



# Delivery Systems for Substance Abuse Treatment: Russian Federation

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# Russian Federation

- Capital: Moscow
- Estimated population: 145,200,000
- World's largest country by size

# Russian Federation



# General Overview Continued

- Population 145,200,000
- Birth Rate 10.3 births per 1000
- Death rate 16.52 deaths per 1000
- Life Expectancy for men 58.8 years  
for women 72.2 years
- Age Structure
  - 0-14 years 18%
  - 15-65 years 61%
  - >65 years 21%

# Distribution for Major Religions

- Russian Orthodox 80%
- Muslim 9 %
- Buddhist 3%
- Others 8%

# Nationalities

- Russians 80 %
- Other nationalities with population more than 1,000,000:
  - Ukrainians
  - Tatars
  - Bashkirs
  - Chuvashs
  - Chechens
  - Armenians

# Economy

- Labor Force: 89,000,000  
(61% of all population)
- Unemployment Rate: 7.9 %
- Major Industries: petroleum, gas, weaponry, steel, aerospace, chemical, lumber and mining

# The most important substance abuse problems

- Alcohol
- Tobacco
- Inhalants (glue, solvents)
- Heroin
- Marijuana
- Ecstasy
- Amphetamine

# Approximate ratio of registered drug users in 2003, per 100,000

- Alcoholism: 1562.7
- Heroin dependence: 241
- Hospitalized with alcohol psychosis: 35
- Hospitalized with acute drug intoxication: 35.1

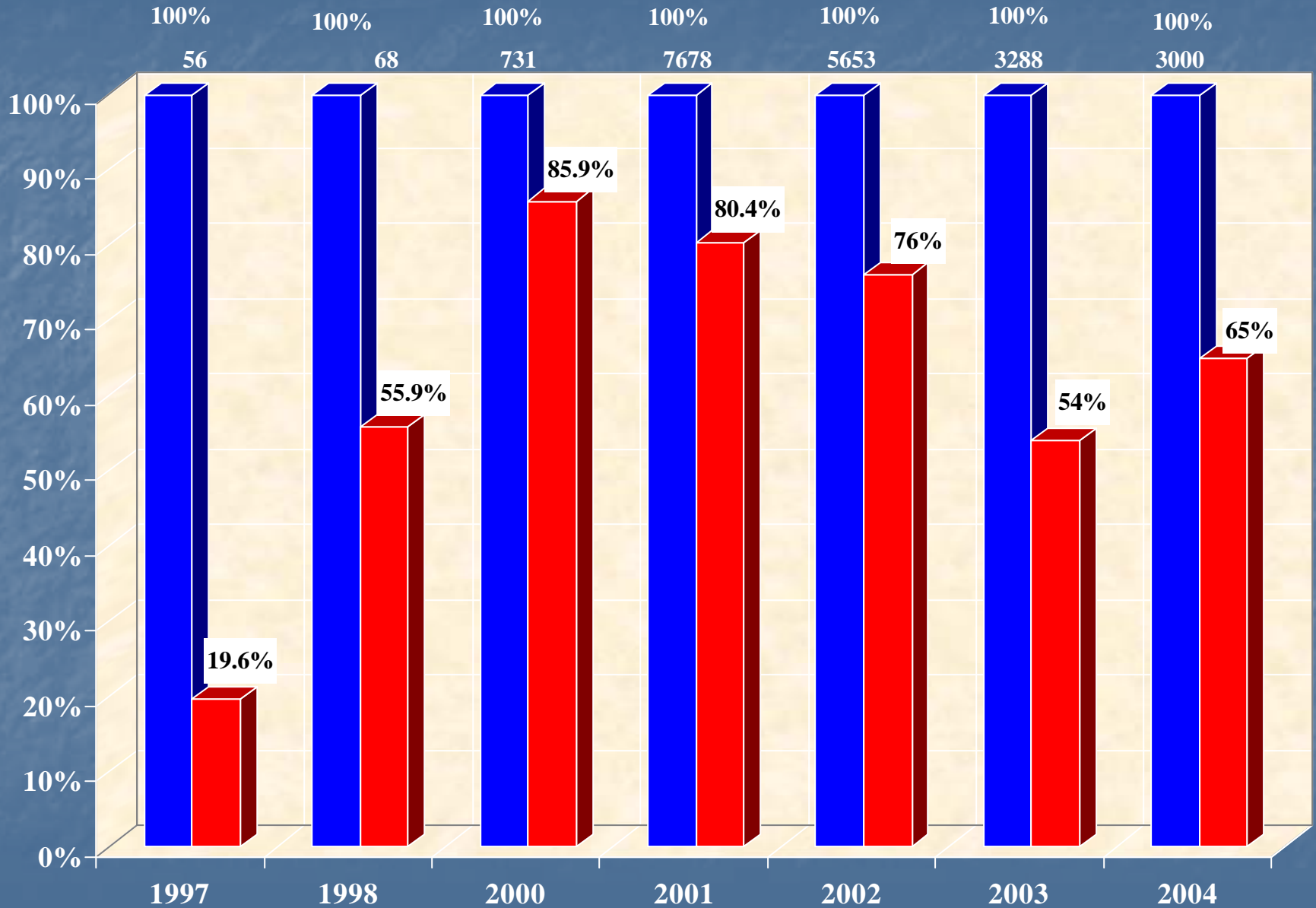
# Substance Abuse Related Problems

- Living with HIV/AIDS (by May 05) 316,642
- HIV/AIDS related deaths 979
  - (7 319 deaths of HIV-infected)
- The most urgent substance-related problems include co-morbid infectious (HIV/AIDS, hepatitis, tuberculosis) and psychiatric disorders, adolescent substance abuse.

# Co-morbidity of substance related problems and infectious diseases

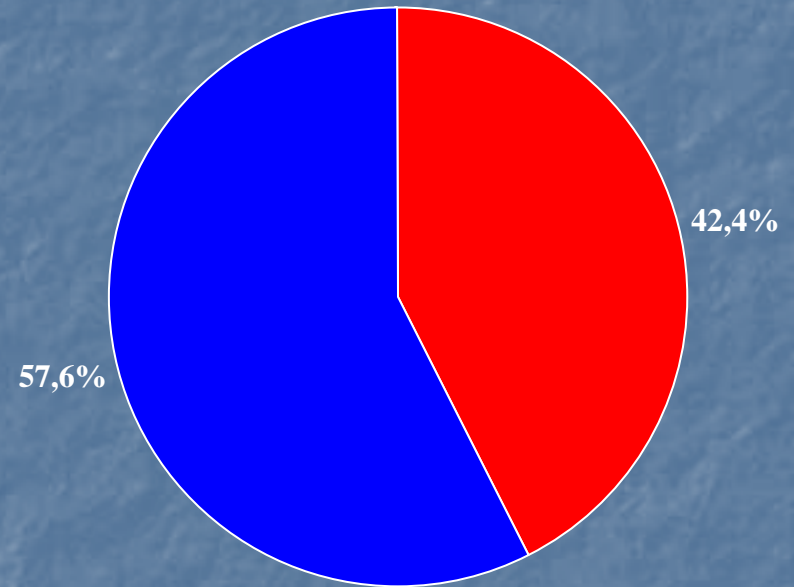
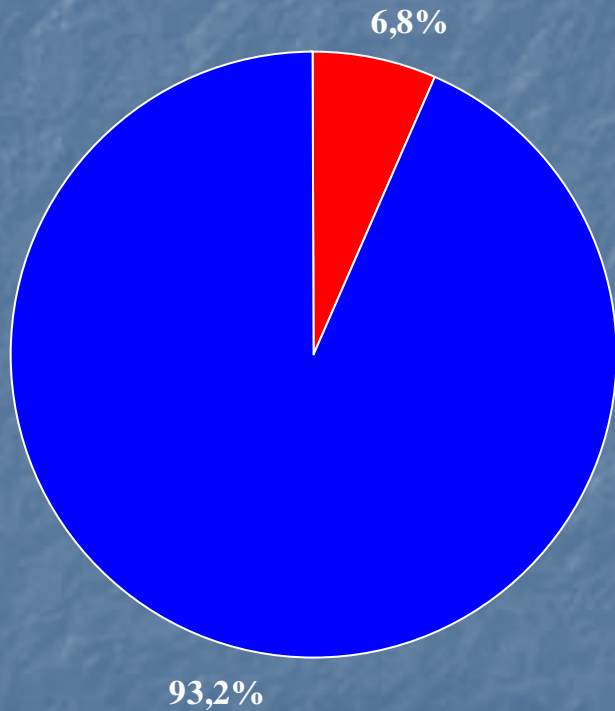
# St. Petersburg HIV/AIDS Center Data

- HIV positive individuals
- i. v. drug users



# Hepatitis B among 500 alcohol and 160 heroin dependent subjects at the Leningrad Regional Center of Addictions

■ HB Cor Ab "+" ■ HB Cor Ab "-"



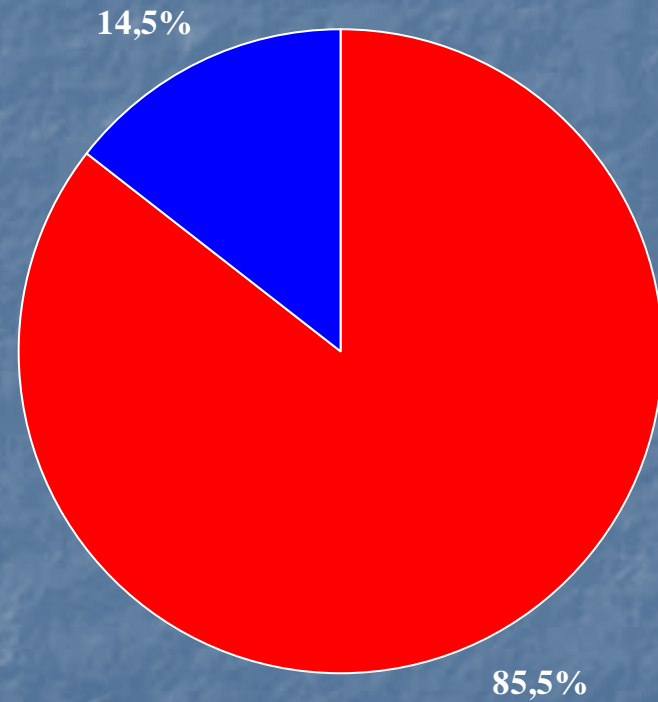
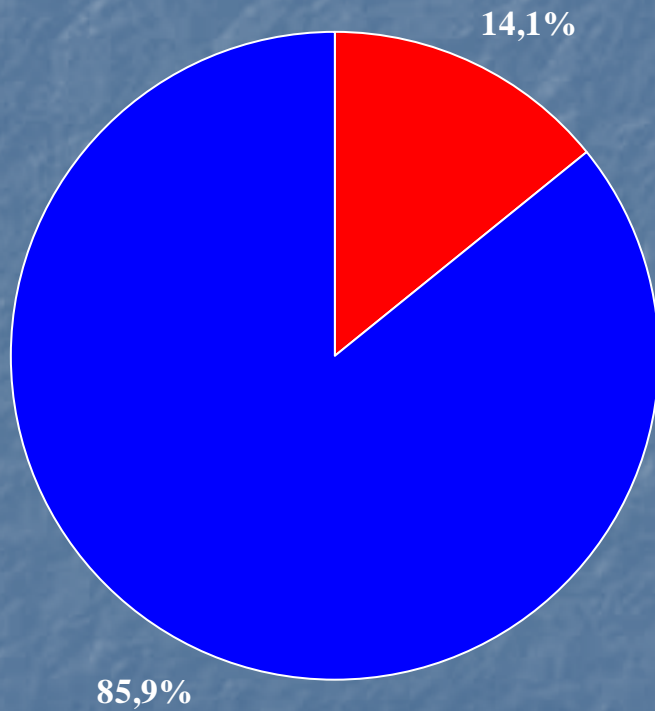
**HB Cor Ab**

alcohol dependent subjects

heroin dependent subjects

# Hepatitis C among 500 alcohol and 160 heroin dependent subjects at the Leningrad Regional Center of Addictions

■ HCV "+" ■ HCV "-"

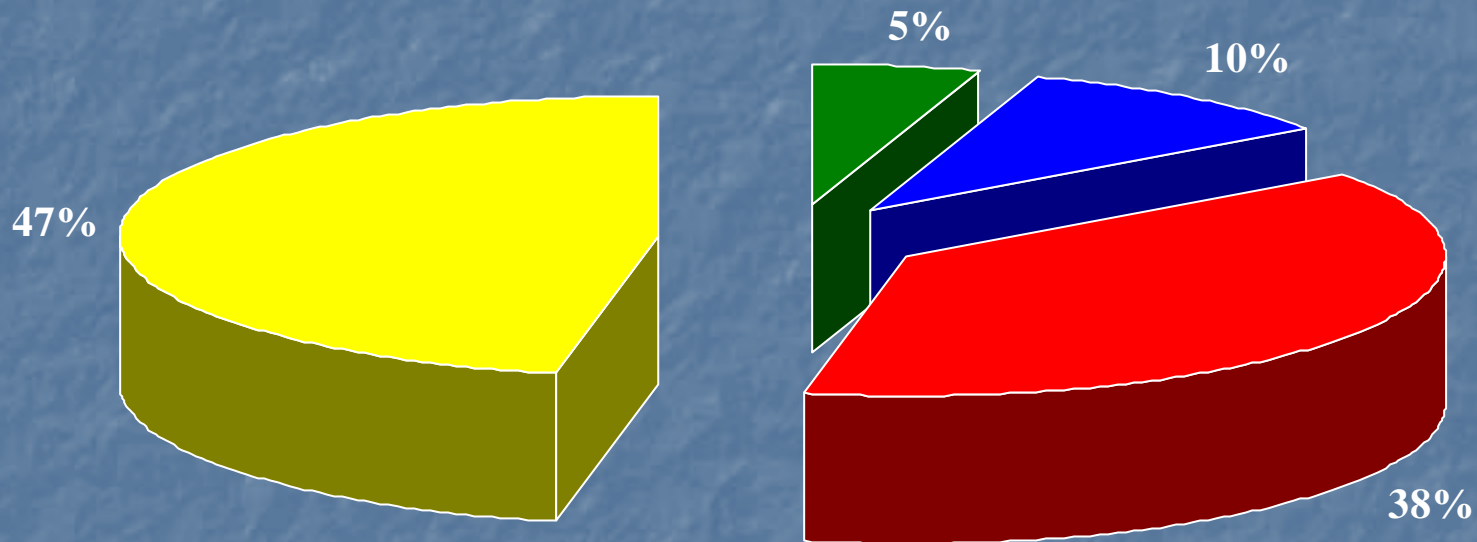


HCV

alcohol dependent subjects

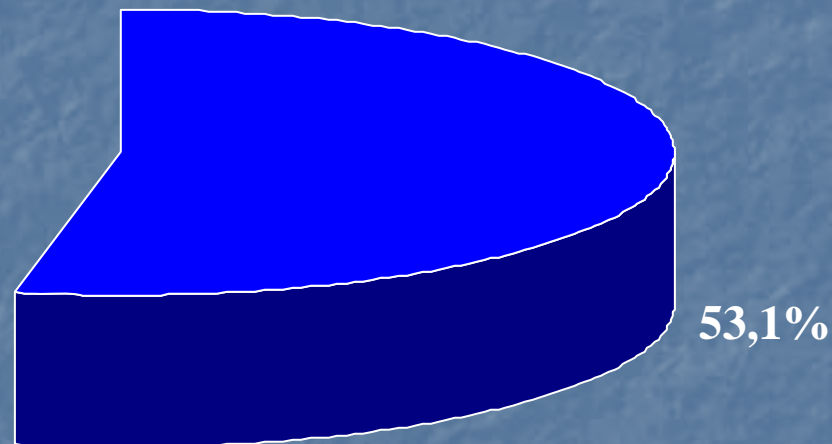
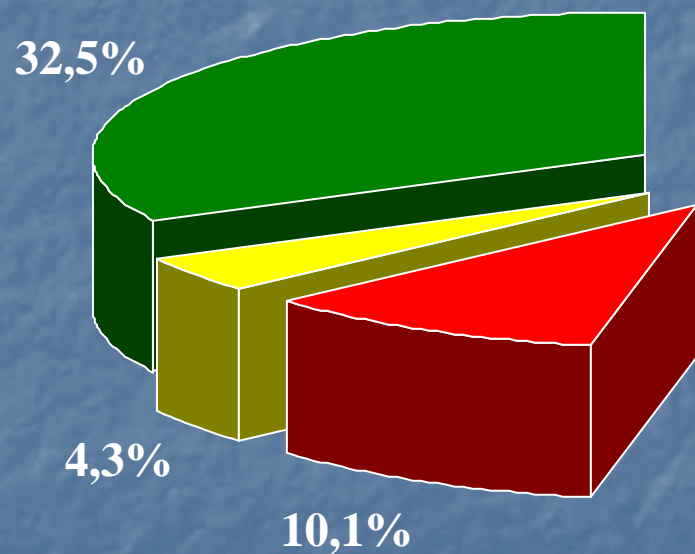
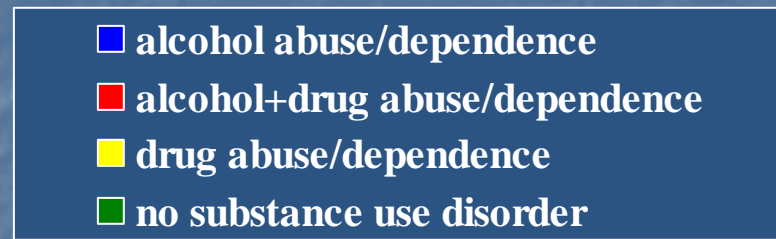
heroin dependent subjects

# Prevalence of alcoholism and addictions among 200 HIV+ individuals in St. Petersburg



- no diagnosis
- alcohol abuse/dependence
- alcohol+drug abuse/dependence
- drug abuse/dependence

# Prevalence of alcoholism and addictions among 160 TB patients treated at the city TB hospital in St. Petersburg, Russia



# Available Substance Abuse Treatment

- Inpatient Detox
- Outpatient Detox
- Physician Counseling
- Residential Rehabilitation
- Other pharmacotherapies, including antabuse, naltrexone and nicotine replacement
- Therapeutic Communities
- Treatment for Women
- Faith/Religion-based treatment
- Treatment in Jail
- Adolescent treatment
- Psychotherapy
- Outpatient Counseling

**Substitutive pharmacotherapy is prohibited by law**



# Treatment System History

- 1913-1925 Anti-alcohol legislation
- 1972 The decree of the Council of Ministers of USSR on improvement of anti-alcoholism measures, creation of specialized narcological service, education of professionals in the area of substance dependence
- 1985 Anti-alcoholism bill
- 1991 Licensing of liquor sales to private businesses
- 1997 Drug control bill, establishment of the Agency for control of drug sales
- 2003 Federal Drug control agency of Russian Federation

# Anti-alcoholism campaign in Gorbachev era (1985-90)

- Anti-alcoholism bill
  - Decrease of production of alcohol beverages
  - Decrease of sales of alcohol beverages
  - Increase of liquor prices
  - Introduction of age limit for alcohol buyers to 21 years
  - Introduction and enforcement of mandatory medical treatment of alcoholism

# Anti-alcoholism campaign in Gorbachev era (continued)

- Positive aspects

- Decrease of alcohol consumption per capita:

1980-84 - 14 liters/person/year

1986-91 - 11.5 liters/person/year

(maximum safe limits – 8 liters/person/year,  
WHO Chronicles, 1983)

- Decrease of alcoholism-related death rate
- Decrease of alcohol-related crime rate
- Decrease of number of alcohol psychoses
- Decrease of divorce rate

# Anti-alcoholism campaign in Gorbachev era (continued)

- Negative aspects
  - Increased volume of inhalants use (glue, solvents)
  - Increase in production of home-brewed low quality (toxic) liquors
  - These liquors accelerated the development of alcohol dependence
  - These liquors were responsible for toxic-related complications and contributed to the sharp increase in death rate in years of 1992-94



# Federal Drug Control Agency

- Reports directly to the President of Russian Federation
- Has federal enforcement authority
- Relies on a number of regional offices
- Has the following responsibilities:
  - Controls the distribution of narcotic and psychotropic substances
  - Battles illegal sales of narcotic and psychotropic substances
  - Participates in creation of and enforces the federal policy of distribution of controlled substances
  - Participates in creation and maintenance of the centralized database of distribution of controlled substances
  - Collaborates with international organizations and foreign law enforcement agencies in combating of illegal distribution of controlled substances
  - Represents Russian federation in the international organizations related to combating illegal distribution of controlled substances

# Funding for Treatment

- Substance abuse treatment is partially covered by the free, government-issued insurance (emergency cases – alcohol psychosis, acute intoxication, treatment for substance abuse in registered patients)
- Anonymous treatment is always fully covered by the patient
- Faith/religious organizations provide treatment in religious rehabilitation centers

# Major issues in substance abuse treatment

- Insufficient availability of preventive programs
- Adolescent beer-induced alcoholism
- Social stigmatization of registered persons with alcoholism or drug dependence
- Prohibition of substitutive pharmacotherapy
- Limited availability of harm reduction treatment

# Alcohol abuse in adolescence

- Average age of first alcohol use is 13 years
- Among ages of 12 to 22 ~82% drink alcohol
- Frequency of alcoholism among teenagers is 10.5 in 10,000
- Major issues:
  - Beer is advertised as a “self-expression” drink for teenagers
  - No age restrictions for beer sale
  - Unrestricted 24/7 availability of liquors

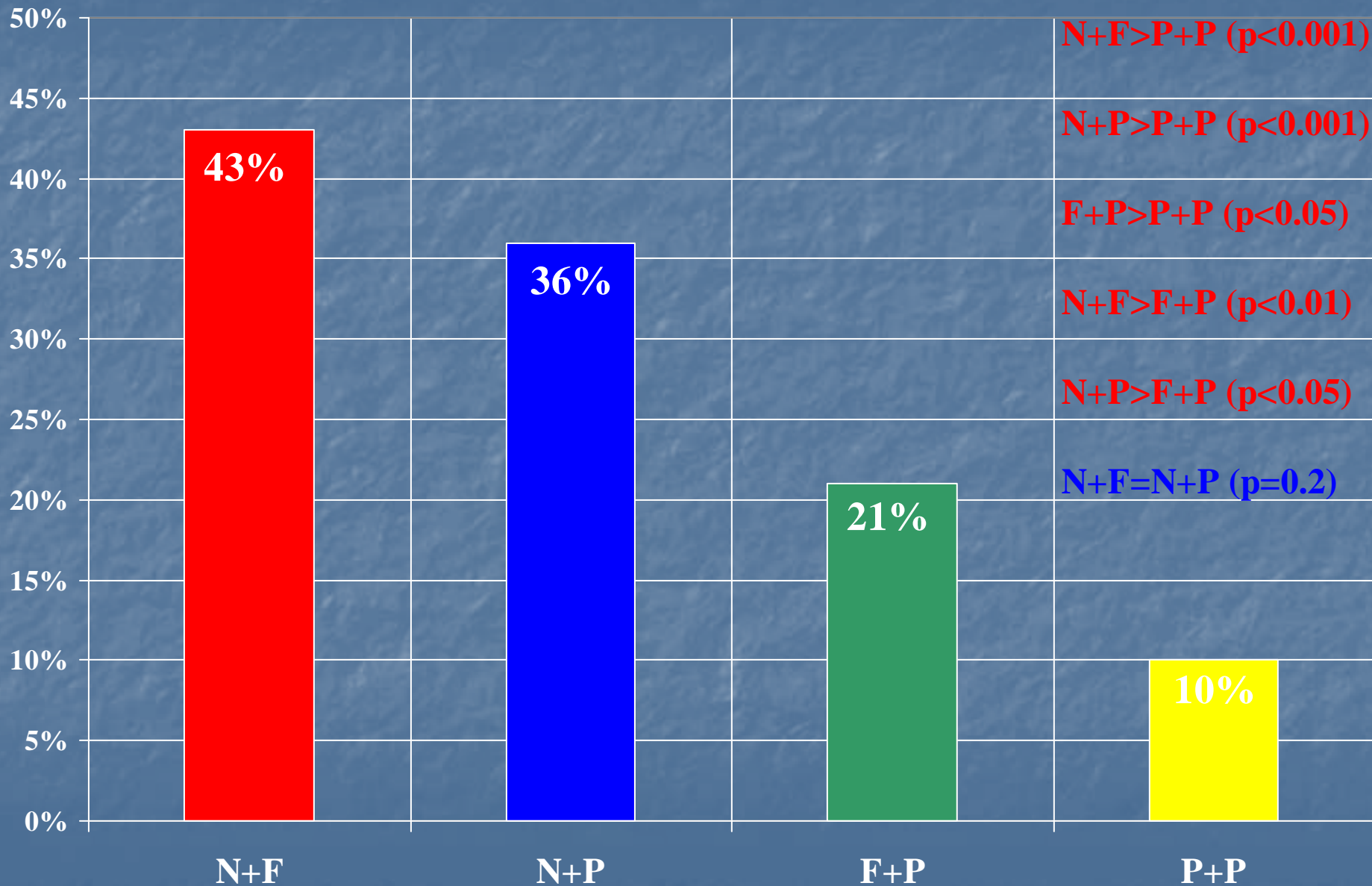
# Successful techniques in pharmacotherapy (research conducted at the St. Petersburg Pavlov Medical University)

Double-blind placebo controlled study "Use of naltrexone, fluoxetine and their combination in stabilization of remission in heroin dependent patients"

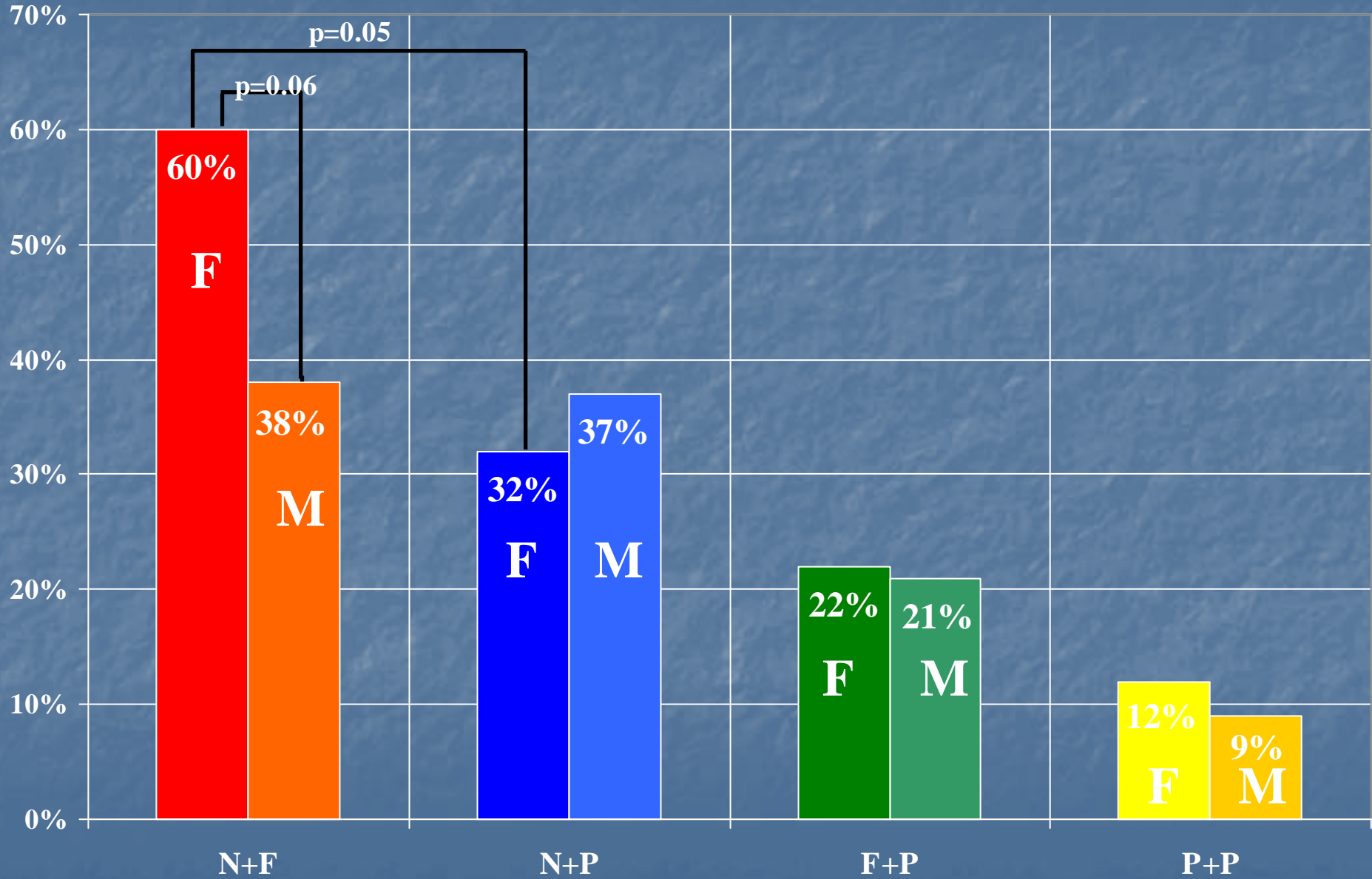
## **Four randomized groups (N=280):**

1. Naltrexone + Fluoxetine
2. Naltrexone + Placebo
3. Placebo + Fluoxetine
4. Placebo + Placebo

# Remissions at the end of 6-month treatment



## Gender differences in remissions



- ❖ Naltrexone is effective for stabilization of remissions in heroin dependent patients
- ❖ Combination of naltrexone and SSRI`s is more effective for heroin abuse treatment in women
- ❖ Naltrexone compliance in the present study is much higher than in comparable foreign studies. This is attributed to the fact that heroin dependents in Russia are much younger and live with their relatives, who can enforce naltrexone use

# Prospectives in pharmacotherapy of drug abuse

## New combinations:

Naltrexone + glutamate NMDA receptor antagonist Memantine

Naltrexone + alfa-2-adrenoreceptor agonist Lofexidine

## New formulations:

Prolonged injectable naltrexone-depot