

# CHARACTERISTICS AND THE EFFECT OF METHADONE MAINTENANCE DOSE ON THERAPY RETENTION AT H. ADAM MALIK GENERAL HOSPITAL, MEDAN, NORTH SUMATERA

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## ABSTRACT

**Background:** Methadone maintenance treatment (MMT) has been used successfully to reduce the morbidity and criminality associated with heroin abuse. It permits improvements in social engagement and vocational productivity, and prevents the spread of blood borne diseases. Some systematic reviews have shown that retention is associated with on-site dosing and that higher rates of dropout are associated with lower doses of methadone. The purpose of this study was to determine characteristics and the effect of methadone maintenance dose on therapy retention at H. Adam Malik General Hospital, Medan, North Sumatera.

**Subjects and Method:** This was a cross sectional study conducted at H. Adam Malik Hospital in Medan. A sample of 63 drug abuse patients were selected for this study. The dependent variable was retention on MMT. The independent variables were age, education status, occupation, resident, and average maintenance dose. The data were obtained from the medical records. The data were analyzed by multiple logistic regression.

**Results:** Retention on MMT increased with average maintenance dose  $\geq 60$  mg (OR= 5.94; CI 95% 1.06 to 33.18; p= 0.042).

**Conclusion:** Retention on MMT increases with average maintenance dose  $\geq 60$  mg.

**Keywords:** retention, methadone maintenance treatment, patient characteristic, maintenance dose

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