Community Oriented Substance Use Programme (COSUP)
Initiative between the City of Tshwane and the University of Pretoria, Department of Family Medicine.

- Community based substance use programme
- Screening and brief interventions
- Medical examinations and treatment
- Counselling services
- Opioid substitution therapy (methadone and suboxone)
- Needle exchange programmes
- HIV testing
- TB screening
- Social services
- Skills development
Stats

- 17 out-patient sites in Tshwane

End July 2020:

- Active clients: 643 Methadone, 54 Suboxone
- Retention rate: 60.14%
- NSP: distributed 21,773, 91% return rate
Opioid Overdose Precautions

OST agreement/consent form

All sites equipped with emergency equipment incl Naloxone

ALL staff trained in BLS

Emergency protocols in place

Appropriate levels of PPE in the event of emergency
COVID Response

- Hand sanitizing, face-masks, screening of all persons entering premises, physical distancing measures
- Harm Reduction principles stressed with addition of COVID specific prevention strategies

Increased risk of overdose:
- Increased emotional stress
- Quality/strength of heroin changes
- Using in isolation
- Reduced tolerance due to access
Overdose stats

Incidents reported to date:

- 2018- 2 non-fatal heroin overdoses at sites managed by staff
- 2020- 2 fatal incidents of methadone overdose (accidental poisoning, ?suicide)
- Challenges: under-reporting, unknown causes of death, post-mortem is not always done/results not revealed
- Greatest need- Management of overdose at community level
University of Pretoria- COVID videos

- UP COVID-19 "Health is in our Hands" awareness campaign video series = 24 scripts (120 videos)
- Conceived and created by Prof Tessa Marcus (UP COPC Research Unit) and Gerhard Cruywagen (Greenhousecartoons)
- Intended to help everyone understand the critical role they play in preventing and managing COVID-19 and containing the spread of SARS-CoV2.
- Videos informed by the best available science and expertise
- Available in five languages
- Made for easy mobile device uptake and dissemination across all electronic media and communication platforms, especially whatsapp.
COVID videos

- Available at https://www.youtube.com/channel/UCJjMCiaZBZEPS0tMNtX5PUQ/videos

Three harm reduction videos

- Drug Overdose in the COVID-19 pandemic
- COVID-19 and harm reduction
- Heroin withdrawal and COVID-19