

Assessment of stress factors leading to non-Adherence to Methadone treatment among Heroin users attending Medical assisted treatment in Tanzania: A case study of Temeke Hospital in Dar es Salaam.

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Abstract:

This study assesses stress factors leading to non-adherence to methadone treatment among heroin users. It was conducted in Temeke district at the Methadone clinic at Temeke Regional Hospital. The study used case study design. Data were collected using questionnaire, interview and observation. It determined types of stress among heroin users leading to non-adherence to methadone treatment. It examined the kinds of non-adherence caused by stress among heroin users on methadone treatment and established the types of strategies used to reduce stress leading to non-adherence to methadone treatment. Finally, it identified stress factors leading to non-adherence to methadone treatment among heroine users. The findings revealed that 12.5% clients adhered to the treatment and the majority dropped out. The reason for non-adherence to treatment was due to the prevalence of stress factors such as financial stress, unstable living conditions, low level of education, and lack of social support. While on the coping mechanism, findings revealed that most of them turned to counseling as a means of coping with stress. Counselling would come from health practitioners or friends as well as family members, creating new hobbies as well as looking for a job so as to destruct themselves from the stress. Data obtained were presented by using tables, histograms and pie charts. Data were analyzed and interpreted based on the patterns reflected by the statistics. Based on the findings, it can be concluded that financial stress factors significantly influence non-adherence to methadone treatment among heroine users followed by time stress which have resulted to many clients to relapse towards it and failed to adhere well toward methadone treatment. It is recommended that the government should establish more centers for methadone provision so as to meet the needs of the addicts as now

there are only three centers which cater for Tanzania mainland. Also, the community should identify the drug addicts and refer them to the hospital for treatment.