

New campaigns to reduce
blood-borne virus transmission
and drug-related deaths

harmreductionworks.org.uk





HARM REDUCTION WORKS

Developed by Exchange Supplies for the National Treatment Agency



tools for harm reduction



*National Treatment Agency
for Substance Misuse*

Harm reduction works. The publication of this range of materials offers a major opportunity to reduce the numbers of drug users contracting blood-borne viruses and drug-related deaths.

We know that getting people into the right drug treatment is protective. We also know that the majority of injecting drug users do have access to needle and syringe programmes. However, user surveys and the recent National Treatment Agency (NTA)/Healthcare commission joint review of harm reduction services tell us that the number and quality of harm reduction interventions received by those in and outside drug treatment systems is variable.

In response to this in May 2007 the Department of Health and NTA published Reducing Drug-Related Harm: an Action Plan. The action plan is available at tinyurl.com/3aoh93. It targets those most at risk of drug-related deaths and /or contracting blood borne viruses or in contact with them, including the following.

- Service users
- Homeless drug users
- Heroin and crack injectors (speedballers)
- Potential or new injectors
- People in contact with the criminal justice system

The range of publications in this brochure are designed for drug users, their carers, and the commissioners and providers of drug treatment services to improve their knowledge and understanding of these issues and how best to respond to them. The NTA believes the publication of these materials present a real opportunity for local partnerships and drug services to lead initiatives to improve practice, make users more aware of how best to protect themselves, and most importantly save lives.

Annette Dale-Perera

Director of Quality, National Treatment Agency

Issues covered by the resources





New DVD resources



Injecting and blood-borne virus epidemics

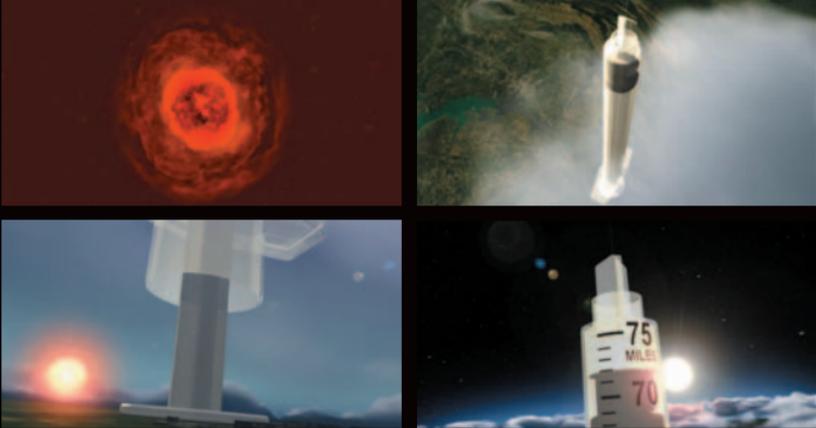


Experts from around the country give the latest information on what we know about blood borne viruses, their treatment, prevalence, incidence, and prevention.

An essential training resource for all drug workers, drug service commissioners, drug user activists and injecting drug users.



How small is the hep C virus?



Stunning animation that brings home in graphic style just how small (and totally invisible) the hep C virus is.

Essential viewing for all your clients!



Cleaning syringes



There is now convincing evidence (see over) that a simple:
1 rinse with water, 1 rinse with (thin) bleach and 1 rinse with water
Will kill ALL of the blood-borne virus
in at least 99.9% of syringes.

This simple resource shows how to clean syringes effectively.
Syringe cleaning is an essential skill that must be taught to
every injector as a matter of urgency, and this film will make
that task much easier.

DVD Extra – short film in which the researchers from Yale who investigated the survival of HIV in syringes explain how effective it is.



HIV and hepatitis C survival in syringes



Researchers at Yale University were the first in the world to investigate how long HIV survived in syringes, but until now the question of how long hepatitis C survived in syringes remained unanswered...

But this summer, using new technology, the team at Yale were able to repeat their experiments with hepatitis C virus.

This film explains the experiment, and gives their results...



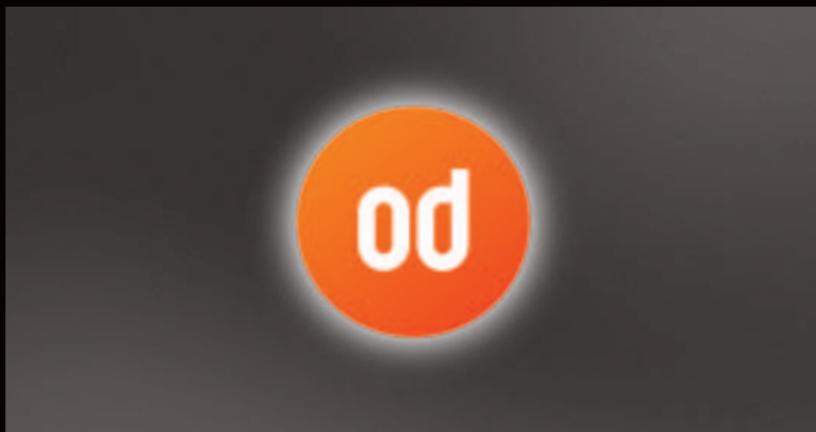
Recovery



A new companion film to the ever popular 'going over' Recovery also uses a 'pop video' format to deliver a hard-hitting and effective harm reduction message: put people who have overdosed in the recovery position and call an ambulance!



Causes of overdose



Short informative animated film, aimed at injecting drug users to rectify the myth that the main overdose risks are methadone and 'extra strong heroin.'

By informing drug users (and their relatives) about the known overdose risk factors the film aims to direct concern, good advice, information and encouragement into treatment to those most at risk.

Running overdose training

A documentary film that will cover the benefits, practicalities and content of overdose response training for drug users, their relatives and friends. Available December 2008.



Hand washing: spot the difference



A short engaging film that graphically illustrates how easily hand and injection site washing can be integrated into injecting practice, and the difference it can make to the bacterial load on the skin. Designed to help injectors prevent bacterial infections, abscesses, sores and vein damage.



Hand washing: correct technique



To support the hand and injecting site hygiene messages in 'spot the difference' we have also made a short instructional film demonstrating all steps of correct handwashing procedure as recommended by WHO and the Department of Health that can be used in group settings and one to one sessions.



Keep walking – a film for groin injectors



A hard hitting but accessible film for femoral injectors that follows groin injectors through the process of an ultrasound scan of their vein and artery.

Informative, visual and moving, the message about the risks of femoral injecting is delivered in a hard hitting and graphic way.

Comes with a comprehensive, magazine format, information resource for femoral injectors (see page 31).



New web resources

harmreductionworks.org.uk



Coverage calculator



Scarcity of injecting equipment is the biggest driver of syringe re-use and sharing.

This new online tool enables you to calculate the percentage of injections for which a new sterile needle and syringe is available, along with explanation of what this might mean, analysis of service provision priorities, and numbers of needles and syringes required to increase coverage.



Computer model of blood-borne virus epidemics

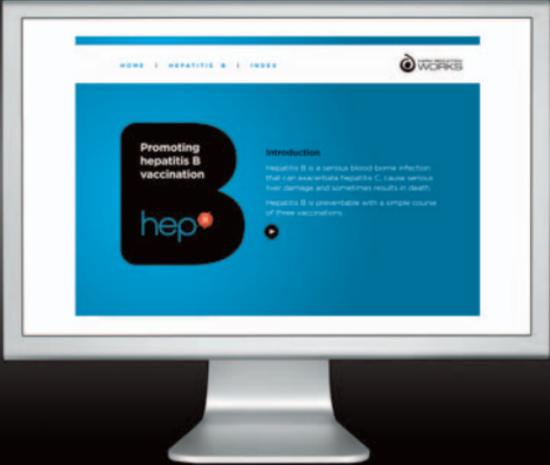


A unique training tool, this user adjustable representation of a cohort of injecting drug users, demonstrates clearly how blood borne viruses spread through networks of injectors, and casts new light on how as prevalence rises the same levels of sharing can result in rapid epidemics.

A work in progress, that can be updated as knowledge of blood borne virus epidemics improves, this simulation has the potential to enable drug workers, drug users, service commissioners and the wider public to better understand the importance and impact of harm reduction.

www

Hepatitis B vaccination briefing



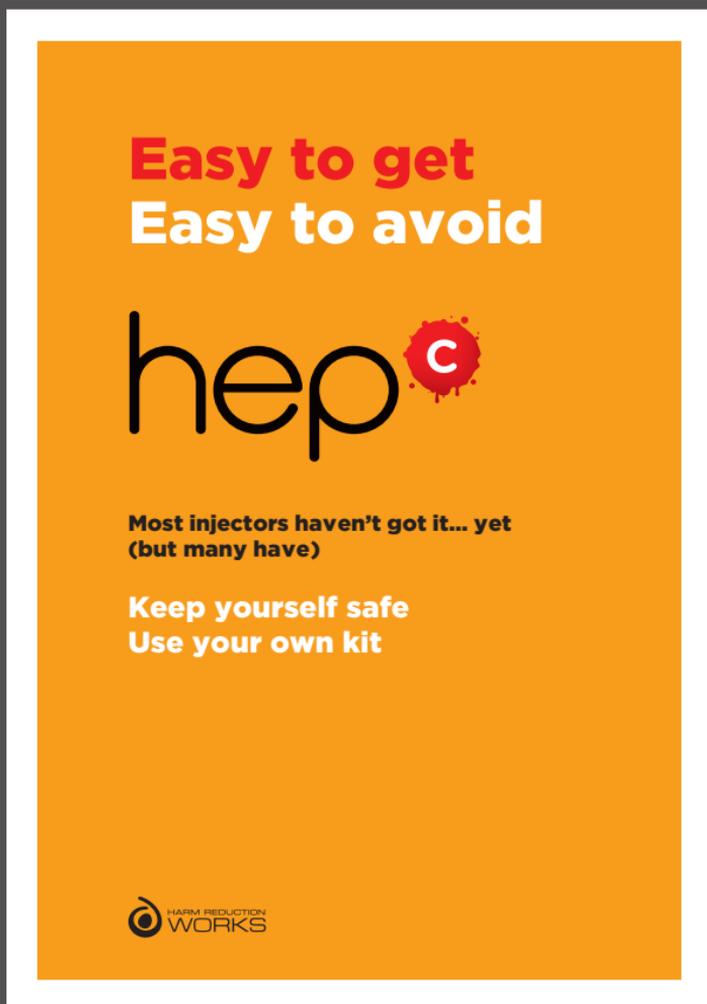
A clear briefing covering the practicalities of setting up and running a vaccination programme.

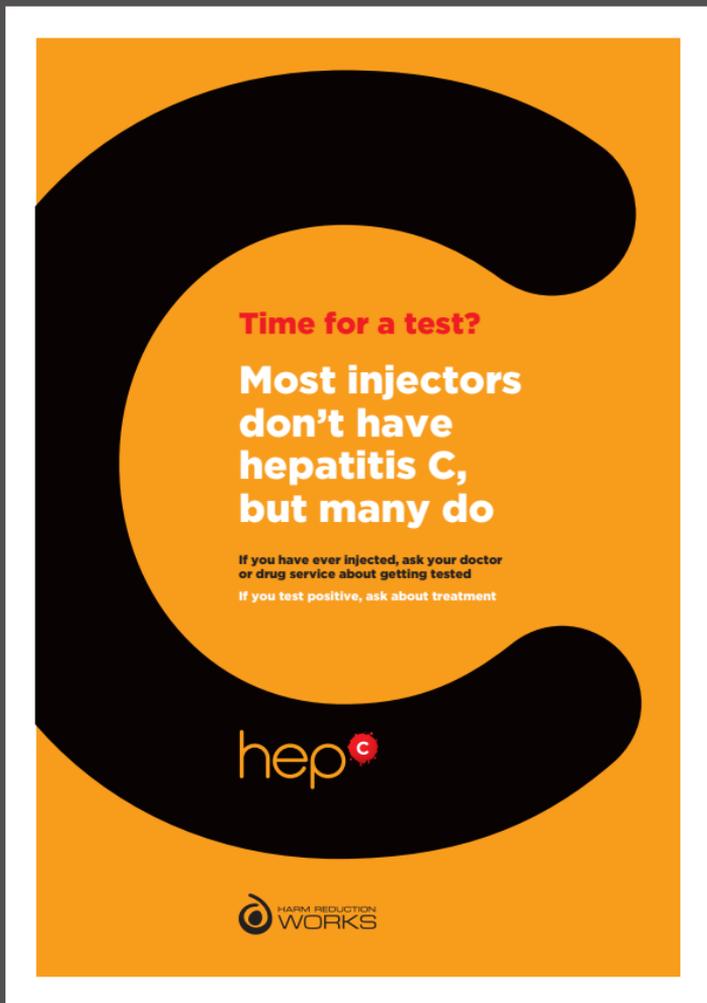


Posters and signs



Hepatitis C posters





HIV posters



**Many new injectors get HIV
before they know how
to protect themselves**

**Tell all new injectors not to share,
to get hep B vaccinated,
and tested for hep C and HIV**

**Needle exchange is
free and confidential**

HIV



Overdose posters





Detoxing or detoxed?

Make this promise to yourself:

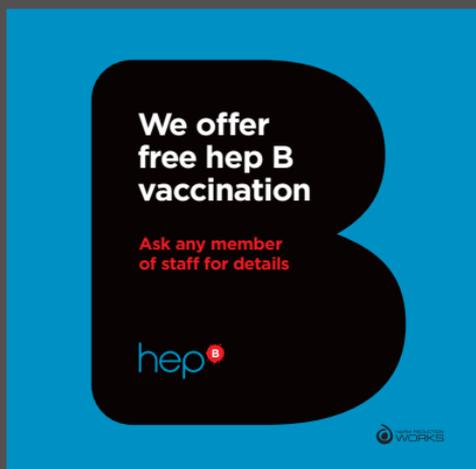
**“If I use heroin again,
I’ll chase until
I’ve got a tolerance”**

If you inject without a tolerance,
**a fraction of what you used
to take could kill you!**



Signs

Bright, clear signs, highlighting two essential services.



Publications

Resources that will be available during the last quarter of 2008,
see harmreductionworks.org.uk for details.



Hepatitis C handbook (booklet)

The hep C handbook will give injecting drug users the key facts they need on hepatitis C infection, transmission, disease progression, testing and treatment.

Hep C testing and treatment (leaflet)

Testing injecting drug users to see if they have hepatitis C is a powerful health intervention. The process of testing gives injectors a clear understanding of risk, and the result enables them to protect themselves and others as well as being the first step into treatment.

This clear leaflet will strongly advising injectors to get tested.

Hep B vaccination (leaflet)

A striking leaflet advising injectors to get vaccinated, and giving them somewhere to record their vaccination history.

Blood-borne virus transmission (leaflet)

A clear visual description of how blood borne viruses are passed from one person to another. This leaflet will address the risks we know injectors take, and advise on how they can be avoided.



Know your kit 'from blister to bin' (leaflet)

A leaflet to reinforce the importance of single use where possible, but in the event of reuse being a possibility taking steps to be absolutely clear at all times which is your injecting equipment.

Magazine for femoral injectors

A magazine format resource packed with information for femoral injectors. Designed to be distributed with the DVD 'Keep Walking' it will form a unique combination of resources to improve the information available to femoral injectors.

Crack injecting risks (poster)

The injection of crack cocaine is a major cause of vein damage and local infections, this poster will strongly advise drug users to avoid injecting crack.

Look after yourself (booklet)

A comprehensive booklet giving crack users clear advice on how to look after themselves, improve their health and avoid the serious physical and psychological problems associated with dependent crack cocaine use.





The Harm Reduction Works campaign resources are produced by Exchange Supplies for the National Treatment Agency. Funded by the Department of Health as part of Reducing Drug-Related Harm: an Action Plan.

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For re-ordering details, see harmreductionworks.org.uk