Acupuncture Services in an Out-Patient Methadone Maintenance Program (MMTP)

Presented by:

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Hartford, Connecticut
## History of Acupuncture Services at the Hartford Dispensary

<table>
<thead>
<tr>
<th>Year</th>
<th>Location</th>
<th>Staff</th>
<th>Total Sessions</th>
<th>Patient Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>1</td>
<td>1 Contract</td>
<td>750</td>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>1997</td>
<td>2</td>
<td>2 Contract</td>
<td>1,600</td>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>1998</td>
<td>2</td>
<td>2 Contract</td>
<td>2,200</td>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>1999</td>
<td>2</td>
<td>2 In-house</td>
<td>3,601</td>
<td>All Patients</td>
</tr>
<tr>
<td>2000</td>
<td>2</td>
<td>3 In-house</td>
<td>6,265</td>
<td>All Patients</td>
</tr>
<tr>
<td>2001</td>
<td>2</td>
<td>3 In-house</td>
<td>10,958</td>
<td>All Patients</td>
</tr>
</tbody>
</table>
2001 Utilization of Acupuncture Services

- Total Unduplicated MMTP Patients Served: 2337
- Patients using Acupuncture: 680 29%
- Patients using 25 visits or more: 117 17%
- Range of sessions: 25 - 150
- Total sessions utilized by 117: 7911 72%
- Total Acupuncture session 10,955
Utilization of Acupuncture Services - Ethnicity

Hartford Dispensary - Patient Utilization of Acupuncture

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Total Population Percentages</th>
<th>Acupuncture Patient Percentages</th>
<th>High Utilizers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latino</td>
<td>50</td>
<td>51</td>
<td>51</td>
</tr>
<tr>
<td>White</td>
<td>36</td>
<td>36</td>
<td>36</td>
</tr>
<tr>
<td>Black</td>
<td>14</td>
<td>13</td>
<td>13</td>
</tr>
</tbody>
</table>
Utilization of Acupuncture Services - Gender

Hartford Dispensary: Patient Utilization of Acupuncture - Gender

<table>
<thead>
<tr>
<th></th>
<th>Total Population Percentages</th>
<th>Acupuncture Patient Percentages</th>
<th>High Utilizers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>67</td>
<td>60</td>
<td>62</td>
</tr>
<tr>
<td>Female</td>
<td>33</td>
<td>40</td>
<td>38</td>
</tr>
</tbody>
</table>

Bar graph showing the percentages of male and female patients utilizing acupuncture services.
Patient Evaluation of Acupuncture Services - 2002

Hartford Dispensary: 70 Acupuncture Surveys - February 2002

Patient Evaluation

- Has Acupuncture been effective? 65
  - Yes: 63
  - No: 2

- Using drugs when you started? 37
  - Yes: 31
  - No: 6

- Are you using drugs now? 63
  - Yes: 6
  - No: 57

- Has Acupuncture decreased cravings? 55
  - Yes: 55
  - No: 11

- Recommend acupuncture to other patients? 68
  - Yes: 68
  - No: 1
Observations of Acupuncture Services

- A useful, highly utilized ancillary service that is supported by staff.
- A service that is particularly attractive for a certain group of patients.
- No ethnic or gender differences in utilization of services.
- Using in-house Acupuncture staff supports a holistic, interdisciplinary approach.
- Cost effective, safe, and no complaints or adverse events occurred over 6 years.
- Adequate, quite, space is essential to successful services.
Acupuncture Research Opportunities

- Does an Acupuncture program integrated with traditional treatment measurably improve outcomes when compared to traditional treatment only? Outcomes such as:
  - Retention of patients in treatment.
  - Decreased use of illicit drugs and abuse of legal drugs.
  - Enhancement of overall program compliance.
- What are the identifying characteristics of both high Acupuncture utilizers and low utilizers?
- Is there a minimum threshold of sessions required to achieve either satisfaction or clinical outcome?