

# HARM REDUCTION STRATEGIES

---

Gabriela Williams, PharmD, BCPS, BCPP  
Psychiatric Clinical Pharmacy Specialist  
Eskenazi Health, Indianapolis, IN  
May 23, 2018

# Disclosure

Gabriela Williams has nothing to disclose  
in relation to this presentation.



# Harm Reduction

- Philosophy that identifies the reality of drug use and focuses on the reduction of harmful consequences
  - Death
  - HIV
  - Hepatitis C
  - Criminal liability
  - Incarceration
- Opportunities to reduce morbidity and mortality associated with opioid use disorder

# Harm Reduction Strategies

- Overdose education
- Naloxone
- Syringe exchange programs
- Supervised injection sites



# Overdose Education

- ANY patient using opioids, family, friends, loved ones, etc.
- High risk individuals:
  - More than 100mg of oral morphine equivalents/day
  - History of overdose
  - Recent release from controlled environments (jail, inpatient treatment, etc.)
  - Concurrent use of other substances
- Recognition of overdose, appropriate response, naloxone administration



# Naloxone

- Opioid antagonist which rapidly reverses the effects of opioids
  - Quick onset of activity
  - Duration of action ~ 30 – 90 minutes
- Multiple routes of administration: IV, IM, subcutaneous, intranasal, inhalation
- Intranasal and intramuscular administration as effective and safe option within the community

### Intranasal Naloxone Kit

- 2 mucosal atomizer devices
- 2 naloxone 1 mg/ml (2ml)
- 1 Laerdal face shield
- 1 pair nitrile gloves
- 1 opioid safety brochure
- 1 intranasal naloxone kit brochure
- 1 blue zippered pouch



### Intramuscular Naloxone Kit

- Two 3 ml, 25g, 1-inch syringes
- Two .4 mg/ml vials of naloxone
- 1 Laerdal face shield
- 1 pair nitrile gloves
- 2 alcohol pads
- 1 opioid safety brochure
- 1 intramuscular naloxone kit brochure
- 1 black zippered pouch



### Naloxone Nasal Spray (4 mg)

#### Carton/box contains:

- Two 4 mg naloxone nasal sprays (each spray includes a Quick Start Guide)
- 1 prescribing information and patient instructions for use



### Naloxone Auto-Injector

#### Carton/box contains:

- 1 auto-injector trainer
- 2 naloxone 0.4 mg auto-injectors
- 1 prescribing info
- 2 instructions for use





# Indiana Statewide Naloxone Standing Order

- Statewide standing order for naloxone
- Registered entities may dispense naloxone to anyone who wishes to carry it → no individual prescription needed
- 2016 statistics:
  - 347 registered entities
  - 2,299 intranasal naloxone kits
  - 1,287 auto-injector kits
  - 21 injectable kits
  - 35 non-specified kits
- [www.optin.in.gov](http://www.optin.in.gov)



# Syringe Exchange Programs

- Community-based programs that provide access to sterile needles and syringes free of cost
- Additional supplies:
  - Sterile water
  - Alcohol swabs
  - Condoms
- Goals:
  - Reduce infection
  - Safe needle disposal
  - Referrals to treatment



# Indiana Syringe Exchange Programs

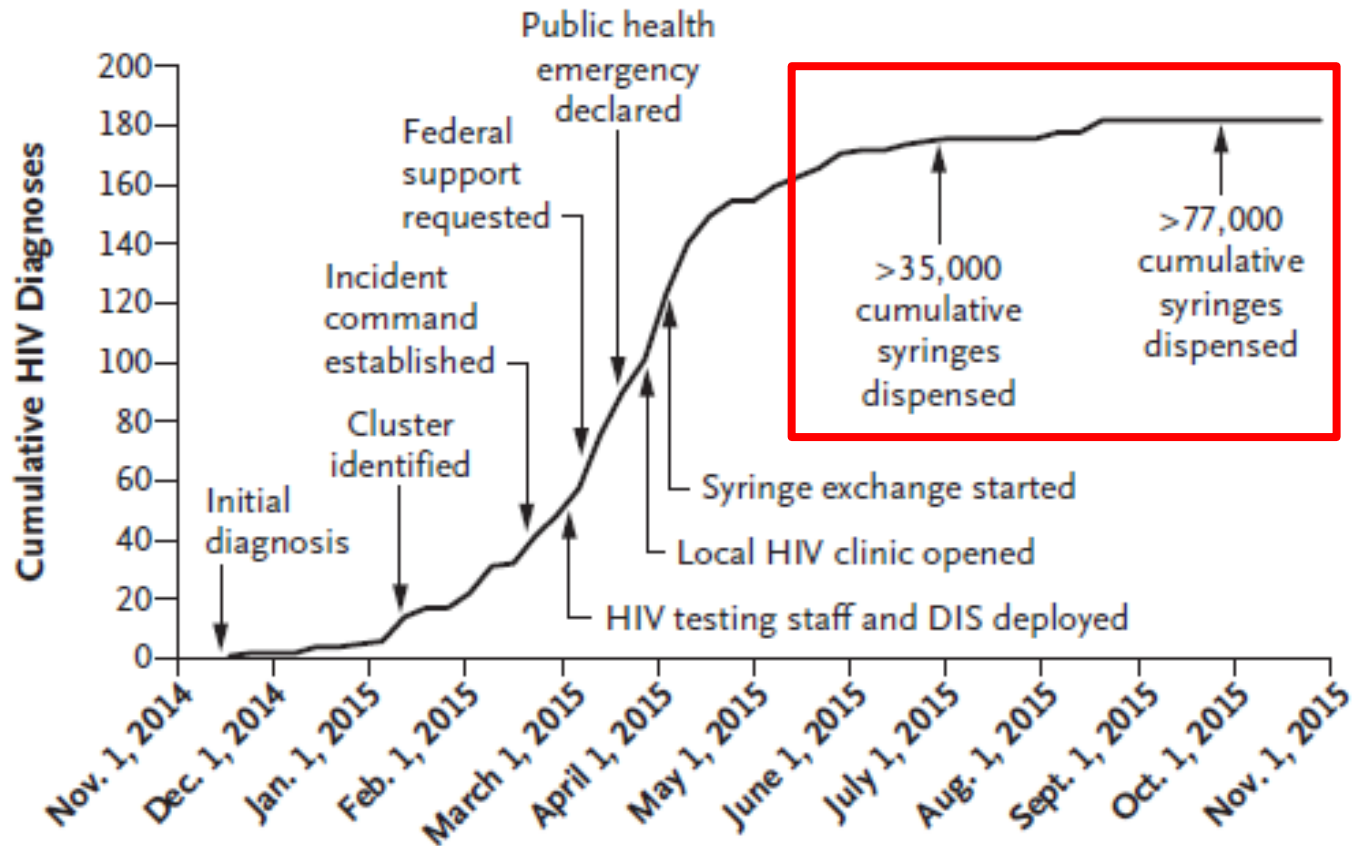
- Madison County SEP (Anderson)
- Indiana Recovery Alliance (Bloomington)
- Northeast Indiana Positive Resource Connection Inc. (Ft. Wayne)
- Fort Wayne Allen County Department of Health SSP (Ft. Wayne)
- Harm Reduction Institute (Indianapolis)
- Gateway to Hope (Lafayette)
- Wayne County Health Department (Richmond)
- Scott County Health Department (Scottsburg)

# Benefits of Syringe Exchange Programs

- Life-saving
- Decreased borrowing/lending of syringes
- Decreased reduction in HIV transmission
- Decreased reduction in HBV/HCV transmission
- Improved disposal practices
- Potential decreases in injection frequency
- Referral to treatment
- Improvements in multiple life outcomes:
  - Housing, income, family relationships, legal issues, etc.
- Cost savings

# Scott County, IN 2015

## Cumulative HIV Diagnoses and Public Health Response





# Supervised Injection Sites

- Supervised facilities where individuals may use intravenous drugs under medical supervision
  - Pre-obtained drugs
- Benefits:
  - Overdose/death reduction
  - Increased hygienic and safe injection techniques
  - Decreased syringe sharing
  - Engagement in addiction treatment
  - Infection reduction
- Approximately 100 supervised sites in 66 cities throughout 11 countries
- Philadelphia, New York City, San Francisco as key US cities

# HARM REDUCTION STRATEGIES

---

Gabriela Williams, PharmD, BCPS, BCPP  
Psychiatric Clinical Pharmacy Specialist  
Eskenazi Health, Indianapolis, IN  
May 23, 2018