

Characteristics of reviewed studies: Treatment settings for opioid detoxification

Comparisons Included in this Clinical Question

Inpatient Versus Outpatient
DAY2006
GOSSOP1986
WILSON1975

Characteristics of Included Studies

Methods	Participants	Outcomes	Interventions	Notes
<p>DAY2006</p> <p>Study Type: RCT (randomised controlled trial)</p> <p>Blindness: No mention</p> <p>Duration (days): No information</p> <p>Followup: 6months</p> <p>Setting: UK</p>	<p>n= 71</p> <p>Age: No information</p> <p>Sex: No information</p> <p>Diagnosis: 100% opiate dependence</p>	<p>Data Used</p> <p>Completion</p>	<p>Group 1 N= 37</p> <p>Detoxification with inpatient</p> <p>Group 2 N= 34</p> <p>Detoxification with outpatient</p>	<p>Study Quality 1+</p>
<p>GOSSOP1986</p> <p>Study Type: Non-randomised controlled trial</p> <p>Blindness: Open</p> <p>Duration (days): Mean 21</p> <p>Setting: Drug-dependence clinic, UK</p> <p>Info on Screening Process: All participants voluntary patients asking to be withdrawn</p>	<p>n= 60</p> <p>Age: Mean 26</p> <p>Sex: 45 males 15 females</p> <p>Diagnosis: 78% opiate dependence</p> <p>Notes: Primary dependence = heroin 78% Methadone dependence:18% Codeine/dihydrocodeine: 3% 31 intravenous users, 17 smoked heroin, 12 oral users, 39 used 'other' non-opiate drugs</p> <p>Baseline: Age at first use of opiates: mean 20.7 years Age at which addiction began: 22.5 years Mean use of illicit heroin: 0.25-0.5 g</p>	<p>Data Used</p> <p>Urinalysis</p> <p>Notes: Results did not describe sub-divisions of those who expressed a preference for inpatient or outpatient treatment compared to those who had no preference. The analysis simply compares inpatient with outpatient treatment</p>	<p>Group 1 N= 20</p> <p>Opiate agonist: methadone with inpatient - Those in the inpatient group underwent withdrawal with oral methadone over a period of 21 days. The dose of methadone was reduced daily using a linear (equal dose) reduction model</p> <p>Group 2 N= 40</p> <p>Opiate agonist: methadone with outpatient - Patients received an equal dose of methadone as those in the inpatient group. This was reduced on a daily basis using a linear (equal dose) reduction model. Weekly attendance at clinic entailed counselling and support by psychiatrist</p>	<p>Study quality 1+</p>
<p>WILSON1975</p> <p>Study Type: RCT (randomised controlled trial)</p> <p>Type of Analysis: Per protocol</p> <p>Blindness: Open</p> <p>Duration (days): Mean 10</p> <p>Setting: US, inpatient versus outpatient detoxification</p> <p>Info on Screening Process: Numbers randomised and numbers who refused treatment not known. 40 included in analysis</p>	<p>n= 40</p> <p>Age: Mean 22</p> <p>Sex:</p> <p>Diagnosis: 100% opiate dependence</p> <p>Exclusions: - no evidence of physical dependence - no evidence of current drug use through urinalysis, or clinical evidence of withdrawal</p> <p>Notes: Participants 'tended to be' white, single and male</p> <p>Baseline: 'Most' had abused alcohol, barbiturates, amphetamines and hallucinogens as well as heroin First detoxification attempt: almost 75%</p>	<p>Data Used</p> <p>Urinalysis</p> <p>Opiate use</p> <p>Completion</p> <p>Retention: duration in treatment</p>	<p>Group 1 N= 10</p> <p>Opiate agonist: methadone with inpatient - In an open acute psychiatric ward, followed 'usual narcotic detoxification procedure' with the single limitation that methadone dose <40 mg in any 24-hour period</p> <p>Group 2 N= 30</p> <p>Opiate agonist: methadone with outpatient - Supervised dose daily for 10 days (divided dose for first 3 days). Initial dose 10-20mg, stabilising at max 40mg on day 2 or 3. Dosage individualised but no more than 30mg was administered on days 4 or 5, 20mg on days 6 or 7, and 10mg on days 8, 9 or 10</p>	<p>All participants were offered individual counselling, invited for follow-up and provided supportive medication as indicated Study quality 1+</p>

References of Included Studies

DAY2006 (Unpublished Data Only)

Day, E. (2006) Outpatient versus inpatient opioid detoxification: The OPIOiD study.

GOSSOP1986 (Published Data Only)

Gossop, M., Johns, A. & Green, L. (1986) Opiate withdrawal: inpatient versus outpatient programmes and preferred versus random assignment to treatment. British Medical Journal Clinical Research Edition, 293, 103-104.

WILSON1975 (Published Data Only)

Wilson, B.K., Elms, R.R. & Thomson, C.P. (1975) Outpatient versus hospital methadone detoxification: an experimental comparison. International Journal of the Addictions, 10, 13-21.

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