

Harm Reduction : Strategies and Solutions for a Safer Community

Please use “People Who Use Drugs” (PWUD)!

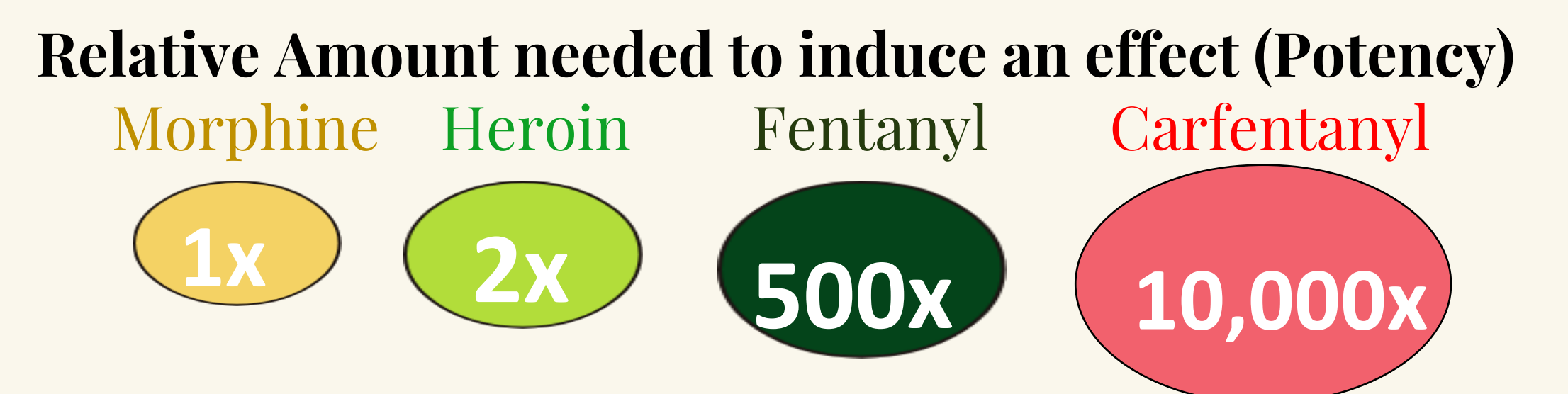
undergraduate poster showcase



OPIOIDS (Morphine, Heroin, Fentanyl, Carfentanyl)

The opioid crisis

- Complex public health issue.
- Factors leading to the opioid crisis include:
 - High rates of opioid prescribing
 - The emergence of strong synthetic opioids in the illegal drug supply (fentanyl and carfentanyl)

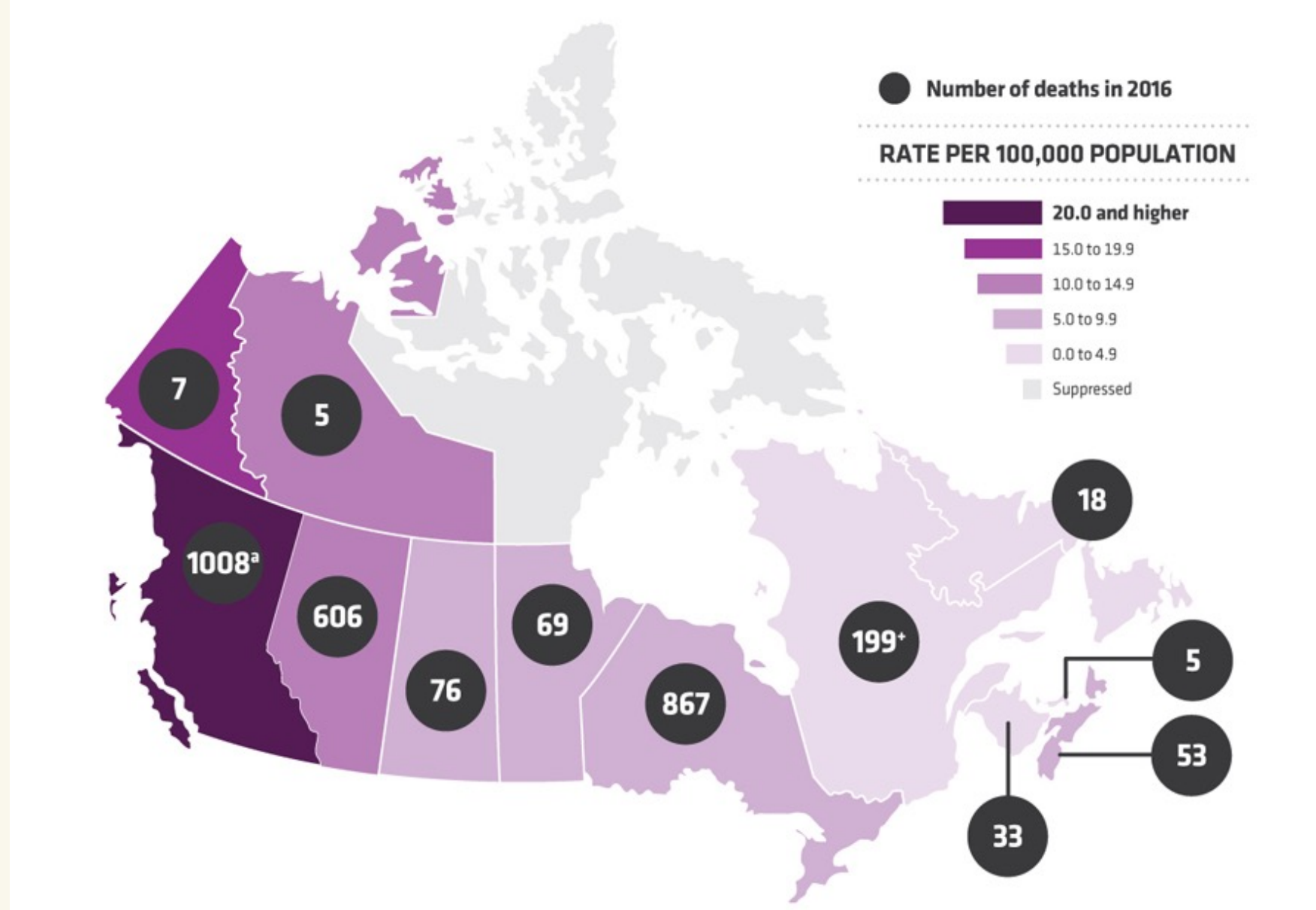


OVERDOSE
3 MAIN SIGNS & SYMPTOMS

1. Not arousable/cannot be woken
2. Decreased respirations, shallow
3. Pinpoint pupils

WHAT TO DO?

- Stay calm. Stay with person. Use their name. Tell them to breathe
- Call 911 and tell them the person is not breathing
- When paramedics arrive tell them as much as you can about drugs and dose consumed
- Use naloxone if available



Moderate to high addiction potential

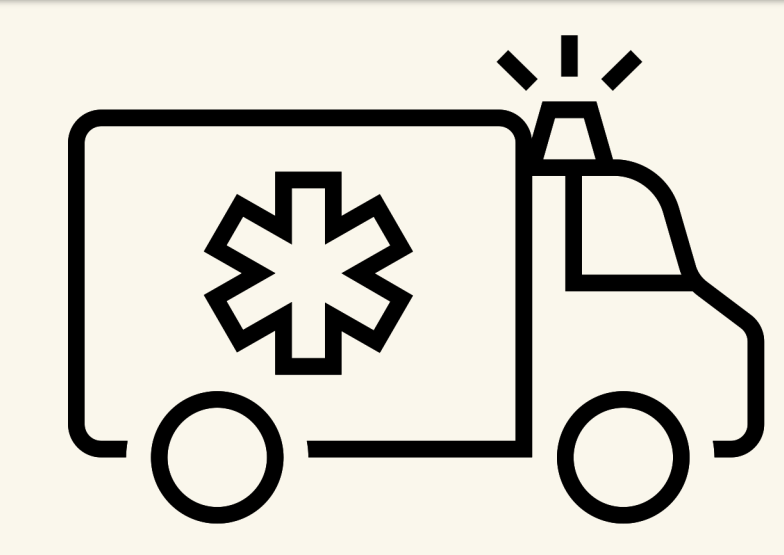
STIMULANTS

Cocaine, Crack & Amphetamines (e.g., Ritalin, Vyvanse, Adderall)

Harm Reduction Tips

- ✓ Acquire **new material** as needed
- ✓ **Avoid sharing material** (e.g., pipe, needle)
- ✓ Visit supervised injection sites (SIS) if possible
- ✓ Test for **contamination** (e.g., fentanyl test strips)
- ✓ **Safety: ALWAYS** have a naloxone kit on you for yourself (e.g., fentanyl contamination -> Overdose) or others

“High”	Manifestations	Withdrawal/“down”
➤ Feeling alert/confident	➤ Chest pain ➤ Flushed skin ➤ Seizures ➤ Fluctuating consciousness	➤ Depression ➤ Anxiety ➤ Lack of energy



What to do?

- ✓ Stay calm + ensure the scene is safe
- ✓ Call 911
- ✓ Administer Naloxone (if it is available)
- ✓ Wait with the person or leave
- ✓ You are under no obligation to STAY or DO anything

“Estimates are that **up to 20% of college students abuse prescription stimulants**, most often by ingesting medications not prescribed to them.” (Kennedy, 2018)

There is currently no treatment for stimulant overdose or stimulant addiction.

NALOXONE – opioid antidote!

- Temporarily reverse the effects of opioid overdoses
- Available as an injection or a nasal spray
- Fast acting (2-5 minutes)
- Only active 20-90 minutes -> symptoms may reappear + do not consume more drugs for at least 2 hours
- Available at any pharmacy, community centers, or visit : [Santé Québec: Obtain a Naloxone kit near you](#)



ALCOHOL

Depressant leading to...

- **Short-Term Manifestations** 🤪 problem w/ decision making, trouble sleeping, digestion issues, difficult coordination & slower reflexes, etc.
- **Long Term Manifestations** 😞 misuse disorders, depression & anxiety, heart conditions, cancer, liver and pancreas problems, etc.

Harm Reduction Tips

- ✓ **What is a standard drink?** 🍷
- ✓ Have food before and after consuming alcohol 🍷🍔
- ✓ Drink water to prevent dehydration from alcohol 💧
- ✓ Reduce consumption of carbonated drinks 🍹
- ✓ **SAFETY** ▶ Inform people where you're going, don't leave your friends alone, charge your cell phone before going out and plan your way to go home

RESOURCES IN MONTREAL

Sterile material distribution, Recovery of used material, Nursing consultations, Screenings, Referrals, STI testing

Know your standard drinks.

- 1 WINE 13% alcohol 100ml average serving
- 1 SPIRITS 40% alcohol 30ml nip
- 1 FULL STRENGTH BEER 4.9% alcohol 285ml glass



REFERENCES

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Health Canada. (2022, November 15). *Get help with substance abuse*. Canada.ca. <https://www.canada.ca/en/health-canada/services/substance-use/get-help-problematic-substance-use.html>

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