Harm Reduction & Take Home Naloxone in First Nations Communities

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Introductions

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Healthy, self-determining and vibrant First Nations children, families and communities
Objectives

• Share a common definition of harm reduction

• Talk about fentanyl

• Share information on the Take Home Naloxone program

• Respond to questions
Harm Reduction

• “Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.”

  – Harm Reduction Coalition
First Nations Perspective of Wellness

- A visual expression of the First Nations Perspective on Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.
Fentanyl

• Who has heard of fentanyl?

• What does it do?

• What are some of the messages you may have heard from your community about fentanyl?
Opioid Overdose

• What is an overdose?

• What does overdose look like?

• What increases the risk of an overdose?
Overdose: Risks & Signs

Know The Risks

- Mixing substances
  - ... causes dangerous mixed effects

- Recreational or one-time use
  - ... illicit or unknown contents & inexperience

- Changes in prescription
  - ... accidentally taking incorrect dose or mixing of effects

- Using after period of reduced or no use
  - ... changes in tolerance

Know The Signs

Breathing
- Slow or no breaths
- Unusual snoring
- Gurgling sounds
- Choking

Consciousness
- Can't talk or walk
- Can't stay awake
- Won't wake up/Unresponsive
- Body is limp

Physical
- Clammy or cold skin
- Blue lips or nails
- Pinpoint pupils
Harm Reduction: Preventing Overdose

- Know your source
- Let someone safe know you are using. Try not to use alone.
- Start with a small amount
- Try not to mix substances. Mixing substances increases the risk of an overdose
- Make a plan and know how to respond in case of overdose
- Be aware of signs of overdose
- If you spot these signs, call 911 right away or send for help – it is a medical emergency.
Take Home Naloxone

- A provincial program
- Free and available to communities
- 300 overdose reversals since the program started in 2014
What is Naloxone?

- **Safe, effective, and saves lives**
- **Opioid blocker**
- **Reverses signs of overdose**
- **Restores breathing**
Take Home Naloxone: In Community

- Community Health Nurses can dispense naloxone
- 6 First Nations communities have brought Take Home Naloxone to their communities
- Nurses need to be engaged with people who are using drugs in order for Take Home Naloxone program to save lives
Take Home Naloxone Kits

- If you are a person who regularly uses opioids (prescription or non-prescription painkillers, such as Oxycodone, and/or heroin), you may be eligible for a prescription Take Home Naloxone kit.

- Naloxone immediately reverses opioid overdose signs and symptoms and saves lives.

- Overdose response training and naloxone kits are available through the Toward the Heart website
Staff Support

Provincial

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Additional Resources

For More Information:
- http://towardtheheart.com/fentanyl/
- http://towardtheheart.com/naloxone/

Anonymous Non-Emergency Assistance:
- BC Drug & Poison Info Centre: Dial 1-800-567-8911
- Healthlink BC: Dial 811
Questions & Discussion