

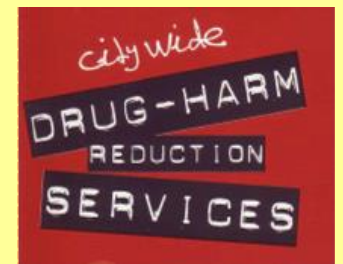


# Harm reduction

**Danielle Cormack  
and Jack Killingray**

# Aims of the session:

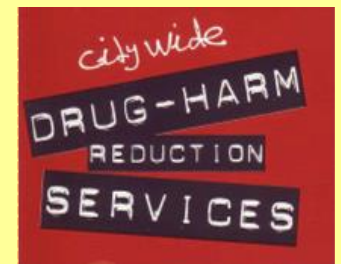
- As a service what we offer?
- What is harm reduction?
- Why do we have needle exchanges?
- Safer injecting practice
- Safer smoking
- Safer snorting



# City Wide Harm Reduction

## Services provided by St Anne's and Barca harm reduction teams:

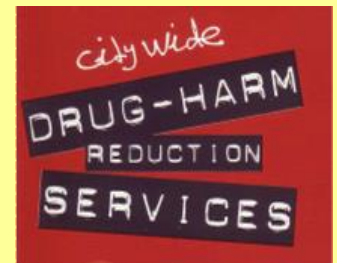
- Needle exchange and harm reduction advice
- Support pharmacy needle exchanges
- Outreach and home visits
- Social support
- Triage assessments
- Brief Interventions and Motivational Interventions



# **What Is Harm Reduction?**

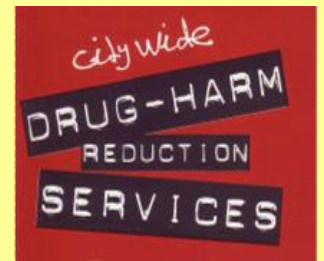
# Harm Reduction

A pragmatic and humanistic approach in which an attempt is made to *reduce* the drug related harm towards an individual and others through changing from high risk behaviour to *safer* behaviour



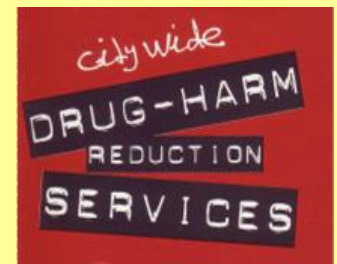
# Why Have Needle Exchanges?

- Access to sterile injecting equipment
- Dispose of equipment safely
- Reduce the transmission of blood borne viruses
- Provide harm reduction advice
- Reduce long term impact on health services
- Acknowledging drug use
- Access to other services



# Cooking Up Exercise

- You are a drug user and you need to use as you are beginning to withdraw.
- You've just 'scored' and have got everything you need from the needle exchange



# Cooking Up Exercise

- **Equipment:**

Never share

Water

Acidifier

Water snapper

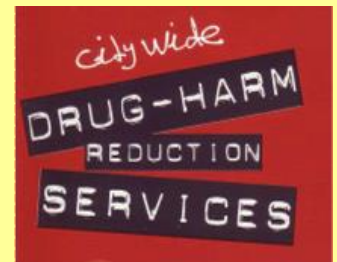
Spoon

Swab

Filter

Sharps bin

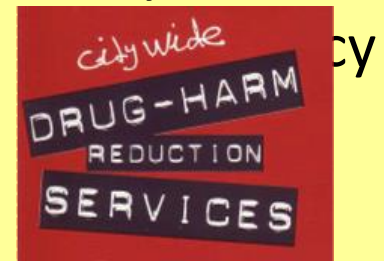
- In groups, use the equipment provided to get your 'hit'.





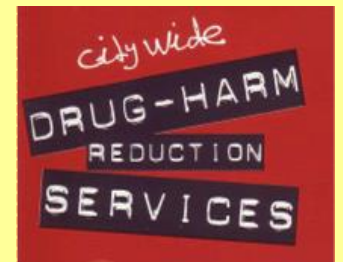
# Safer Injecting

1. Wash hands before and after use
2. Choose a lower risk injecting site and clean prior to injecting
3. Rotate injecting sites
4. Always use your own sterile injecting equipment- **never share**
5. Use the smallest needle appropriate
6. Use the smallest amount of vitc/ citric as possible
7. Don't inject alone. Try and inject with others and try and make sure everyone knows what to do in an
8. Avoid injecting standing or unsupported



# Safer Injecting

9. If using a tourniquet don't have it too tight and release before injecting
10. Introduce needle at a shallow angle for intravenous and subcutaneous injection, 90 degrees for IM injection
11. Introduce needle slowly, feel for reduction in resistance, stop pushing and pull back slowly.  
**Dark red blood** = vein     **Bright red blood** = artery
12. Inject slowly with direction of blood flow, towards the heart
13. Inject small amount of drug to have a 'taste' before injecting the rest to reduce risk of OD
14. Remove and dispose of equipment safely in sharps bin.
15. Stem blood flow with clean cotton wool/tissue



# Injecting Sites Exercise

- Injecting drugs **always** carries a risk.
- But this risk can be increased by the injection site

**Identify IV injecting sites which are:**

- **Lower risk**
- **Medium risk**
- **High risk**

# Common IV Injection Sites

## Lower Risk:

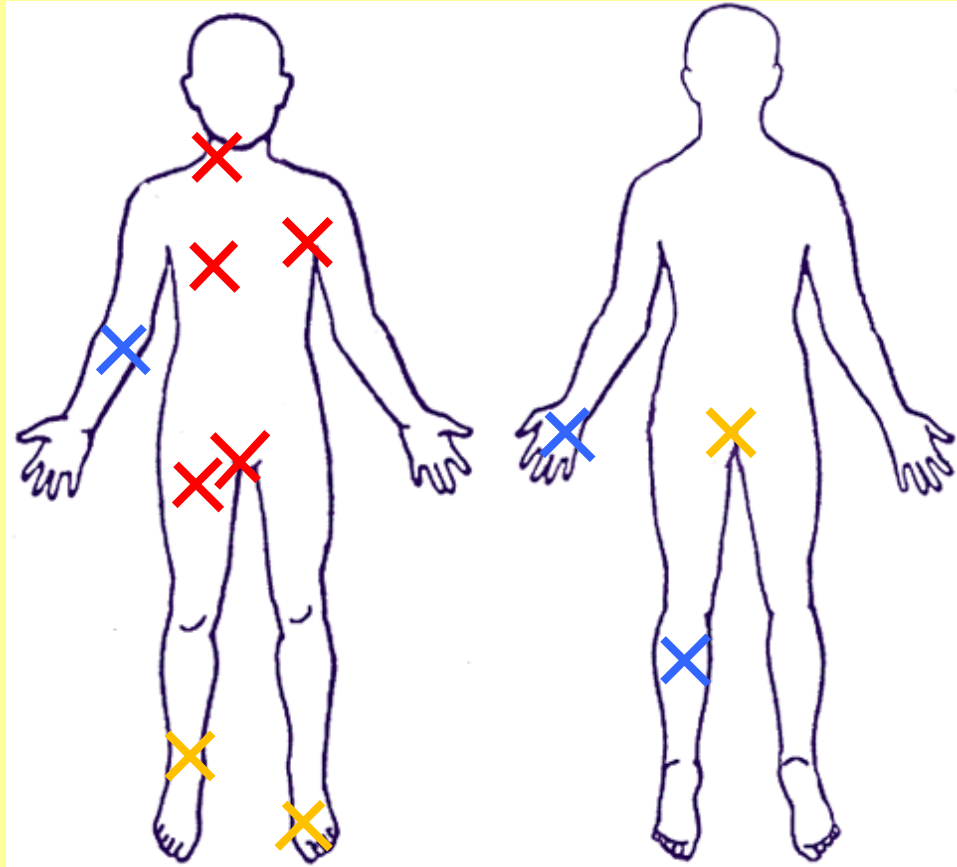
Crook of arms  
Hands  
Back of legs

## Medium Risk:

Feet  
Ankles  
UYB (up your bum)

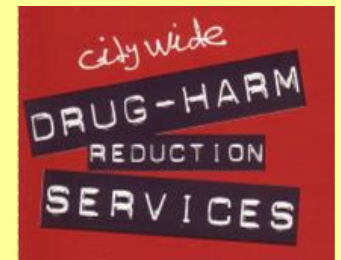
## High Risk:

Groin  
Armpits  
Neck  
Breasts  
Penis/vagina



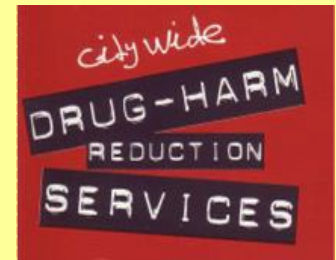
# Safer smoking

- Fastest route of administration
- Respiratory problems and lung damage
- Avoid holding smoke in lungs and inhaling too deeply
- Avoid sharing cigarettes, joints, bonges and pipes due to risk of catching BBV's
- Clean or renew smoking paraphernalia regularly
- Avoid smoking crack on home made pipes, as often these are not designed to be heated and can release dangerous toxins.



# Safer Snorting

- Takes time to enter the blood stream
- Lowest risk of overdose
- Can cause the blood vessels to dilate and rupture, allowing tiny amounts of blood to leak out onto the snorting device- **Risk of BBV's if snorting equipment is shared.**
- Use own supply of post-it notes or straws
- Clean the nasal cavity with lukewarm water after using



# Any questions?

