

# STANDARDISING QUALITY IN METHADONE MAINTENANCE TREATMENT:

## The development of a standards framework for clinics in Yunnan Province, PR China

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### Overview

This project involved the development of a standards framework for methadone maintenance therapy (MMT) in Yunnan province. A collaborative approach was used, which combined the skills and knowledge of staff from Turning Point Alcohol and Drug Centre, in Melbourne (TPC), and the Yunnan Institute for Drug Abuse, in Kunming (YIDA). The project was purpose driven and sought to meet identified needs about the articulation of best practice in MMT clinic management and provide a structure for monitoring and evaluation. As one key stakeholder explained:

*Scientific and objective standards that are easy to operate will greatly promote MMT services. Only when the assessment standards serve the practical work of clinics, can they promote MMT practice.*

### Method

Project team members from YIDA and TPC gathered information through:

- A review of seminal articles on good practice in substitution therapy; guidelines and requirements for MMT in China; and the implementation of standards and guidelines
- Nine key stakeholder interviews in China and Australia
- A survey of 61 clinic managers in Yunnan
- Consultations with 12 patients at two clinics in Kunming

A Project Advisory Group was asked to comment on draft versions of the standards framework.

A series of workshops in Kunming were held to refine the standards and develop indicators, measures, and approaches to data collection for the evaluation of MMT operations.

### Project outputs

There were two major project outputs:

- An overarching standards framework, which has 21 standards on program approach, clinical practice, and organisational arrangements.
- A detailed standards framework, which builds on these 21 standards and includes specific indicators of clinic activity, ways to measure that activity, and possible data sources for use in monitoring and evaluation. There is also information on steps toward implementation and recommendations to guide the next phase in refinement and application of the standards framework.

### An extract from the overarching standards framework

#### Part 1. Program Approach 项目方法

##### Program principles 项目原则

**Clinics respectfully engage patients and treat them equally.**

门诊应该尊重每位患者，平等对待，一视同仁。

**MMT is a patient-centred service, and supplies individualised treatment plans.**

美沙酮维持治疗以病人为中心，对病人提供个性化治疗。

**Patient confidentiality is maintained by the clinic.**

门诊为病人保密

**Substitution therapy is about methadone maintenance. Patients should be informed that MMT is a long term or even life-long treatment.**

告知病人美沙酮维持治疗需要很长时间，甚至是终生治疗。

##### Relationship with other services 与其他服务的关系

**Other substance use counselling and referral services related to MMT can be supplied by MMT clinics.**

提供其它物质使用治疗的咨询和转介服务

**MMT clinics should be able to supply psycho-social support, medical care, mental health, and health promotion services or through referral to other community-based care and support organisations.**

门诊能够通过转介到社区关怀组织或者支持组织，为病人提供心理 - 社会支持、医疗帮助、精神卫生和健康管理促进服务

#### Part 2. Clinical Practice 第二部分：临床操作的评估内容

##### Admission and assessment 病人入组标准和评估

**Admission criteria to substitution therapy are limited to the conditions put forward by state legislation and policy.**

美沙酮维持治疗入治条件按国家工作方案执行

**The time between first contact with the patient and admission to treatment is kept to a minimum.**

应尽可能缩短初次接触病人到病人接受治疗的

**Comprehensive assessment is undertaken to inform the development of individualised treatment plans.**

应通过综合评估来制定个性化的治疗方案

### An extract from the detailed standards framework

Standards and Indicators 标准和指标	Measures 验证方法	Data Sources 数据来源
Comprehensive assessment is undertaken to inform the development of individualised treatment plans. 应通过综合评估来制定个性化的治疗方案		
Initial assessment involves: 第一次评估应该包括 <ul style="list-style-type: none"> <li>• Identifying other substance use issues. 识别其它物质使用的情况</li> <li>• Obtaining a detailed history of substance use and past treatments. 获知病人细节的物质使用病史和过去接受过的治疗</li> <li>• Establishing patients' motivation for treatment. 树立病人的治疗动机</li> <li>• A thorough physical and mental health assessment. 进行全面的身体和精神卫生评估</li> <li>• Urine screening. 尿检</li> <li>• Obtaining details of HIV and/or HCV co-morbidity and treatment. 获得病人艾滋病治疗或者是丙肝治疗的详细情况</li> </ul>	All elements of initial assessment have been addressed.  在初次评估中应该注意的问题 得到关注	File audit 资料审查  Clinic survey 门诊调查



Inner City, Kunming

### Implementing the standards

Findings from the review of literature and key stakeholder interviews led to the identification of twelve factors that are important when standards are implemented. These factors are about: the quality of the standards framework; policy support; management support; process for implementation; and the approach to monitoring, assessment, and practice improvement. The survey of clinic managers asked them to report on the level of importance attached to each of the 12 factors. All factors were found to be important.

As one key stakeholder commented:

*Have a sound, applicable and practical plan. Have strong organisational and managerial supports. Enhance supervision and guidance upon implementing the standards. Pay attention to the development of human resources and capacity building.*

Careful attention to planning, piloting, and refinement is needed to maximise the usefulness of the standards framework.



MMT Clinic, Kunming

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