusers only (Heroin, Morphine, Opium and codeine)
濫用鴉片類藥物人士 (海洛英、嗎啡、鴉片及可待因)
- Absence of serious medical conditions
無即時威脅生命的疾病

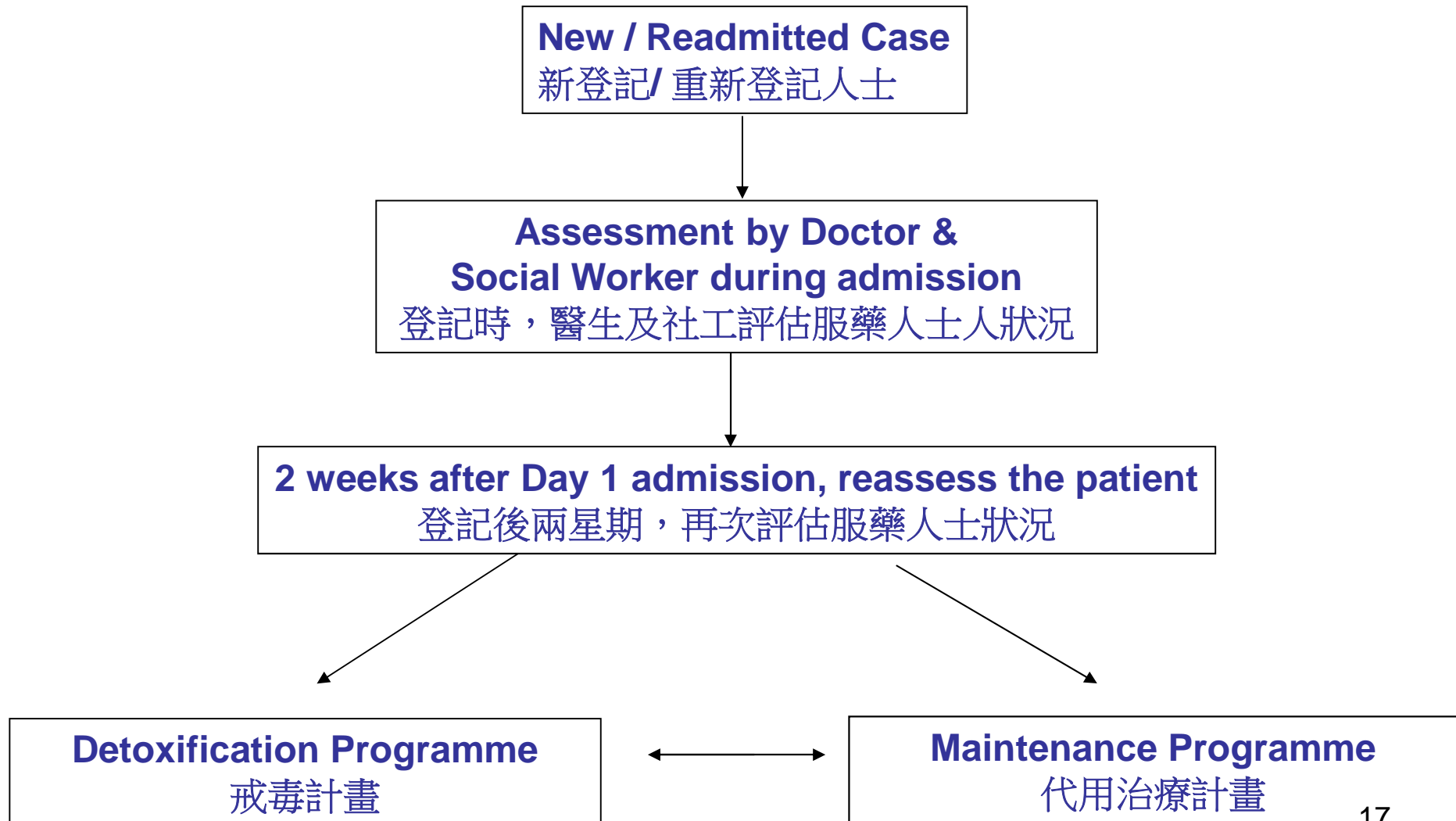
Admission procedures

登記程式

- Hold a valid HK ID card or travel passport
須持有香港身份證或有效旅行證件
- Fee (HK dollar): \$1
費用 (港幣) : \$1
- HK\$ 23 for non HK resident
非香港居民為港幣\$ 23
- No need for referral
無須轉介
- No need for appointment
無須預約
- No waiting list
無須輪候
- Free to come and go
不會限制加入或離開治療計畫

Methadone Treatment Programme Flow Chart

美沙酮治療計畫個案跟進流程



Methadone Maintenance Programme

美沙酮代用治療計畫

- Comprise of 98% methadone users
約98%服用美沙酮人士參與
- Attend methadone clinic and take methadone daily
需每天到診所服藥
- Maintenance dosage range from 1mg to 130mg daily
美沙酮替代分量由每日1毫克至130毫克
- Average maintenance dosage: around 50mg daily
平均替代分量約每日50毫克
- Counselling Service by Social Worker
社工輔導

Methadone Detoxification Programme

美沙酮戒毒計畫

- Comprise of 2% methadone users
約2%服用美沙酮人士參與
- Gradually reduce methadone dosage until total withdrawal is achieved
逐漸減少美沙酮分量直至完全無須服藥
- Counselling by Social Worker
社工輔導
- Duration of detoxification: around 4 to 12 weeks
戒毒為期:約4至12星期
- Success rate after 18 months of follow up: 20%
戒毒18個月後成功率約20%

核對身份證明檔和收費



按電腦記錄派藥



監察病人即時完成服藥



Adding Values at Methadone Clinics

為美沙酮診所增值

Behavioural monitoring

行為監察

HIV surveillance

愛滋病監測

Dissemination of information

發放資訊

Condom distribution

派發安全套

Tetanus & HBV Vaccination

破傷風和乙肝疫苗注射

**Counselling, consultation,
support and referral**

輔導、醫療諮詢、支援、轉介

Routine voluntary HIV testing

愛滋病病毒測試

Outreaching

外展



HIV Surveillance

愛滋病監測

- On admission and annual HIV tests
新加入計畫及每年愛滋病測試
- Voluntary, no additional charge
自願, 不另收費
- Early identification and prompt treatment
(DH Integrated HIV Treatment Centre and Social Workers for long term follow up)
及早識別及儘快接受治療
(衛生署愛滋病綜合治療中心及社會工作者會長期跟進)
- HIV prevalence among methadone attendees ~ 0.6%
(HK population ~ 0.1%)
服用美沙酮人士的愛滋病流行率 ~ 0.6%
(香港人口 ~ 0.1%)

Health Education / Counseling

健康教育 / 輔導

- HIV prevention e.g. leaflets, posters and video
利用單張, 海報及錄影帶以宣傳預防愛滋病
- Free condom distribution
免費派發安全套
- Urine test for HIV Infection
愛滋病尿液測試
- Questionnaire surveys to identify risk behaviors
問卷調查以識別高危行為

Evaluation on Programme Effectiveness (2011)

評估計畫成效 (2011)

	服用美沙酮人士 (4,191)	新加入計畫人士 (636)	P value
就業情況 (18-60歲)	49.4%	40.8%	<0.001
干犯罪行	3.6%	23.9%	<0.001
良好家庭關係	53.8%	48.9%	0.023
使用其他毒品	10.7%	18.7%	<0.001
年齡標準化住院率	118 per 1,000	105 per 1,000	n.s.

Confidentiality of user records

保密使用人士資料

- User's information is protected by HK law
使用者的資料受香港法律所保護
- Not be divulged to any person/ other government departments except with user's written consent
除非獲得使用人士的書面同意，否則不會向任何人／政府機構披露

Confidentiality of patient's information

病人資料保密

- Dangerous Drugs Ordinance
(Chapter 134 Section 49)
《危險藥物條例》(第134章49條)
- Personal Data (Privacy) Ordinance
(Chapter 486)
個人資料(私隱)條例 (第486章)
- Security Regulations (111)
政府保安條例(第111條)