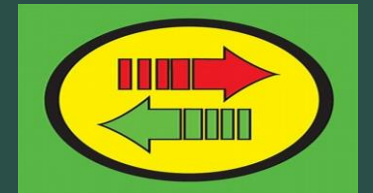




NHS Grampian
and
Scottish Drugs Forum

INJECTING EQUIPMENTS + PROVISION

Lynn Couper



INJECTING EQUIPMENT PROVISION

CONTENT WARNING

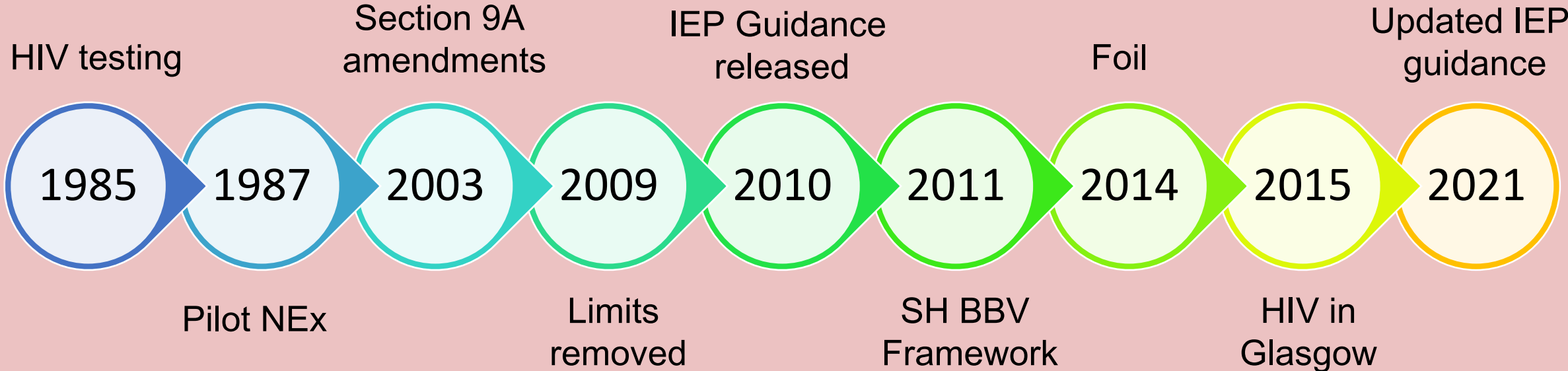
This session discusses injecting drug use, contains images of injection related wounds, infection and drug paraphernalia.

Discretion is advised.

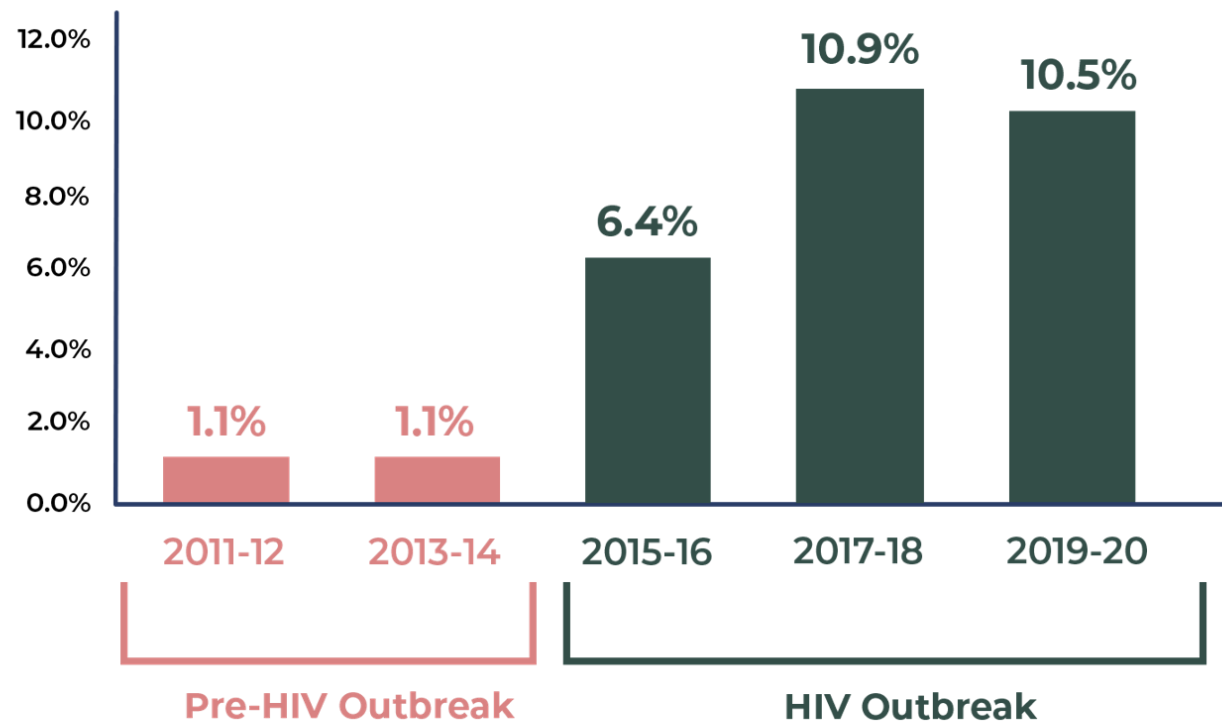


SENSITIVE CONTENT

A Brief History of IEP in Scotland



Rise In HIV Prevalence In The Population Of People who Inject Drugs In Glasgow City



- 10-fold rise in prevalence of HIV infection among people who inject drugs observed in Glasgow city between 2013 and 2017

- Plateauing in prevalence of HIV infection among people who inject drugs between 2017 and 2009 (i.e. Pre-COVID)

Hepatitis C – New Treatments Are Available

Hepatitis SCOTLAND

HEPATITIS C

TREATMENTS HAVE CHANGED

JUST TABLETS

NO INJECTIONS

DURATION

8 - 12 WEEKS

SIDE EFFECTS

MINIMAL

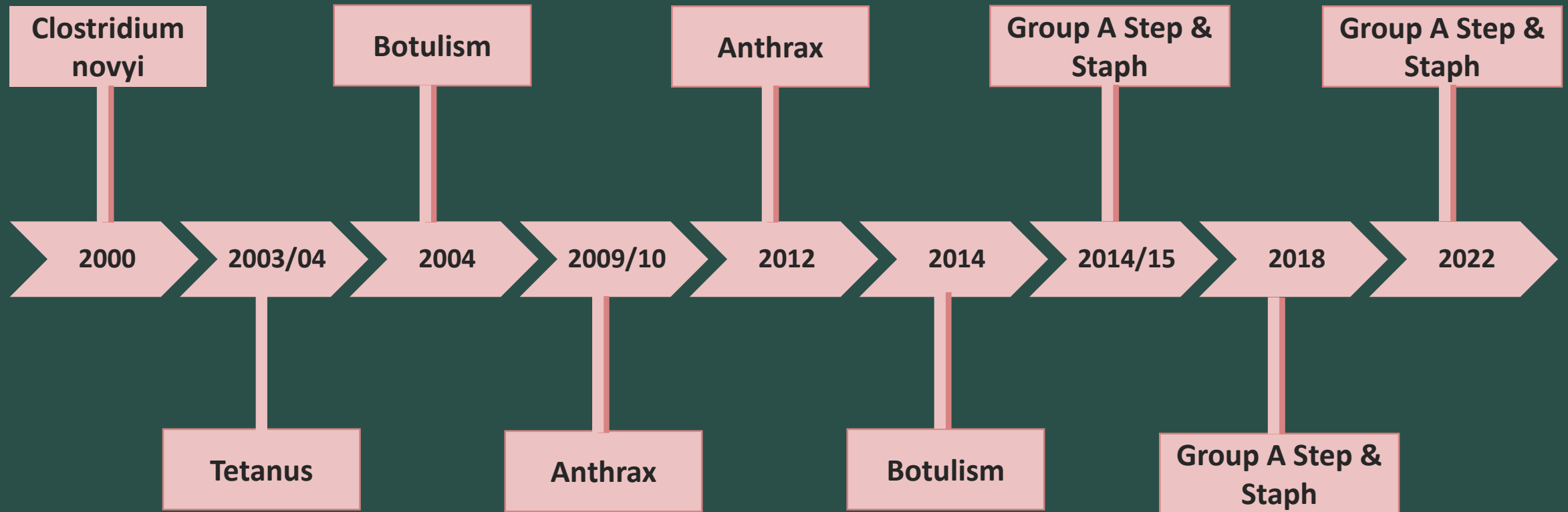
CURE RATE

AROUND 95% SUCCESS

The infographic features six colored boxes with icons: a purple pill bottle for 'JUST TABLETS', a calendar for 'DURATION', a person with a checkmark for 'SIDE EFFECTS', and a thumbs up for 'CURE RATE'. The background is a light blue grid.

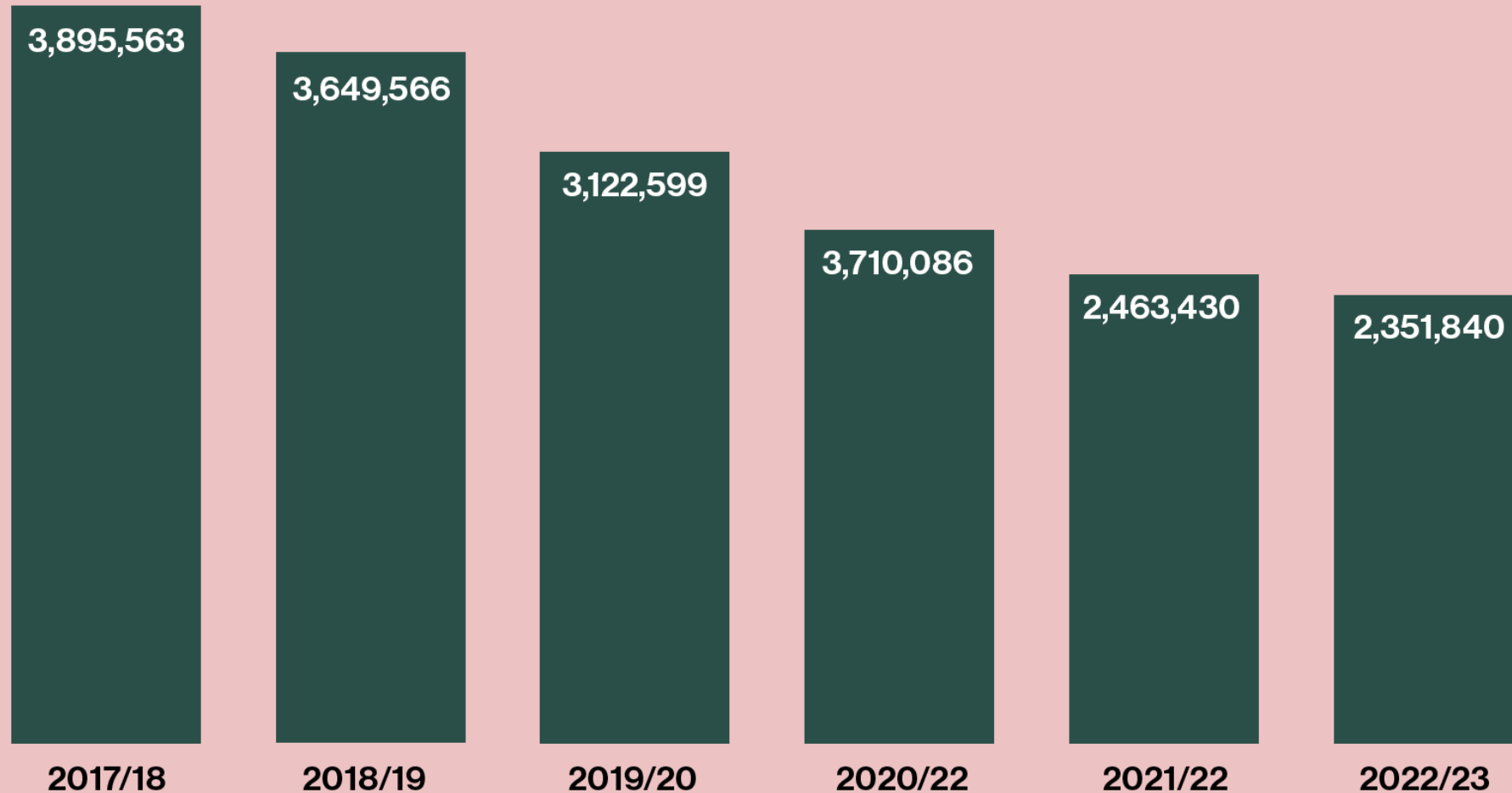
Outbreaks Of Bacterial Infection

SCOTTISH DRUGS FORUM



Injecting Equipment Provision In Scotland

SCOTTISH DRUGS FORUM



Injecting Equipment Provision In NHS Grampian areas

SCOTTISH DRUGS FORUM

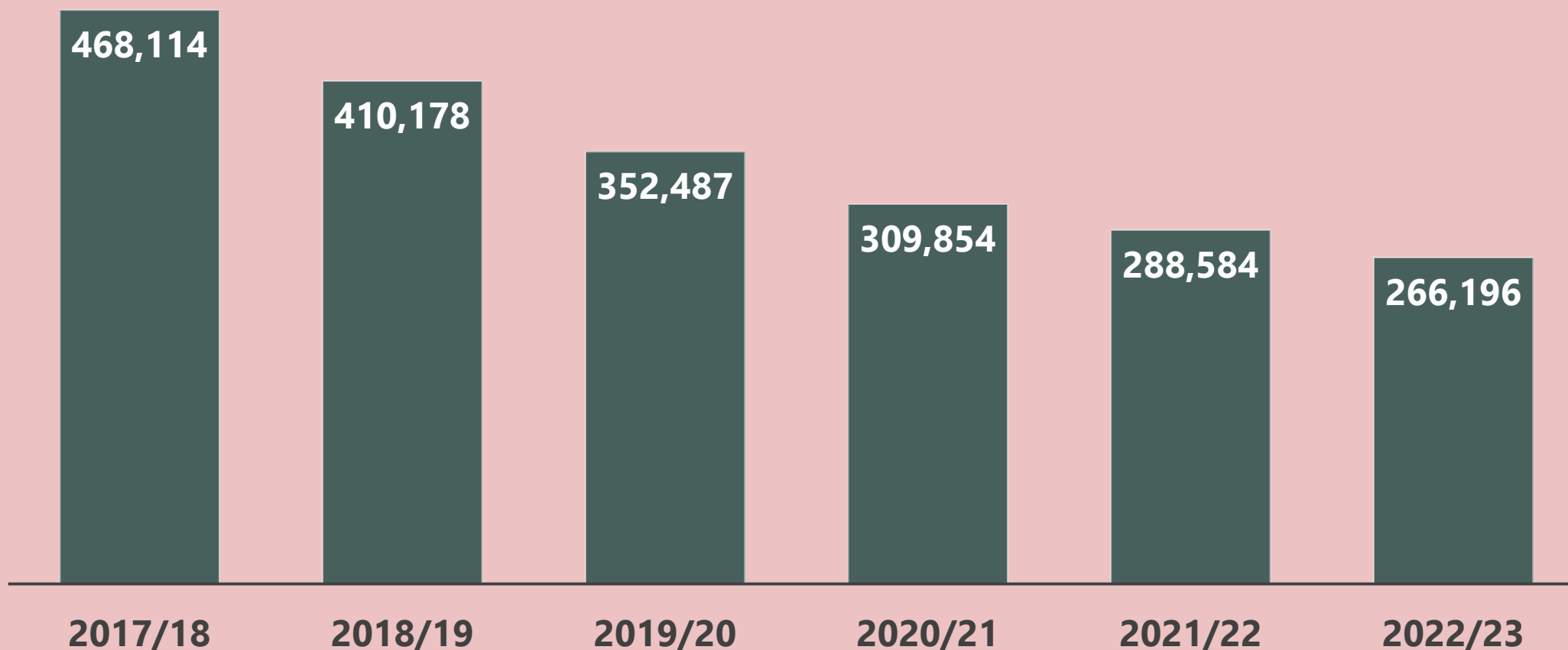
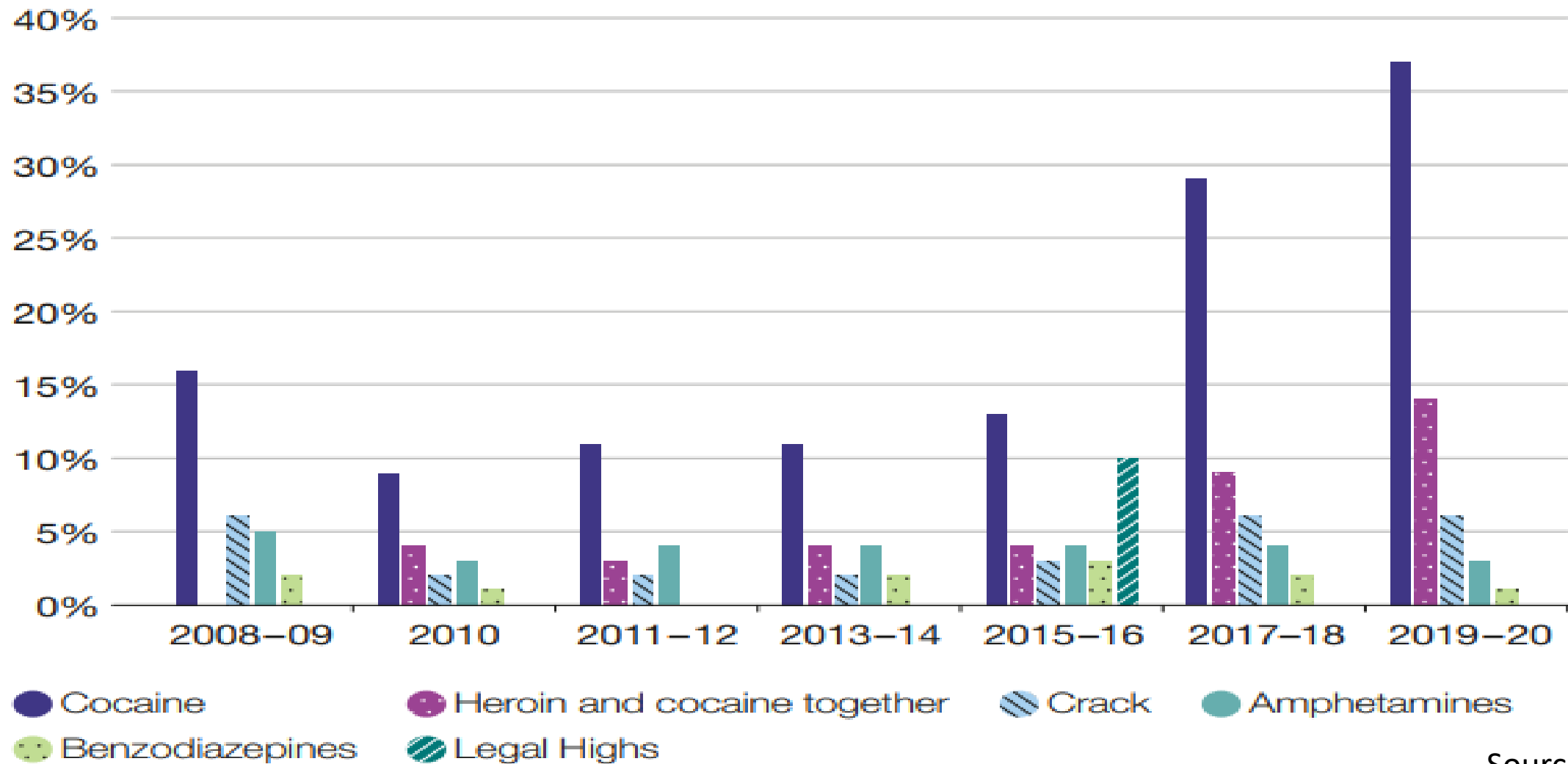
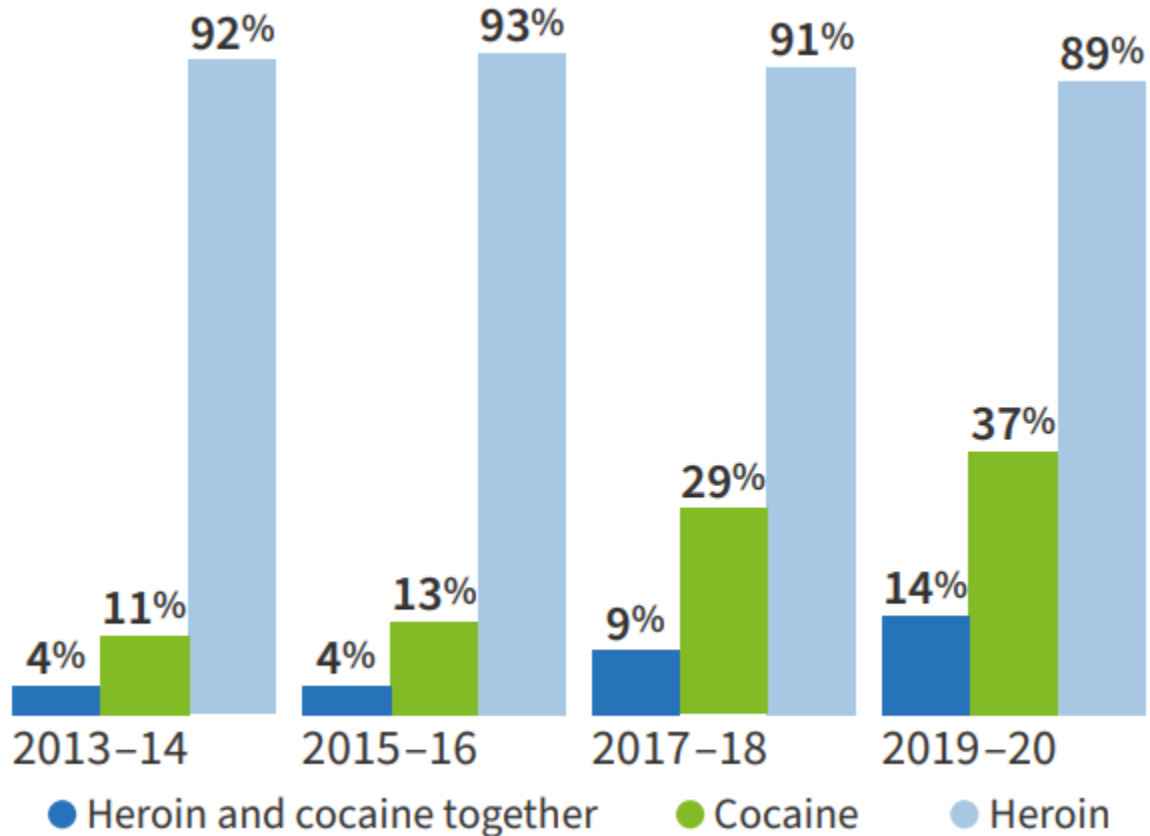


Figure 2: Proportion of NESI respondents reporting injection of various drugs in the last six months, 2008–2020 (among those who reported injecting in the last six months), excluding heroin



<https://publichealthscotland.scot/publications/needle-exchange-surveillance-initiative-nesi/needle-exchange-surveillance-initiative-nesi/>

NESI : monitoring drug use trends



An increase in cocaine injecting has been linked with:

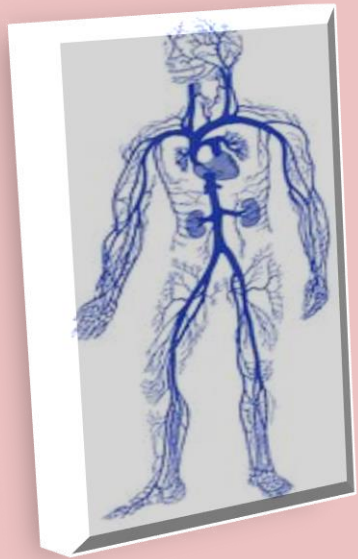
- Increased frequency of injecting
- Increased sharing
- Increased libido
- Increased risk of overdose
- Decrease retention in treatment and services

Source: NESI study

Injecting Routes

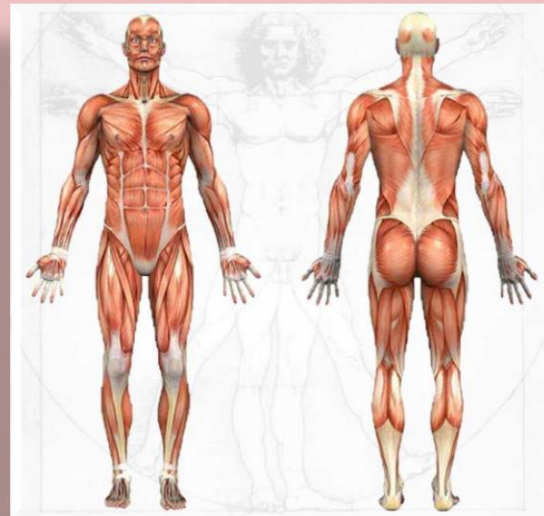
Intravenous (IV)

Injecting into a vein



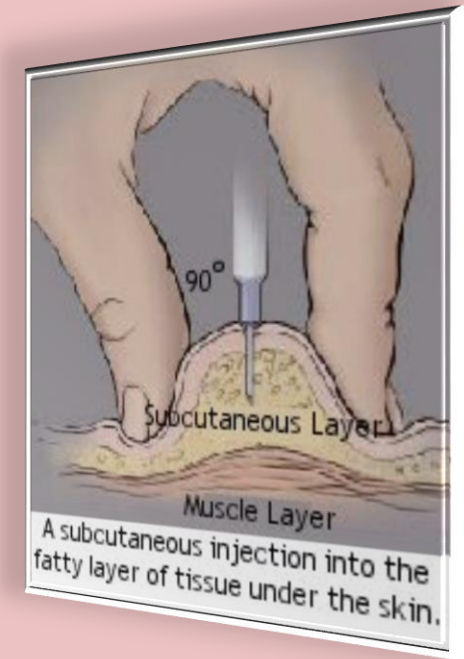
Intramuscular (IM)

Injecting into a muscle



Subcutaneous (SC)

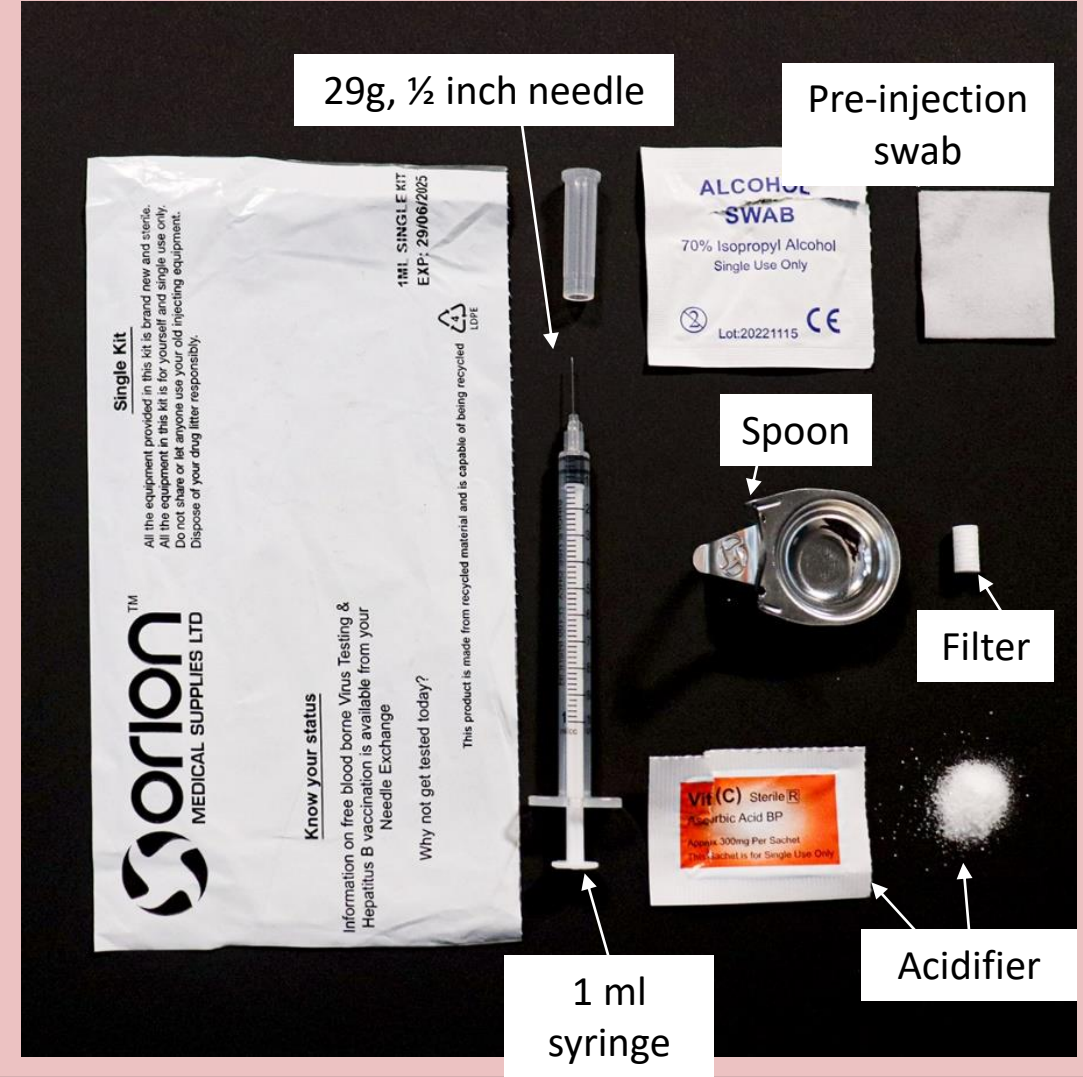
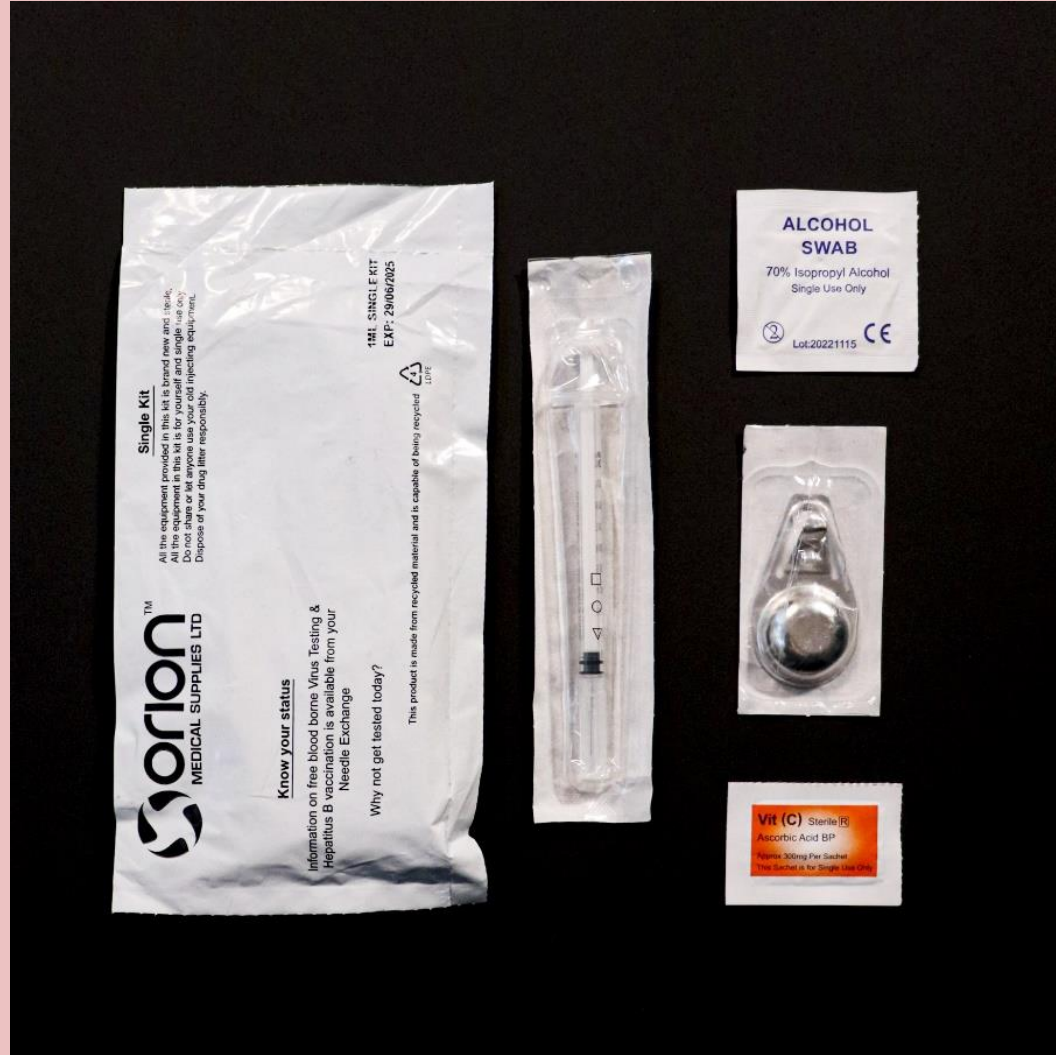
A shallow injection into the layer of skin directly below the dermis



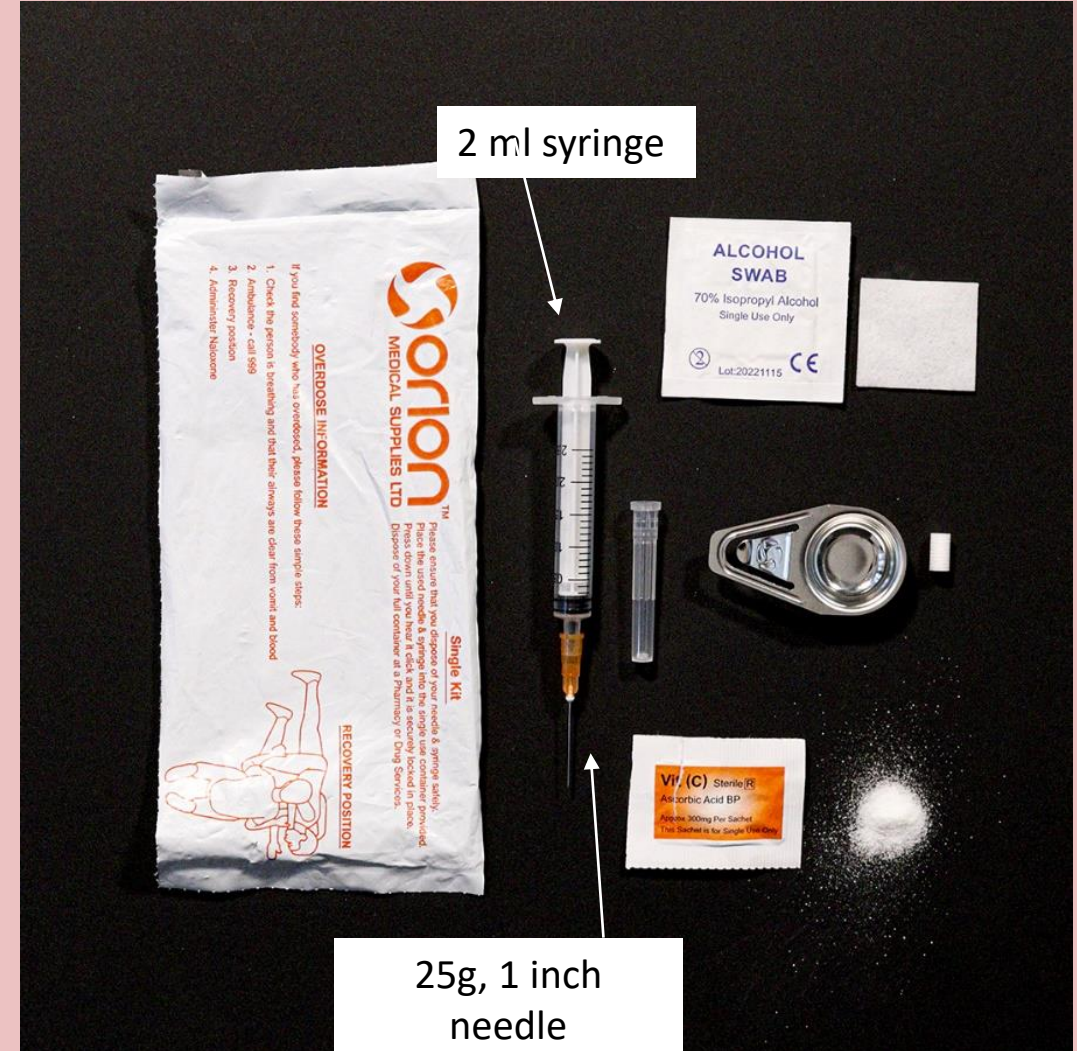
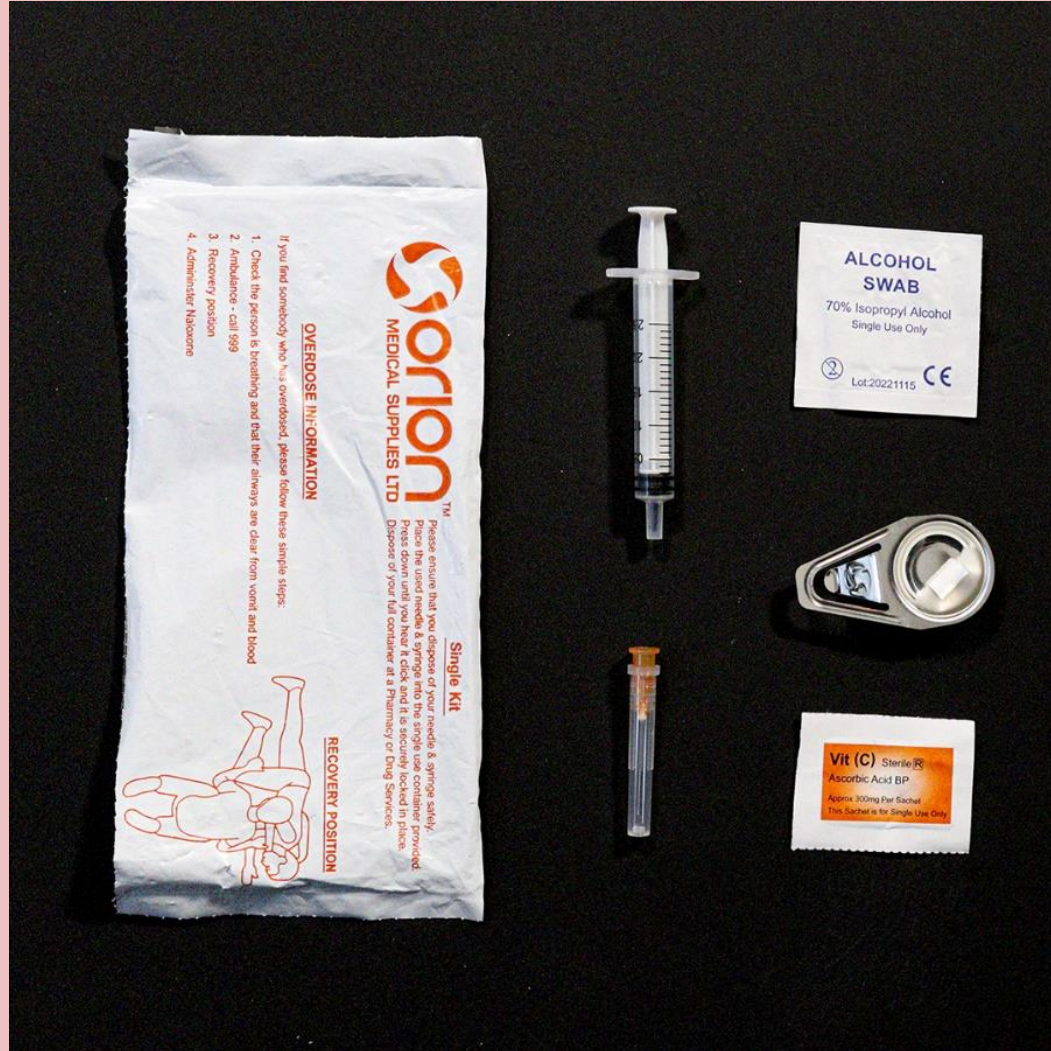
Single Use Packs



1ML SINGLE USE PACK



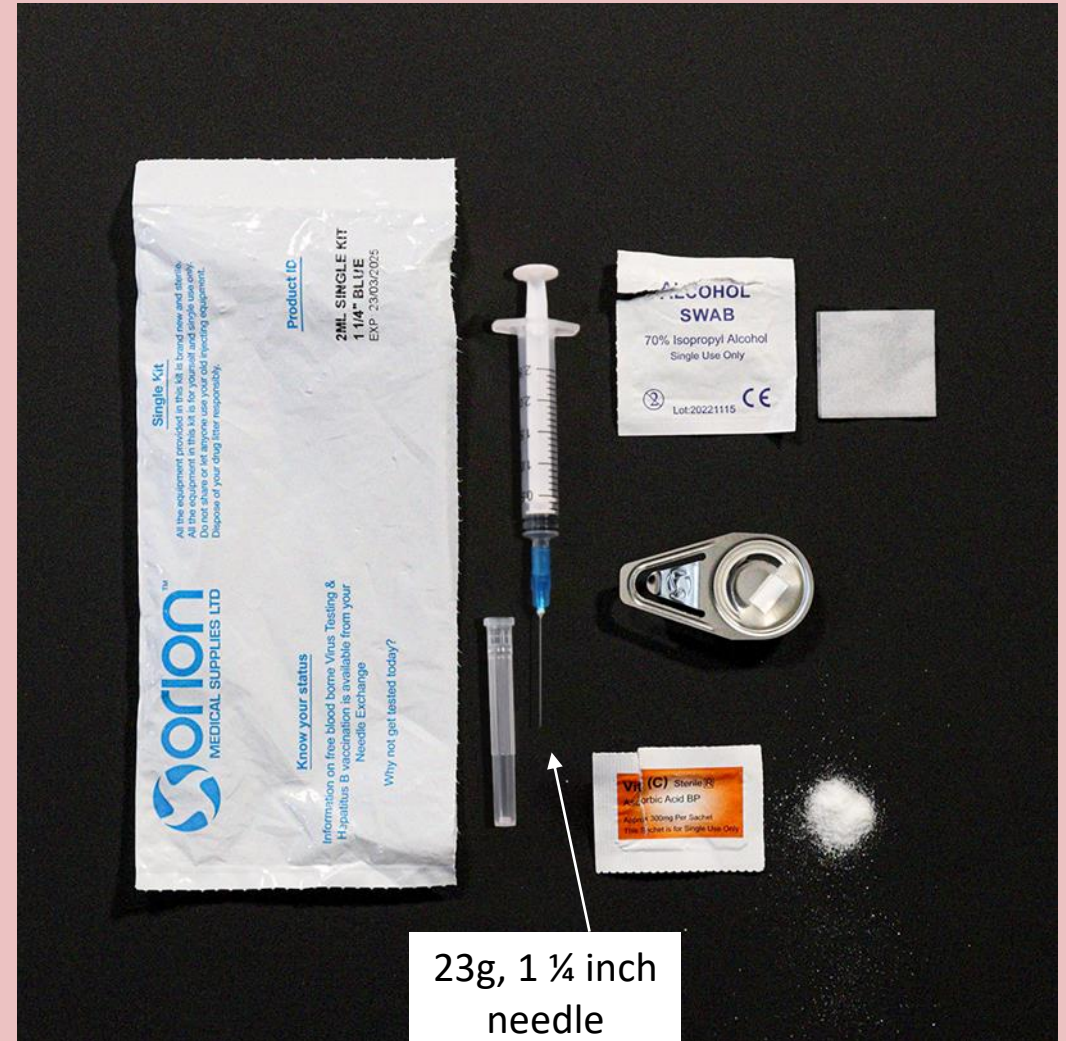
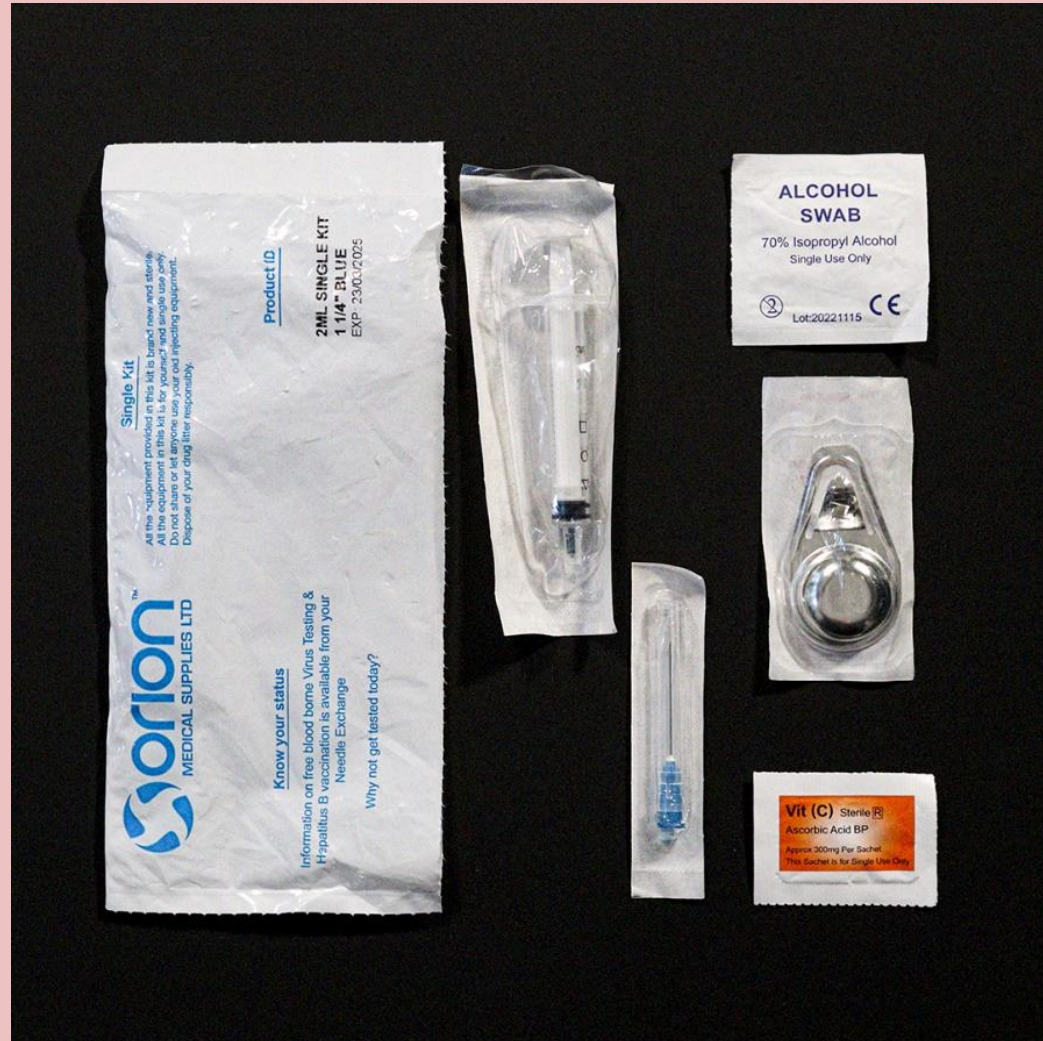
2ML (ORANGE) SINGLE USE PACK



2 ml syringe

25g, 1 inch
needle

2ML (BLUE) SINGLE USE PACK



23g, 1 1/4 inch
needle

Spoons/cooker

Opened from packet.
Straight handle and bent support



The handle is the thinner outer
metal

Bend handle up - support
stays where it is on open





Lift spoon by edge of bent handle

NO ADDED RISK OF BACTERIAL INFECTION

UNOPENED AMPOULE OF STERILE WATER FOR INJECTIONS
 Manufactured for medical use, so therefore completely safe if used once and surplus is thrown away.

NO ADDED RISK OF BACTERIAL INFECTION

WATER BOILED IN A KETTLE AND THEN COOLED
Good enough: will kill all organisms, is easy for most, and isn't too much trouble. If you haven't got a water amp, use water from a recently boiled kettle.

LOW RISK OF BACTERIAL INFECTION

COLD WATER FRESHLY RUN FROM THE KITCHEN TAP
 Likely to come from the rising main, and, in the UK, will be very clean. Better than water from the bathroom which may have come from a tank in the loft.

RISK OF BACTERIA

HOT WATER FROM A TAP
 Hot water tanks aren't usually hot enough to kill bacteria - avoid using hot water taps, cold is better.

RISK OF BACTERIA

BOTTLED WATER
 It may be pure, but it can have bacteria in it - especially if someone has drunk from it. Pour into the cap and draw up from there so you don't contaminate the bottle further.

MEDIUM TO HIGH RISK OF BACTERIA

SHARED CUP OF WATER
 Could have bacteria from the needle, or even blood. Throw it away, and get fresh.

MEDIUM TO HIGH RISK OF BACTERIA

PART-USED AMPOULE OF WATER FOR INJECTIONS
 Could be contaminated by a needle, even a small risk of viral infection if there is blood in it. Tap water is safer: throw away part-used amps.

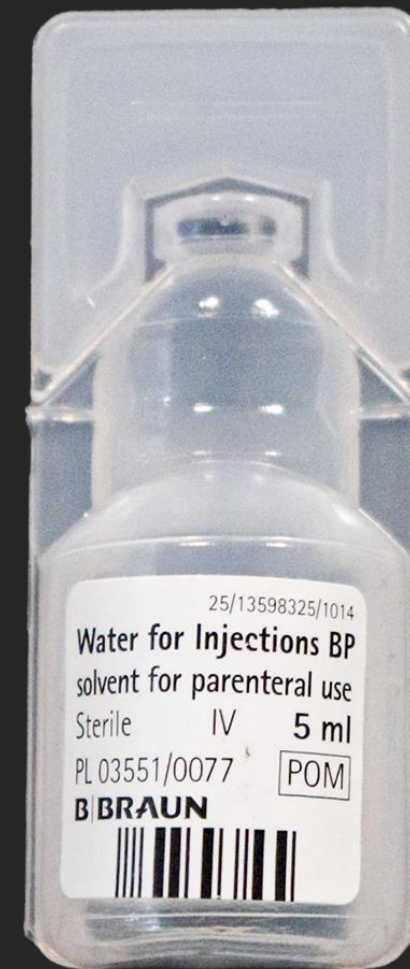
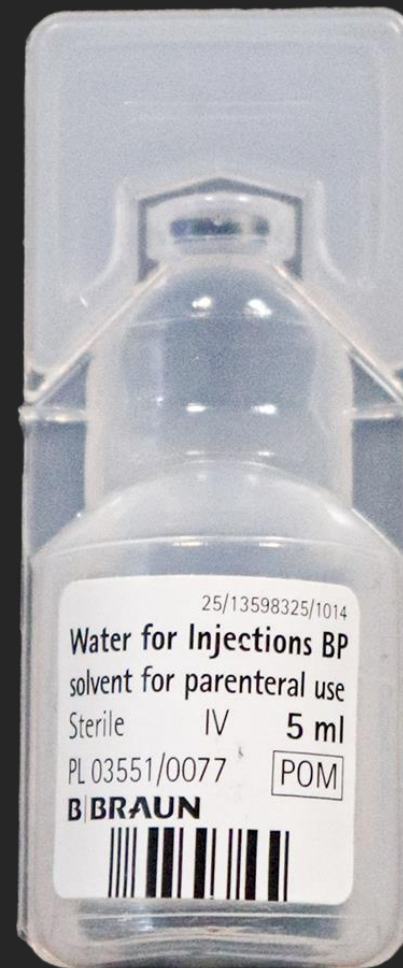
HIGH RISK OF BACTERIAL INFECTION

TOILET WATER
 Risk can be reduced by flushing the toilet and catching the water before it enters the bowl. Look out for empty bottles you can get filled from a tap.

VERY HIGH RISK OF BACTERIAL INFECTION

PUDDLE WATER OR SALIVA
 Too dangerous to be a last resort: try asking people for their almost empty bottles of water.

Water For Injection



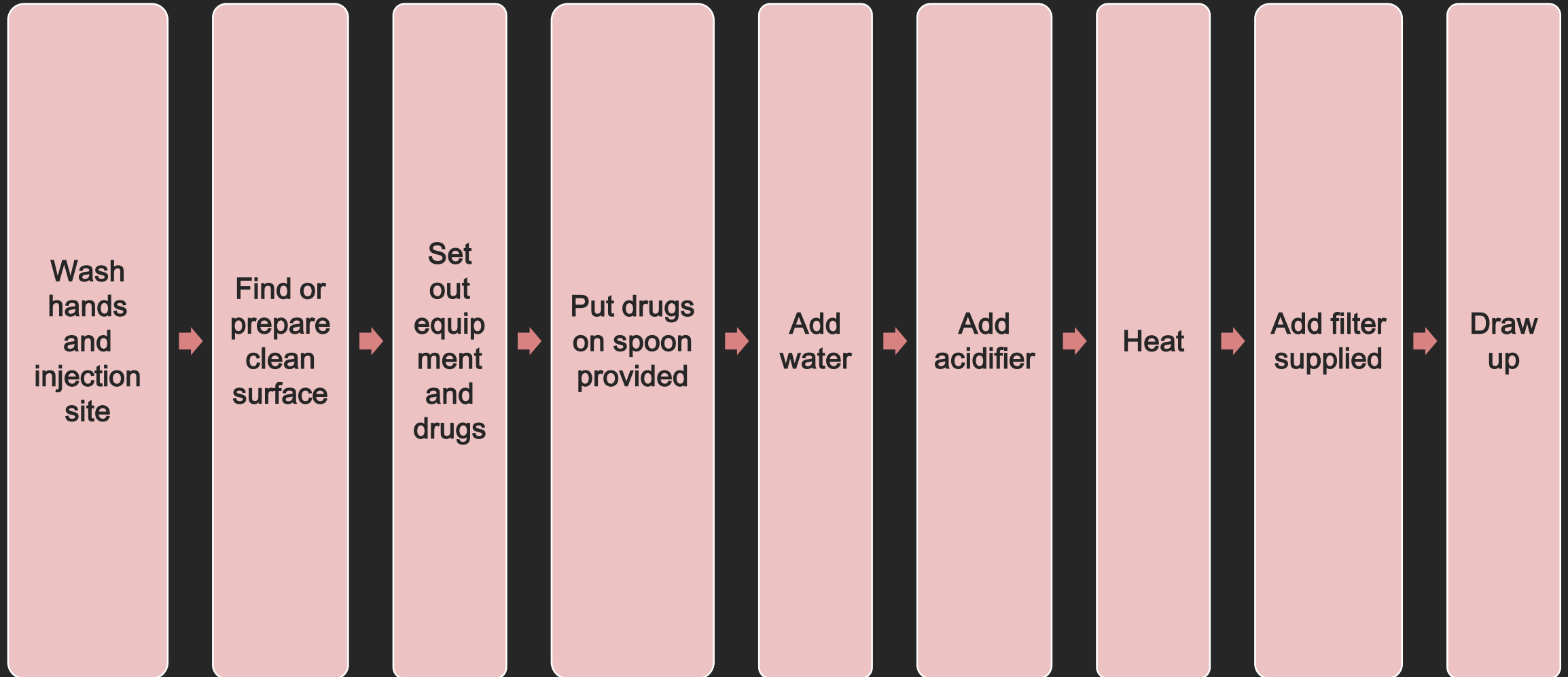
Sharps Bin



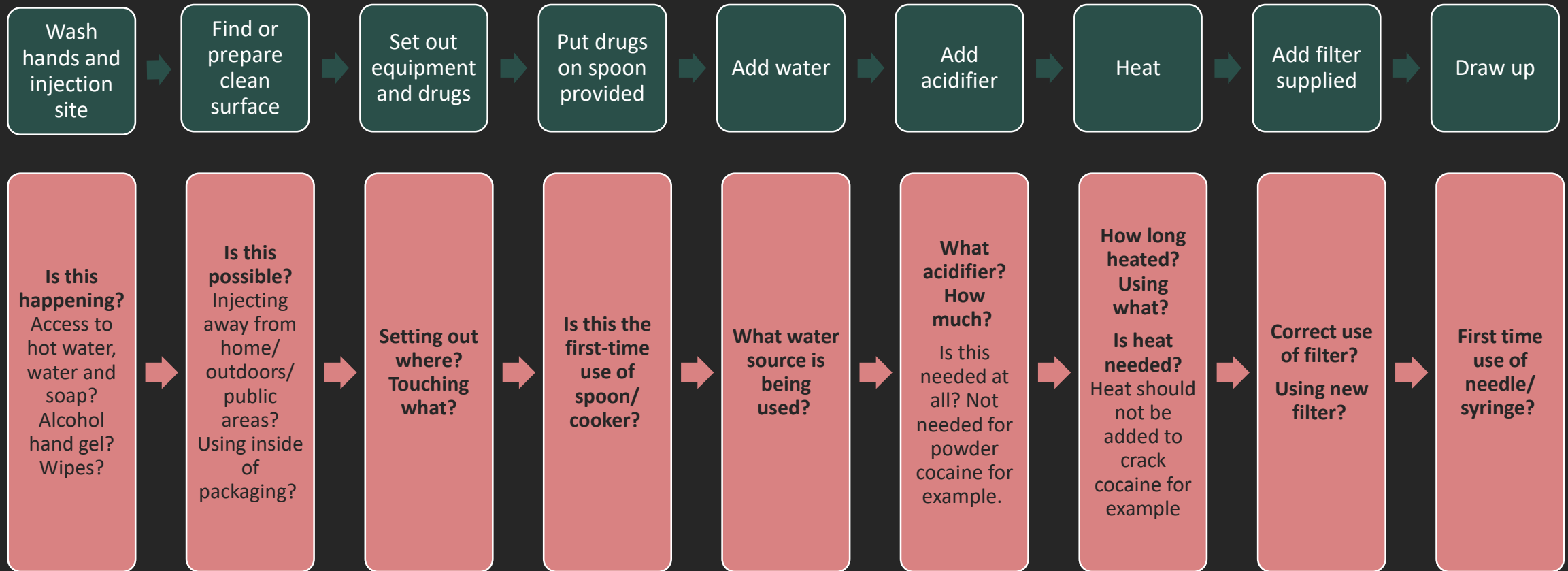
Foil For Smoking



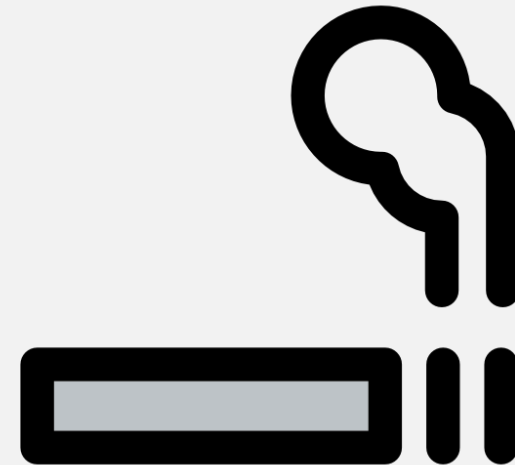
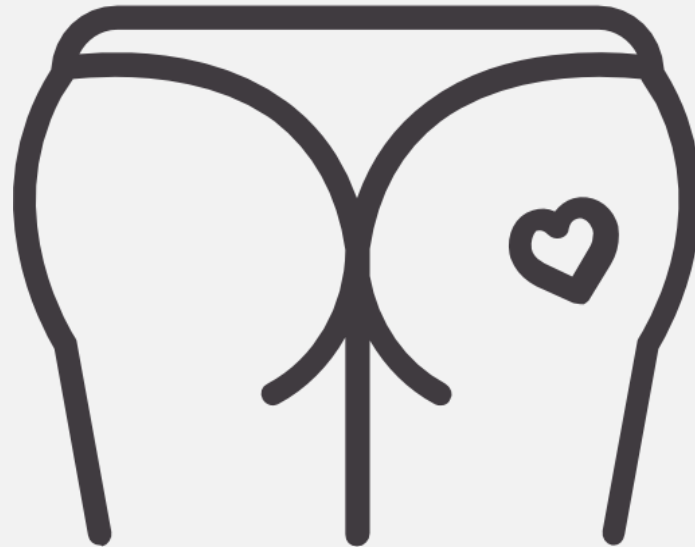
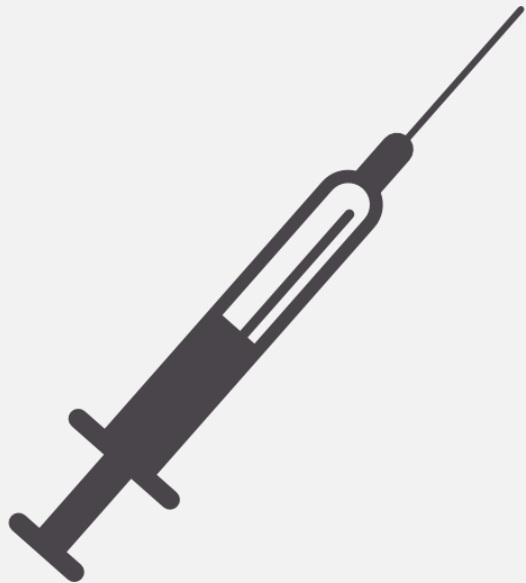
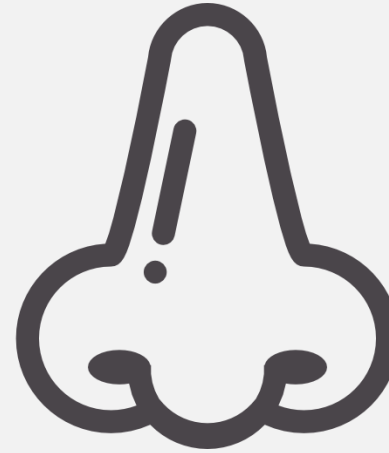
The Injecting Process



The Injecting Process



Other Methods of Using Drugs



NEO 360

- Web-based data collection system
- Accessible across Scotland
- Modules include AIR, IEP, BBV testing, IPED Clinic, Wounds & Naloxone
- Anonymised to reduce barriers to collecting sterile equipment.
- Designed for direct entry

neo360[®]
SCOTLAND

HOME
Version 9.7.5
LIVE SYSTEM

LOGIN

LOGIN TO NEO360

DETAILS

★ Username:

★ Password:

Login Forgot Password?

Help
Required fields are marked with ★

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Scotland – the NESI study

needle exchange surveillance initiative 2019/20

2439 participants

55%

report to
injecting at
least 1x per day

11%

report to
sharing
needles &
syringes with
others

44%

report reuse of
own needles

15%

of respondents
not accessing
sterile water for
injecting

45%

report to
injecting into
the groin
(Femoral vein)

16%

report experiencing a
serious skin and soft
tissue infection in the
last 6 months

The IEP Conversation

- Where do people come into collect IEP?
- Is there a discreet way of asking for this?
- Is there a private room to allow conversations to be had?
- Anonymity – people do not have to give their details to collect Injecting Equipment, but it is useful if people can choose 1 that they will remember and use each time.

Practical Advice you may be able to pass on

- Direction of injection – always inject in direction of heart
- Check that you are in a vein before injecting
- Washing hands & site – will reduce potential bacterial contamination
- Using filters – to trap particles including contaminants
- Amount of acid – only a small amount required
- Correct size needle for intended site – smallest to reach
- Enough equipment for one time use every time

WHO HOW WHAT
WHEN WHERE WHY

Home Environments



Environments Away From Home



16%

30%

60%

WOUNDS & INFECTION

16%

of people who inject drugs in Scotland will have experienced a skin or soft tissue injury or infection in the preceding six-month period

Source: NESI 2019/20

30%

of individuals who reported injecting psychoactive drugs across the UK reported having a sore, open wound or abscess at an injection site in the last 12 months

Source: UK Health Security Agency Shooting Up Report 2023

60%

of people who have experienced a skin or soft tissue infection within the last year have sought no health care service treatment.

Source: Public Health Wales ACT programme 2021

WHO HOW WHAT
WHEN ? WHY
WHERE

HIGH TEMPERATURE

LOSS OF CONSCIOUSNESS

FEVER

SKIN COLOUR

TREMORS

NAUSEA & VOMITING

SWEATY/CLAMMY SKIN

HEADACHES

PAIN

UNUSUAL TIREDNESS

SORES/WOUNDS/ABSCESS

SPREADING REDNESS

DEHYDRATION

CONFUSION/DISORIENTATION

BREATHING DIFFICULTIES

WEAKNESS (FACIAL/LIMBS/MOBILITY)



Registered Scottish Charity (SC1036)

NURSE CLINICS AT

ADA

NEW!

- WORRIED ABOUT YOUR PHYSICAL HEALTH?
- NEED TO SPEAK TO A NURSE?
- WANT A FREE HEALTH CHECK?
- LIVING IN ABERDEEN CITY? 16 OR OVER?
- ASK A WORKER FOR MORE DETAILS

NURSES AVAILABLE ON MONDAYS AND THURSDAYS

01224 594700 (LO-CALL RATES APPLY)



G Group A
Streptococcus &
Staphylococcus

- You are at risk if you: inject, smoke or snort substances such as heroin, cocaine or crack cocaine
- It is transmitted by: person to person contact, sharing equipment (including pipes) and through injecting

A Ask yourself,
do I have...

- Weeping wounds or wounds that are getting bigger and/or redder?
- Limbs or infected sites that are swelling and are becoming painful?
- High fever/chills?
- Severe muscle /joint aches?
- Vomitting /diarrhoea?
- Unusual confusion /disorientation?

S Stop, Think
and Seek help

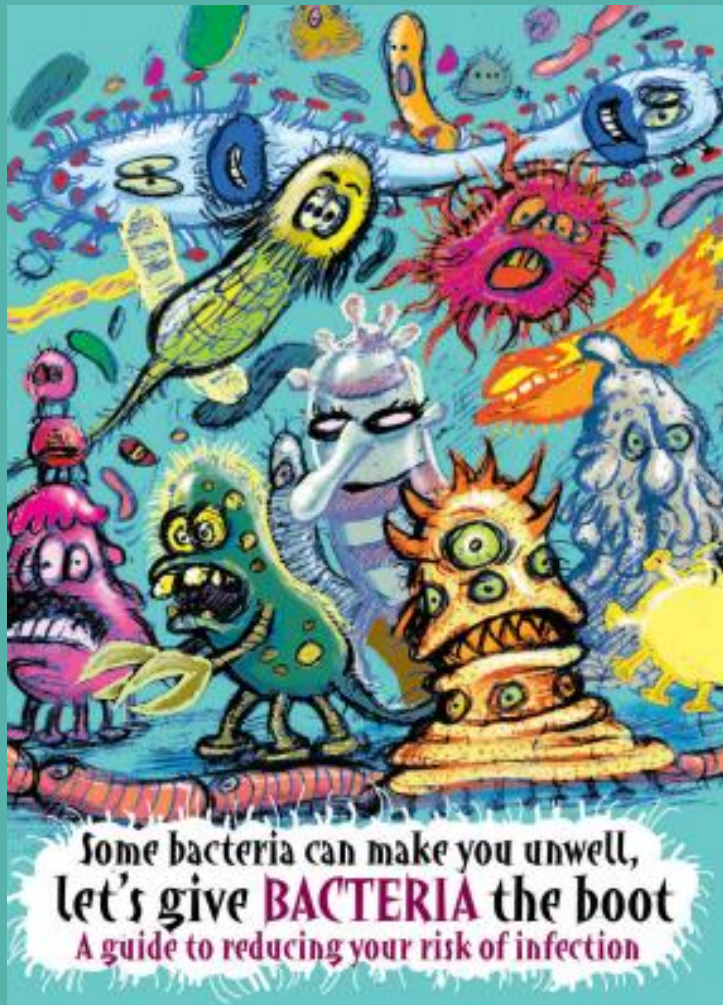
- Wash hands and injecting sites before preparing, injecting and smoking
- Do not share any equipment
- Use new equipment every time
- Avoid skin and muscle popping



DANGER!

These infections can be life threatening, please seek urgent medical advice if you experience any of these symptoms

Downloads available at [Bacterial Infection & Drug Use Archives - SDF - Scottish Drugs Forum](#)



Self Care Advice: Looking after your wounds at home

- Always try to cover your wound using a simple dressing.
- Change every seven days unless it is leaking, has fallen off, or is stained as below.
- Dressings are available free from your pharmacy

When to change your stained dressing ?



Do not change



Do not change



Change dressing

- Infection checklist**
- Heat, redness or swelling around the wound that is getting worse
 - Wetter than before
 - More painful
 - More yellow, green or black in the wound than before
 - Bigger or deeper
 - Bad smell

If you have any signs of infection which are not getting better, and you feel unwell, **call 111 for advice.**

What we miss when hand washing



Sometimes missed



Often missed

- Use soap to wash your hands for at least 20 seconds; before preparing or taking drugs and before or after cleaning or changing wound dressings.

Keeping your wounds clean

- Avoid touching or picking your wound.
- If it's wet, cover it up.
- **If you think your wound is getting worse, draw a circle around the wound on your skin and watch for spreading redness.**



- If the redness gets **bigger** seek advice from your GP or other health professional, like a pharmacist.
- If it's getting **smaller** it means it should be OK but still seek medical advice if you have any concerns.

Supporting people

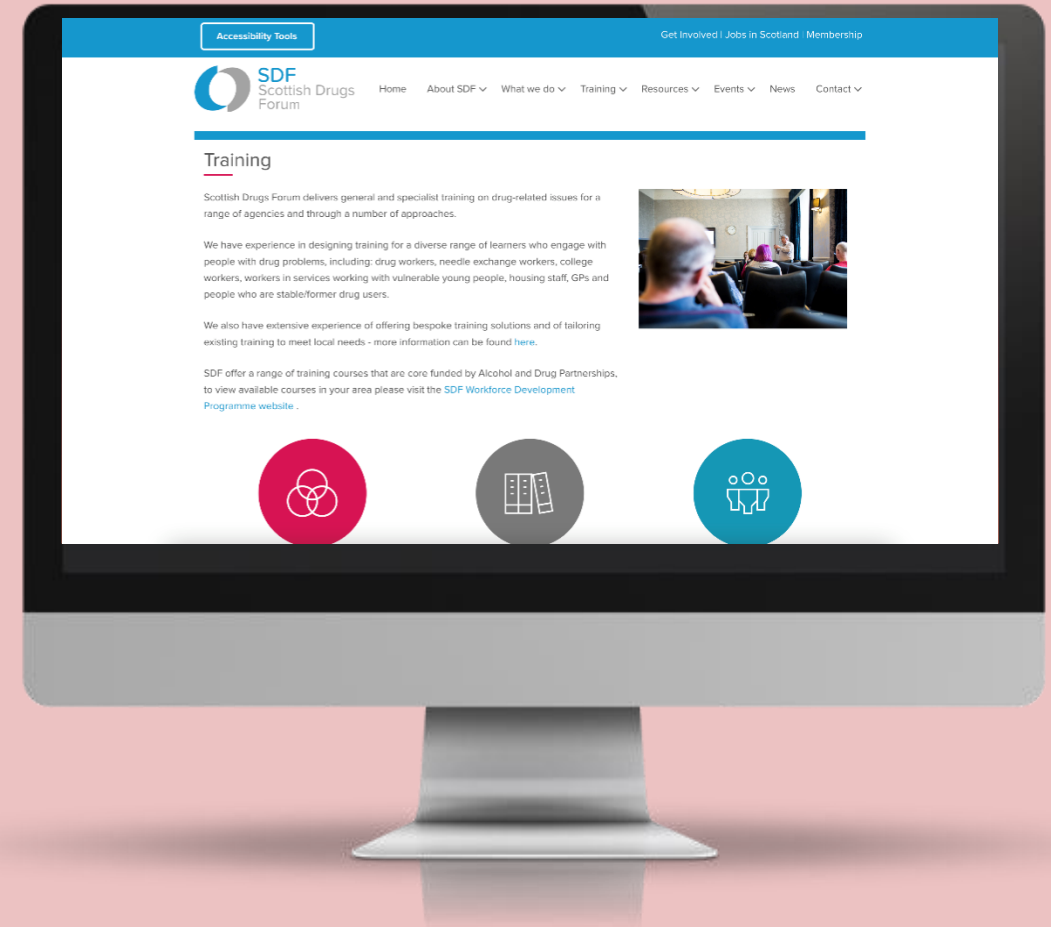
- Connections with people – relationships are key.
- Non-judgemental attitudes can gather more information and reduce more harm.
- Person centred – what does the person want to do?
- Relationships with services – how do we work with other services in our area?
- Sign posting – how do we share other available support?

Further training is
available at
www.sdf.org.uk/training

Any other questions?

Please contact

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SDF training and e-Learning

www.sdftraining.org.uk

Find a drug service near you

www.scottishdrugservices.com

Find a needle exchange near you

www.needleexchange.scot

Overdose Resources

www.stopthedeaths.com

