

## Executive Summary on “Research on Urological Sequelae of Ketamine Abuse”

The objective of the current research is to assess the severity of urological symptoms and complications associated with ketamine abuse.

A total of 111 ketamine abusers were recruited into this research project (PMH: 54, TMH: 57). Only 104 patients' clinical data was available for analysis.

66 (66%) out of 100 urine toxicology tests were positive for ketamine. 14 (14%) were poly-drug abusers. The diversity and limited kinds of other substances detected suggested that the hazard on the urinary tract was caused by ketamine and its metabolites rather than other substances.

Altogether 15% of patients presented with either unilateral or bilateral hydronephrosis on ultrasonography of kidneys. 26 (41.3%) had bladder capacity reduced to < 100 mL. 11 (15.7%) had significantly reduced bladder capacity of  $\leq$  50mL. 4 patients (5.7%) had contracted bladder that were virtually unable to fill up.

A lecture titled "Street Ketamine-associated Urinary Tract Problems" was delivered by Dr MA Wai Kit in Tuen Mun Hospital on 26<sup>th</sup> September 2008.

10000 education pamphlets on the adverse effects of ketamine abuse and information on drug abstinence programs and rehabilitation institutes were published to educate the public why ketamine abuse is detrimental to health.

### “濫用氯胺酮對泌尿系統影響的研究”執行撮要

是項研究的目的是要評估與濫用氯胺酮有關的泌尿系統症狀及併發症的嚴重程度。這研究項目招募了總數 111 名氯胺酮濫用者(瑪嘉烈醫院 54 名，屯門醫院 57 名)。僅 104 名病者的臨床數據可供分析。100 次尿液毒理學測試中 66 次(66%) 顯示氯胺酮陽性反應，14 次(14%)顯示多種藥物濫用。測試出其他物品的種類多而分量少，可見泌尿系統的損害，應是由氯胺酮及其代謝物而非其他物品所造成。共有 15%病者在超聲檢查可見單側或兩側腎積液。26 人(41.3%) 膀胱容積縮減至少於 100 毫升、11 人(15.7%)膀胱容積嚴重縮減至少於 50 毫升、4 人(5.7%)膀胱收縮至幾乎完全不能盛尿。

2008 年 9 月 26 日馬偉傑醫生在屯門醫院以「街頭氯胺酮有關的尿路問題」為題演講，濫用氯胺酮的不良效果以及戒毒計劃與復康機構的資訊，已印製成 10 000 份單張，以教育公眾濫用氯胺酮如何危害健康。