



Harm Reduction

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Learning Objectives

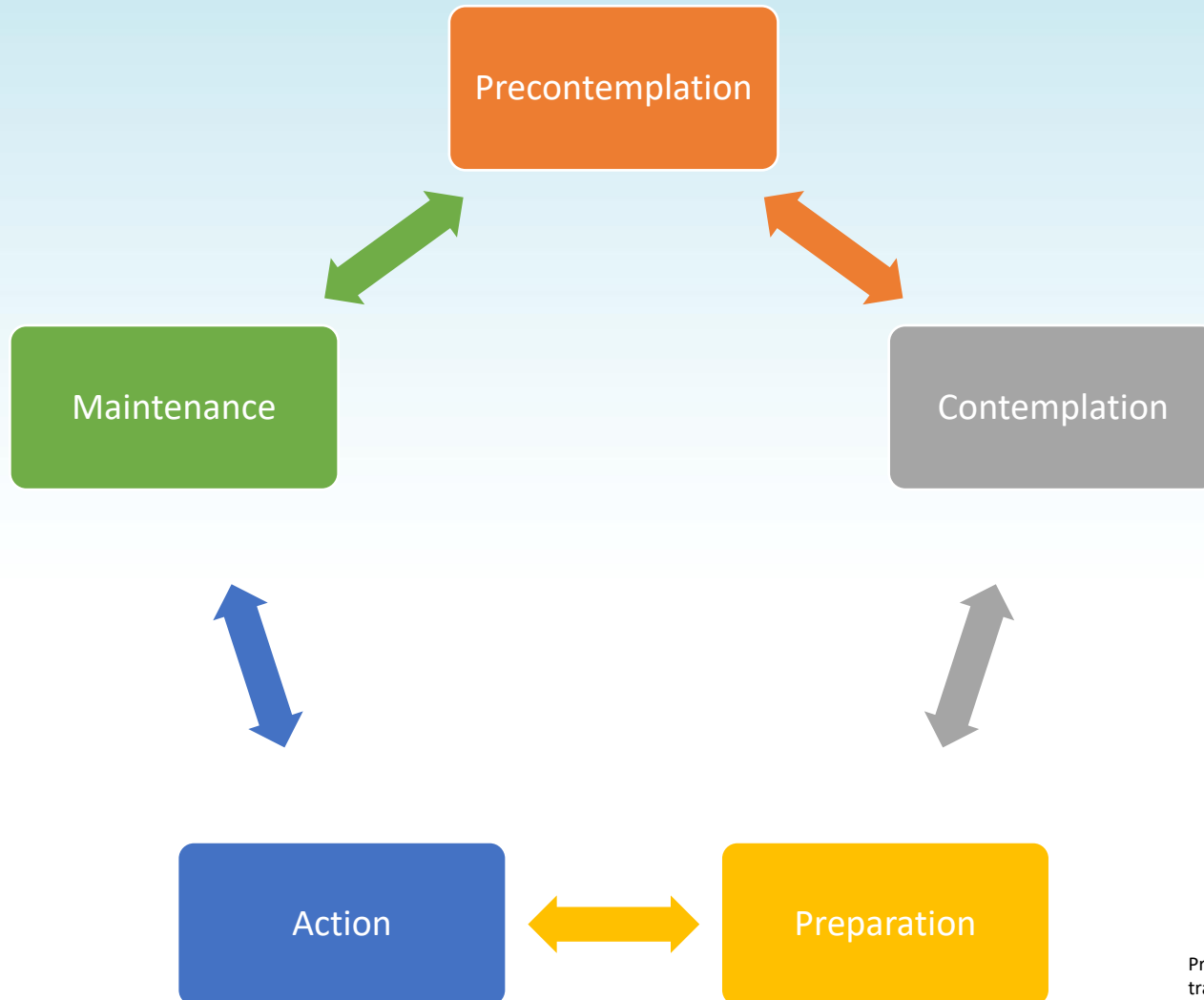
- Define harm reduction and recognize its principles and goals
- Explain harm reduction strategies related to substance use, especially syringe service programs and naloxone
- Describe ways to integrate harm reduction into your healthcare practice
- Encourage the use of non-stigmatizing language



What is Harm Reduction?

- Strategy to reduce the harms associated with a high-risk behavior
- Meet people where they are at
- SAMHSA: “A proactive approach to reduce the negative personal and public health impacts of behavior associated with alcohol and other substances use at both the individual and community levels”

Stages of Change





National Harm Reduction Coalition

- Established in 1993
- A group that advocates and allies for people who use drugs
- Mission:
 - Promote health and dignity of individuals and communities affected by drug use
- Defining Harm Reduction:
 - Set of practical strategies and ideas aimed at reducing negative consequences associated with drug use
 - It also is a movement for social justice built on the respect for the rights of people who use drugs (PWUD)

Principles of Harm Reduction

Accepts that licit and illicit drugs are a part of the world and works to minimize the harmful effects rather than ignore or condemn

Establishes that quality of life and well-being to be the criteria for successful interventions and policies (not stopping drug use)

Ensures people who use drugs to have a voice in the programs and policies that are created to serve them

Recognizes social inequalities affect people's vulnerability to and capacity for dealing with drug-related harm

Principles of Harm Reduction (continued)

Understands drug use as something complex and recognizes that some ways of using drugs are clearly safer than others

Calls for non-judgmental, non-coercive services and resources to people and the community

Affirms people who use drugs and the major player in reducing harm in their drug use and empowers them to share and support the resources with others

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use

Six Principles of Harm Reduction for Healthcare

Humanism

Pragmatism

Individualism

Autonomy

Incrementalism

Accountability
without
termination

Prevention Goals

Reduce overdose deaths and other early deaths

Reduce sharing of injection equipment

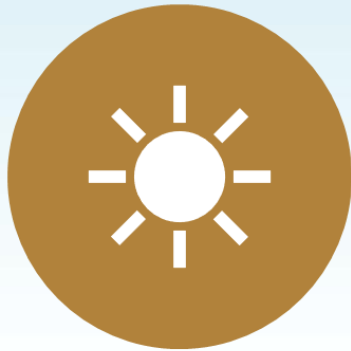
Reduce spread of sexually transmitted and bloodborne infections

Reduce stigma

Increase access to health services

Increase referrals to support programs and health and social services

Examples of Risky Behaviors



ENJOYING THE SUN



DRIVING CARS



USING ILLICIT DRUGS

Potential Harms of Substance Use



Substance Use
Disorders



Skin and Soft Tissue
Infections



Bacteremia and
Endocarditis



Bloodborne
Disease: HIV &
Hepatitis C



STIs: HIV



Overdose



Harm Reduction Strategies Outside of Opioid Use

- Condoms
- Helmets
- Seat belts
- Sunscreen
- Programs to promote safe participation in sports
- Access to PrEP (pre-exposure prophylaxis)
- Access to HIV and viral hepatitis testing and treatment
- Nicotine replacement therapy



Harm Reduction Strategies for Substance Use

Syringe Service Programs

Naloxone

Fentanyl testing strips

Medications for Opioid Use Disorder (MOUD)

Supervised consumption sites

Motivational Interviewing

Peer Support Specialists

Case Managers



Goals of Syringe Service Programs (SSPs)

Goals:

1. Prevent the spread of HIV, hepatitis C, and other bloodborne pathogens
2. Support participants in the pursuit of recovery through linkage to community and medical resources (not necessarily stopping substance use)
3. Prevent overdose deaths
4. Reduce publicly discarded needles
5. Increase treatment for HIV, hepatitis C, and sexually transmitted infections

SSPs SUPPORT participants at wherever they are without judgment or assumption (think stages of change)

Safe Injection Supplies

- Handwashing
- Clean surface
- Alcohol swabs
- Tourniquet
- "Cooker"
- Sterile water
- Syringes
- Antibacterial ointment
- Band-Aids



Myths and Facts of SSPs

Myths

- Promote illicit drug use
- Increase in crime and law enforcement intervention
- Prevent people from getting into treatment
- Increase in bloodborne pathogens

Facts

- Encourage safer use; do not increase drug use
- Decrease improperly discarded syringes
- No increase in crime rates
- Reduction in bloodborne pathogens
- Increase access to and retention in treatment services



Indiana
Counties and
Cities
Approved
Locally to
Provide
Syringe
Service
Programming

Last Updated:
January 2022

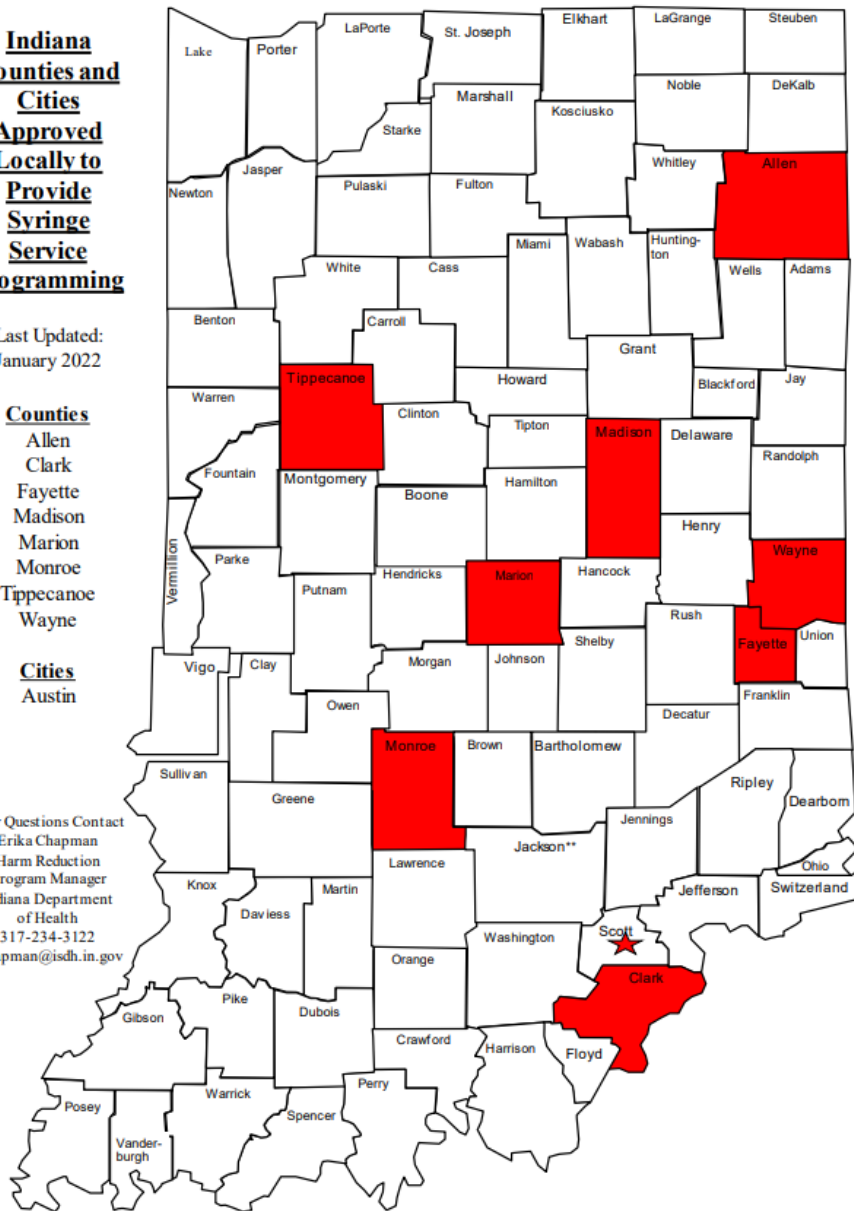
Counties

Allen
Clark
Fayette
Madison
Marion
Monroe
Tippecanoe
Wayne

Cities

Austin

*For Questions Contact
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Naloxone

- Antidote for opioid overdose
- It replaces the opioid that is already bound to the receptor, so that the opioid comes off and temporarily stops respiratory depression
- Safe, even if used in patients not suffering from an opioid overdose
- Nasal Spray
- NaloxBox by Overdose Lifeline



Aaron's Law



Allows Hoosiers to obtain naloxone through a standing order if they believe someone that they know is at risk of an opioid overdose



Good Samaritan Law

- Protects those who assist and administer naloxone in an overdose situation
- Encourages people to assist in a drug overdose and call 911

How to Integrate Harm Reduction into your Practice



Avoid Stigmatizing Language

SAY THIS	NOT THIS
Person with opioid use disorder (or PWUD)	Addict, user, druggie, junkie, abuser
Disease	Drug habit
Person living in recovery	Ex-addict
Person arrested for a drug violation	Drug offender
Substance dependent	Hooked
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery; substance-free	Stayed clean
Negative drug screen	Clean drug screen
Positive drug screen	Dirty drug screen



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