

## ORIGINAL PAPERS

# TAKE-HOME METHADONE IN POLISH SUBSTITUTION PROGRAMS

**Bogusław Habrat, Karina Chmielewska, Helena Baran-Furga**

Zespół Profilaktyki i Leczenia Uzależnień  
Instytutu Psychiatrii i Neurologii w Warszawie

**ABSTRACT** – The aim of the study was to describe the clinical practice in Polish methadone programs, with an emphasis on patients' compliance with the legal regulation requiring their visiting the clinic daily in order to take methadone under supervision.

All methadone programs in Poland (N=11) were surveyed, and our questionnaires were answered and returned by 10 of them. The controversial legal regulations were found to be generally not respected. The reasons of this phenomenon seem to be comprehensible and the process of spontaneous liberalization is comparable to tendencies seen in respect of legal regulations and clinical practice in countries having a long experience with substitution therapy. Under the circumstances, an adjustment of legal regulations to clinical practice in the form of an appropriate ordinance concerning the distribution of take-home methadone was recommended.

**Key words:** maintenance treatment, take-home methadone.