



Aspects of Intravenous Drug Use and Decreasing Transmission of Communicable Diseases

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Conflict of Interest Disclosure Statement

- The presenter has no conflicts to declare.

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Use of Trade/Brand Names

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Learning Objectives

- 1. Describe harm reduction in the settings of substance use and HIV**
- 2. List at least three approaches to reducing risk and harm in individuals who inject drugs**
- 3. Apply strategies and principles of risk and harm reduction in the setting of Texas**

HARM REDUCTION RISK REDUCTION



Harm reduction is a proactive and evidence-based approach to reduce the negative personal and public health impacts of behavior associated with alcohol and other substance use at both the individual and community levels.

-SAMHSA

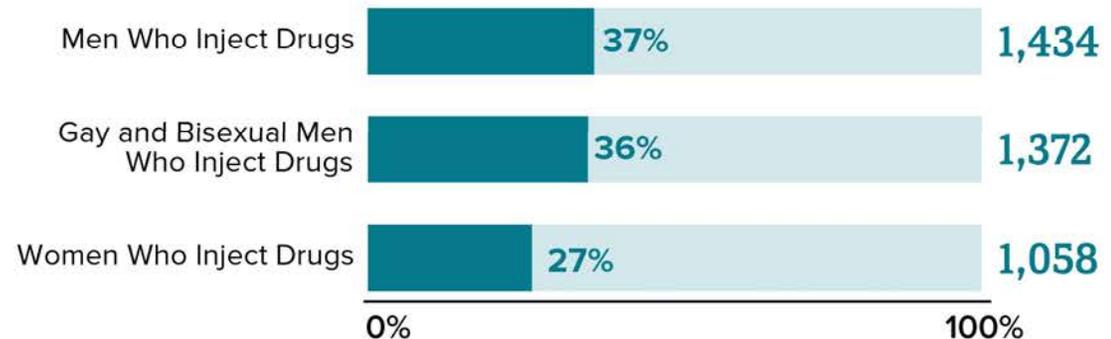


HIV and PWID (CDC data)

- Data for 2020 should be interpreted with caution due to the impact of the COVID-19 pandemic on access to HIV testing, care-related services, and case surveillance activities in state and local jurisdictions. While 2020 data on [HIV diagnoses](#) and [prevention and care outcomes](#) are available, we are not updating this web content with data from these reports.

New HIV Diagnoses Among People Who Inject Drugs in the US and Dependent Areas by Sex, 2018*

Among people who inject drugs, most new HIV diagnoses were among men.

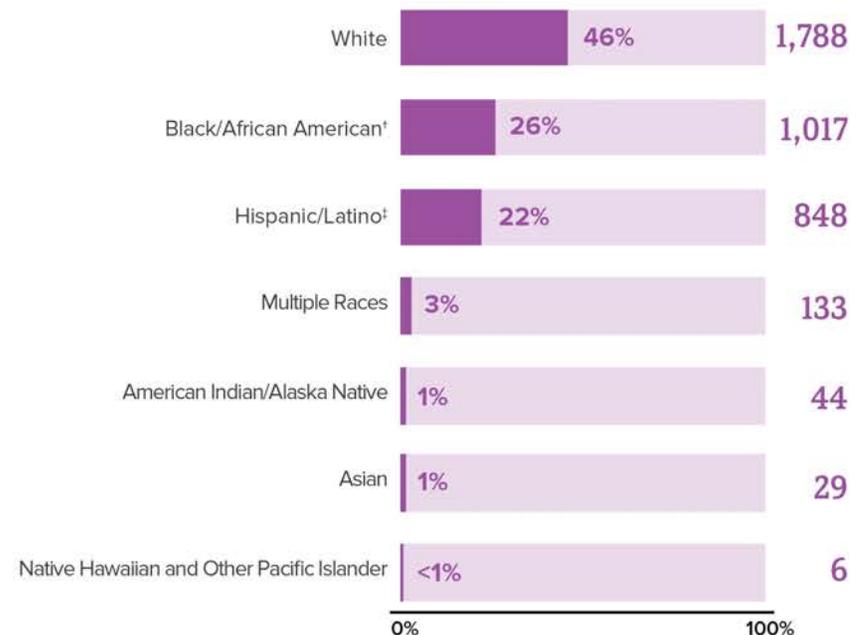


* Based on sex assigned at birth and includes transgender people.

Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.

New HIV Diagnoses Among People Who Inject Drugs in the US and Dependent Areas by Race/Ethnicity, 2018*

White people accounted for the highest number of new HIV diagnoses among people who inject drugs.



* Includes infections attributed to male-to-male sexual contact *and* injection drug use (men who reported both risk factors).

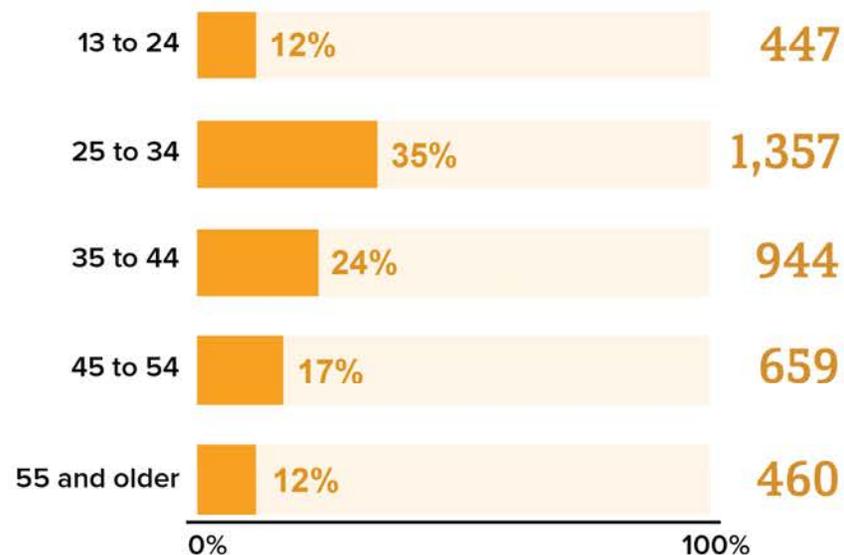
[†] *Black* refers to people having origins in any of the Black racial groups of Africa. *African American* is a term often used for people of African descent with ancestry in North America.

[‡] Hispanic/Latino people can be of any race.

Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.

New HIV Diagnoses Among People Who Inject Drugs in the US and Dependent Areas by Age, 2018*

People aged 13 to 34 made up nearly half of all new HIV diagnoses among people who inject drugs.



The numbers have been statistically adjusted to account for missing transmission categories. Values may not equal the total number of PWID who received an HIV diagnosis in 2018.

* Includes infections attributed to male-to-male sexual contact *and* injection drug use (men who reported both risk factors).

Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.

Syringe Sharing Among People Who Inject Drugs in 23 US Cities, 2018

Sharing needles, syringes, or other drug injection equipment puts people who inject drugs (PWID) at high risk for HIV and other infections.

 32% of PWID shared syringes

Syringe sharing is more common among young people.

 48% of people aged 18 to 24 shared syringes

 44% of people aged 25 to 29 shared syringes

 39% of people aged 30 to 39 shared syringes

 30% of people aged 40 to 49 shared syringes

 23% of people aged 50 and older shared syringes

Source: CDC. HIV infection risk, prevention, and testing behaviors among persons who inject drugs—National HIV Behavioral Surveillance: injection drug use – 23 U.S. Cities, 2018. *HIV Surveillance Special Report 2020*; 24.

Receipt of Syringes from Syringe Services Programs Among People Who Inject Drugs in 23 US Cities, 2018

Syringe services programs (SSPs) are effective at reducing syringe sharing and most provide HIV testing and linkage to care.



of PWID reported getting syringes from SSPs

Source: CDC. HIV infection risk, prevention, and testing behaviors among persons who inject drugs—National HIV Behavioral Surveillance: Injection drug use – 23 U.S. Cities, 2018. *HIV Surveillance Special Report* 2020; 24.

Access to Medication-Assisted Treatment Among People Who Inject Drugs in 23 US Cities, 2018

Medication-assisted treatment (MAT) can lower HIV risk among PWID by reducing injection drug use.

 28% of PWID tried but were unable to get medicine for opioid use treatment

Source: CDC. HIV infection risk, prevention, and testing behaviors among persons who inject drugs—National HIV Behavioral Surveillance: Injection drug use – 23 U.S. Cities, 2018. *HIV Surveillance Special Report* 2020; 24.

HIV Testing Among People Who Inject Drugs in 23 US Cities, 2018

People who inject drugs (PWID) should get tested for HIV at least once a year.



of PWID tested for HIV in the past 12 months

Source: CDC. HIV infection risk, prevention, and testing behaviors among persons who inject drugs—National HIV Behavioral Surveillance: injection drug use – 23 U.S. Cities, 2018. *HIV Surveillance Special Report* 2020; 24.

Selected Characteristics Among PWID With HIV in 23 US Cities, 2018

Social and economic factors may limit access to HIV treatment services among PWID with HIV.



reported being homeless



reported being incarcerated



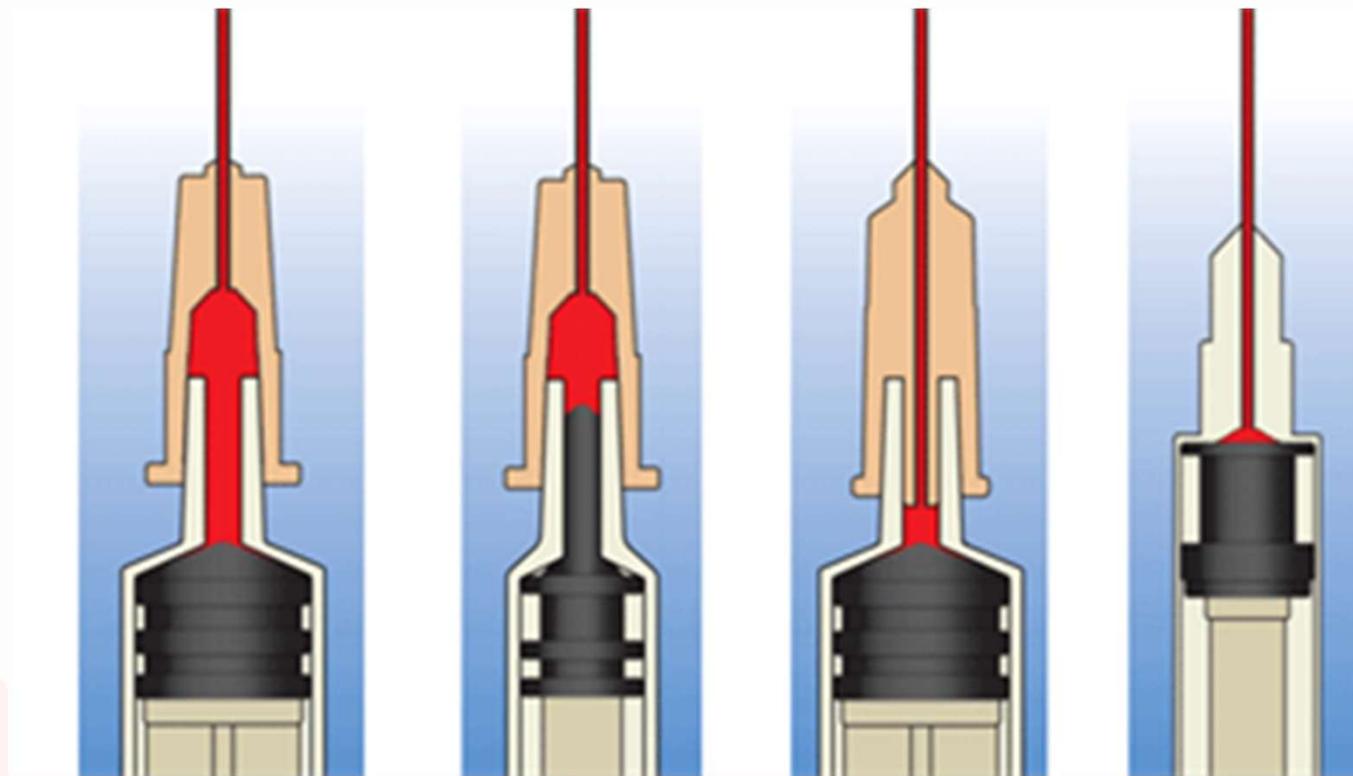
reported having no health insurance

Source: CDC. HIV infection risk, prevention, and testing behaviors among persons who inject drugs—National HIV Behavioral Surveillance: injection drug use – 23 U.S. Cities, 2018. *HIV Surveillance Special Report 2020*; 24.

Hepatitis C and PWID

- In 2010, study found that HCV remained active for up to **63 days** in tuberculin syringes
- In 2015, a study found that larger syringes with more **dead space** are more likely to harbor active HCV for longer
- Successful syringe exchange programs have reduced circulation time of used syringes from **23.5 days to <3 days**
- In 2018, study found that HCV was still being transmitted even with access to sterile syringes and needles, studies pointed to **“whole kit”**, cookers, filter cotton, and water.

Dead space (highest to lowest)



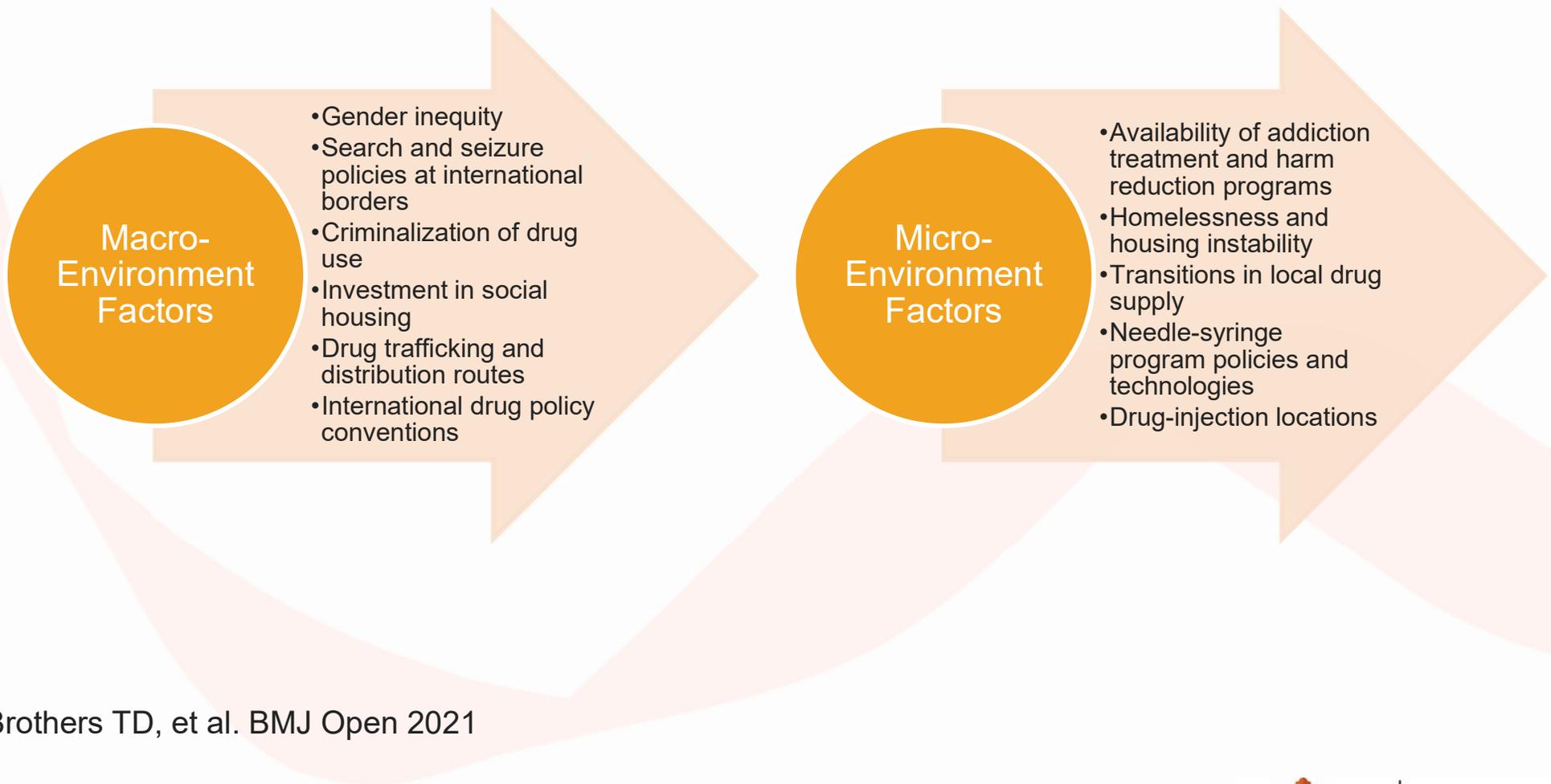
<https://arc-w.nih.ac.uk/research/projects/low-versus-high-dead-space-syringes-user-preferences-and-attitudes/>

Bacterial and Fungal Infections

- Skin, soft tissue, bone and joint infections are the primary reason PWID engage with the health care system and are a significant source of morbidity and mortality
- A recent modelling study suggests that one in five PWID in the USA may die of infective endocarditis alone over the next 10 years.
- What is injected could impact health outcomes
 - Cocaine causes vasoconstriction, tissue necrosis
 - Methamphetamines may impair immune response
 - Tar Heroin could increase anaerobic infections, gangrene

INTERVENTION

Risk environment



Brothers TD, et al. BMJ Open 2021

Risk environment

Individual-level factors and behaviors

- Skin cleaning
- Hand washing
- Injection frequency
- SC or IM injection
- Receptive sharing of injection equipment

Drug injection

- Drug acquisition
- Drug preparation
- Drug injection
- Treatment of infection
- Long term health outcomes

Brothers TD, et al. BMJ Open 2021

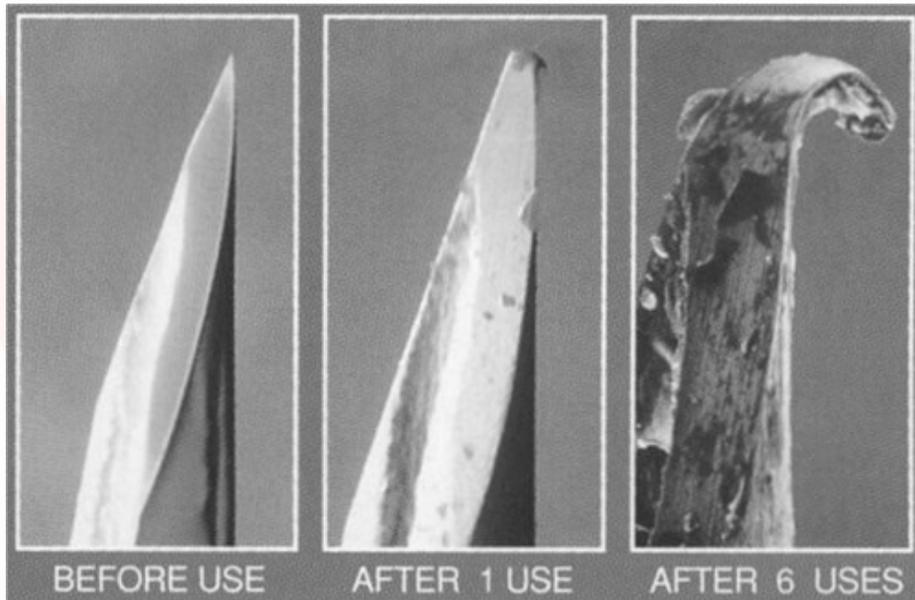
Areas of intervention

- Preparing hands
 - Access to clean soap and water
 - Alcohol swabs/pads
- Selecting cooker
 - One-use spoon
 - Steel cooker
 - Aluminum rinse caps
- Adding water
 - Sterile water or Saline
- Filtering
 - Wheel filter
 - Pluggable filter
 - New, clean cotton (can not be sterilized)
- Choosing syringe and needle
 - Low dead space
- Raising vein
 - Tourniquet
 - Vein finder
 - Hydration, warm up
- Disposal
 - Sharps container
 - Thick-walled plastic bottle (detergent)
 - Drug disposal (Dterra, Drug take back)
- Caring for soft tissue
 - Antibiotic ointment
 - Soap and water
- Preventing Overdose/poisoning
 - Naloxone
 - Fentanyl test strips
- Safer Sex
 - Condoms (female and male), lubricant
 - HCV, HIV yearly testing (FDA approved home test \$60-170)
 - PrEP and PEP (pre-exposure prophylaxis and post exposure prophylaxis)
- Medication opioid use disorder (MOUD)
 - Buprenorphine, Methadone, Naltrexone

SAMHSA will distribute \$10 million between 2022-2025. Per SAMSHA 25 grants have been awarded so far.

When reuse is the only option

CDC recommends cleaning needles and syringes with bleach... but how??



1. draw up clean water (all the way) and shake. This will break down any excess blood that is in the set. Do this three times. You'll want to dump this water that you've just used because it's loaded with bacteria.

2. Then use full strength bleach 3 times and shake for 30 seconds each time, (this will kill the remaining bacteria including HIV).

3. Then draw up clean water again 3 times to get all the bleach out (you don't want to inject bleach).

Bleach Can NOT be used to clean water or cotton

<https://www.northcarolinahealthnews.org/2013/05/15/house-passes-syringe-bill-governor-signs-good-samaritan-into-law/>

<https://www.nchrc.org/harm-reduction/safer-injection-drug-use/>

<https://www.cdc.gov/hiv/pdf/library/consumer-info-sheets/cdc-hiv-consumer-info-sheet-injecting-drugs-101.pdf>



Insite Safe Injection Clinic, Vancouver, B.C, May 22, 2011



Harm Reduction Safer Injection Kit

Limited supply available.

These kits are meant to provide basic [harm reduction](#) supplies to lower the risk of [HIV](#) and [HCV](#) by providing safer-injection supplies, and are intended for people who inject substances, as well as Tribal organizations and nonprofits in Alaska.

Visit the [National Harm Reduction Coalition](#) and check out their [Injection Safety Manual](#) for more information on safer-injection supplies.

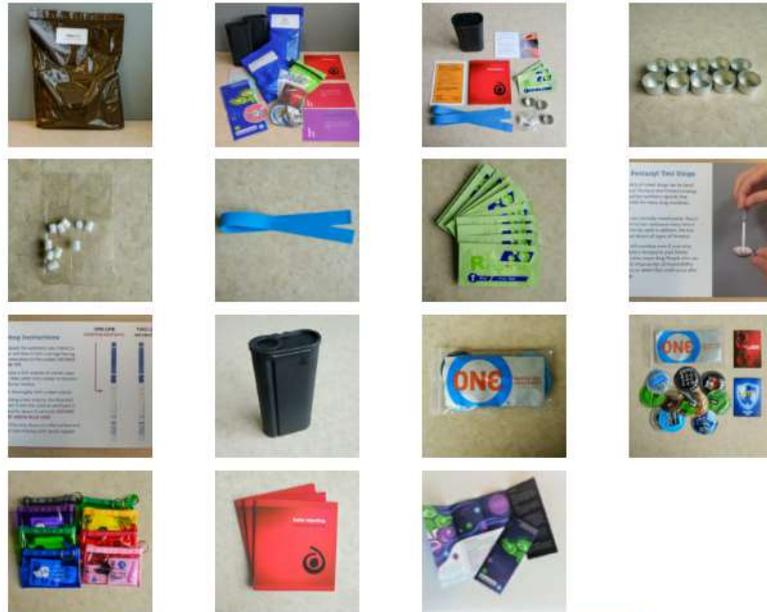
Limit of five kits per order.

In stock (can be backordered)

ORDER NOW

Alaska Based
<https://www.iknowmine.org/product/harm-reduction-kit/>

<https://www.iknowmine.org/wp-content/upload>





<https://www.nytimes.com/2021/11/30/nyregion/supervised-injection-sites-nyc.html>
Nov 30, 2021 – Nation's First Supervised Drug Injection Sites Open in New York

Losing ground??

POLICY-ISH

Indiana Needle Exchange That Helped Contain A Historic HIV Outbreak To Be Shut Down

Updated June 3, 2021 - 11:24 AM ET ©
Heard on Morning Edition

MITCH LEGAN

FROM [wfiu](http://wfiu.org) | wfiu.org

2-Minute Listen

+ PLAYLIST



...In 2015, a total of 235 people [became infected](#) with HIV over the course of the outbreak, most of them within the first year. In all of 2020, there was one new case. Health officials credit the needle exchange for the dramatic drop-off in cases.

But with cases the lowest in years, Scott County commissioners voted 2-1 on Wednesday to end the program...

The county's One-Stop Shop in Austin, Ind., provides testing for HIV, hepatitis C or sexually transmitted infections. There's food and the people who work there can connect users with health insurance, housing and recovery opportunities. It serves around 170 people a month.

Naloxone



Alaska: “opioid emergency kit”
naloxone, 8 mg, two sharps containers, gloves, CPR masks, and instructions about naloxone, and resources on opioid overdose



Austin, TX
Narcan Vending Machine!

HOW DOES TEXAS MEASURE UP?



Texas Legislation – Good Samaritan

- Most states and the District of Columbia have enacted Good Samaritan Laws, and these laws have not resulted in an increase in drug use, and opioid-related overdose deaths decreased by as much as 15 percent.
- 2015, HB 225, Good Samaritan Bill
 - Passed the Texas House and Senate, but was vetoed by Governor Abbott because he contended it did “not include adequate protections to prevent its misuse by habitual drug abusers and drug dealers.”
- 2021, HB 1694, Good Samaritan or Overdose bystander law?
 - Texas statutory exceptions to penalties regarding to punishment of drug possession
 - You cannot have called 911 within the last 18 months.
 - You cannot have ever used the bystander overdose defense before.
 - You cannot have called for another overdose within 12 months
 - You cannot have been convicted of a felony

- In Texas, a person may be charged with possession of drug paraphernalia if they knowingly own, use, or possess with the intent to use these types of products or any other items that may be used to ingest, inhale, inject, manufacture, process, store, package, or conceal controlled substances. This is a Class C misdemeanor, and a conviction can result in a \$500 fine.
- Broad law leaves it up to interpretation for Law Enforcement

Legislation Changes that could improve public safety and health in Texans

Repeal

- Drug Paraphernalia Laws

Authorize

- Syringe Services Programs

Enact

- Overdose Good Samaritan Law without Caveats

Expand

- Access to HCV (Hepatitis C) Treatment
- Access to HCV and HIV home testing

Expand

- Access to Medical Treatment for Substance Use Disorders

Increase

- Reimbursement
- Expand Medicaid

Advocacy



Get involved in your state, regional, or local medical or practice specialty societies



Know what is on the ballot and in legislative sessions

Champion advances that are evidenced based
Vote



Become active in organizations that can help lobby for change

Summary

- Reviewed the principles of risk reduction/harm reduction as it related to persons who inject drugs
- Reviewed statistics regarding the relationship and intersection of communicable disease such as HIV and Hepatitis as it relates to persons who inject drugs
- Discussed interventions and action items that could reduce the transmission of said communicable disease in PWID.

Get

Get a Mentor/Be a Mentor

<https://pcssnow.org/mentoring/>

Connect

Connect with your regional OSAR

Outreach, screening, assessment and referral
OSAR can be the starting point for individuals who want help accessing substance use services but are unsure where to begin.

OSAR Services are incorporated into Local Mental Health Authorities (LMHA)/Local Behavioral Health Authorities (LBHA) across the 11 Texas Health and Human Services Regions.

Learn

Join ECHO

- Be Well Texas
- <https://c-stat.uthscsa.edu/>
- <https://echo.unm.edu/>

Attend Conferences

State

Texas Targeted Opioid Response

Prevention
Treatment
Recovery

State Targeted Response Technical Assistance Consortium (STR-TA)

- <https://opioidresponsenetwork.org/>
- ORN has consultants in all 50 states and 9 territories
- Provides trainings and educational needs to address OUD and stimulant use disorder



Resources



Resources

- nasen.org/map
- National Harm Reduction Coalition
- Texas Harm Reduction Alliance (harmreductiontx.org)
- UT Health San Antonio School of Nursing, “MoreNarcainPlease.com”
- TONI (Texas Overdose Naloxone Initiative)
- My Health My Resources of Tarrant County
- <https://www.thewellproject.org/hiv-information/cleaning-equipment-injecting-drugs>



Resources

- National Clinician Consultation Center
<http://nccc.ucsf.edu/>
 - HIV Management
 - Perinatal HIV
 - HIV PrEP
 - HIV PEP line
 - HCV Management
 - Substance Use Management
- AETC National HIV Curriculum <https://aidsetc.org/nhc>
- AETC National Coordinating Resource Center
<https://targethiv.org/library/aetc-national-coordinating-resource-center-0>

