

A targeted urological treatment program for secondary school students abusing psychotropic substance and a territory-wide school-based survey of bladder dysfunction symptoms associated with psychotropic substance (BDF101012)



By

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Project concepts



Established Youth Urological Treatment Centre(YUTC)
at the Prince of Wales Hospital

1. Provide early urological assessment and treatment to young patients suffering from ketamine-associated uropathy
2. Formulate a practical and cost-effective management protocol
3. Encourage young abusers to quit drugs

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Project concepts



Secondary school visits and survey

1. Provide preventive education to secondary school students through lectures on harmful effects of ketamine abuse on urinary tract
2. Investigate the differences in the prevalence of lower urinary tract symptoms (LUTS) among secondary school students with and without psychotropic substance abuse by voluntary participation in an anonymous questionnaire survey

Major activities



- Youth Urological Treatment Centre(YUTC)
 - Clinical sessions 3 times a week
 - Partnership with anti-drugs social work services and fast-track appointment booking by hotline
- Secondary school visits and survey
 - Delivered 50 lectures to secondary school students from Jan 2012 and to Jan 2014
 - 45 secondary schools participated in the survey

Major activities



Information Day on the
01 Dec 2012



Clients and Staff from
Caritas, Wong Yiu Nam
visited YUTC on 30 Jan 2012



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Major activities



Two staff members from
Narcotics Division, Security
Bureau visited YUTC on 06
Feb 2012



Four staff members from
CDAC visited YUTC on 20
Feb 2012



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Major activities



Sharing session on the 17 August 2012



Press Conference on 28 August 2013



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Achievement and evaluation result



Youth Urological Treatment Centre

- Evaluated and provided treatment to 388 new patients who suffer from ketamine-associated uropathy
- 46% patients who had not been followed by any social work services agreed to be referred to CCPSA after counselling
- 65% patients demonstrated symptomatic improvement after integrated anti-inflammatory therapy with oral medications

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Achievement and evaluation result



Secondary school visits and survey

- Delivered 50 lectures to secondary school students and a total of 40,500 secondary schools students received anti-drug messages through lectures or publicity materials
- 12,350 students from 45 local secondary schools participated (response rate 77.2%)
- Significantly higher prevalence of LUTS among psychotropic substance abusers when compared with normal control population with no history of substance abuse
- Ketamine was the most commonly abused substance among the students
- Ketamine abusers experienced more LUTS than abusers of other psychotropic substances
- Female ketamine abusers tended to have more LUTS than male ketamine abusers

Experience gained



- The service model of YUTC is effective to identify young ketamine abusers with ketamine-associated uropathy by providing an easy-access service and a comfortable and efficient evaluation by the one-stop non-invasive approach
- Half of the non-treatment seeking adolescents with history of ketamine abuse may have LUTS related to ketamine use
- Female ketamine abusers tend to have more LUTS than male, in both treatment-seeking and non-treatment-seeking populations
- Dose, frequency and duration of ketamine use are associated with both the severity of LUTS before urological treatment and the outcomes after treatment
- Cessation of ketamine use is the mainstay for any urological treatment program for ketamine-associated uropathy

Recommendations on service provision



- Continuous efforts are warranted from all stakeholders including the government, the social work services and the urological care providers to better tackle the challenging issue of ketamine-associated uropathy