BENCHMARKING AND PROFILING ON THE STATUS OF MANAGEMENT OF PERSONS WHO USE DRUGS IN SELECTED REHABILITATION CENTERS

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Background

Persons who use drugs (PWUDs) are vulnerable to macronutrient and micronutrient deficiencies that threaten physical and mental health; damage vital organs and the nervous system; and decreased immunity.

Objectives:

This study aimed to evaluate the implementation of nutrition management of persons who use drugs in selected drug rehabilitation centers in the Philippines. The result will serve as basis in the development of a standard Nutrition Management Guideline for PWUDs.

Methods:

This was a cross-sectional study, conducted in selected nine government and ten private Treatment and Rehabilitation Centers (TRCs). Face-to-face interviews with the administrators, program managers, and other personnel were conducted and documents were reviewed to collect information on individual’s profile. Ocular observation on the physical set-up of dietary services and presence of food outlets within the centers were also done.

Results:

Results showed that nutrition services were not regularly implemented. Majority of the TRCs do not have a dietary area. Only 42.1% of the visited TRCs have registered Nutritionist-Dietitian, but inadequate to comply with the standard ratio per bed capacity. The Anthropometric assessment was not a regular activity in the TRCs and no standard dietary assessment was conducted in all TRCs. They had uncalculated diets and provided only three main meals per day without snacks. The meal budget per day for government and private TRCs ranged from Php 96.00 to Php 150.00 and Php 98.00 to Php 400.00, respectively.

Conclusion and Recommendations:

Nutrition services and dietary management of PWUDs were inadequate and inappropriate. A Nutrition Management Guidelines (NMG) must be developed to supplement the existing Department of Health Manual of Operation for TRCs. A recipe book must also be developed as guide or reference in meal preparations in TRCs.