HAC 2015 ABSTRACT for Oral Presentations

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Project title
Crisis Accommodation Program for ketamine abusers in bridging the gap between treatment and rehabilitation for abstinence from ketamine use.

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Introduction
Prolonged ketamine use can adversely affect urinary and multiple body systems as well as cognitive and motor functions. Studies show that there is potential of recovery of these bodily and functional deteriorations after abstinence from the ketamine use. To bridge the gap between treatment and community-based rehabilitation, a new multidisciplinary Crisis Accommodation Program is established in North District Hospital for managing the health and functional issues of young ketamine abusers. The Program is a five-day in-patient intervention involving urological, radiological and other medical investigations and treatment for managing the health crisis of the patients. Focused occupational therapy is also provided to promote the patients’ awareness of their functional and role performance crises, and to enhance their personal preparedness for abstinence from ketamine use and relapse prevention.

Objectives
This study examines the clinical effectiveness of the Crisis Accommodation Program in enhancing the motivation and readiness to engage in rehabilitation as well as in the reduction of ketamine use.

Methodology
172 ketamine abusers were involved in this study. There were 78 male (45.3%) and 94 female (54.7%) participants, who were between the age of 17 to 43 (M = 27.18 years, SD=4.75). We used two questionnaires, including the Drug Use Frequency on ketamine consumption and the Contemplation Ladder on motivation and readiness for abstinence from ketamine use, to collect outcomes at completion, two weeks and thirteen weeks after completion of the Crisis Accommodation Program.

Result
Evaluation using Repeated measures ANOVA showed significant improvements in treatment motivation and reduction of ketamine use in all the three stages of evaluation. There was improvement in treatment motivation from completion, post-two weeks and post-thirteen weeks of the program (F = 65.11 p <.001). At thirteen weeks after completion of the program, there also was significant reduction of ketamine use (F = 14.72, p <.001). The outcomes of this study indicate that the use of the intensive and comprehensive intervention in the Crisis Accommodation Program is effective in decreasing ketamine consumption and in enhancing the motivation and readiness to abstain from ketamine use.