



PAC  
Ho Chi Minh City



# A Pilot Implementation Project of an Integrated Treatment for Opioid Addiction in Vietnam

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# Disclosures

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# Overview of Presentation

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- Review the aims of the research: study implementation
- Concepts that informed the research
- Current status and results thus far
- Conclusions

# Aims of the study

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- To establish a new integrated MAT treatment program ( MMT and Suboxone) within the Go Vap HIV Clinic, Ho Chi Minh City
- To evaluate barriers and facilitators of implementation
- To evaluate patient retention, medication adherence, drug use, and HIV treatment engagement
- To estimate the costs and benefits of MAT treatment strategies

# HIV treatment as prevention

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### Prevention of HIV-1 Infection with Early Antiretroviral Therapy

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#### ABSTRACT

#### BACKGROUND

Antiretroviral therapy that reduces viral replication could limit the transmission of human immunodeficiency virus type 1 (HIV-1) in serodiscordant couples.

The authors' affiliations are listed in the Appendix. Address reprint requests to Dr. Cohen at the University of North Carolina

# MMT improves access, adherence, and viral suppression

Addiction

RESEARCH REPORT

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## Methadone maintenance therapy promotes initiation of antiretroviral therapy among injection drug users

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Commentary

Social and structural determinants of HAART access and adherence among injection drug users

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Review

Adherence to HIV treatment among IDUs and the role of opioid substitution treatment (OST)

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Antiretroviral adherence and HIV treatment outcomes among HIV/HCV co-infected injection drug users: The role of methadone maintenance therapy

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# Clear need for more treatment options

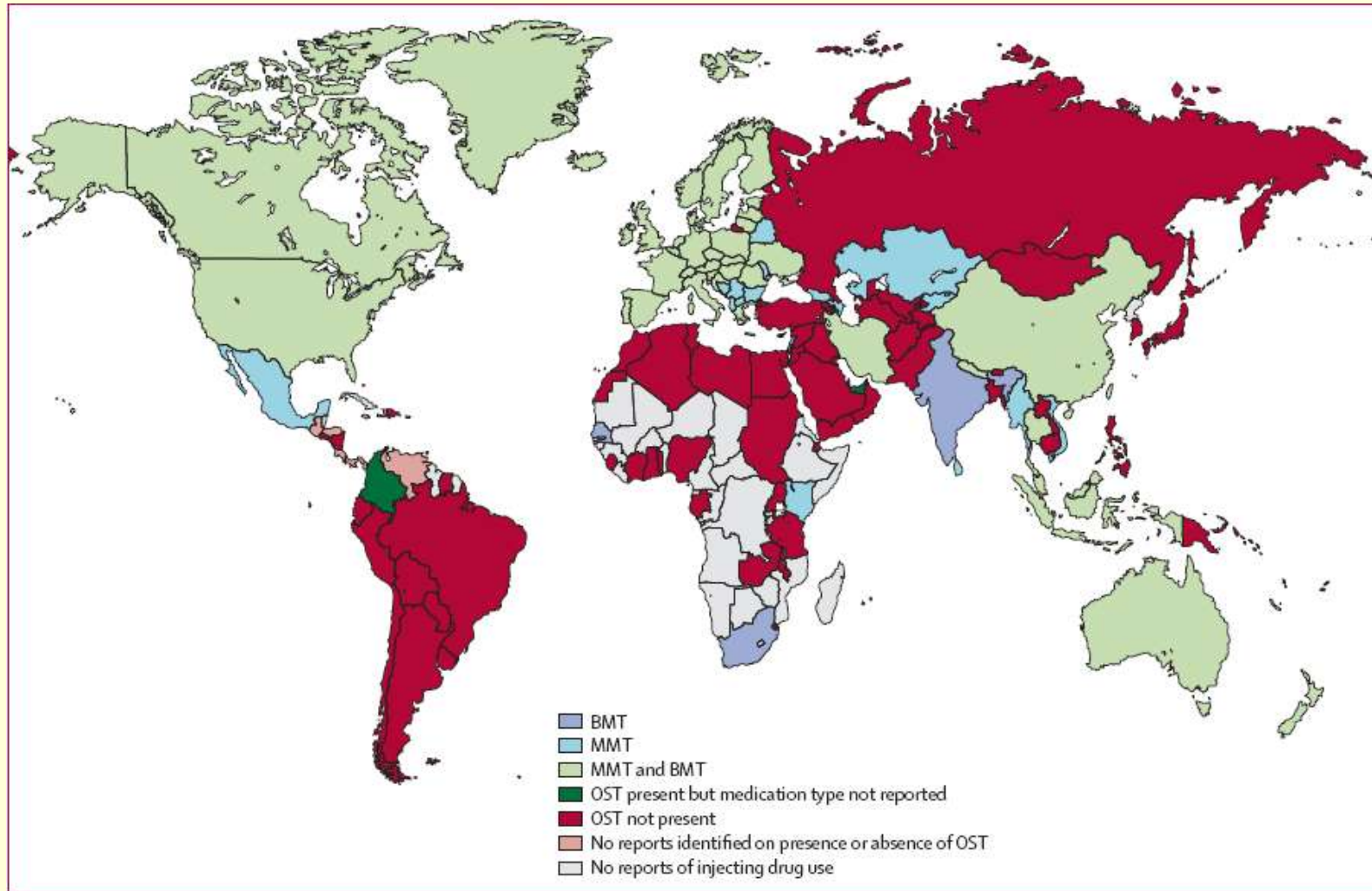
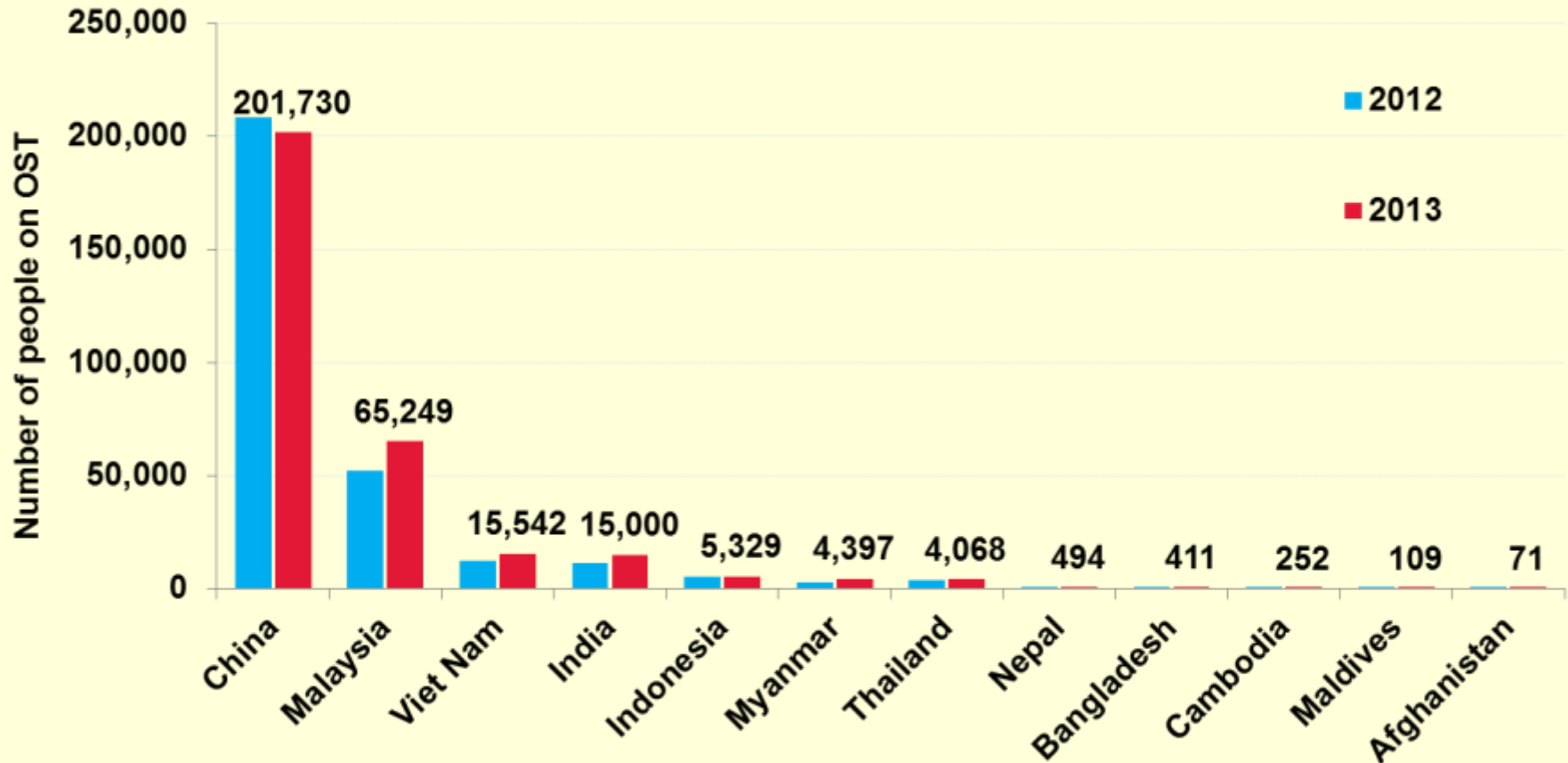


Figure 3: Availability of opioid substitution treatment

BMT=buprenorphine maintenance treatment. MMT=metadone maintenance treatment. OST=opioid substitution therapy.

# Reported number of people who receiving opioid substitution therapy, 2012-2013





# Addiction is a chronic medical condition

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**Biological components**

**+**

**Behavioral components**

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**Most effective addiction treatment requires attention to both: medication *and counseling* (MAT)**

# Expanding Substance Use Treatment Options for HIV Prevention With Buprenorphine–Naloxone: HIV Prevention Trials Network 058

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**Background:** Injection opioid use plays a significant role in the transmission of HIV infection in many communities and several regions of the world. Access to evidence-based treatments for opioid use disorders is extremely limited.

followed by dose tapering. All participants were followed for 52 weeks after treatment completion to assess durability of impact.

**Results:** Although the study was stopped early due to lower than expected occurrence of the primary end points, sufficient data were

# Vietnam

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Vietnam = about 170,000 drug users (WHO 2014)

- 80% heroin injectors

Vietnam National MMT project initiated in 2008

- Hai Phong and HCMC
- Need to scale-up MAT program

Currently 13,000 drug users treated

HIV prevalence is high among drug users

- 46% (WHO 2014)
- Not everyone has access to ARV

# Go Vap Integrated Treatment Clinic

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# Procedure: Key Inclusion criteria

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- 18 or more years of age
- Meets DSM-5 criteria for opioid use disorder
- Interested in methadone maintenance or Suboxone® treatment for opiate use disorder
- Injected heroin within past 30 days by self-report, documented by “tracks” or puncture marks

# Procedure: Medication dosing strategy

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**Methadone:**            daily dosing  
                              no take-home

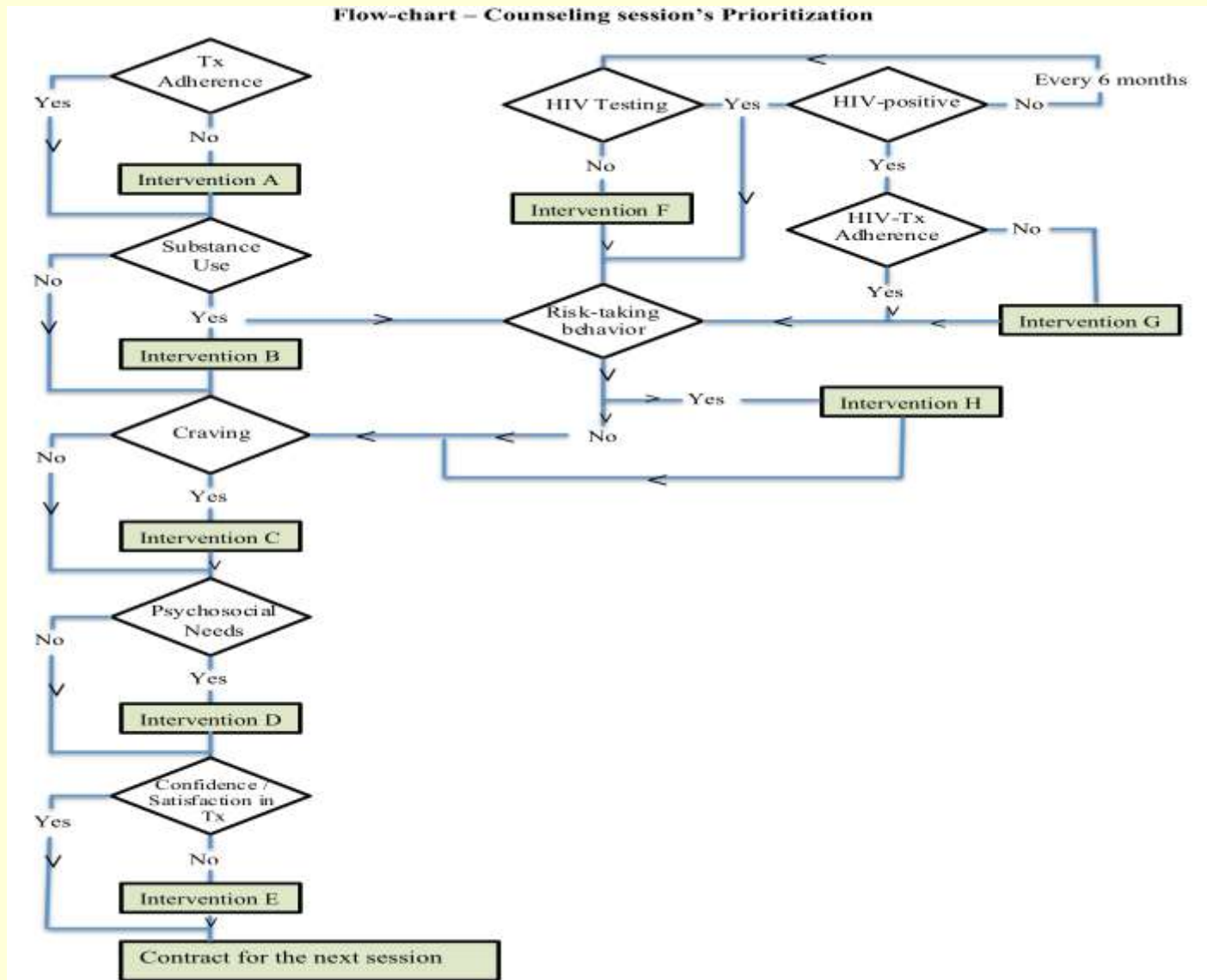
**Suboxone ® :**        after at least 4 weeks of stable daily dosing, goal  
                              is 3x per week  
  
                              no take home  
  
                              (currently, 55.8% are receiving SBX 3x per week)

# Counseling strategy: (BDRC)

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- Rooted in cognitive behavioral therapy (CBT)
  - Emphasis on current drug use and related problems
  - Focus on short term behavioral goals
  - Uses behavioral contracts
  - Relapse is anticipated
  - 12 weekly sessions followed by 9 monthly sessions
- Supervision and support (Augustine Voisin)

# Counseling toolkit





# Implementation Milestones

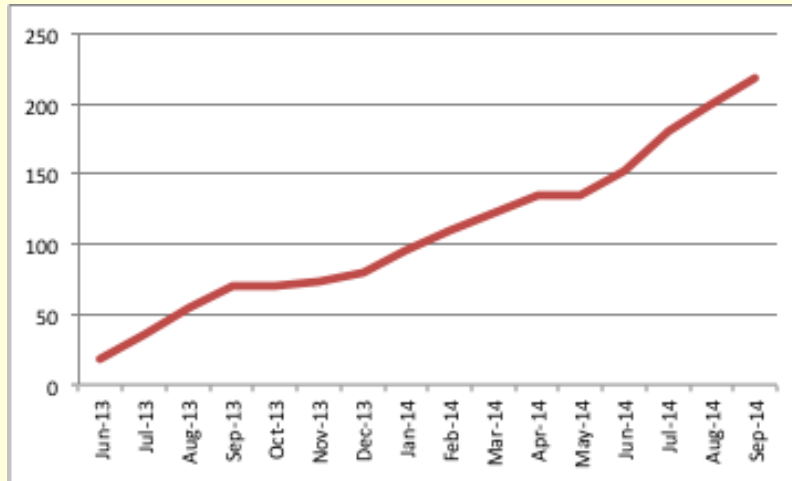
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- Project Yr. 01      Local, National, and institutional approvals
- Project Yr. 01      Training on addiction and MAT (ongoing supervision)
- Project Yr. 02      Training on BDRC counseling (ongoing supervision)
- Project Yr. 02      Introduction of Methadone treatment
- Project Yr 01-03      Approvals for importation of Suboxone ®
- Project Yr 03      First Use of Suboxone ® in Vietnam February, 2015



# Enrollment

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## Enrollment as of September 2015

Total:	315
Methadone:	232
Suboxone®:	83
Rate of inclusion	89.6%

# Participant characteristics (N=315)

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Male	96.8%
Age	32.4 y (+/- 5.9)
Living with family	81.0%
Any employment	50.4% (elementary occupation 94%)

# Drug use at baseline

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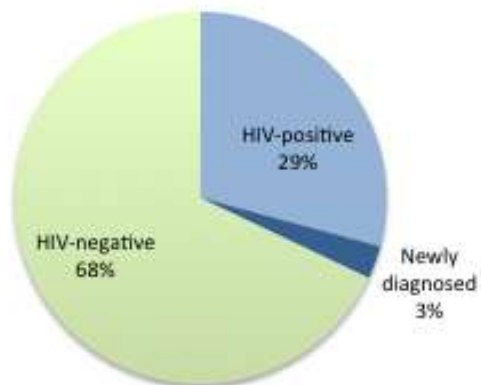
## Opiate use

Heroin	100%
Duration (average)	7.8 y (+/-7.0; range 2-20 y)
Injection	100%
Mean days used in past 30	28 days

Other substance use	Prev. (%)	Lifetime (yrs)	Past 30 days
Tobacco	100	15.5 (5.9)	30.0
Alcohol	17.9	3.8 (6.2)	6.7 (8.9)
Bzd	4.0	2.8 (1.8)	5.1 (2.9)
Amphet	3.0	1.0 (0.0)	1.8 (1.8)
THC	3.0	2.0 (1.2)	7.0 (2.3)

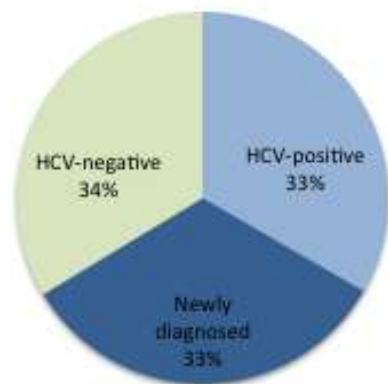
# Baseline HIV and HCV

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## HIV

Prevalence	32.1%
New diagnosed	3.0%
HIV clinic	95%
Viral load range	0-400,000
CD4 count	432 (+/-232)



## Hepatitis C

Prevalence	66.3%
Newly diagnosed	33.0%
HCV treatment	2%

# Treatment Retention

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## Retention rate at 6 months

- 92.7% (of those leaving, 78% left within 3 months)

## Retention rate at 12 months (Methadone only)

- 92.1% (117/127)

## Reasons for leaving

- Quit treatment n= 13
- Arrested and sent to rehabilitation center n= 3
- Moved in another city n= 2

## Preliminary retention methadone > suboxone

- 92.7% versus 78.3%

# Treatment Adherence

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## Medication adherence

- 93.6% did not miss any dose of treatment
- Missing dose per month range: 1- 7

## Counseling sessions attendance

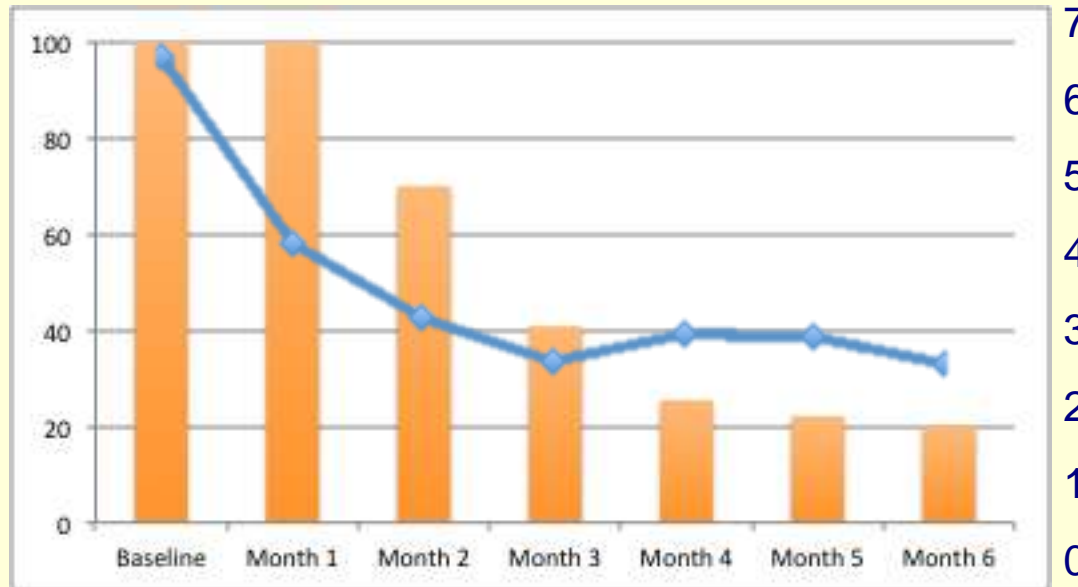
- Range from 92.5% to 97.5%

## HIV treatment enrollment for those with HIV infection

- 100%

# Opiate Positive Tests

- Opiate use



Self reported days of use in the past week among users

- Significant decrease over time

- No. of opiate positive tests
  - MET ( $\chi^2= 704.7, p<.0001$ ), SBX ( $\chi^2= 116.4, p<.0001$ )
- No. of days heroin use (among users) ( $F(5,79)= 121.6, p<.0001$ )
  - No difference btw MET and SBX ( $\chi^2= 9.6, p=0.57$ )



# Conclusions

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Current data supports the acceptability and feasibility of integrating MAT with structured behavioral and drug risk counseling within an HIV clinic

- Rapid enrollment
- High retention rate

Introduction of Suboxone® = new medication treatment in Vietnam

- Acceptable to most patients
- New patients ask for Suboxone
- Few patient management concerns (dosing in response to missed visits)

Integrated treatment strategy showed significant positive impact on:

- Drug use
- HIV detection
- Access to HIV care

Research will confirm the long-term stability of these findings and identify facilitators and barriers to implementation.



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- Go Vap Center Staff in Ho Chi Minh City
- PAC Ho Chi Minh City
- Ministry of Health of Vietnam, Hanoi
- VAAC, Hanoi

# Leopold

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