EW03

Predictors for readmission within one year after discharge from an alcohol rehabilitation program

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Introduction Alcohol use disorders have been associated with an increased risk of frequent readmissions. This study aimed to examine factors that contribute to the risk for readmission within one year after discharge from an alcohol rehabilitation program.
Methods Rehospitalization status was assessed for all patients with an alcohol use disorder as primary diagnosis ($n = 468$) admitted to our inpatient unit between July 1, 2012, and June 30, 2014. All patients were followed up for one year after their first hospitalization (index hospitalization) within this period. Time to readmission within one year after discharge was measured using the Kaplan–Meier method. Risk factors for readmission were examined using Cox proportional hazard regression models. Three set of variables were selected to be included in the analyses:
– demographic features at time of admission of index hospitalization;
– comorbid conditions at time of admission of index hospitalization;
– treatment-related variables in relation to the index hospitalization including observer-rated outcome measures.
Results Readmissions within one year after discharge from an alcohol rehabilitation program as well as the corresponding time to readmission were linked to higher numbers of previous hospitalizations and the presence of comorbid opioid use disorders.
Conclusion Higher numbers of past treatments for AUD are indicators for a chronic course of the disorder, which, in turn, increase the risk of further relapses. Our findings further confirmed previous findings suggesting high rates of comorbidity among alcohol and opioid use disorders, and their link with poorer clinical outcomes.
Keywords Alcohol use disorder; Alcohol rehabilitation program; Readmission; Survival analysis
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EW04

Interactions between mephedrone and alcohol in humans: Cardiovascular and subjective effects

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Introduction Mephedrone is a synthetic cathinone derivative included in the class of "New-Novel Psychoactive Substances". Synthetic cathinones are marketed as "bath salts" or "plant food" and gained notable popularity for similar effects to 4-methylenedioxymethamphetamine (MDMA, ecstasy), or amphetamines. Mephedrone is commonly consumed simultaneously with alcohol.
Objectives and aims The aim of the present study was to evaluate the interactions between mephedrone and ethanol in humans.
Methods Twelve healthy male, recreational users of psychostimulants participated as outpatients in four experimental sessions. They received a single oral dose of mephedrone (200 mg) and alcohol (0.8 g/kg), mephedrone placebo and alcohol (0.8 g/kg), mephedrone (200 mg) and placebo alcohol, and both placebos. Design was double-blind, double-dummy, randomized, cross-over and controlled with placebo. Study variables included: vital signs (blood pressure, heart rate, temperature, and pupil diameter), subjective effects (visual analogue scales-VAS, ARCI-49 item short form, and VESSPA questionnaire).
Results The combination produced an increase in the cardiovascular effects of mephedrone and induced more intense feeling of euphoria and well-being in comparison to mephedrone and alcohol. Mephedrone reduced the drunkenness and sedation produced by alcohol.
Conclusions These results are similar to those obtained with the combination of other psychostimulants as amphetamines and MDMA. Abuse liability of the combination is greater that induced by mephedrone.
Disclosure of interest The authors have not supplied their declaration of competing interest.
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EW05

The synthetic cannabinoids: JWH, four years of analysis

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Introduction Since 2004, herbal mixtures for smoking use have been sold under the generic brand "Spice". Many of them contain synthetic cannabinoids (agonists of the cannabinoid receptors). JWH-018 was one of the first spice drugs. There is no scientific evidence of their effects on humans, except cases of intoxications and users opinions.
Objective The present study describes the presence of the synthetic cannabinoids JWH's and their characteristics in the samples delivered for analysis to the harm reduction NGO Energy Control from 2010 to 2014 in Spain.
Methods From 15,814 samples analyzed from 2010 to 2014, those containing synthetic cannabinoids JWH's were studied ($n = 47$). Analysis was done by gas chromatography–mass spectrometry.
Results From these 47 samples containing JWH, 55% were delivered as "legal highs" ($n = 21$) and 44% as JWH. Most common presentations were powder 47% and herbals 32%. Samples containing JWH 45%($n = 21$) were mixed with more than one kind of JWH or were adulterated and other active principles were found 28% ($n = 13$) JWH-018, 11% ($n = 5$) JWH-210, 8% ($n = 4$) JWH-081 and