

2h: Central Region

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Table 121: Proportion of treatment episodes

	July – December 2006		
	Free State	Northern Cape	North West
	%	%	%
Aurora	55		
Beth Roi	3		
SANCA Goldfields	36		
SANCA Sasolburg	6		
SANCA Kimberley		70	
SANCA Upington		30	
SANPARK Klerksdorp			100

Data representing 572 patients were collected from the seven treatment centres during the period July to December 2006. In the Free State, Aurora collected data from 154 patients, Beth Roi from 9 patients, SANCA Goldfields from 102 patients and SANCA Sasolburg from 17 patients. In the Northern Cape, SANCA Kimberley collected data from 126 patients and SANCA Upington from 54 patients. In the North West, SANPARK Klerksdorp collected data from 110 patients. Table 121 shows the proportion of patients from each treatment centre.

Table 122: First time admissions

	July – December 2006		
	Free State	Northern Cape	North West
	%	%	%
Yes	72	89	86
No	28	11	14

In Table 122 ‘Yes’ indicates a first time admission and ‘No’ indicates a repeat admission. The proportion of first time admissions to treatment centres was 72% in the Free State, 89% in the Northern Cape and 86% in the North West. First time admissions therefore make up the majority of admissions across all three provinces.

Table 123: Type of treatment received

	July – December 2006		
	Free State	Northern Cape	North West
	%	%	%
Inpatient	51	3	99
Outpatient	49	97	1
Both	-	-	-

Table 123 indicates that in the Free State about half of patients were treated on an inpatient (51%) basis. However, in the Northern Cape most (97%) were treated on an outpatient basis, whilst the opposite was true of the North West where the majority of patients were treated on an inpatient basis (99%).

Table 124: Population profile

	July – December 2006		
	%	%	%
	Free State	Northern Cape	North West
GENDER			
Male	82	79	75
Female	18	21	26
ETHNIC GROUP			
Asian	<1	2	1
Black	36	28	25
Coloured	18	63	5
White	45	7	70
EMPLOYMENT STATUS			
Working full-time	49	27	59
Working part-time	5	7	2
Not working	18	23	26
Apprentice/ internship	<1	-	-
Student/learners	19	38	7
Disabled: not working	2	3	-
Housewife	4	1	-
Pensioner/ retired	4	2	6
Other	-	1	-
MARITAL STATUS			
Married, living with spouse	33	19	35
Married, not living with spouse	4	1	-
Living together	5	9	2
Divorced	12	4	6
Widowed	2	2	7
Never married	43	65	50
Other	<1	-	-
EDUCATION			
None	<1	1	-
Prim.	Gr 1-6	4	25
	Gr 7	2	7
Second.	Gr 8-11	45	45
	Gr 12	34	19
Tertiary	15	3	5

*Highest school education completed

Table 124 shows that males predominate in all provinces - 75%-82% of patients. White patients are in the majority in both the Free State and the North West, while in the Northern Cape, Coloured patients are in the majority. In both the Free State and the North West, most patients are working full-time, whereas the majority of patients in the Northern Cape are still students/learners. In all three provinces the majority of patients have never been married and most patients have a secondary level education or more (86%).

Table 125: Referral sources

	July - December 2006		
	%	%	%
	Free State	Northern Cape	North West
Self	37	17	26
Family/friends	22	43	20
Work/employer	17	11	16
Doctor/psychiatrist/nurse (Health professional)	8	4	22
Religious body	<1	1	1
Hospital/clinic	<1	-	-
Social services/welfare	8	12	12
Court/correctional	1	4	2
School	5	7	1
Other e.g. radio	<1	2	1
Unknown	-	-	-

The most common source of referral to specialist treatment centres was ‘self’ in the Free State (37%) and North West (26%) followed by ‘family/friends’ in the Free State and ‘health professional’ in the North West. In the Northern Cape however, a substantial amount of referrals came from ‘family/friends’ (43%). Table 125 reports all referral sources for the three provinces. In the Free State, ‘employer/work’ referrals were the third most common source and ‘family/friends’ in the North West, while ‘self’ followed by ‘social services/welfare’ made up the second and third most common referral sources for the Northern Cape.

Table 126: Age distribution

AGE	July – December 2006		
	%	%	%
	Free State	Northern Cape	North West
10-14	1	14	1
15-19	16	28	9
20-24	14	9	10
25-29	12	12	16
30-34	9	9	17
35-39	12	8	12
40-44	15	8	14
45-49	11	5	10
50-54	5	3	6
55-59	3	1	1
60-64	1	1	3
65+	<1	1	3

The average age of persons seen by treatment centres was 27 years in the Northern Cape, 33 years in the Free State and 35 years in the North West. The proportion of patients from the under 20 age category was high across sites, with 24% of all patients treated in the three provinces falling into this age group.

Table 127: Primary substance of abuse

	July – December 2006		
	%	%	%
	Free State	Northern Cape	North West
Alcohol	61	56	72
Cannabis	24	23	9
Cannabis/Mandrax	1	3	-
Crack/Cocaine	8	2	6
Ecstasy	-	-	1
Heroin	1	3	6
Inhalants	<1	13	1
Khat	-	-	4
Methcathinone ('Cat')	<1	-	2
OTC/PRE	5	1	1

In all three provinces alcohol was the most commonly abused primary substance among people in treatment. Dagga was the second most common primary substance of abuse in all three provinces.

Table 128: Overall proportion of substances used

	July – December 2006		
	%	%	%
	Free State	Northern Cape	North West
Alcohol	76	59	76
Cannabis	30	32	22
Cannabis/Mandrax	4	9	1
Crack/Cocaine	15	4	16
Ecstasy	4	1	5
Heroin	2	4	6
Inhalants	2	17	2
Khat	-	-	6
LSD	1	-	2
Methamphetamine ('Tik')	1	1	-
Methcathinone ('Cat')	3	-	6
OTC/PRE	10	1	16

Note: The table shows the proportion reporting each drug either as primary or secondary drug.

The overall proportion of the primary and secondary drugs of abuse is shown in Table 128. Alcohol and cannabis are the most common substances used. In the Free State and North West crack/cocaine is also a relatively common drug, as well as over-the-counter or prescription medicines (OTC/PRE). Inhalant abuse seems to be relatively common in the Northern Cape.

Table 129: Mode of usage of primary drug

	July – December 2006		
	%	%	%
	Free State	Northern Cape	North West
Swallowed	65(11)	53(3)	74(7)
Snorted	1(4)	13(29)	4(13)
Injected	1(3)	-	6(19)
Smoked	32(83)	34(69)	15(52)
Figures in brackets above exclude alcohol			
Injected Heroin	50 (n=1)	0	100

Table 129 shows that for the mode of use of the primary drug of abuse, 65% in the Free State, 53% in the Northern Cape and 74% in the North West swallowed their drugs, making this the most popular means of consumption. However, when alcohol is excluded 83% in the Free State, 69% in the Northern Cape and 52% in the North West report smoking as their mode of use. Therefore, smoking was reported to be the most common mode of use for substances other than alcohol. Injection drug use is very low across all provinces, but of the 13 patients with heroin as their primary substance of abuse, 7 (54%) reported injecting the drug (1 in the Free State and 6 in the North West) while the remaining 6 (1 in the Free State and 5 in the Northern Cape) smoked it.

Table 130: Mean age by primary substance

	July – December 2006		
	Years		
	Free State	Northern Cape	North West
Alcohol	40	33	39
Cannabis	20	17	22
Cannabis/Mandrax	22	25	-
Crack/Cocaine	27	26	30
Ecstasy	-	-	31
Heroin	36	25	27
Inhalants	22	14	14
Khat	-	-	28
Methcathinone ('Cat')	40	-	22
OTC/PRE	37	48	50
Overall mean age	33	27	35

Across sites the average age of persons seen by treatment centres was 33 years in the Free State, 27 years in the Northern Cape and 35 years in the North West. However, age differences were noted for different substances. Persons whose primary substance of abuse is over-the-counter or prescription drugs or alcohol are substantially older than persons having other primary substances of abuse. Conversely, patients whose primary substance of abuse is cannabis or inhalants are younger than patients treated for other drugs (e.g. heroin and cocaine).

Table 131: Gender, by primary substance of abuse

	July – December 2006					
	Free State		Northern Cape		North West	
	%		%		%	
	M	F	M	F	M	F
Alcohol	80	20	71	29	71	29
Cannabis	87	13*	88	12*	90*	10**
Cannabis/Mandrax	100*	0	100*	0	-	-
Crack/Cocaine	100	0	100*	0	83*	17**
Ecstasy	-	-	-	-	100**	0
Heroin	50**	50**	80*	20**	83*	17**
Inhalants	100**	0	96	4**	100**	0
Khat	-	-	-	-	75*	25**
Methcathinone ('Cat')	100**	0	-	-	50**	50**
OTC/PRE	46*	54*	0	100**	100**	0

*n=<10; **n=1

Across all sites, male patients outnumbered female patients. Overall 80% of patients were male, but gender differences were noted for various primary substances of abuse (see Table 131).

Table 132: Race by primary substance of abuse

	July – December 2006											
	AFRICAN			COLOURED			ASIAN			WHITE		
	Free State	N/ Cape	North West	Free State	N/ Cape	North West	Free State	N/ Cape	North West	Free State	N/ Cape	North West
	%	%	%	%	%	%	%	%	%	%	%	%
Alcohol	31	33	22	23	54	5	0	3	1	46	10	72
Cannabis	69	32	50	6	66	0	0	0	0	25	2	50
Cannabis/Mandrax	0	50	0	100	50	0	0	0	0	0	0	0
Crack/Cocaine	0	0	33	26	100	17	4	0	0	70	0	50
Ecstasy	0	0	0	0	0	0	0	0	0	0	0	100
Heroin	50	0	33	0	80	0	0	0	0	50	20	67
Inhalants	100	9	100	0	91	0	0	0	0	0	0	0
Khat	0	0	0	0	0	0	0	0	0	0	0	100
Meth-Cathinone ('Cat')	0	0	0	0	0	0	0	0	0	100	0	100
OTC/PRE	0	0	0	0	0	0	0	0	0	100	100	100

Table 132 shows race by primary substance of abuse for each province.

Table 133: Multiple substance use

	July – December 2006					
	Free State		Northern Cape		North West	
	n	%	n	%	n	%
Primary substance only	193	68	144	80	64	58
Primary +2nd substance	63	22	25	14	35	32
Primary+2nd+3rd substance	11	4	8	4	7	6
Primary +2nd 3rd+4th substance	15	5	3	2	4	4
Total no. of patients	282	100	180	100	110	100

Table 133 shows that in all three provinces, the majority of patients report only one substance of abuse.

Table 134: Source of payment

	July – December 2006		
	%		
	Free State	Northern Cape	North West
Self	20	2	10
Medical Aid	22	20	49
State	9	58	18
Family	33	9	19
Friends	<1	1	-
Work/employer	10	-	4
Unknown	1	-	-
Other/combinations	3	11	1

Overall the most common sources of payment for treatment were ‘medical aid’ (27%) with the majority of these cases seen in the North West, followed closely by the ‘state’ (26%), seen mostly in the Northern Cape, and ‘family’ (23%), seen mostly in the Free State.

Table 135: Frequency of use by primary drug

	July – December 2006											
	Frequency of use in the past month											
	Not used in past month			Once per week or less often			2-6 days per week			Daily		
	%			%			%			%		
	Free State	N/ Cape	North West	Free State	N/ Cape	North West	Free State	N/ Cape	North West	Free State	N/ Cape	North West
Alcohol	9	10	0	9	16	0	19	37	17	63	37	84
Cannabis	3	2	0	3	17	0	12	49	0	82	32	100
Cannabis/ Mandrax	50	0	-	0	17	-	0	33	-	50	50	-
Crack/ Cocaine	9	25	0	9	0	0	35	50	50	48	25	50
Ecstasy	-	-	0	-	-	0	-	-	0	-	-	100
Heroin	0	0	0	0	20	17	50	40	83	50	40	0
Inhalants	0	0	0	0	9	0	0	39	0	100	52	100
Khat	-	-	0	-	-	0	-	-	50	-	-	50
Meth- Cathinone (‘Cat’)	0	-	0	100	-	0	0	-	50	0	-	50
OTC/PRE	8	0	0	0	0	0	8	0	0	85	100	100

Table 135 shows the frequency of use of primary drug for each province.

Patients younger than 20 years

Table 136: Gender and race profile of patients <20 years

	July – December 2006		
	Free State	Northern Cape	North West
	%	%	%
GENDER			
Male	86	88	82
Female	14	12	18
ETHNIC GROUP			
African	67	23	55
Coloured	10	74	0
Asian	0	1	0
White	22	1	46

Table 136 shows that in each province, the majority of patients under 20 are male. In the Free State and North West, most patients under 20 are African (67% and 55% respectively), while in the Northern Cape most are Coloured (74%).

Table 137: Primary substance of abuse of patients <20 years

	July – December 2006					
	Free State		Northern Cape		North West	
	n	%	n	%	n	%
Alcohol	5	10	19	25	3	27
Cannabis	41	84	33	43	6	55
Cannabis/ Mandrax	1	2	2	3	-	-
Cocaine/crack	2	4	-	-	1	9
Inhalants	-	-	23	30	1	9
Total	49	100	77	100	11	100

In all three provinces, most young people are treated for the abuse of cannabis. In the Northern Cape however, a substantial amount of young people report inhalants as their primary substance of abuse followed closely by alcohol.

Table 138: Primary substance by gender of patients <20 years

	July – December 2006					
	Free State		Northern Cape		North West	
	M	F	M	F	M	F
Alcohol	80*	20*	74	26	33*	67*
Cannabis	85	15	91	9*	100	0
Cannabis/Mandrax	100*	0	100*	0	-	-
Cocaine/crack	100*	0	-	-	100*	0
Inhalants	-	-	96	4*	100*	0

* (n<5)