

## Adults in substance abuse treatment inpatient treatment

Alcohol use disorder is the most common substance abuse disorder in Norway, and is most common among young adults between 18 and 35 years. Harmful use of alcohol is more common among men than women. Patients with substance abuse disorders usually have other mental disorders and somatic diseases as well. Persons with substance abuse disorder can have both outpatient treatment and inpatient treatment in the specialist health services.

### Sample and definitions

Adults between 18 and 64 years who in 2014-2018 had at least one inpatient contact in mental healthcare, interdisciplinary specialised addiction treatment (TSB) or private specialists under public funding contracts, with substance abuse disorder as the primary or secondary diagnosis are included. Substance abuse disorder is defined by the ICD 10-codes F10, F11, F12, F13, F14, F15, F16, F18, F19.

Admissions are defined as stays in / admissions to an institution with a duration of more than zero days registered in mental healthcare or interdisciplinary specialised addiction treatment. Admissions less than eight hours apart have been added together. Admissions with a duration exceeding 365 days were excluded from further analyses. The yearly rates are registered in the year of discharge.

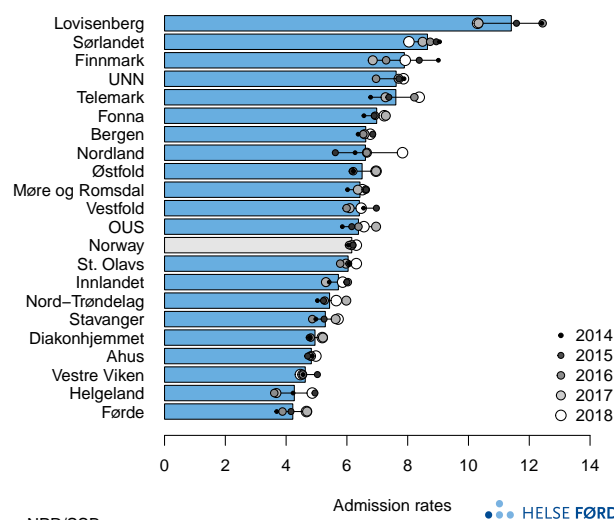
Hospital referral area	Number of patients	Number of admissions	Days per admission
Telemark	476	758	45.0
Innlandet	748	1,251	39.5
Vestfold	559	862	38.9
Stavanger	741	1,214	37.9
Helgeland	132	193	37.8
Vestre Viken	852	1,328	35.3
Nord-Trøndelag	253	423	33.6
Bergen	1,084	1,861	33.5
Ahus	987	1,548	33.5
Førde	146	267	33.3
Nordland	320	537	33.1
Diakonhjemmet	282	450	32.3
Finnmark	210	366	32.2
Fonna	414	748	31.5
OUS	639	1,088	31.4
Lovisenberg	652	1,138	30.4
Møre og Romsdal	541	1,013	30.4
Sørlandet	858	1,544	30.0
Østfold	689	1,111	29.3
St. Olavs	681	1,214	27.5
UNN	424	888	26.4
Norway	11,562	19,802	33.2

Inpatient treatment for adults with substance use disorder. Number of patients, admissions and days per admission, broken down by hospital referral area and for Norway as a whole. The figures represent average values per year for the period 2014–2018.

### Results

Each year 11,500 adults with substance abuse disorder were admitted for inpatient treatment in mental healthcare and interdisciplinary specialised addiction treatment in Norway, for nearly 20,000 admissions yearly in total. The patient rate varied across hospital referral areas from 2 to 7 adults with substance abuse disorders each year in day treatment per 1,000 population.

The admission rate varied across hospital referral areas from 4 to 11 admissions per 1 000 population, with a yearly average rate of 6 admissions. Admissions for adults with substance abuse disorders varied on average 33 days, and varied across hospital referral areas from 26 to 45 days per admission.



Source: NPR/SSB  
Admission rates, adults with substance use disorder receiving inpatient treatment. Number of admissions per 1,000 population, broken down by hospital referral area and for Norway as a whole. The bars show the average values per year for the period 2014–2018, and the dots represent the rates for each year. The rates have been adjusted for age and gender.

### Comment

Adults in substance abuse treatment represent about a third of all adults in inpatient treatment in mental healthcare and interdisciplinary specialised addiction treatment. However, the variation across hospital referral areas for patients with substance abuse disorders in inpatient treatment is not as large as for outpatient treatment. The admissions are still one and a half times as long in hospital referral areas with the longest stays, compared to the referral areas with the shortest admissions.

There is unwarranted variation in inpatient treatment for adults, and this is particularly clear for patients with substance abuse.