

Traditional Chinese Medicine on Urinary Problem(BDF110003)



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HONG KONG CHRISTIAN SERVICE

全人關心 卓越創新
care for all excel in all

Project period: May 2012 – April 2014



Introduction

- Jockey Club Lodge of Rising Sun of the Hong Kong Christian Service is the first mixed mode drug treatment centre providing out-patient cum residential detoxification and rehabilitation service to young opiate and psychotropic substance abusers of aged under 30.
- Since 2008, the number of ketamine abusers increased substantially.
- Most of them suffer from urological problem such as haematuria, urinary frequency and dysuria.



Introduction

- Long waiting period for urological specialist treatment in public hospital.
- It hampers greatly the recovery and rehabilitation of the substance abusers during their drug rehabilitation treatment.

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Project Objectives

- To soothe participants' distress associated with urology including haematuria, urinary frequency and dysuria.
- To enhance their self-efficacy and motivation to commit to residential treatment and to keep abstinence.

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Project Content

- A 2-year project in cooperation with Pok Oi Hospital-The Chinese University of Hong Kong Chinese Medicine Clinical Research Centre (Yuen Long).
- Two Registered Chinese Medicine Practitioners visit our centre every week to provide acupuncture and Chinese herbal medicine treatment.
- Provide treatment for 84 ketamine dependent persons.

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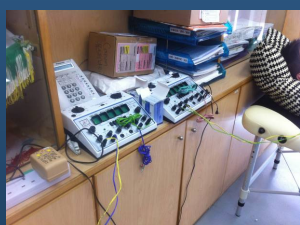


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Output and Outcome Evaluation

Evaluation methods

1. Output indicator: Provide Traditional Chinese Medical treatment (include acupuncture and Chinese herbal medicine) to 84 ketamine abusers.
2. Outcome indicator:
 - a. Pre-test and Post-test comparison of scores measured by Beat Drugs Fund question set no.14 (Stimulant Relapse Risk Scale).
 - b. Pre-test and Post-test comparison of urination frequency measured by Voiding Dairy.

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Output and Outcome Evaluation

Output and outcome benchmarks

1. Output benchmarks: Target to serve 84 ketamine abusers.
2. Outcome benchmarks:
 - a. 70% of patients demonstrate a reduction in relapse risk after treatment (or significant improvement found using paired t-test).
 - b. 80% of patients demonstrate a reduction in urination frequency (or significant improvement found using paired t-test).

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Output and Outcome Evaluation

Evaluation results

1. Output results: 89 ketamine abusers had participated in the project.
2. Outcome results:
 - a. 75% of cases had demonstrated a reduction in relapse risk after treatment.
 - b. 96.3% of cases had demonstrated a reduction in urination frequency.

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Experience Gained

- The acupuncture and Chinese medicine were effective to soothe the ketamine abusers' distress associated with urology including haematuria, urinary frequency and dysuria.
- The effectiveness of Chinese medical treatment was varied among cases according to their physical conditions.
- Some of the participants were not suitable for Chinese Herbal medicine and acupuncture because of physical problem such as poor liver functioning.

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Other Findings

- According to the Voiding Dairy, 74.1% and 77.8% of cases indicated the reduction in pain or uncomfortable feeling and reduction in urgency sensation respectively.
- 66.7% of cases indicated the reduction in inflammatory sensation and improvement in uninterrupted urination respectively.

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Conclusion

- The project had a very positive feedback from the participants.
- The project brought about positive impacts on participants' involvement in residential treatment as well as the enhancement of their self-efficacy for abstinence.
- There is a clear need of Traditional Chinese Medical treatment to ketamine abusers about the urology problem.
- Exploration of resources to provide treatment is needed in the future.

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End

