

Editorial Corner

Components of Successful Treatment Programs For Drug Addiction

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The management of drug addicts can be carried in two step:

1) Detoxification:

Which is brief medical procedure designed to stabilize the physical and emotional effects of recent termination of heavy drug abuse.

2) Rehabilitation:

It is much longer process involving multidisciplinary staff. It starts after detoxification and it is indicated for patients:

- Who still have problems controlling their use of drugs.
- Self medication of underlying.
- Lack of family and community support.

Rehabilitation Methods

There is a very wide range of professional opinions regarding the underlying reasons for drug abuse:

- Genetic predisposition.
- Acquired metabolic abnormalities.
- Learned negative behavioral patterns.

What are the purposes of addiction rehabilitation?

- I) To prevent return to active substance use
- II) To assist the patient in developing control over urges to use drugs.
- III) To help the patient to regain improved personal health and social function.

So as a result there is an equally wide range of treatment methods.

1) Psychotropic medications:

- As anticraving
- And to correct underlying psychic disorder

2) Acupuncture:

It correct acquired metabolic imbalance.

3) Educational seminars, films and group sessions to correct false impressions about drug abuse.

4) Group and individual counseling and therapy to provide: insight, guidance, and support for behavioral changes.

5) Peer help group

6) To provide continued support for behavioral changes .

Outcomes to be expected from addiction treatment

The positive effects of addiction treatment should be sustained beyond the end of the treatment period and continued for at least 6 to 12 months. In one of the treating center in the General Egyptian association for Prevention of Alcohol and Combat of Narcotics, the results, of unsuccessful treatment were as following. 1)

Beer	42.3%
Wine	53.2%
Bango	41.1%
Cannabis	46%
Opium	56.1%
Heroin	67.8%
Cough syrup	59.2%
Psychotropic medications	54.1%

From analyzing the differences in the medical services applied for successful and failures in treatment, the following factors can be deduced.

- 1) Treatment setting: The amount and quality of medical supervision and monitoring
- 2) Length of treatment and compliance with it.
- 3) Participation in N.A.
- 4) The therapist or counselor who provides treatment.
- 5) Medications used.
- 6) Therapeutic approach: reflective listening is more effective than a directive confrontational approach.

Net work Therapy

Start to be build a network for the patient at the first visit involving the patient's family members and close friends.

The therapist should manage the network with care:

- I) Include persons who are close to:
 - Avoid members with substance problems.
 - Avoid superiors or subordinates at work.
- II) Get a balanced group :
 - Avoid network composed solely of the parental generation or of younger people, or of persons of the opposite sex.