

## Quotes

"The quality register affects my relationship with the resident – and affects the resident themselves I expect – when stories, experiences and progress are shared."

*Margareth Næss  
Consultant  
Veksthuset Rogaland*

"Kvarus can be a good tool for keeping track of your own development during treatment."

*Preben Sandanger  
RIO*

"Kvarus will be an important tool in developing better services and a good database for research in this field."

*Sverre Nesvåg  
Head of Research  
KORFOR*

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**Substance use disorder treatment  
in Norway:**

**What results have been achieved?**

**What characterizes the patients?**

**What services are they offered?**

**What do patients think about  
the treatment they receive?**

## What is a national medical quality register?

A national medical quality register is a systematic record of information about a particular patient group: their health and life situation at the start of the treatment; treatment content and the patient's experiences of the treatment; and their progress during and after treatment. The aim is to use this information to develop better services for, and more knowledge about, the particular patient group.

## Better knowledge - better treatment

The target group for this national quality register, Kvarus, is patients being treated as part of 'TSB' (Specialized Interdisciplinary Substance Use Disorder Treatment).

The register contains information gathered at the start of the treatment (the first phase of the TSB treatment program) and from regular updates taking place in conjunction with set evaluation points in the treatment program. Further information is gathered at the end of the treatment program or when treatment is interrupted or stopped (the final phase of the TSB treatment program). Patients are contacted again, one year after the end of their treatment program, to repeat the questions asked at the end of the final phase.

It is recommended that the patient participate in the entire registration process. In this way, the register can become a tool for better dialogue between the patient and their medical professional. If the information is considered relevant for the further treatment, an overview of the registered information can be transferred to the records and form the basis for individual assessment and evaluation.

Patients have the right to opt out of the registration process at any time. This will not have any consequences for the patient's further treatment.

**Kvarus was launched on 1 January 2020 and includes information, meetings and courses. Leader networks, professional bodies and user groups take part in the planning and implementation of the program activities.**

## Building the register

### TREATMENT PROGRAM

The basis of the register is the course of treatment, as described in the TSB treatment program. Registration starts with admission to the program and finishes when the patient is discharged. Kvarus includes both registration of the patient and an overview of the treatment program for that patient.

### INITIAL REGISTRATION

The main aim at the initial registration is to identify the scope of the patient's problems, how serious the patients themselves consider their substance use disorder to be, and their appraisal of their life situation. When transferred to the medical record, information from the initial registration can be used as a basis for further treatment and individual progress.

### REGISTRATION AT REGULAR EVALUATION POINTS

A description of the treatment is registered during regular evaluations, along with the patients' current circumstances and feedback on the treatment they are receiving.

### FINAL PHASE

At the end of the program, the results of the treatment are recorded, as well as any agreements on follow-up treatment following discharge.

One year after the conclusion of the treatment, the patient's current life situation is recorded as well as any follow-up treatment the patient has received.



## TSB Treatment Program

