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Trendovi uporabe droga u izvanbolničkom tretmanu ovisnosti: iskustvo Službe za mentalno zdravlje i prevenciju ovisnosti

/ Trends in Drug Use Among Patients Receiving Outpatient Addiction Treatment: Experience From the Mental Health and Addiction Prevention Service

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Uvod: Odjel za prevenciju i izvanbolničko liječenje NZJZ-a „Dr. Andrija Štampar" provodi dijagnostiku, liječenje i rehabilitaciju supstancijalnih i ponašajnih ovisnosti. Obuhvaća ovisnosti, epidemiološki prati, koordinira i provodi programe smanjenja potražnje droga, provodi preventivne aktivnosti u skladu sa strateškim dokumentima. Tretman je indiciran, uz multidisciplinarni, multimodalni i individualni pristup. Odjel provodi multisektorsku suradnju s institucijama u vezi s problemima ovisnosti te analizu trendova u Zagrebu i Hrvatskoj. Cilj i metode: Prikazati trend uporabe droga kod pacijenata Službe za mentalno zdravlje i prevenci-

Introduction: The Department for Prevention and Outpatient Treatment of the Teaching Institute of Public Health „Dr. Andrija Štampar" carries out diagnostics, treatment, and rehabilitation of substance-related and behavioral addictions. It covers addictions epidemiologically, coordinates and implements programs to reduce the demand for drugs, and conducts preventive activities in line with strategic documents. Treatment is indicated with a multidisciplinary, multimodal, and individualized approach. The Department engages in multisectoral collaboration with institutions regarding addiction-related problems and in the analysis of trends in Zagreb and Croatia. Aim and

ju ovisnosti (SMZPO) Nastavnog zavoda za javno zdravstvo „Dr. A. Štampar“ (NZJZ). Podatci su dobiveni TDI protokolom 3.0 kojim se u EU prikupljaju informacije o osobama u liječenju ovisnosti o drogama te prate trendovi. Rezultati: Zbog upotrebe droga u tretmanu je bilo ukupno 517 osoba, čime je zaustavljen trend pada. Od ukupnog broja većina su muškarci (81,8 %) i prethodno liječeni (79,7 %). Prvi se put na liječenje javilo 105 osoba (20,3 %), uz uzlazni trend novih neopijatskih pacijenata. Prema vrsti droge najzastupljeniji su bili opijati (59,8 %), potom kanabinoidi (24,2 %), kokain (10,3 %) i psihostimulansi (5 %). Među osobama u tretmanu zbog opijatske ovisnosti zadržan je trend starenja, što upućuje na potrebu zahtjevnije zdravstvene skrbi zbog više somatskih i psihičkih komorbiditeta. Među osobama u tretmanu zbog neopijatske ovisnosti najzastupljenija je dobna skupina od 15 do 19 godina (31,5 %), najčešće zbog upotrebe kanabinoida, pa dobna skupina od 40 do 44 godine (12,5 %), najčešće zbog upotrebe kokaina, što je promjena u odnosu na prethodno razdoblje. Niska je incidencija HCV-a, a povećana zaposlenost – indikatori oporavka. Zaključak: Blagi je porast broja osoba u tretmanu, no stabilan udio sve starijih opijatskih ovisnika, i više je osoba u liječenju zbog kokaina i psihostimulansa. Trend sa psihostimulansima i kokainom značajan je i zahtijeva nova rješenja. Učinkovit odgovor na nove izazove uključuje pojačanu prevenciju na svim razinama, suradnju institucija, uz osnaživanje mladih, edukaciju javnosti o rizicima, te razvijanje novih programa liječenja prilagođenim potrebama.

methods: To present trends in drug use among patients of the Mental Health and Addiction Prevention Service of the Teaching Institute of Public Health „Dr. Andrija Štampar“. Data were obtained using the TDI 3.0 protocol, which is used in the EU to collect information on people in treatment for drug addiction and to monitor trends. Results: A total of 517 individuals were in treatment due to drug use, marking an end to the previous downward trend. Of the total number, the majority were men (81.8%) and previously treated (79.7%). First-time treatment was sought by 105 people (20.3%), with an upward trend in new non-opioid patients. By type of drug, opioids were the most represented (59.8%), followed by cannabinoids (24.2%), cocaine (10.3%), and psychostimulants (5%). Among people in treatment for opioid dependence, the trend of aging persisted, indicating the need for more demanding health care due to higher rates of somatic and psychiatric comorbidity. Among people in treatment for non-opioid dependence, the most represented age group was 15 to 19 years (31.5%), most often due to cannabinoid use, followed by the 40 to 44 age group (12.5%), most often due to cocaine use, which is a change compared to the previous period. The incidence of HCV is low, and employment rates are higher – indicators of recovery. Conclusion: There is a slight increase in the number of people in treatment, a stable share of increasingly older opioid users, and more people in treatment due to cocaine and psychostimulants. The trend involving psychostimulants and cocaine is significant and calls for new solutions. An effective response to new challenges includes strengthened prevention at all levels, intersectoral cooperation, empowerment of young people, public education on risks, and the development of new treatment programs tailored to emerging needs.