

Harm Reduction as a Prevention Tool:
Access to Injection Hygienic Material and
Prevention of overdose



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Intercambios Puerto Rico is a community-based non-profit organization that promotes the social integration of key groups, including drug users, homeless, and sex workers. We work from a scientific perspective of Harm Reduction through programs and activities of services, education, law and research.

We want a Puerto Rico where key populations have access to all opportunities for individual and collective development that make it possible for them to have a decent life and contribute to society.





Harm reduction services

Our **Needle Exchange Program (PIJ)** provides prevention and counseling services to more than 1,000 participants in 19 communities across the east of the island. We exchange more than 250,000 needles annually to reduce the risk and harm associated with injecting drug use.

- Prevention of HIV / Hep-C
- Safe injection
- Prevention of overdose
- Smokable Cocaine (Crack)
- Sex work
- Rapid HIV Testing
- Buddy system
- Referrals (Referrals)
- Damage reduction guidance





Criteria and Demographic Data:

- Low threshold: Everyone served... with some exceptions
- Age: 18-70 (most between 28-45)
- Gender: 10% women
- Household: 65% homeless
- Class: 99% below the poverty level



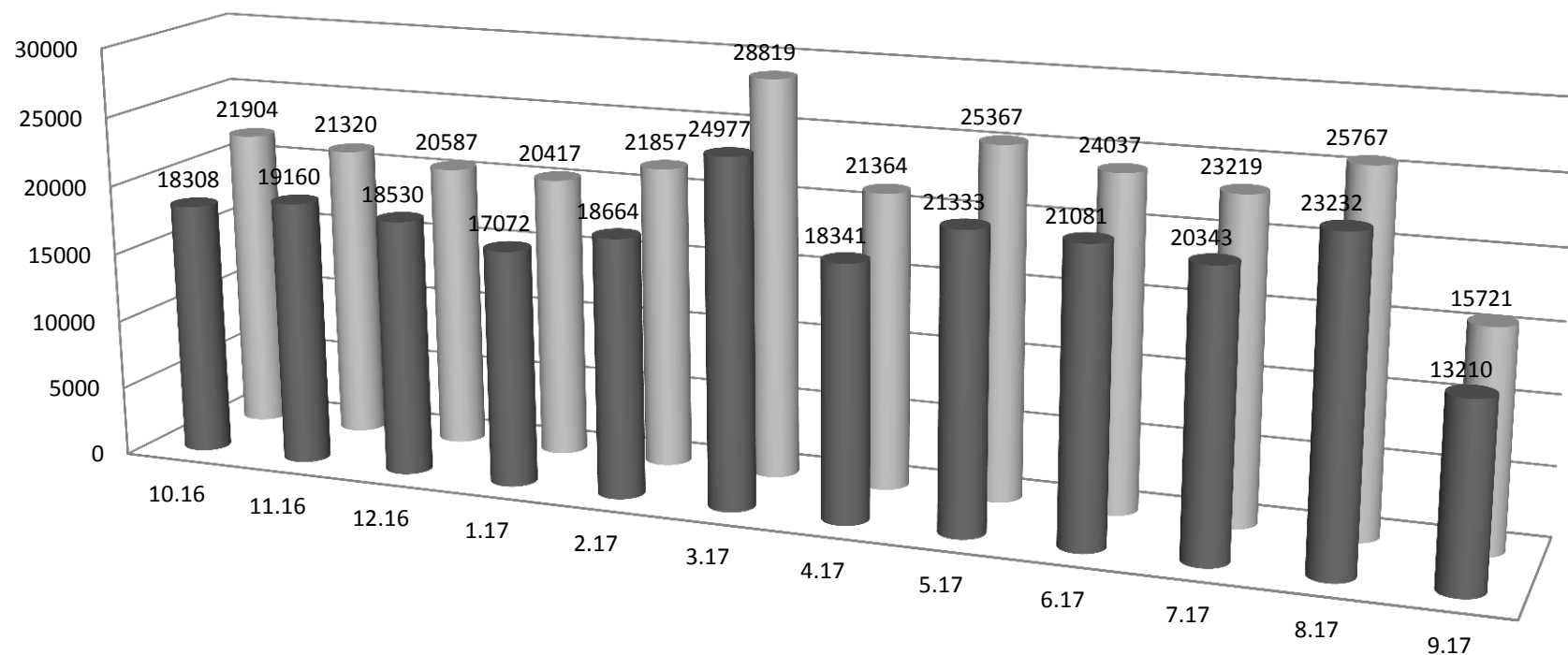
Caribbean and Latin America:

1. Dominican Republic (Center of Orientation and Integral Research)
 - Implementation of a harm reduction program integrated with a health clinic.
 - Maintenance program with buprenorphine
 - Overdose prevention training (opiates)
 - Change of drug policies
2. US Virgin Islands (Frederiksted FQHC)
3. Colombia (Acción Técnica Social)
 - Pereira
 - Cali
 - Bogotá



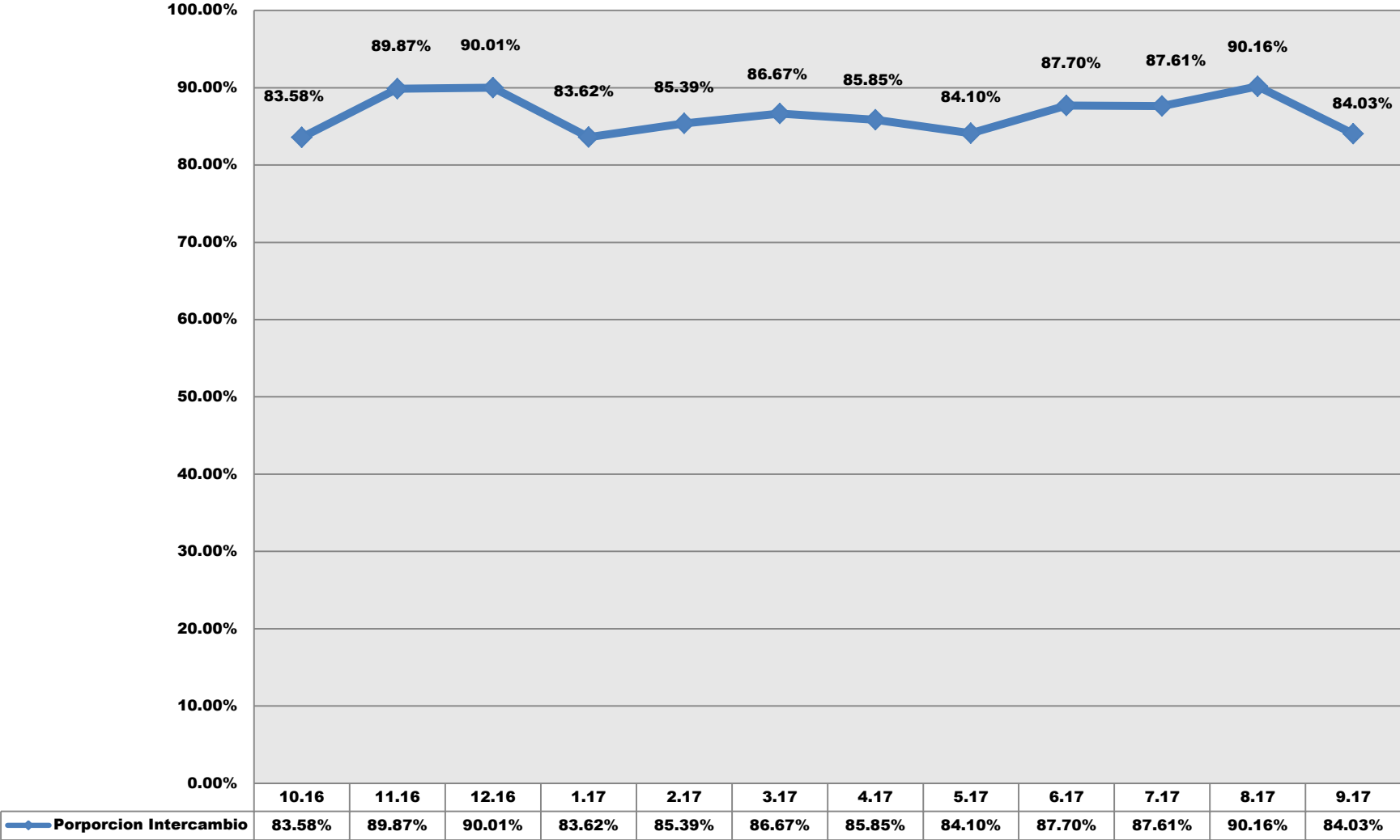
Some Facts and Key Indicators for Measurement

Needles Collected and Delivered to Participants per Month

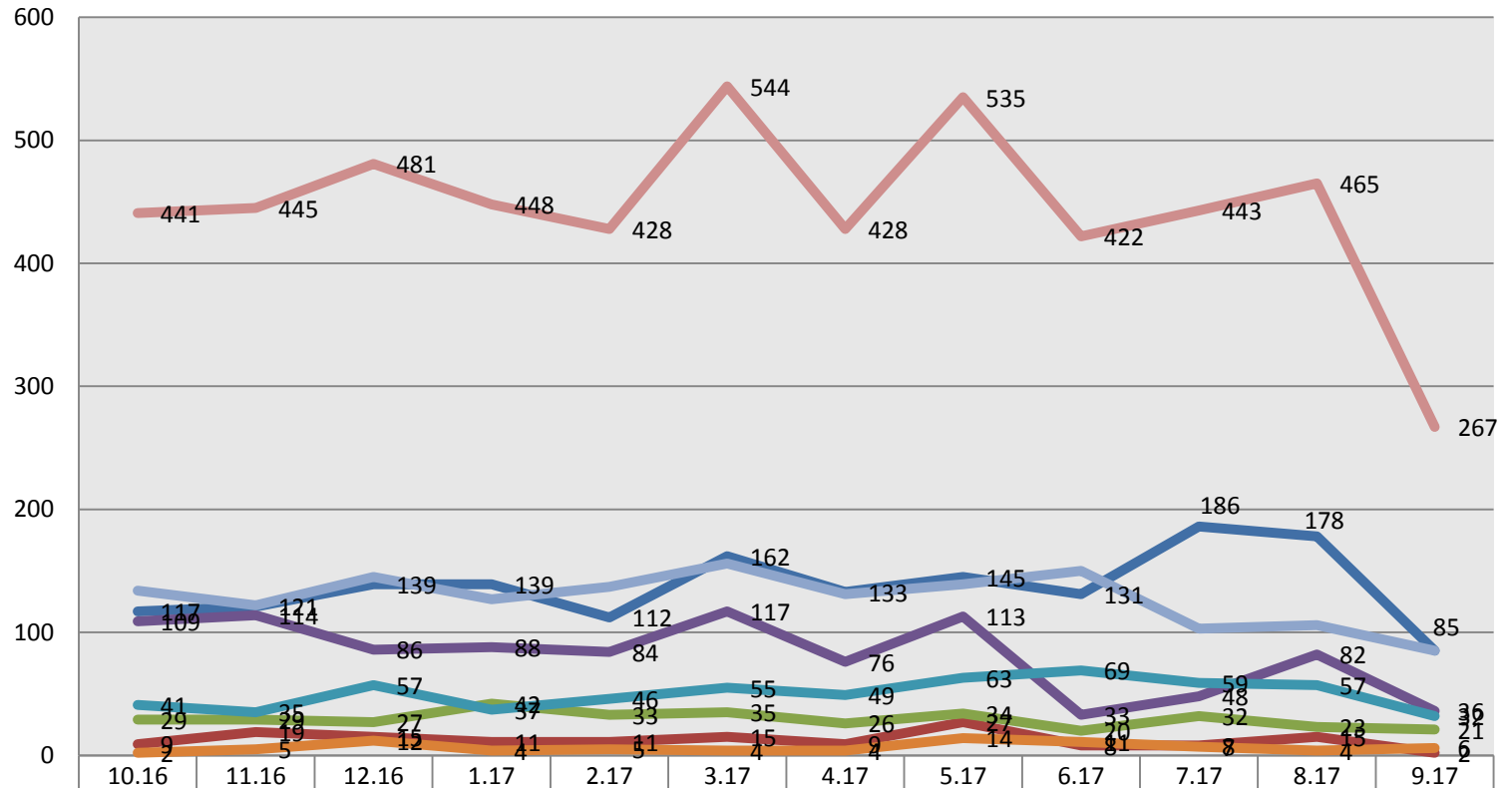


	10.16	11.16	12.16	1.17	2.17	3.17	4.17	5.17	6.17	7.17	8.17	9.17
■ Total recolectadas (IN)	18308	19160	18530	17072	18664	24977	18341	21333	21081	20343	23232	13210
■ Total entregadas (OUT)	21904	21320	20587	20417	21857	28819	21364	25367	24037	23219	25767	15721

Exchange Rate per Month

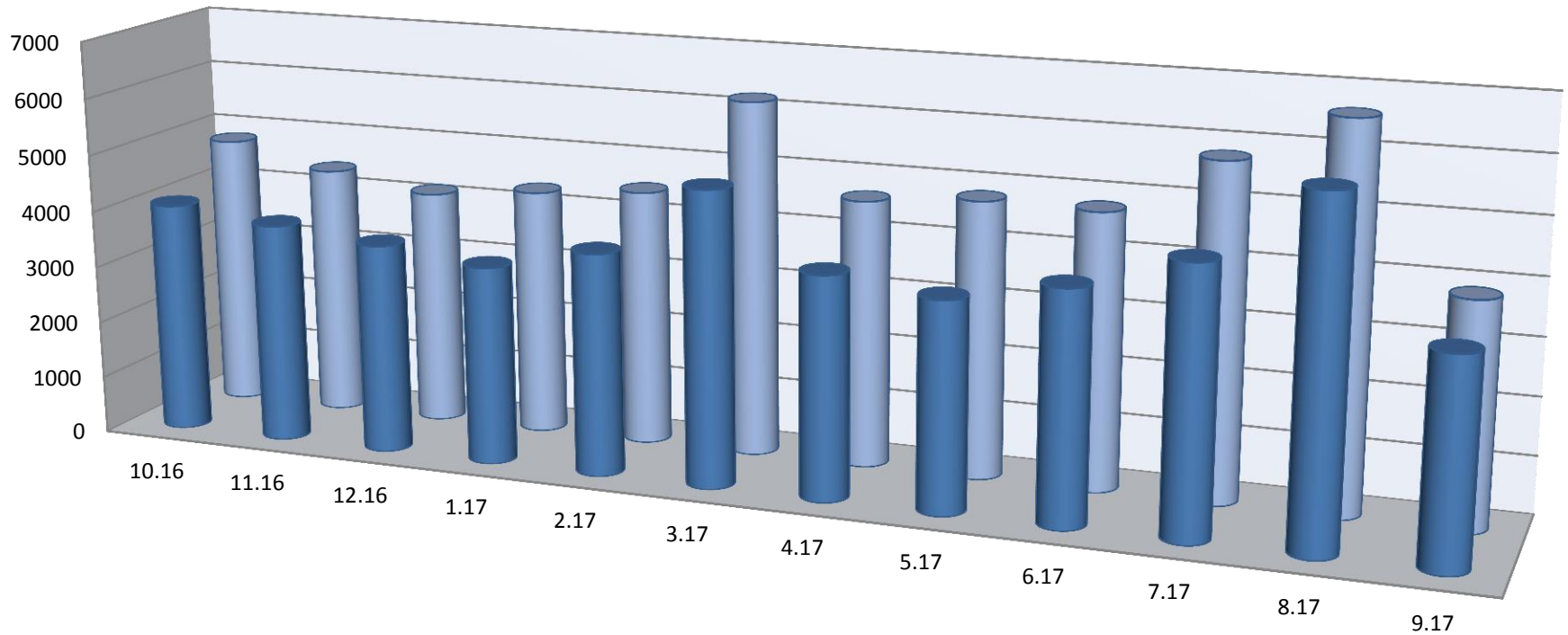


Monthly and total exchange per municipality



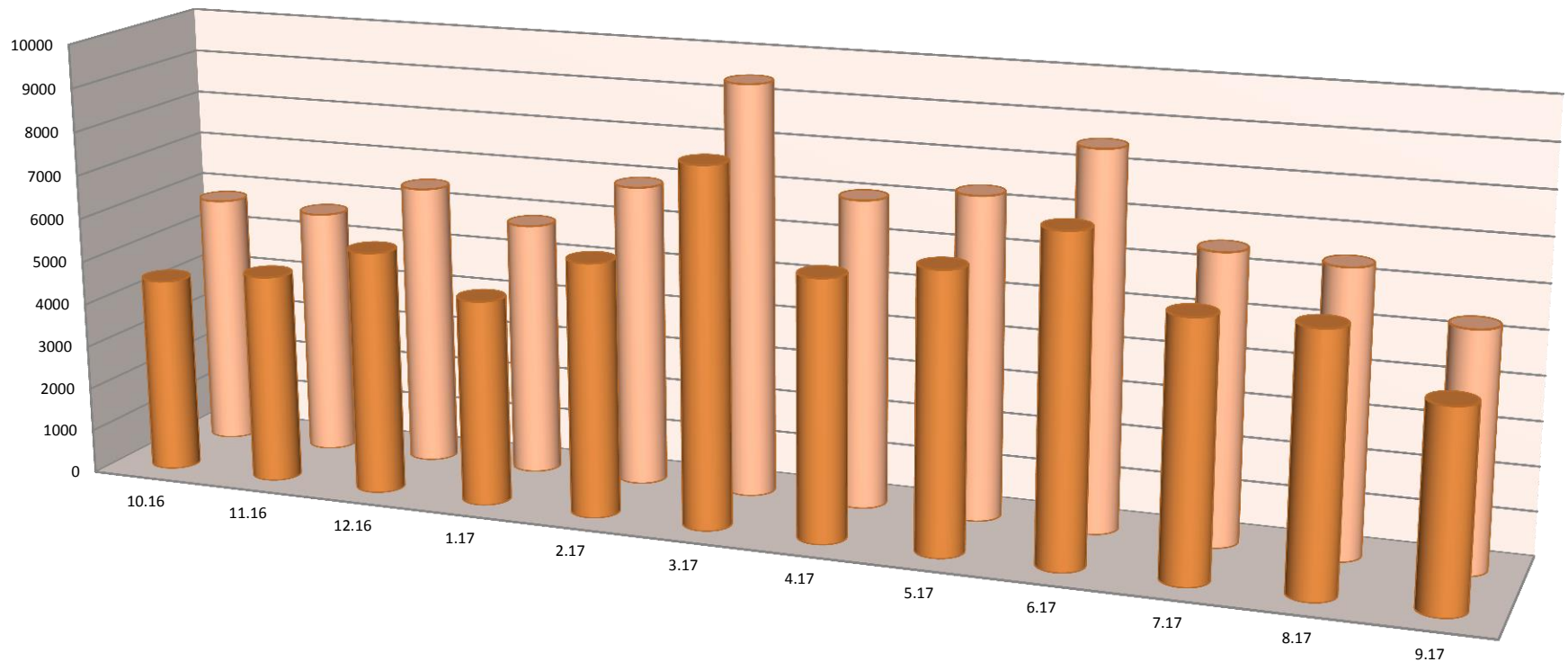
Trans. por mes FAJARDO	117	121	139	139	112	162	133	145	131	186	178	85
Trans. por mes CANOVANAS	9	19	15	11	11	15	9	27	8	8	15	2
Trans. por mes LUQUILLO	29	29	27	42	33	35	26	34	20	32	23	21
Trans. por mes LOIZA	109	114	86	88	84	117	76	113	33	48	82	36
Trans. Por mes NAGUABO	41	35	57	37	46	55	49	63	69	59	57	32
Trans. Por mes Rio Grande	2	5	12	4	5	4	4	14	11	7	4	6
Trans. Por mes Humacao	134	122	145	127	137	156	131	139	150	103	106	85
Trans. por mes Total	441	445	481	448	428	544	428	535	422	443	465	267

Needles Collected and Delivered to Participants per Month -Fajardo Total



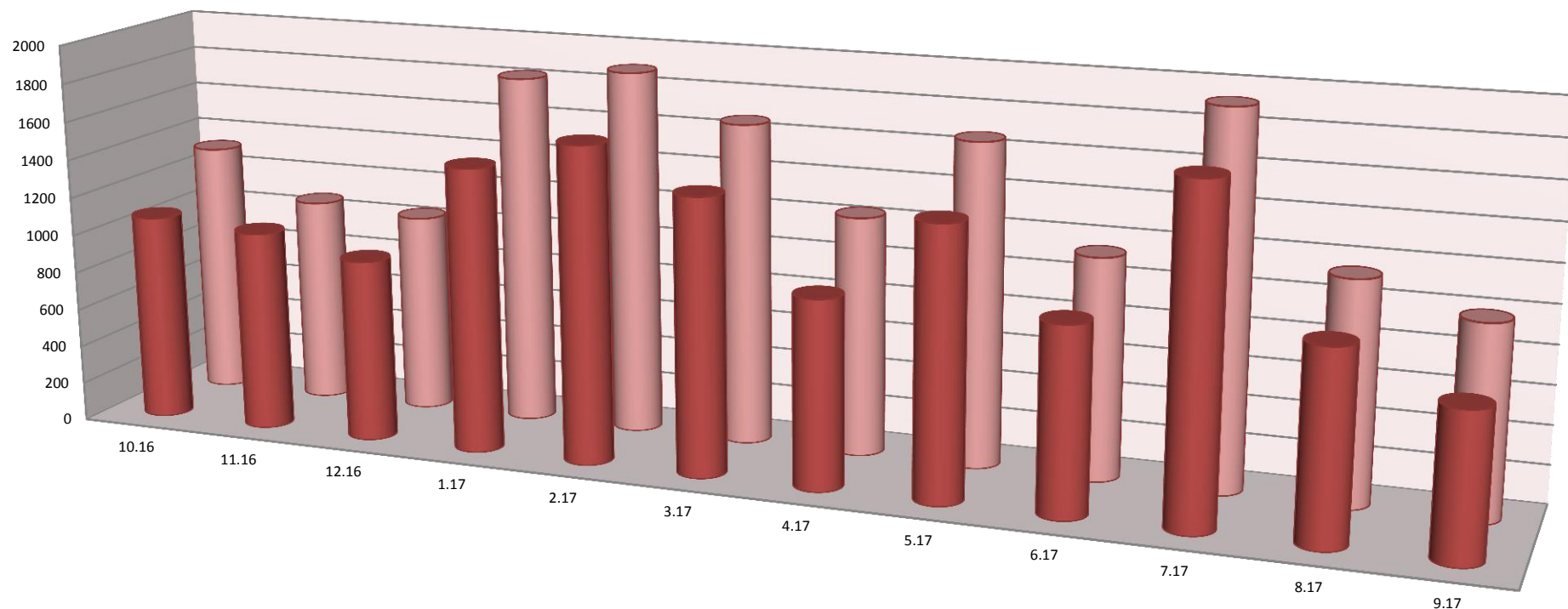
	10.16	11.16	12.16	1.17	2.17	3.17	4.17	5.17	6.17	7.17	8.17	9.17
■ FAJARDO recolectadas	4057	3858	3674	3462	3879	5130	3870	3641	4016	4609	5897	3545
■ FAJARDO entregadas	4814	4415	4149	4331	4490	6210	4655	4815	4796	5795	6627	3876

Needles Collected and Delivered to Participants per Month -Total Humacao



	10.16	11.16	12.16	1.17	2.17	3.17	4.17	5.17	6.17	7.17	8.17	9.17
Humacao recolectadas	4479	4802	5585	4710	5801	8165	5927	6337	7379	5800	5809	4463
Humacao entregadas	5795	5680	6484	5830	6924	9435	7040	7346	8563	6545	6442	5360

Needles Collected and Delivered to Participants per Month - Total Luquillo



	10.16	11.16	12.16	1.17	2.17	3.17	4.17	5.17	6.17	7.17	8.17	9.17
LUQUILLO recolectadas	1079	1044	949	1480	1642	1432	978	1401	968	1709	982	751
LUQUILLO entregadas	1325	1075	1040	1826	1895	1670	1240	1670	1143	1925	1145	990



Five Pillars of the Needle Exchanges:

1. It effectively lowers the incidence of HIV and Hepatitis-C at a low cost.
2. It does not increase the use in people who use injectable drugs.
3. It does not initiate people in the use of psychoactive substances.
4. They provide education through peers and empower the community in terms of health. (Opiate Overdose Prevention Program)
5. Highly efficient in providing connection between population of high need of services with a variety of services through referrals. (September 145, 2016 to June, 2017 to health centers, treatment for problematic use of substances, housing, health insurance, confirmatory HIV tests, clothing, etc.).



Let's discuss:

Some Details of the Overdose and What to Do



- Deaths from overdose: 2004 – 2012
 - Instituto de Ciencias Forenses 1,550
 - Registro Demográfico 1,570

Average = 195 lethal overdoses per year

SOBREDOSIS OPIOIDES

SI OPIOIDES

- Heroína
- Codeína
- Demerol
- Morfina
- Metadona
- Opio
- Vicodín
- Percodan
- Tramadol
- Bufre

NO OPIOIDES

- Xanax (Pali)
- Benzodiazepinas
- Cocaína
- Marihuana
- Popurri
- Alcohol

Tú tienes el poder de salvar una vida

¿Qué es una SOBREDOSIS?

La SOBREDOSIS es cuando le haz metido a tu cuerpo más sustancia de la que puede tolerar, puede ocurrir entre 1-3 horas después de haber consumido y te afecta el sistema central nervioso.

FACTORES de Riesgo:



IDENTIFICA los síntomas:

Piel y labios

La piel se pone azul, se ve primero en los labios y puntas de los dedos.

Cuerpo flojo

El cuerpo muy flojo.

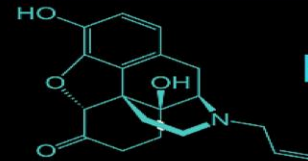
No responde

La persona esta despierta pero no puede responder.

Respiración

La respiración es muy lenta, irregular o deja de respirar.

RESPONDE



NALOXONA



- Los efectos de la Naloxona empiezan entre 3 a 5 minutos.
- Continúa trabajando en tu cuerpo entre 20 a 90 minutos.



- Después de los 90 minutos la sobredosis puede regresar, la heroína aún esta presente.

¡NO ES UN DETOX!

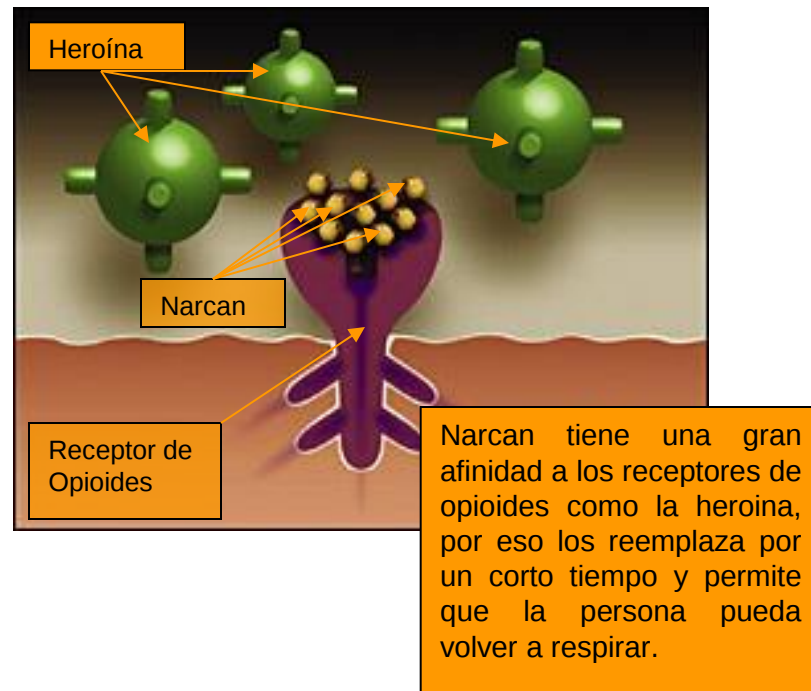
Si tienes jeringuillas usadas visítanos para cambiarlas por jeringuillas nuevas y así reducir el contagio de VIH y Hepatitis C.

**INTERCAMBIOS
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Naloxona (Narcan)

- Opioid antagonist
- Drug that reverses ONLY opioid overdose
- It is not habit forming
- Remains active for 30-90 minutes depending on the metabolism of the person and the amount of substances used
- If used, the effect of naloxone disappears after 90 minutes



Naloxona administration - Curriculum

- **Administer 1 dose (1cc)** intramuscularly in the upper arm or thigh
- **Naloxone acts / takes effect** in approximately 3 minutes
- **If after 3-5 minutes** there is no change, apply a 2nd dose (1cc)
- **Naloxone works** (duration effect) around 30 - 90 minutes
- **Overdose may return** (heroin is still present) -
- **Stay** with the person or transfer them to emergency
- **report**



Lessons learned and good practices:

- Number of needles (1 by 1, 1 + 20, based on need)
- Always provide minimum (do not penalize for not bringing)
- Secondary Exchange
- Methodology both mobile and fixed
- Multiple populations
- Condoms and lubricants
- Informative material and education.
- Psycho-social and mental health
- Buprenorphine and Methadone - change the world of possibilities
- Do not refer to treatments where rights are violated (enabled or not enabled) and that are based on evidence

Civil Society Dialogue CICAD 62

Gracias.



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