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,

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

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



"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









Accessing Sterile Syringes and Safe Supplies



"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 s



NH pharmacies can sell syringes (any amount) without a prescription,

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 ,,

Safer Needle Disposal



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



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



Or use an empty household container II





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

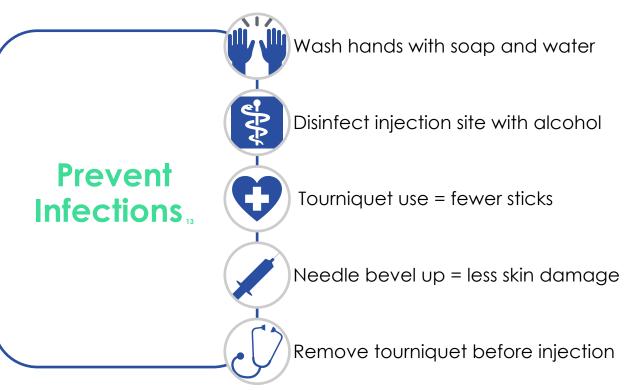
Test drugs or ask around about overdoses 13

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?"





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 prevention

Hepatitis C antibody testing is recommended periodically for PWID

•If exposure may have occurred within 6 months consider HCV RNA testing 15

Keep up to date with immunizations

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

Discuss safe sexual practices

- Provide condoms if applicable 16
- Review pregnancy prevention options if applicable 16

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