

Multi-Disciplinary Approach Ketamine Abuse Cystitis Clinic In Pamela Youde Nethersole Eastern Hospital in Hong Kong

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INTRODUCTION:

Ketamine hydrochloride is increasingly used for recreation purpose. Recent literature showed long term ketamine abuse was associated with ketamine cystitis manifesting as symptoms related to chronic bladder inflammation, decrease bladder capacity and bladder compliance, e.g. urinary frequency and urgency. In severe cases, patients can have hydronephrosis and impaired renal function secondary to the poorly compliant bladder. This condition can severely affect patients' quality of life and social function.

In the past, there is no dedicated clinic to cater the need of this group of patients. Waiting time for consultation in urology clinic is two and a half years. A significant proportion of patients also have psychosocial agenda that need to be addressed by social workers and psychiatry colleagues with expertise. A multi-disciplinary ketamine cystitis clinic was established in October 2011 with psychiatrists and social workers for conjoint management. Patients were assessed by urology nurse, urologist, specialized psychiatry nurse and social workers.

OBJECTIVES:

To review the impact of multi-disciplinary ketamine cystitis clinic

METHODOLOGY:

Retrospective review of patients visited the multi-disciplinary ketamine clinic from October 2011 to December 2012.

RESULTS:

In the study period, 63 patients visited our clinic. Waiting time was shortened from 130 weeks to 2 weeks. All of the patients dedicated social worker to enhance abstinence from drug abuse and improve compliance of follow up. 18 patients (28.5%) were found to have severe urinary symptoms (PUF score >20). Severe reduction in functional capacity in (< 30ml) was observed in 17 patients (27%). 4.76% patients had impaired renal function whereas 6.35% patients had hydronephrosis. One patient required bilateral percutaneous nephrostomy to relieve his obstructive uropathy. One patient had augmentation cystoplasty performed. 10 patients had underlying psychological problems that required psychiatric referral. .

CONCLUSIONS:

Our multidisciplinary ketamine cystitis clinic not only significantly shortened the waiting time

for patients with ketamine cystitis, it also provided early evaluation and management of patients with severe urological condition and hidden psychosocial agenda.