

# Manual for long-term pharmacotherapy

Anju Dhawan, Sonali Jhanjee



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## ***Editors***

Anju Dhawan\*, Sonali Jhanjee\*\*

\*Associate Professor

\*\*Assistant Professor

National Drug Dependence Treatment Centre

All India Institute of Medical Sciences

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**This manual can be procured from National Drug Dependence Treatment Centre**

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## **FOREWORD**

The Ministry of Health and Family Welfare has identified training of General Duty Medical Officers as an important priority area as lack of trained manpower is a barrier in providing services for Drug De-Addiction Programme. As a coordinating centre, several training programmes sponsored by the MOH & WHO (I) have been conducted and coordinated by the National Drug Dependence Treatment Centre at AIIMS. The resource material developed as a part of the training activities sponsored by WHO (I) included a manual for physicians and a case book in the year 2004-05. It has also been our effort to update our resource material and develop new materials. In the year 2006-07, it was felt that a manual for long term pharmacological interventions in alcohol and opiate users is required. Long term pharmacological treatment is a key modality in the therapeutic armamentarium for treatment of substance use disorders.

We hope that the trainees will find this manual useful.

**Dr. Rajat Ray**

**Chief, National Drug Dependence Centre**

**AIIMS, New Delhi**

## PREFACE

It is indeed a pleasure to compile this manual on pharmacotherapy for the World Health Organization (India) and Ministry of Health and Family Welfare (Government of India). This manual on long term pharmacotherapy is part of the resource material that has been developed for the training of General Duty Medical Officers. A manual on long term pharmacotherapy would be important as treatment for Substance Use disorders is a relatively specialized field. This manual is aimed at enabling the trainees to familiarize themselves with prescribing these drugs.

Treatment of Substance Use Disorders involves two phases-detoxification and long term management. The focus of this manual is on the long term management of alcohol and opiate dependence. For alcohol dependence both deterrent and anti-craving drugs are discussed. Both agonist and antagonist approaches to pharmacotherapy for opiate dependence have been incorporated.

It has been designed as a user friendly manual with algorithms and FAQ (frequently asked questions) at the end of every chapter. It is intended to be used in conjunction with training provided as part of the programme. In fact a draft copy of some of the chapters has been provided to the trainees during the training programmes to obtain their feedback.

We hope that the trainees find this manual useful and easy to understand. We look forward to any feedback and suggestions.

**Dr. Anju Dhawan**

**Dr. Sonali Jhanjee**

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Most importantly, we are grateful to the contributors who put in substantial effort to make this manual technically sound and informative as well as easy to read. Thanks are also due to the trainees for their comments and suggestions.

**Dr. Anju Dhawan**

**Dr. Sonali Jhanjee**