

Effect Of Methadone on Chronic Illnesses and Behaviours Among People with Opioid Use Disorder (OUD) Receiving Methadone Maintenance Treatment (MMT)

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ABSTRACT

Introduction: Methadone treatment may affect the status of patient health, affecting liver functions and behaviour among Opioid Use Disorder (OUD). This study aims to determine the effect of methadone among OUD in primary healthcare precisely to assess the prevalence of chronic disease and co-morbidities, clinical impact towards treatment outcome and also the behavior among OUD. **Methods:** It was a two-part study; part one was a retrospective to determine the effect of methadone and treatment outcome by retrieving data from the medical records and file records of patients. One-way Anova was used to compare means clinical outcome. $p < 0.05$ as statistically significant. While part two was a prospective to evaluate OUD behaviour during MMT. **Results:** A total of 164 people with OUD were recruited through random sampling and interviewed. Scoring of higher 60 percent indicated positives behaviour among OUD and chi-square test used to detect significant association between response given and the elements of behaviour. $p < 0.05$ considered statistically significant. Prevalence OUDs on chronic and infectious disease: diabetes (6.6%), hypertension (5.5%), Dyslipidaemia (4.5%), Prevalence on infectious disease: HIV (16.1%), Hepatitis (71.3%), HIV and Hepatitis (1.3%). Clinical outcome upon enrolled methadone treatment towards 18 months: FBS ($p > 0.05$), Sr Cholesterol ($p > 0.05$), Sr triglycerides ($p > 0.05$), HbA1c ($p < 0.05$), Sr Creatinine ($p > 0.05$). In part two, 164 OUDs (male, $n = 161:98.2\%$) (female, $n = 3:1.8\%$) with median income (IQR) rm 1000.00. (700.00-1500.00) monthly. Mean score personal behaviour [78.6%: 23.6 (5.7), $p < 0.05$], conduct behavior [85.4%: 20.5(4.1), $p < 0.05$], emotional behaviour [80.3%: 24.1(5.5), $p < 0.05$] and illicit drug use [78.6%: 33(12.2, $p < 0.05$)]. **Conclusion:** Methadone affects patient health and behaviour and in prolonged treatment.

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Pain Medication Beliefs among Knee and Hip Osteoarthritis Patients

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ABSTRACT

Introduction: Osteoarthritis is a chronic and incurable degenerative disease commonly affecting the knee and hip joints. Pain medications as a treatment modality can alleviate osteoarthritis symptoms of pain, swelling, and stiffness. This study aimed to identify the beliefs of patients with knee and hip osteoarthritis towards pain medications. The association between sociodemographic characteristics and pain medication belief was then assessed. **Methods:** This cross-sectional study was conducted in Port Dickson Hospital, Negeri Sembilan by using universal sampling method. Data collection forms were utilized to document the sociodemographic characteristics of study participants, while belief towards pain medications was assessed through Treatment beliefs in the knee and hip OsteoArthritis (TOA) questionnaire. The results were illustrated using descriptive statistics. Mann-Whitney and Kruskal-Wallis test was further applied for inferential analysis. **Results:** Out of 47 study participants, the majority of them were females (61.7%), aged more than or equal to 60 years old (63.8%), had affected knee osteoarthritis (80.9%), had underlying cardiovascular disease (63.8%) and underwent physiotherapy (74.5%). TOA questionnaire showed positive belief median score of 21 (17-21) and negative belief median score of 23 (15-31). There was a significant association between gender and osteoarthritis treatment with positive belief towards pain medication, indicated by female study participants ($U = 161.50$, $p = 0.021$) and physiotherapy treatment ($U = 78.00$, $p = 0.001$). **Conclusion:** Overall, the participants in this study had equally positive and negative beliefs towards pain medications. Female gender and physiotherapy treatment was associated with positive belief towards pain medications. Future studies conducted at a multicenter scale can explore and gain better insight into osteoarthritis pain medication beliefs of patients.