

THE EFFI BARRY TRAINING INSTITUTE

Do No Harm: Incorporating Harm Reduction Strategies into Patient-Centered Care

February 21, 2020

Diane M. Jones, LICSW
Jen Jackson, MS

HealthHIV DC | HEALTH

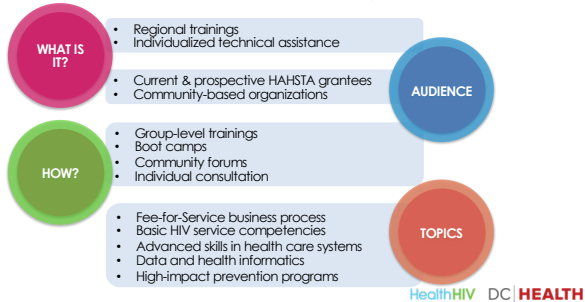
1

This program is funded wholly, or in part, by the Government of the District of Columbia, Department of Health, HIV/AIDS, Hepatitis, STI and TB Administration (HAHSTA).

HealthHIV DC | HEALTH

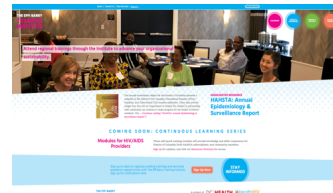
2

The Effi Barry Training Institute



3

The Effi Barry Training Institute



EffiBarryInstitute.org

- Provider Modules & Webinars
- Ryan White HIV/AIDS Program Policies
- Tools & Resources
- Training Calendar

HealthHIV DC | HEALTH

4

Pulse-Point TA Needs Survey

Technical Assistance Request Form

- Organizational Infrastructure
- Fiscal Administration
- Data Collection, Management, and Reporting
- Service Provision

HealthHIV DC | HEALTH

5

Learning Objectives

- Examine how personal beliefs about people who use drugs may affect service delivery
- Define the components of Harm Reduction
- Describe what a Needle/Syringe Exchange Program is and how it relates to Harm Reduction
- Discuss the components of Patient Centered Care
- Identify 5 Harm Reduction 'tips and tricks'

HealthHIV DC | HEALTH

6

Stigma Activity

HealthHIV DC|HEALTH

7

Statement #1

People who share needles with other people clearly do not care about their health.

HealthHIV DC|HEALTH

8

Statement #2

People who have sex while high are crazy and stupid.

HealthHIV DC|HEALTH

9

Statement #3

People who inject drugs should be given free brand-new needles.

HealthHIV DC|HEALTH

10

Statement #4

People who use drugs just need to have better self-control.

HealthHIV DC|HEALTH

11

Statement #5

Doctors should prescribe Naloxone to all patients on opioids.

HealthHIV DC|HEALTH

12

Statement #6

People who use drugs deserve the same medical care as people who do not use drugs.

HealthHIV DC | HEALTH

13

Stigma Activity Discussion

HealthHIV DC | HEALTH

14

What is Harm Reduction?¹

“Harm reduction can be defined as any practice that reduces the risk of injury even though the person in question is unable to abstain from unsafe behaviors that are the basis for likely damaging outcomes.”¹

HealthHIV DC | HEALTH

15

Harm Reduction Cont'd

Harm reduction differs from other traditional models of behavior modification. It does not require individuals to eliminate their primary coping mechanisms until less harmful coping mechanisms are recognized as within reach, applicable and sustainable into the foreseeable future.



Image courtesy of nclinked²

HealthHIV DC | HEALTH

16

Harm Reduction Cont'd

- Harm Reduction understands drug use as a complex, multifaceted phenomenon that encompasses a continuum of behaviors from severe abuse to total abstinence. It also acknowledges safer drug practices compared to others.
- Harm Reduction affirms drug users as primary agents of reducing the harms of their drug use. It further seeks to empower users to share information and support each other in strategies which meet their actual conditions of use.

HealthHIV DC | HEALTH

17

Principles of Harm Reduction

- Understanding drug use as a complex, multi faceted phenomenon that encompasses a continuum of behaviors from severe abuse to total abstinence and acknowledges that some ways of using drugs are clearly safer than others.
- Non-judgmental or coercive
- Affirmation of drug users themselves as the primary agents of reducing the harms of their drug use, and seek to empower users to share information and support each other in strategies which meet their actual conditions of use.

HealthHIV DC | HEALTH

18

Harm Reduction Cont'd

- Although Harm reduction suggests that interventions and policies be designed to serve drug users and reflect specific individual and community needs, there is no universal formula for implementing harm reduction interventions.
- However the following are core principles that are important for the fidelity of harm reduction interventions.

HealthHIV DC | HEALTH

19

The Role of Harm Reduction

- People who inject drugs come in all shapes and sizes and some can hold jobs and responsible positions in society most persons who have started to inject illicit drugs attract several physical, psychological, and social problems.
- These problems tend to isolate these persons and restrict the network of persons with whom they interact, making them hard to reach through typical health and social service information channels.

HealthHIV DC | HEALTH

20

Needle Exchange Programs²

- While NEP might be considered a controversial solution to a tough problem, there are several reasons that suggest looking at evidence supporting their efficacy.
- While providing syringes to PWID, NEPs provide a platform for health and social service networks to engage with, perform assessments on drug using behaviors and provide resources to PWID.
- The NEPs platform create opportunities for access to PWID.

HealthHIV DC | HEALTH

21

NEP's Cont'd²

- NEPs serve as a portal to primary medical care, mental health and medically assisted treatment (MAT) for PWID.
- NEPs reduce the likelihood of sharing of needles among PWID.
- As a bridge to treatment, NEPs also offer comprehensive on-site services including HIV and HCV testing, case management, medical and mental health treatment, medically assisted treatment (MAT), support groups, and food programs.

HealthHIV DC | HEALTH

22

NEP's Cont'd²

- Needle Exchange Programs are most effective at reducing HIV/Hepatitis transmission and harm related to drug use when delivered as a part of a continuum of care.
- Successful NEPs regularly and repeatedly engage individual PWID's over time to provide on-going opportunities to link them into an array of services to improve their health.

HealthHIV DC | HEALTH

23

Impact of Needle Exchange Programs³

- Needle Exchange Programs are most effective at reducing HIV/Hepatitis transmission and harm related to drug use when delivered as a part of a continuum of care.
- Successful NEX programs regularly and repeatedly engage individual PWID's over time to provide on-going opportunities to link them into an array of services to improve their health

HealthHIV DC | HEALTH

24

Centers for Disease Control⁴

The CDC suggests reducing infection rates among people who inject drugs (PWID) by using a comprehensive approach including increasing access to sterile syringes and addressing high-risk sexual behavior.

According to the CDC PWID's who continue to inject can substantially reduce their risks of acquiring HIV and other blood-borne infections by using a new sterile syringe for every drug injection.

HealthHIV DC | HEALTH

25

Harm Reduction Workflow Activity

HealthHIV DC | HEALTH

26

Components of Patient-Centered Care

- An effective continuum of care is characterized by:
 - A full complement of client-focused multidirectional interventions.

The service delivery system model for drug users at risk for blood-borne disease must include:

- coordination
- collaboration
- comprehensiveness
- co-location and cultural competency

It must be a system with multiple points of entry and one that embraces the reality that clients utilize services in very different proportions, sequences, and frequencies.

HealthHIV DC | HEALTH

27

Patient-Centered Care

Patient Centered Care

- The needs of the patient come first
- "Nothing about me without me"
- Every patient is the ONLY patient
- Enter the patient's world, see the situation through the patient's eyes

Don Berwick, MD – former President & CEO
• IHI (Institute for Healthcare Improvement)

HealthHIV DC | HEALTH

28

Patient-Centered Care

Should be designed to:

- Improve integration.
- Cooperate and focus on outreach among an extensive provider network.
- Incorporate early intervention, prevention, counseling and testing, and care for people who use drugs.
- Programs must be an integral part of a broader system that recognizes the importance of every link in the chain.

HealthHIV DC | HEALTH

29

Patient-Centered Care

While the primary goal of any patient-centered care plan is to improve individual health outcomes, healthcare providers also stand to benefit through improved patient satisfaction scores, higher staff productivity and morale, reductions in the overall cost of care, and more. This makes patient- or family-centered care an approach worth exploring in almost any healthcare delivery setting.

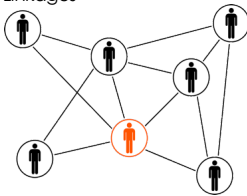
HealthHIV DC | HEALTH

30

Collaboration

- No single set of services or stand-alone providers can effectively address the needs and service expectations of clients throughout the District of Columbia.
- An effective service delivery system relies on establishing and maintaining a network that ensures access, retention, and coordination of all required care and support services.

Linkages



HealthHIV DC | HEALTH

31

Collaboration Cont'd

- Providing preventative medical care and/or supportive social services to PWID is often challenging. Unfortunately, care is often provided only when PWID turn up at the police station or emergency room.
- It is challenging to reach PWID through common health and social service channels.

HealthHIV DC | HEALTH

32

Patient-Centered Care Activity

HealthHIV DC | HEALTH

33

Harm Reduction Tips & Tricks

HealthHIV DC | HEALTH

34

What is Harm Reduction?⁵

Harm reduction (or harm minimization) is a range of public health policies designed to reduce the harmful consequences associated with various human behaviors, both legal and illegal.

Harm reduction policies are used to manage behaviors such as recreational drug use and sexual activity in numerous settings that range from services through to geographical regions.

HealthHIV DC | HEALTH

35

A Harm Reductionist⁵ ...

Acknowledges some ways of using drugs are safer than others

Openly discusses problems and potential harms associated with substance use

Helps to minimize substance-related harm

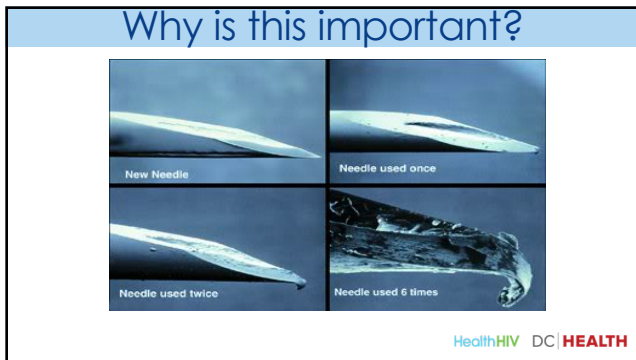
Is non-judgmental and non-coercive

Affirms that people who use substances are the primary agents for their decisions or change

Educates individuals to make their own choices

HealthHIV DC | HEALTH

36



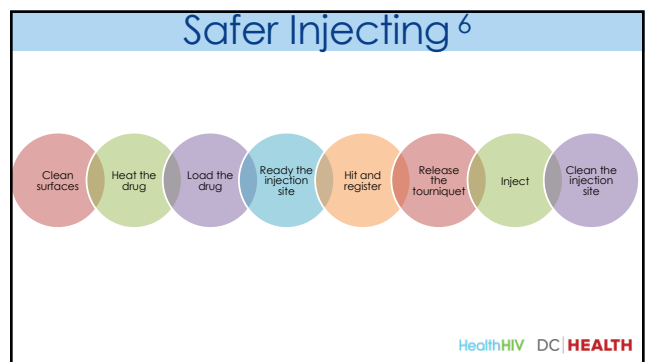
37



38



39



40

Safer Injecting: Clean Surfaces/Sites⁶

Clean Surfaces	Clean Hands	Clean Injection Site
<ul style="list-style-type: none"> Wipes for clients (antibacterial/antiviral) Hep C can live on surfaces for up to 3 weeks 	<ul style="list-style-type: none"> Wash with soap and water Latex (or non-latex) gloves are ideal Hand sanitizer (if nothing else) 	<ul style="list-style-type: none"> Soap and water (ideal) Alcohol swab (next best) Hydrogen peroxide In extreme cases, urine (yeah, I know)

HealthHIV DC HEALTH

41

Safer Injecting: Where to Inject⁶

Avoid:

- Head and neck
- Wrists
- Groin/genitals

Safer Injecting

Safer:

- Surface veins in arms/rotate sites
- Back of hands and tops of feet
- Legs (not behind the knee)

HealthHIV DC HEALTH

42

Safer Injecting: Liquid for the Shot ⁷

HealthHIV DC HEALTH

43

Safer Injecting: Filters/Cookers/Tourniquets ⁷

Filters	Cookers	Tourniquets
<ul style="list-style-type: none"> Dental cottons (best) Clean cotton material Tampon Cotton swab with tightly wound fibers 	<ul style="list-style-type: none"> Metal bottle cap (best) Spoon Bottom of a soda can, cleaned 	<ul style="list-style-type: none"> Latex or non-latex tourniquet (best) Elastic (from underwear) Innertube (cut into strips) Belt

HealthHIV DC HEALTH

44

Disposal of Syringes ⁷

- SHARPS container
 
- Heavy plastic
 - Bleach/laundry detergent bottle
 - Juice/milk container

NO thin plastics/glass bottles/aluminum cans!

HealthHIV DC HEALTH

45

Safer Snorting ⁸

- Grinding substances
 - Plastic razor blade
 - Plastic surface for grinding
- Straws
 - Color coded straws
 - Post-it notes

HealthHIV DC HEALTH

46

Safer Smoking ⁷


		
Pipes	Scrubby Pads for Pipes	Mouthpieces

HealthHIV DC HEALTH

47

Let's Play a Game!


**Word On The Street:
Will THIS Reverse An
Overdose?**



HealthHIV DC HEALTH

48

Question #1




Will this reverse an overdose?

Placing ice or something cold on the person's groin or putting them in a cold shower.

HealthHIV DC|HEALTH

49

The Answer...



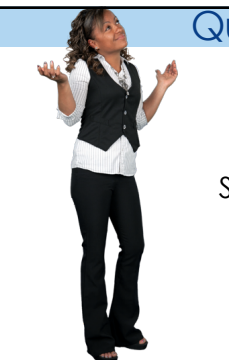
NO, it won't!

This can cause body temperature to drop and slow respiration.

HealthHIV DC|HEALTH

50

Question #2




Will this reverse an overdose?

Slapping or hitting the person...hard.

HealthHIV DC|HEALTH

51

The Answer...




NO, it won't!

This can cause injury by giving the person a bloody nose or broken jaw (or other broken bones) and will not reverse an overdose.

HealthHIV DC|HEALTH

52

Question #3




Will this reverse an overdose?

Injecting the person with salt water or milk.

HealthHIV DC|HEALTH

53

The Answer...




NO, it won't!

Injecting a person with salt water can send them into shock...and the fat in milk can stick in blood vessels.

This is dangerous!

HealthHIV DC|HEALTH

54




Question #4

Will this reverse an overdose?

Shocking the person with electricity...like a defibrillator.

HealthHIV DC | HEALTH

55



The Answer...

NO, it won't!

This is particularly dangerous and may cause cardiac arrest or even death.

Defibrillators are for cardiac episodes, not overdose!

HealthHIV DC | HEALTH

56




So...

How **should** you respond to an overdose?

HealthHIV DC | HEALTH

57



How to Respond...

- Rouse & Stimulate the Individual
- Call 911
- Administer Naloxone
- Rescue Breathing (if necessary)
- Care for the Person/Recovery Position

HealthHIV DC | HEALTH

58




Thank you!

Thank you for playing
"Word On The Street: Will THIS Reverse An Overdose"

Don't forget to **always** carry naloxone and **call 911** if you are responding to an overdose!

HealthHIV DC | HEALTH

59



References

1. Resko J. Ncclinked. Harm reduction: An Act of Radical Love. <https://ncclinked.com/2019/05/07/harm-reduction-an-act-of-radical-love/>. Published May 7, 2019. Accessed February 3, 2020.
2. Code Regarding the Conducting of Needle Exchange Programs. Government of the District of Columbia Department of Health: HIV/AIDS, Hepatitis, STD, and TB Administration. https://doh.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/dc_code_needle_exchange_programs.pdf. Accessed January 23, 2020.
3. World health organization (2004) effectiveness of sterile needle and syringe programming in reducing HIV/AIDS among injection drug users.
4. New attitudes and strategies: a comprehensive approach to preventing blood borne infections among IDU's <http://www.cdc.gov/idu/idu.htm>

HealthHIV DC | HEALTH

60

References

5. Harm Reduction Coalition (2019) Principles of Harm Reduction. Retrieved online via <https://harmreduction.org/about-us/principles-of-harm-reduction/>.
6. Harm Reduction Coalition (2012) Getting off Right: A Safety Manual for Injection Drug Users. Retrieved online via <https://harmreduction.org/wp-content/uploads/2011/12/getting-off-right.pdf>.
7. Zurlo, Dominick, and Murphy, John. (2014) New Mexico Harm Reduction Certification Training. Albuquerque: New Mexico Department of Health.
8. CATIE (2019) Safer Snorting. Retrieved online via <https://www.catie.ca/en/practical-guides/henc-in-depth/prevention-harm-reduction/safer-snorting>.

HealthHIV DC|HEALTH

61

Contact

Jen Jackson, MS
Capacity Building Manager
Jenifer@healthhiv.org
202.507.4736

Michelle Rogers
Capacity Building Coordinator
Michelle@healthhiv.org
202.507.4737

HealthHIV DC|HEALTH

62