



Engaging Individuals who Inject Drugs to Reduce Harm

Establish yourself as a resource for people who inject drugs (PWID)

Open conversations
support people "where they are at" ^{1,2}

Encourage risk reduction and highlight opportunities for education ²

Keep people engaged in health care to increase access to substance use services ²

Ensure PWID are comfortable returning for care or additional resources ²

Minimize assumptions,
be open to everyone's unique experience ²

PWID are interested in and capable of making changes to improve their health and safety ²

Strong provider relationships lead to honest discussions, advice adoption, and seek timely care ³

Have compassion as PWID's health care experiences may include betrayals of trust, denial of care, or engagement of police ⁴

Accept ambivalence,
untimely pushes for abstinence are alienating ¹

Readiness is key to substance use treatment efficacy ¹

Conversations about reducing harm do not condone drug use, but demonstrate compassionate pragmatism ²

PWID who feel judged or condemned are unlikely to honestly discuss drug use ¹

Overdose Prevention

ASK "Do you have naloxone (Narcan) available in the case of an overdose?"

Good Samaritan laws in NH protect those that call 911 for an overdose ⁵



Naloxone is available in NH at:
The Doorways Recovery Organizations
Pharmacies (no prescription needed)
Syringe Service Programs



Syringe Service Programs in New Hampshire

Accessing Sterile Syringes and Safe Supplies

ASK

"Are you able to get clean supplies including syringes, cookers, and cottons?"



Syringe, cooker, and cotton reuse or sharing have a risk of infection including viruses (Hepatitis C and HIV) and bacteria (abscess and endocarditis) ⁷



Syringe Service Programs (SSPs) provide clean supplies. A list of New Hampshire SSPs can be found at: www.dhhs.nh.gov/dphs/bchs/std/documents/sspregistrations.pdf ⁸



NH pharmacies can sell syringes (any amount) without a prescription ⁹. Contact your local pharmacies to ensure they are providing this important service



1 Needle + 1 Syringe + 1 Time = 0 Infections ¹⁰



Clean syringes and cookers if reuse is required:
1. Rinse the syringe with water until no blood is seen
2. Rinse the syringe with bleach
3. Rinse again with water ¹¹

Safer Needle Disposal

ASK

"Are you able to safely get rid of syringes and needles?"



Syringe disposal in NH: ^{8,12}
Some NH hospitals
Syringe service programs

Dispose of a household sharps container when it is 2/3 full:

1 Close lid and tape shut. Label container.



2 Dispose using a sharps collection or mail-back program.



-OR-



Or use an empty household container ¹¹



Nursing

NH
CITIZENS
HEALTH
INITIATIVE



NH Harm Reduction Coalition

Safer Use



"What steps do you take to keep yourself safe when using?"

Never use alone ¹³

Have someone who can call 911 in case of an overdose ¹³

Use caution with new drug sources ¹³

Test drugs or ask around about overdoses ¹³

Start with a small amount (test shot) ¹³

More can be injected but, the drug can never be taken back ¹³



"How do you prevent infections and injury to your veins?"

Prevent Infections ¹³



Wash hands with soap and water



Disinfect injection site with alcohol



Tourniquet use = fewer sticks



Needle bevel up = less skin damage



Remove tourniquet before injection

Preventative Health Care Screening, Testing, and Education

HIV testing is recommended at least annually for PWID

- Include HIV 1/2 antibody and HIV 1 p24 antigen testing (positive 21 days after infection)¹⁴
- Consider discussing PreExposure Prophylaxis (PrEP) for HIV prevention¹⁴

Hepatitis C antibody testing is recommended periodically for PWID

- If exposure may have occurred within 6 months consider HCV RNA testing¹⁵

Keep up to date with immunizations

- Check Tdap, HPV, Hepatitis A and B vaccination status and immunize as needed¹⁶

Discuss safe sexual practices

- Provide condoms if applicable¹⁶
- Review pregnancy prevention options if applicable¹⁶

References

1. Massachusetts Department of Public Health. SBIRT: A Step-By-Step Guide. June 2012. <https://www.masbirt.org/sites/www.masbirt.org/files/documents/toolkit.pdf>.
2. Harm Reduction Coalition, Winkelstein E. Understanding Drug Related Stigma: Tools for Better Practice and Social Change. 2012. <https://harmreduction.org/wp-content/uploads/2012/02/stigma-facilitators.pdf>.
3. Salvalaggio G, McKim R, Taylor M, Wild TC. Patient–Provider Rapport in the Health Care of People Who Inject Drugs. *SAGE Open*. 2013;3(4):2158244013509252. doi:10.1177/2158244013509252
4. Lago RR, Peter E, Bógus CM. Harm Reduction and Tensions in Trust and Distrust in a Mental Health Service: A Qualitative Approach. *Subst Abuse Treat Prev Policy*. 2017;12. doi:10.1186/s13011-017-0098-1
5. *NH Rev Stat § 318-B:28-b (2015)*
6. New Hampshire Department of Health and Human Services. Naloxone in New Hampshire. 2019. <https://anyoneanytimenh.org/naloxone-in-new-hampshire/>.
7. Phillips KT, Altman JK, Corsi KF, Stein MD. Development of a risk reduction intervention to reduce bacterial and viral infections for injection drug users. *Subst Use Misuse*. 2013;48(1-2):54-64. doi:10.3109/10826084.2012.722159
8. NH Department of Health and Human Services. Registered Syringe Services Programs. May 2019. www.dhhs.nh.gov/dphs/bchs/std/documents/ssregistrations.pdf
9. *NH RSA 318:52-c Sale of Hypodermic Syringes and Needles (2018)*
10. Centers for Disease Control and Prevention. Help Ensure Patient Safety. 2017. from <https://www.oneandonlycampaign.org>.
11. Centers for Disease Control and Prevention. Syringe Disinfection for Injection Drug Users. <https://npin.cdc.gov/publication/syringe-disinfection-injection-drug-users>. Published 2019. Accessed June 28, 2019.
12. NH Board of Pharmacy. Safe Sharps Disposal. May 2011. <https://www.oplc.nh.gov/pharmacy/documents/syringe-disposal.pdf>.
13. Harm Reduction Coalition. Getting Off Right: A Safety Manual for Injection Drug Users. 2011. <https://harmreduction.org/wp-content/uploads/2011/12/getting-off-right.pdf>.
14. Centers for Disease Control and Prevention. HIV Testing 101. February 2018. <https://www.cdc.gov/hiv/pdf/library/factsheets/hiv-testing-101-info-sheet.pdf>.
15. Centers for Disease Control and Prevention. Testing Recommendations for Hepatitis C Virus Infection. October 2015. <https://www.cdc.gov/hepatitis/hcv/guidelinesc.htm>.
16. Centers for Disease Control and Prevention. Persons Who Use Drugs: Strategies for Disease Prevention. July 2018. <https://www.cdc.gov/pwud/disease-prevention.html>.