

Changing trends in Substance Abuse: Analysis of lab test results from patient cohort at the National Rehabilitation Center, UAE

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Drug abuse is a constantly changing scene and services need to keep abreast and modify their strategies and methodologies directed by the available information from good oversight and stewardship, clinical assessments and numerous other diversified factors of relevance, besides recognizing resources accordingly. However, not all countries have the same drug trend, hence, different countries do not have the same clubbing culture and consequently different patterns of psychoactive substance use.

Background:

Since its launch in 2002, the laboratory at the National Rehabilitation Centre, NRC, Abu Dhabi, UAE, has kept a comprehensive record of the contraband substances test results, of all the patients who sought treatment at the Centre for their alcohol and substance related disorders.

Aim:

To share this unique information with the local and international addiction medicine community, with emphasis on types of substances misused by this cohort, prevalence, patterns of substance related disorders and other insights gained from clinical experience.

Method:

Reviewing the lab test results from screening, immunoassay, Gas Chromatography–Mass spectrometry GC/MS, liquid chromatography–tandem mass spectrometry (LC-MS/MS, for quantitative determination of Buprenorphine& nor-buprenorphine in serum and urine), and expert clinical observations at the NRC focusing on 3 years (2013, 2014 and 2015). Methods used were chosen on the basis of proven sensitivity, selectivity, specificity and reliability. Results: A total of (21804) patients' urine toxicology results were available for analysis of which (7407) were positive for different types of drugs over the period selected. The 3 most commonly abused illicit substances in 2013 were: Tramadol (702), Opiates (446) and Benzodiazepines (293). In 2014 the top 3 were opiates (485), Tramadol (354) and Cannabis (236). In 2015 opiates topped the league with (818), second was Pregabalin (Lyrica) (589) and Tramadol stabilized at (391). A complete list of all the substances found in the samples, types of tests and significance of the findings is provided in the study

Conclusion:

Medication misuse is a continually changing scene and administrations need to keep side by side and alter their techniques and procedures coordinated by the accessible data from great oversight and stewardship, clinical evaluations and various other enhanced elements of importance, other than perceiving assets in like manner. In any case, not all nations have a similar medication pattern, thus, various nations don't have a similar clubbing society and subsequently various examples of psychoactive substance use.

Foundation:

Since its dispatch in 2002, the research facility at the National Rehabilitation Center, NRC, Abu Dhabi, UAE, has kept a complete record of the booty substances test results, of the considerable number of patients who looked for treatment at the Center for their liquor and substance related disarranges.

Point:

To impart this exceptional data to the neighborhood and worldwide fixation medication network, with accentuation on kinds of substances abused by this companion, predominance, examples of substance related scatters and different bits of knowledge picked up from clinical experience.

Strategy:

Reviewing the lab test comes about because of screening, immunoassay, Gas Chromatography–Mass spectrometry GC/MS, fluid chromatography–couple mass spectrometry (LC-MS/MS, for quantitative assurance of Buprenorphine& nor-buprenorphine in serum and pee), and master clinical perceptions at the NRC concentrating on 3 years (2013, 2014 and 2015). Techniques utilized were picked based on demonstrated affectability, selectivity, explicitness and dependability.

Results:

An aggregate of (21804) patients' pee toxicology results were accessible for investigation of which (7407) were sure for various sorts of medications over the period chose. The 3 most regularly manhandled unlawful substances in 2013 were: Tramadol (702), Opiates (446) and Benzodiazepines (293). In 2014 the main 3 were sedatives (485), Tramadol (354) and Cannabis (236). In 2015 sedatives bested the alliance with (818), second was Pregabalin (Lyrica) (589) and Tramadol settled at (391). A total rundown of the considerable number of substances found in the examples, kinds of tests and hugeness of the discoveries is given in the examination.

References:

- Doctor of Clinical Sciences (Specialty Certificate in Clinical Biochemistry), from the Medical University of Sofia, Republic of Bulgaria, (2004)
- Fellowship of The Academy of Clinical Sciences & Laboratory Medicine, Ireland (2012)
- Certificate of Registration and license to practice as Clinical Scientist, HCPC, (UK)
- Certificate of recognition of a professional qualification and specialization in the EU Member-States, European Economic Area (EEA) and Switzerland, issued by the Ministry of Health in the Republic of Bulgaria
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- Toxicology results from Cardiff Toxicology Center, Llandough Hospital, University of Wales, United Kingdom
- Award of Excellence of Abu Dhabi Crown Prince, The President of Abu Dhabi Executive Council, 2017
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