

XVIII International AIDS Conference, 2010 Vienna  
UNODC-GTZ satellite symposium:

**OST saves lives – it's official!**  
**OST – a key to HIV prevention**  
**Opioid Substitution Treatment in**  
**Germany**  
**A Story of Success**

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DGS – German Society of Addiction Medicine

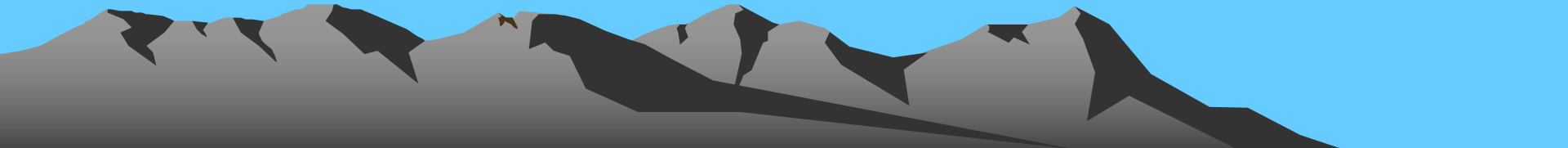
**Hans-Günter Meyer-Thompson**

GTZ – German Technology Cooperation



# Harm Reduction in Germany

- Needle and syringe exchange by programmes and pharmacies
- Supervised Injection Facilities
- Opioid Substitution Treatment including psychosocial care
- Diamorphine Substitution Treatment
- Free access to HIV- and Hepatitis-Treatment
- Peer group counseling on safer use and safer sex
- OST in prisons (limited)



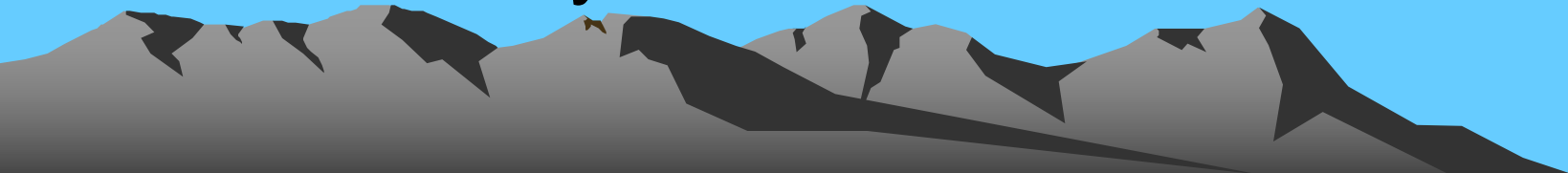
# Rules for OST in Germany

- Physicians with certificate (training of 50 hrs)
- Mandatory: psychosocial care
- Combined treatment of somatic and psychiatric diseases
- Dispensing in clinics, offices and pharmacies
- Urine analysis at regular intervals
- Detoxification of non prescribed drugs and substances and concomitant maintenance of OST
- Take-home-dosis after 6 months possible
- Stable life (housing, income, job rehabilitation)



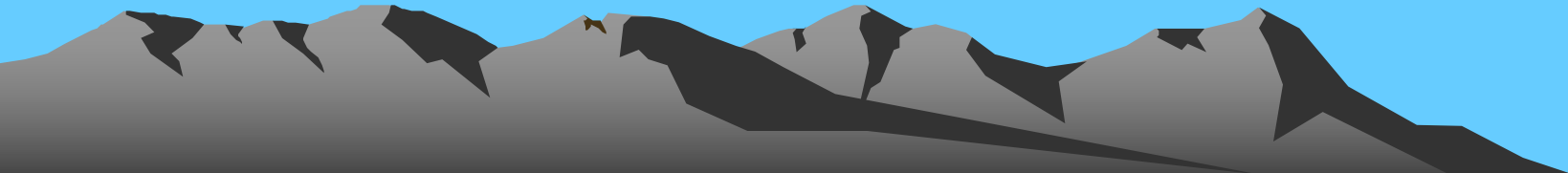
# Rules for Diamorphine (Heroin) Substitution Treatment

- Physicians with special training in DMT
- High security facilities
- Patients: > 23 years old and > 5 years of injecting heroin and failed MMT/BMT
- Concomitant somatic and/or psychiatric diseases
- 2 failed abstinence oriented therapies
- 6 months of psychosocial care mandatory



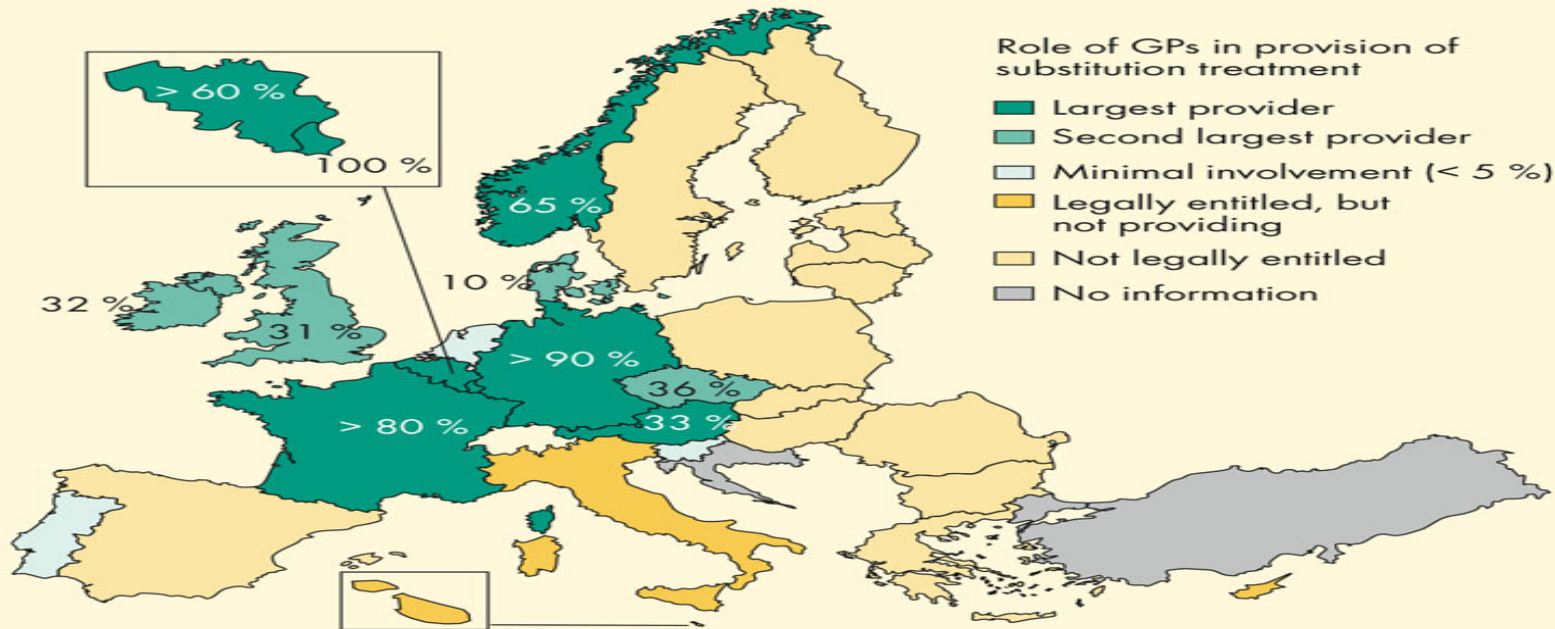
# Funding of opioid substitution treatment

- **German Health Insurance System**  
(doctors fee, psychiatric care, medication )
- **Municipal Social Budgets**  
(psychosocial care )
- **German Federal Pension Fund**  
(occupational rehabilitation, abstinence oriented treatment)



# Europe: Provision of OST by office-based GPs

**Figure:** Provision of opioid substitution treatment by office-based general practitioners (GPs)



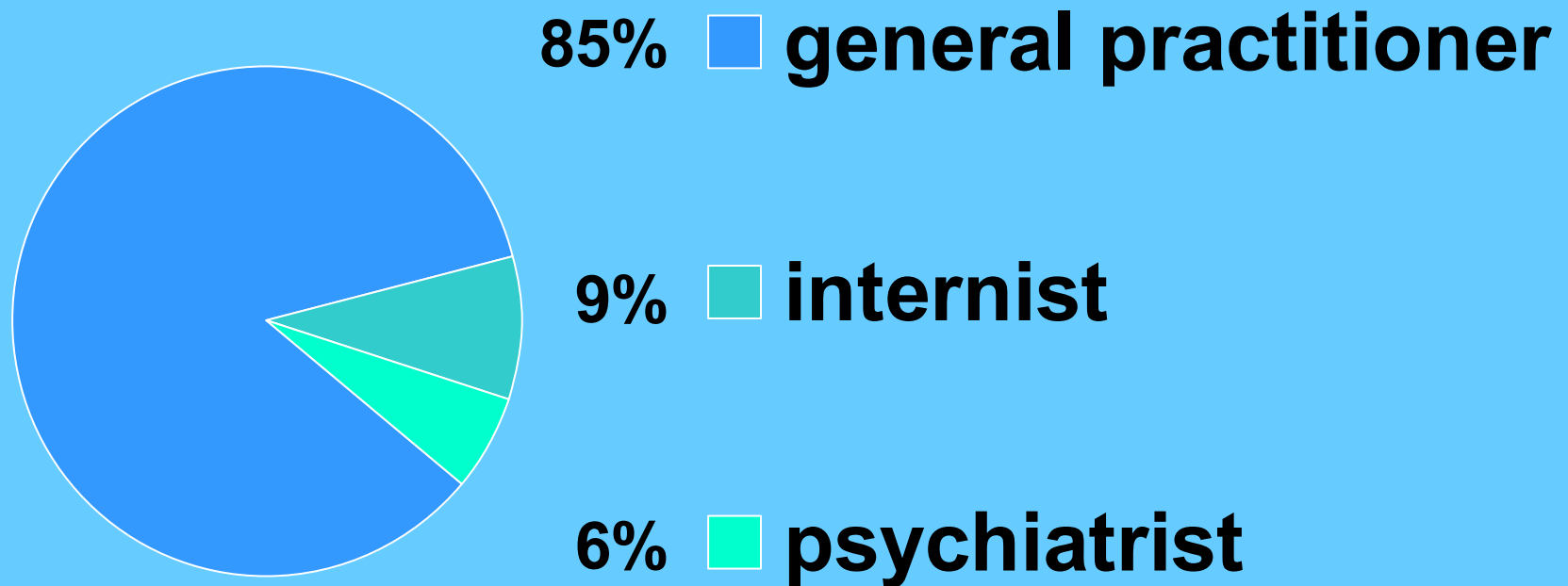
The percentage of substitution treatment clients receiving their treatment from general practitioners in the community is indicated on the map.

Sources: Reitox national focal points ([emcdda.europa.eu/about/partners/reitox-network](http://emcdda.europa.eu/about/partners/reitox-network)).

Published by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Lisbon, Portugal, 2009.

TRENDS IN INJECTING DRUG USE IN EUROPA, European Monitoring Centre for Drugs and Drug Addiction, 2010

# Germany: Specialisation of physicians providing OST

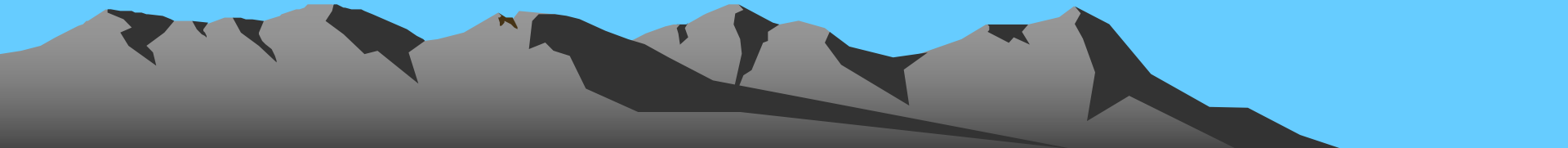


**Total of 2 700 physicians  
+ 500 physicians treating up to 3 IDU's  
under supervision**

# Germany: Specialisation of physicians providing OST

85 % general practitioners (GPs)  
9 % internists  
6 % psychiatrists

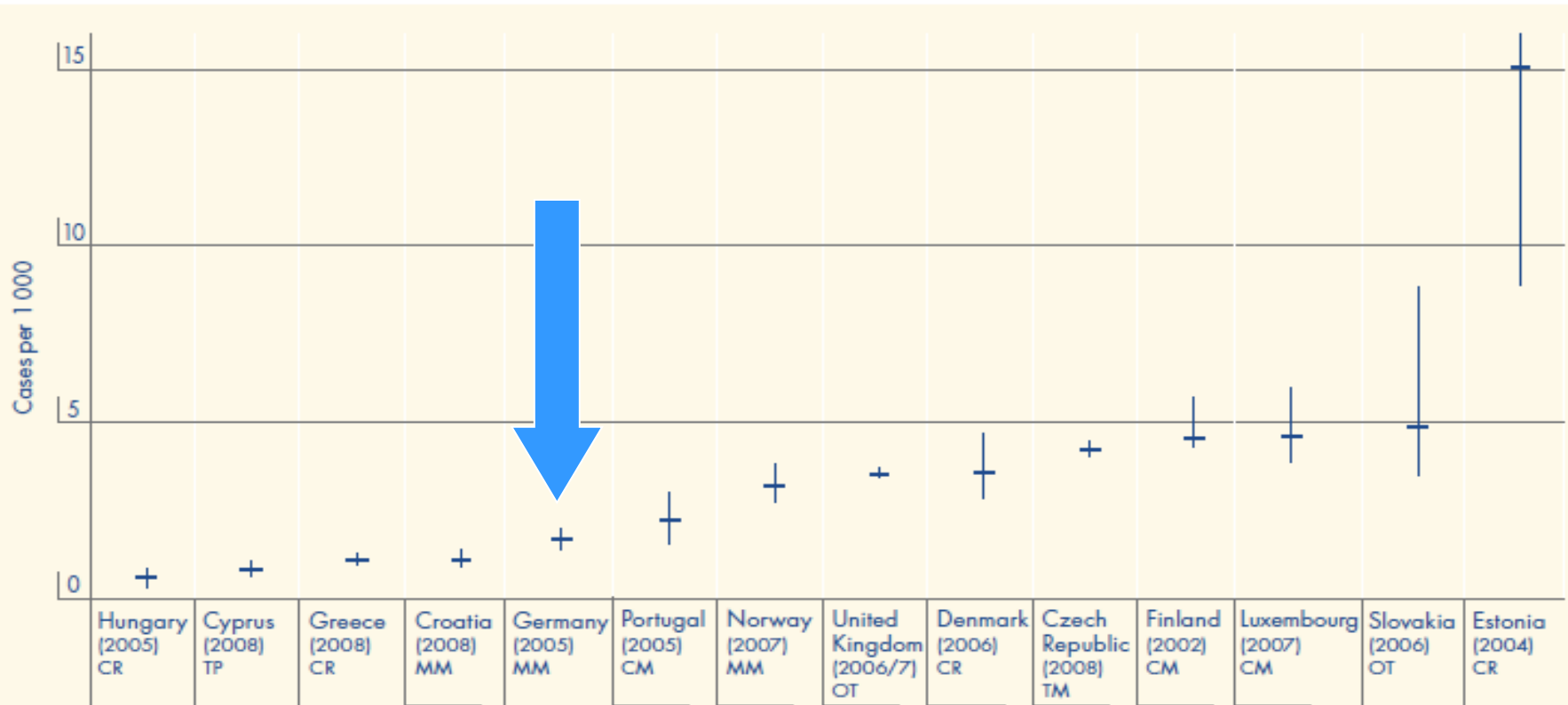
(Total of 2 600 OST practising physicians  
+ 500 physicians treating up to 3 IDU's  
under supervision)





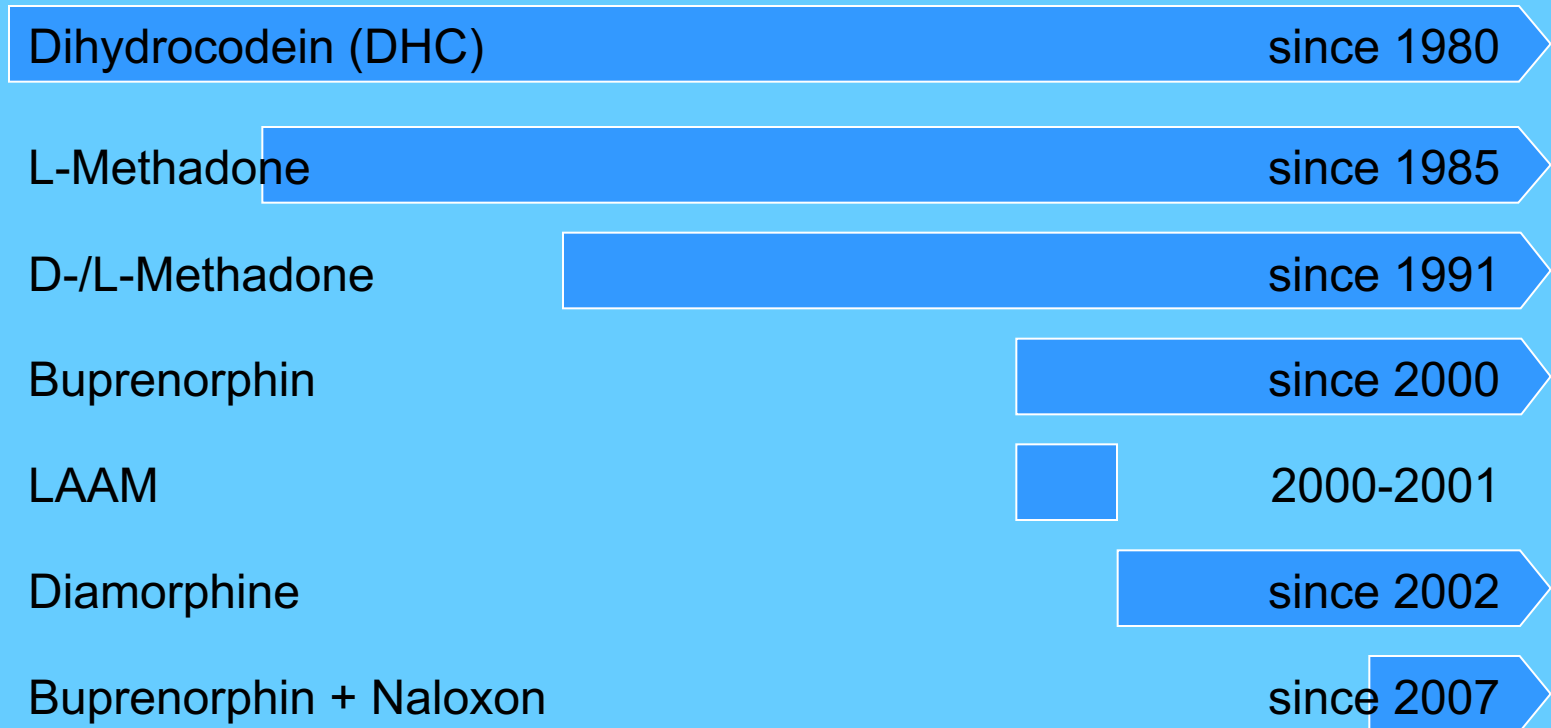
# Europe: Estimates of prevalence of IDU per 1000 population

Figure 1: Estimates of the prevalence of injecting drug use (cases per 1 000 population aged 15–64)

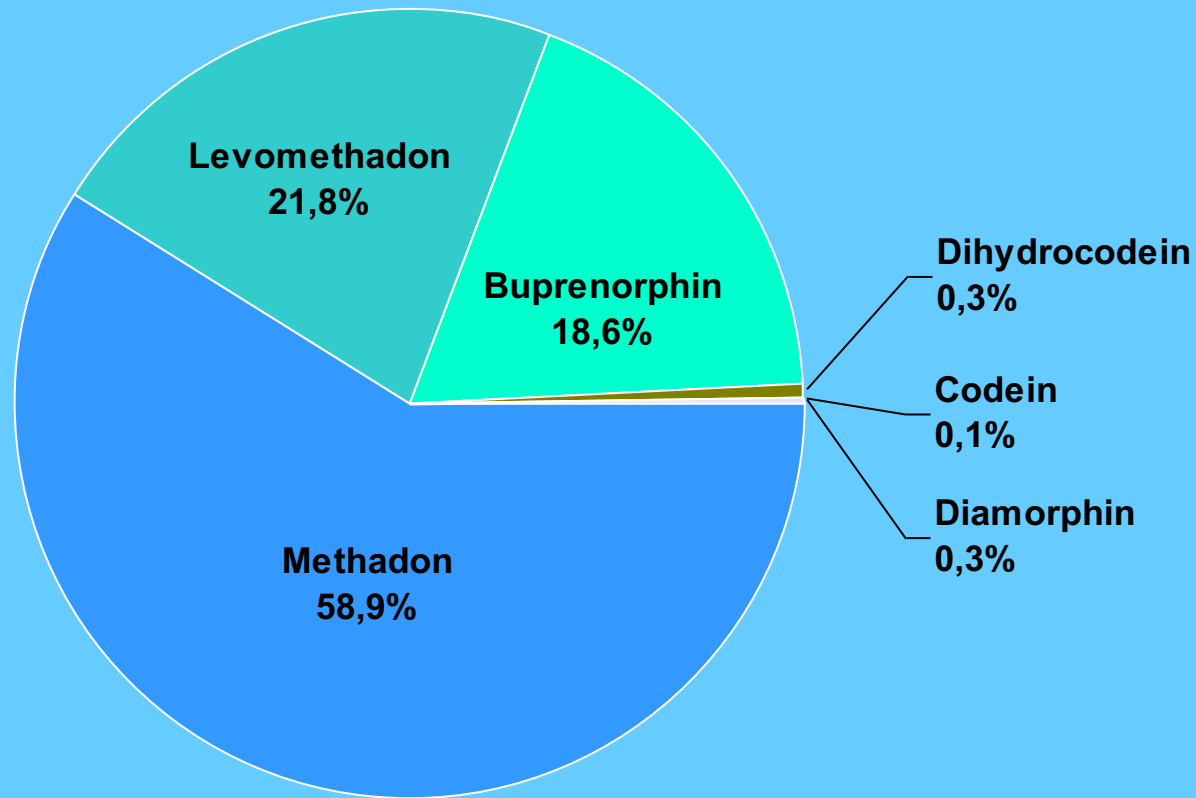


TRENDS IN INJECTING DRUG USE IN EUROPA, European Monitoring Centre for Drugs and Drug Addiction, 2010

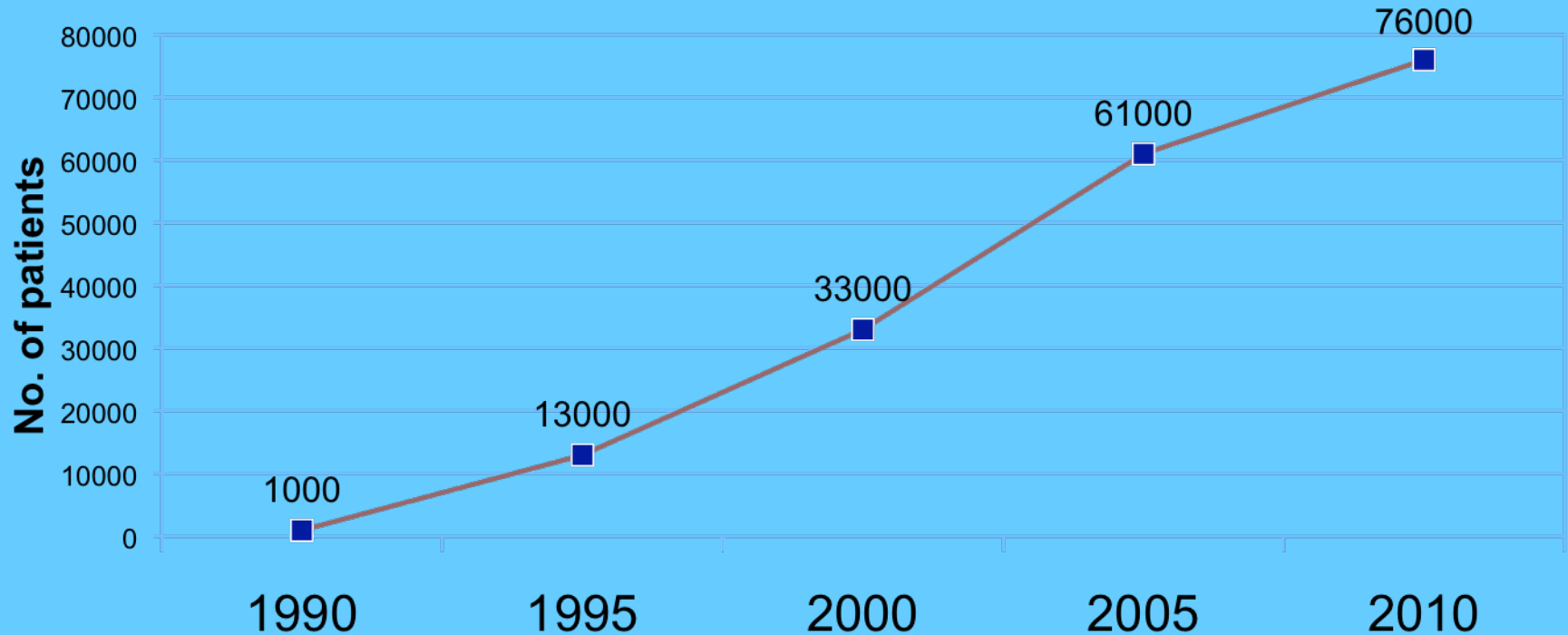
# Substances to be used in Germany



# Distribution of the opioids

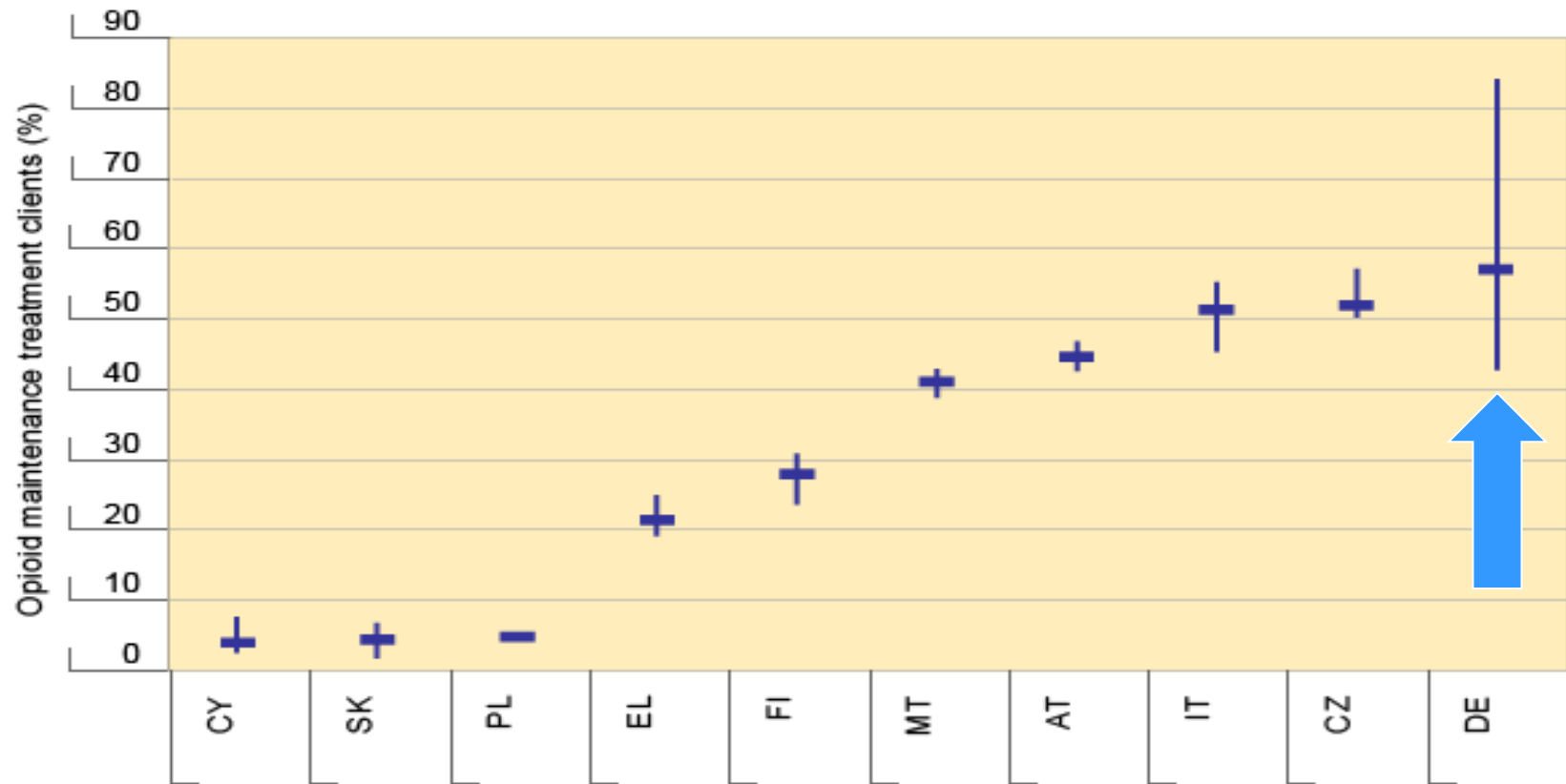


# Registered OST-patients in Germany 1990-2010



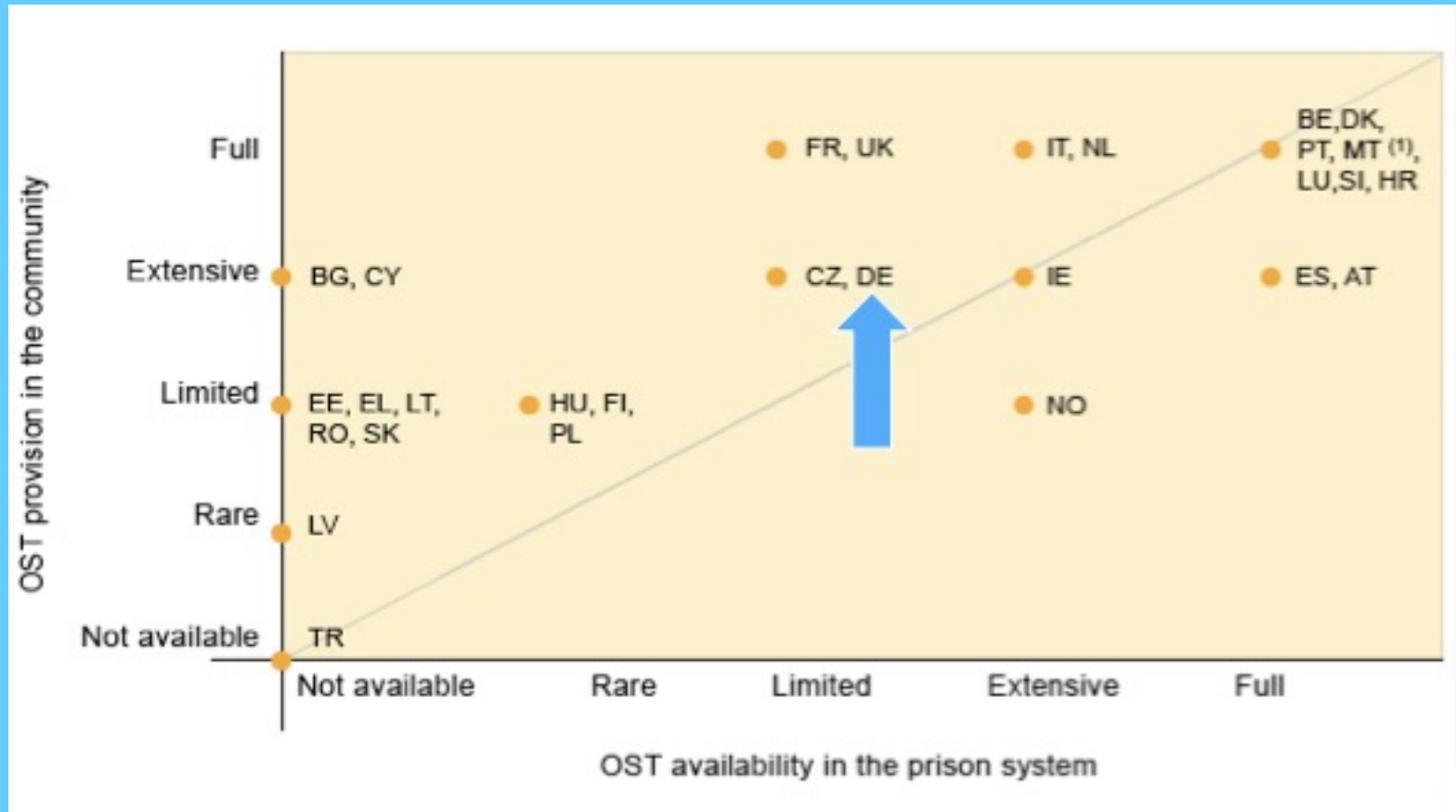
Bundesinstitut für Arzneimittel und Medizinprodukte - Federal Institute for Drugs and Medical Devices

# OST clients as percentage of the estimated problem opiod users



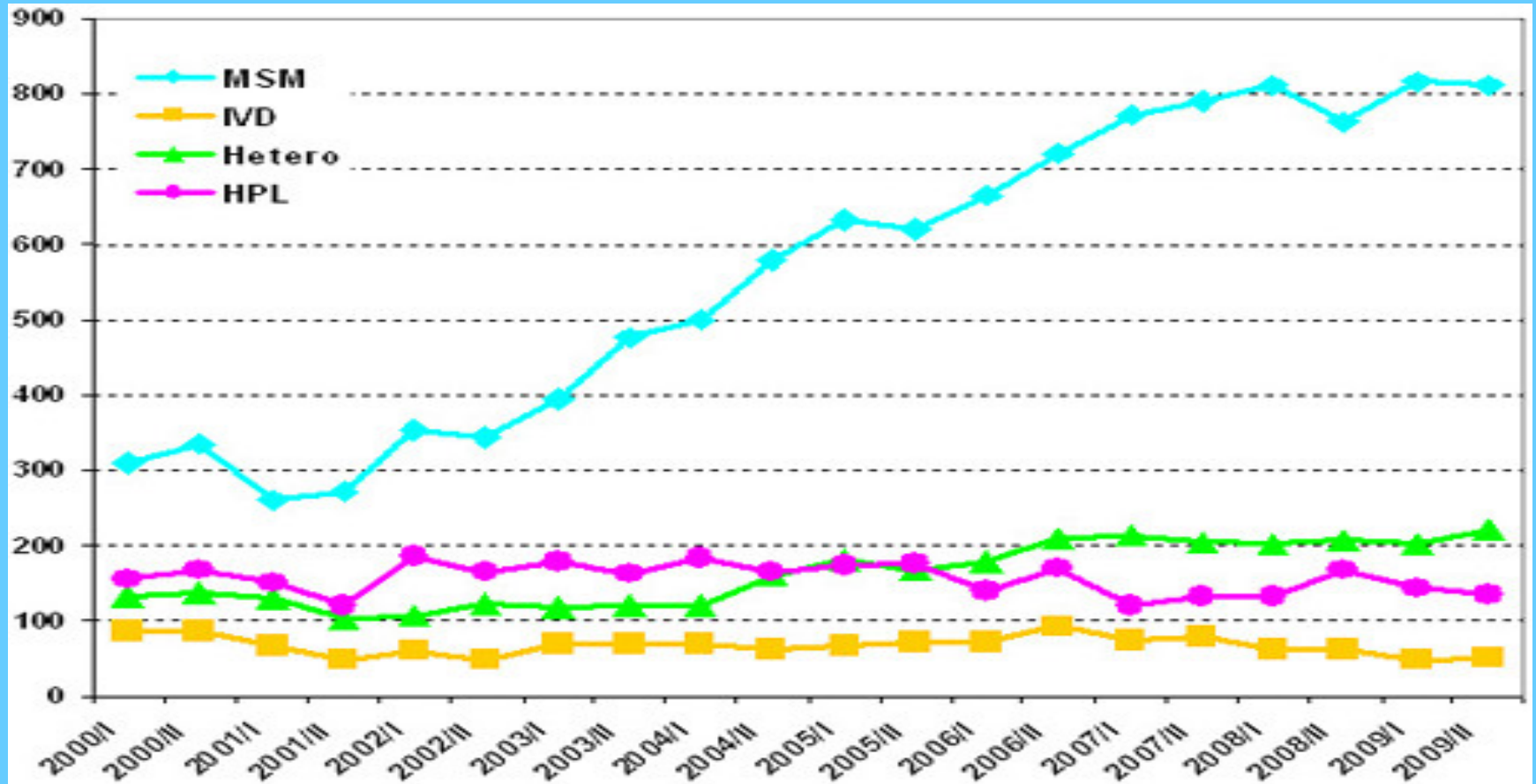
TRENDS IN INJECTING DRUG USE IN EUROPA, European Monitoring Centre for Drugs and Drug Addiction, 2010

# Europe: OST programmes in the community and the prison system 2007

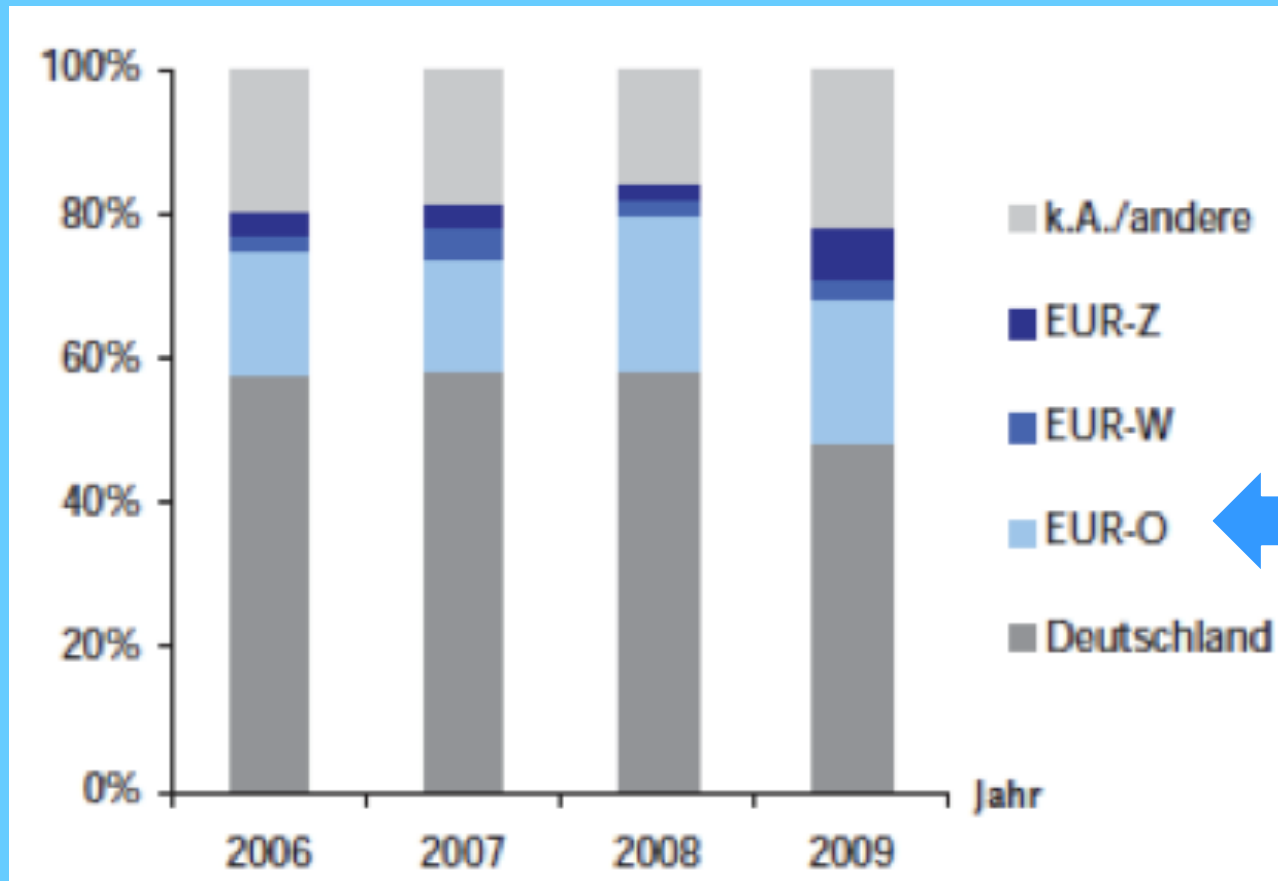


TRENDS IN INJECTING DRUG USE IN EUROPA, European Monitoring Centre for Drugs and Drug Addiction, 2010

# New HIV diagnosis in Germany by route of infection



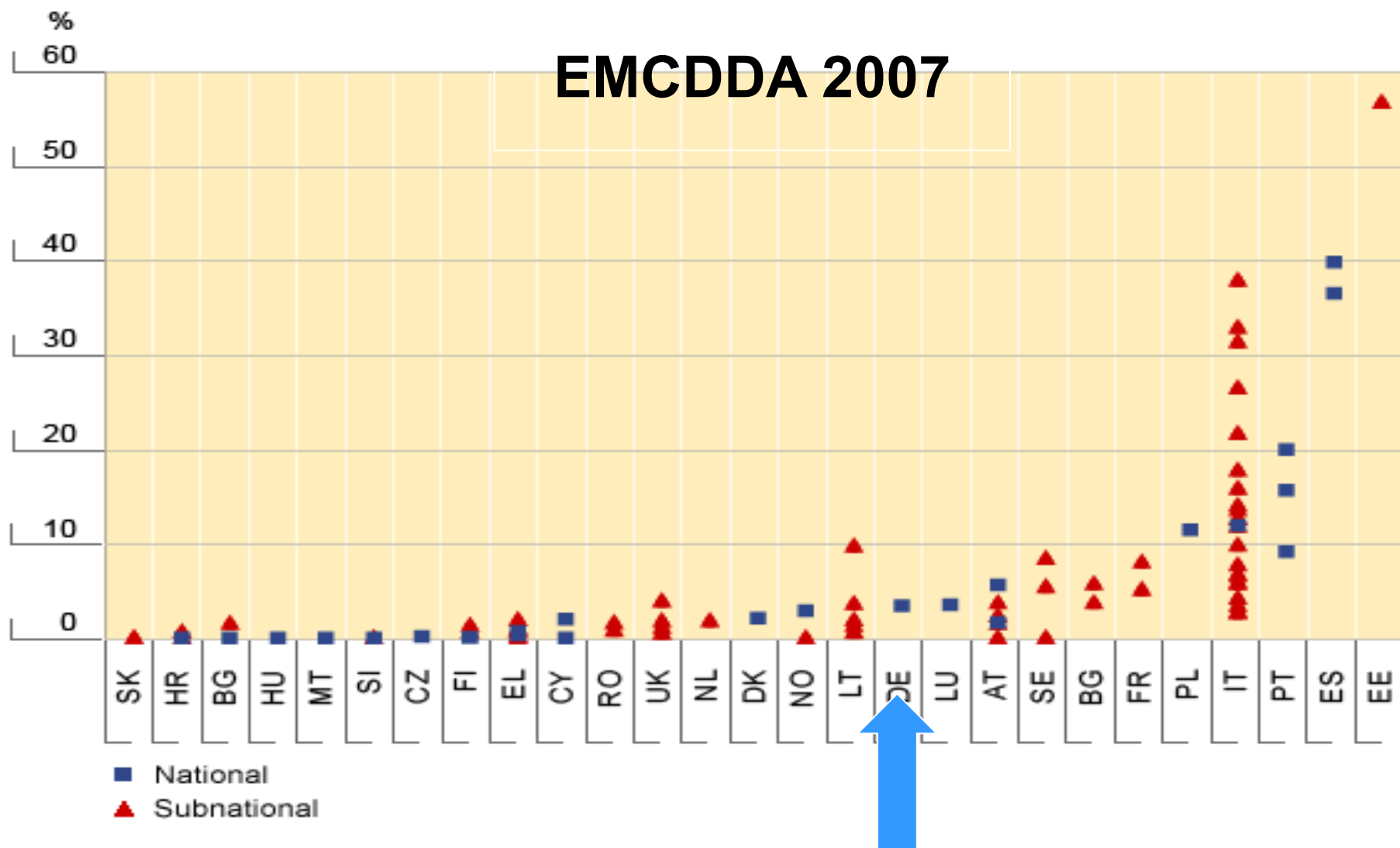
# New HIV-infections among IDU's according to regions of origin



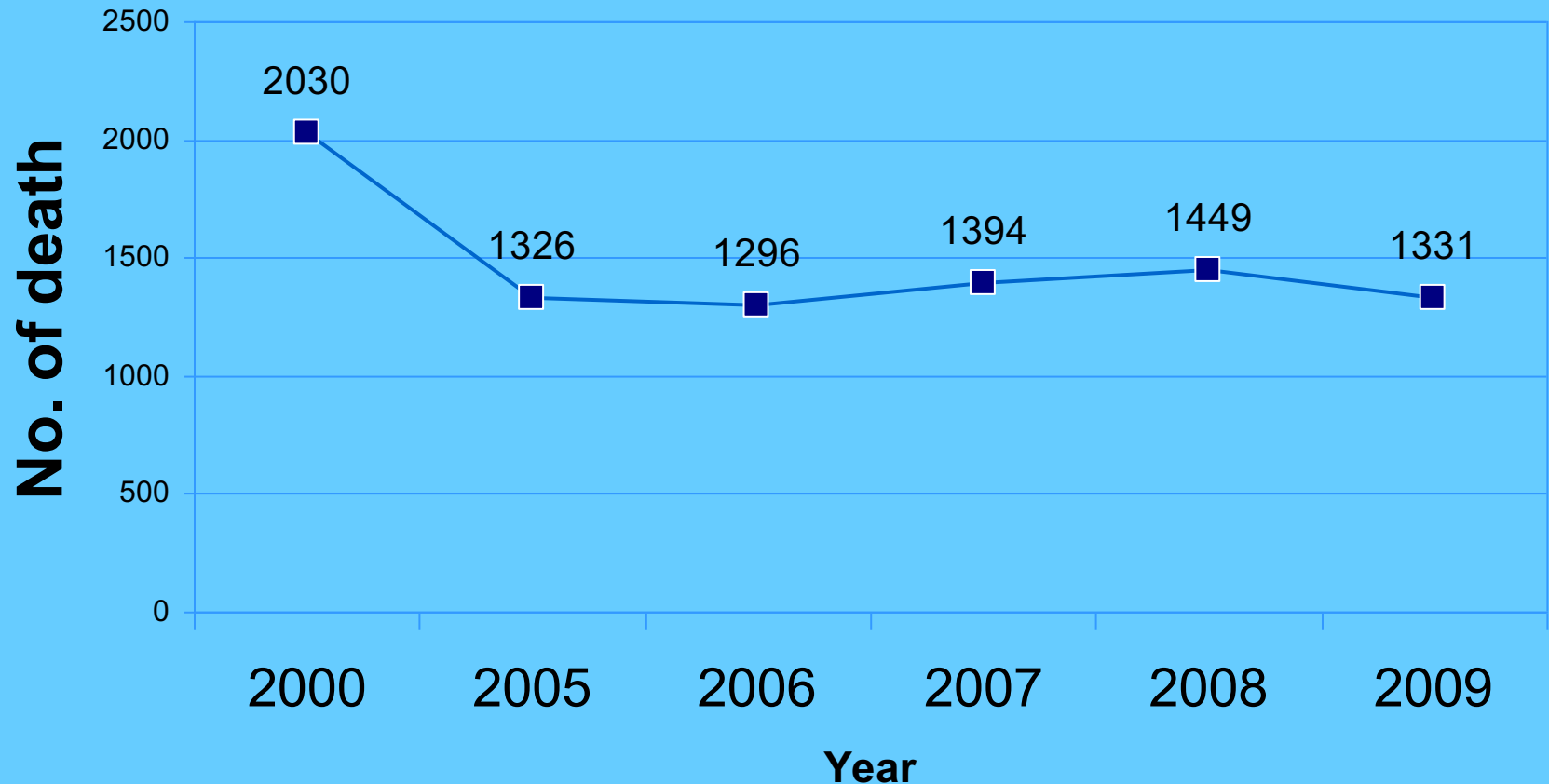
Robert-Koch-Institut, Berlin, Epidemiologisches Bulletin, 7. Juni 2010 / Nr. 22



# HIV-prevalence among injecting drug users in Europe 2006/07



# Reduction of death rate of IDU's in Germany



# Conclusions I

- OST is integrated in the existing health care system
- Heroin substitution treatment needs public investments because of security requirements
- OST is covered by compulsory health insurance
- OST and HR is (by the majority) politically supported by federal and local parliaments, police superintendents, medical associations and PH administrations



# Conclusions II

- 50% of all IDU's are in OST
- Majority of HIV-infected IDU's are in OST
- OST leads to a low rate of HIV-prevalence in IDU's
- OST leads to a very low incidence among IDU's
- OST reduces the rate of fatal overdoses
- OST is still limited in German prisons and in some rural regions
- OST works!

