

Training drug users in overdose reversal with intranasal Naloxone

-A new approach to address opioid overdoses and other general health problems

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Background:

Overdoses among Danish drug users ranks among the highest in Europe. We therefore seek new approaches to lower the number by training lay-people to treat overdose incidents

Focus:

- Involve drug-users, bystanders and staff
- Training in the recognition and treatment of opioid overdoses.
- Address issues like health and the risks of drug-use beside overdose
- Develop a better communication between staff and drug-users

Results:

487 individuals were included
158 of these were drug users.

Over a period of 15 months, 47 OD's were reversed

50 % reversed by drug users.

15 % of all drug users reversed OD's

7% of others reversed OD's

156 individuals responded to follow-up interview and among these 47 were drug users, 64 were staff.

Half of the staff reported a better relation with the drug-users, based in the fact that there generally was a more positive and equal approach in the Naloxone training-sessions compared to day-to-day addiction treatment.

Half of the interviewed drug users experienced a changed approach to their own drug use especially concerning the risks of multiple drug use.

"... I do give more attention to the intake of substances and do not mix drugs anymore"

".. I have no consumption beside the prescribed methadone anymore..."

"It is inevitable that it has a great influence on you when you have reversed six overdoses on people who would otherwise be dead"



"Being able to save the lives of others and knowing that you can do something, have the greatest impact and increases self-esteem "

"I think about what I consume – I do not inject anymore"

"I have grown mentally.. I feel more confident because I know what I have to do"

Methods:

Centrally coordinated development of curriculum, and trainer education

Local training of drug-users, staff and bystanders supervised by local MD in a non-judgmental atmosphere

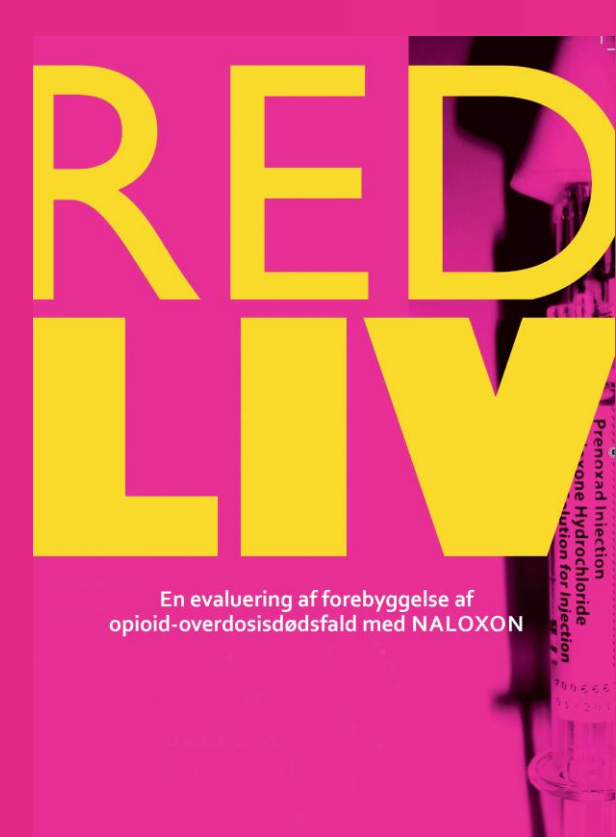
- Sharing of experiences with overdoses
- How to do overdose reversal
- Knowledge of risks of drug-use
- Knowledge of long-term risks of overdoses
- Knowledge of other general health-problems

Conclusion:

The important secondary outcome is an experience of a better relation between staff and drug users and drug users' experience of a higher awareness of the risks they take

This creates a platform to include other aspects of general health-related problems such as risks of infection and the protection against these infections, both for
Substitution treatment
Drug-free organizations
Drug-users outside treatment

Results suggest that by having an active non-judgmental approach to drug-related problems, drug users become more involved in their own general health and the health of others



Based on results from the RED LIV (SAVE LIFE) report 2016.

Download here: https://www.kk.dk/sites/default/files/uploaded-files/REDLIV_rapport-2016.pdf

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