

# THE ROLE OF THE NURSE IN HARM REDUCTION

ARD LLUÍS COMPANYS-CREU ROJA

HIV Nursing 2019

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# WHAT IS HARM REDUCTION?

Set of policies and programs that aim to reduce the negative consequences of drug use.

General objectives:

- Prevent overdoses derived from drug use.
- Reduce mortality and morbidity.
- Prevent infectious diseases.
- Linking to the health public system and adherence to treatments.
- Reduce social exclusion.
- Improve Life Quality.

# WHO DO WE ATTEND TO?

- People who use active drugs.
- Population at risk of social exclusion (homeless, prostitution, squatters ...)



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# WHERE WE WORK

Entry



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# WHERE WE WORK

The club



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# WHERE WE WORK

Shower and laundry area



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# WHERE WE WORK

Consumption room

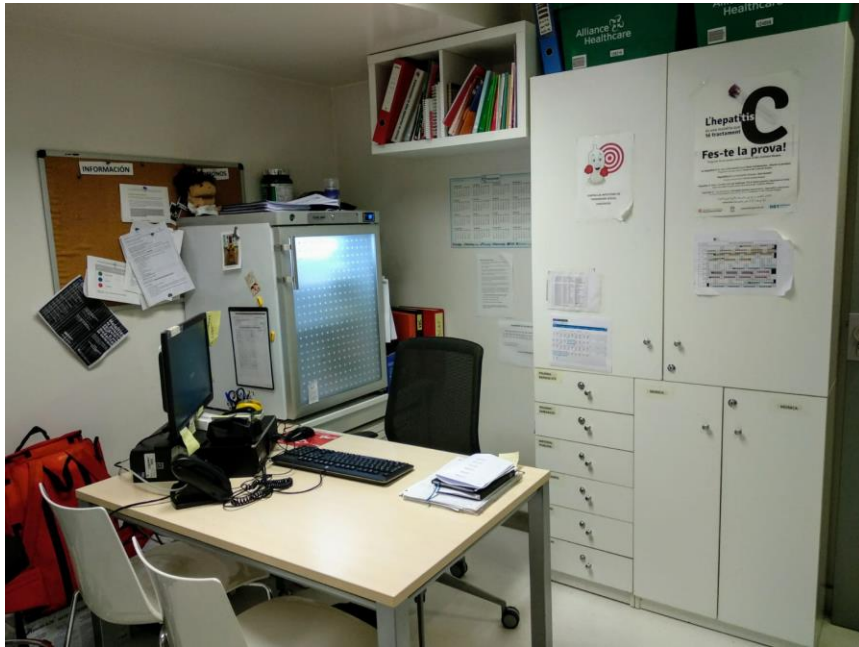


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# WHERE WE WORK

## Nursery



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# WHERE DO WE WORK?

Workshop room



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# THE NURSE IN ARD

Nursery:

- Blood test.
- Rapid test (HIV, HCV and Syphilis).
- Vaccines.
- Supervised medication: HIV, HCV and chronic treatment.
- Tuberculin test.
- Basic nursing cures: abscesses, wound sutures etc.
- Individual and group health education as hygienic venipuncture workshops and overdose prevention workshops.

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# THE NURSE IN ARD

Consumption room:

- Supervision of consumption.
- Help in the search for venous access.
- Overdose attention.
- Hygiene consumption education.

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**HIV**

PREVENTION

DIAGNOSIS

TREATMENT AND  
MONITORING

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# PREVENTION

Needles delivery and collection program: provide sterile needle and other items necessary for hygienic injected consumption and encourages the return of used syringes.

During 2018, 22354 syringes were delivered and returned to our 6884 service.



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# PREVENTION

Consumption room: Socio-sanitary space for hygienic users of drugs, where the person can consume with intimacy and under nursing supervision. Nurse can offer help in case of need and thus improve the practice of hygienic venipuncture to prevent infections and organic complications.

During 2018, 2284 people used the room, of which 397 needed help in the search for venous access.

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# PREVENTION

Health Education:

- Safe sex.
- Workshops of hygienic venipuncture.
- Programs snowball.
- Interactive activities related to HIV.
- Assemblies to solve doubts.

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# DIAGNOSIS

Rapid test



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# DIAGNOSIS

Blood test: serology and viral load

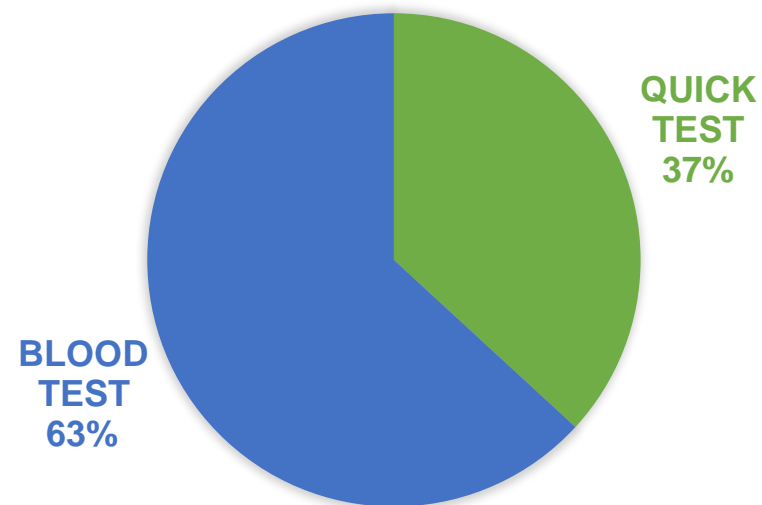
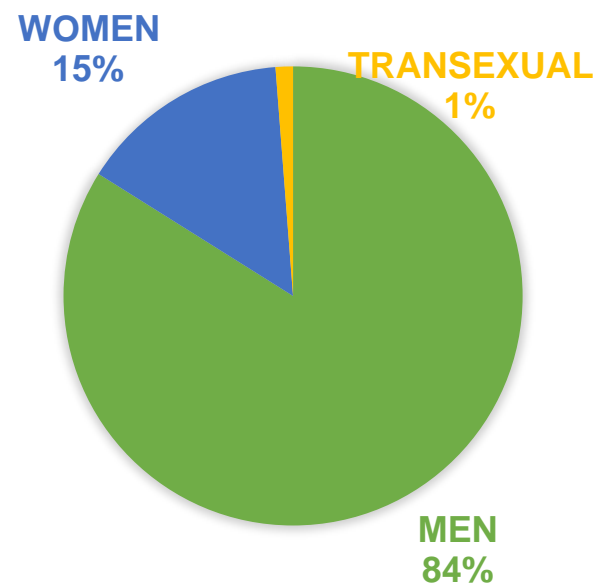


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# DIAGNOSIS

In 2018, a total of 114 HIV screenings were performed, two of them with a POSITIVE diagnosis.



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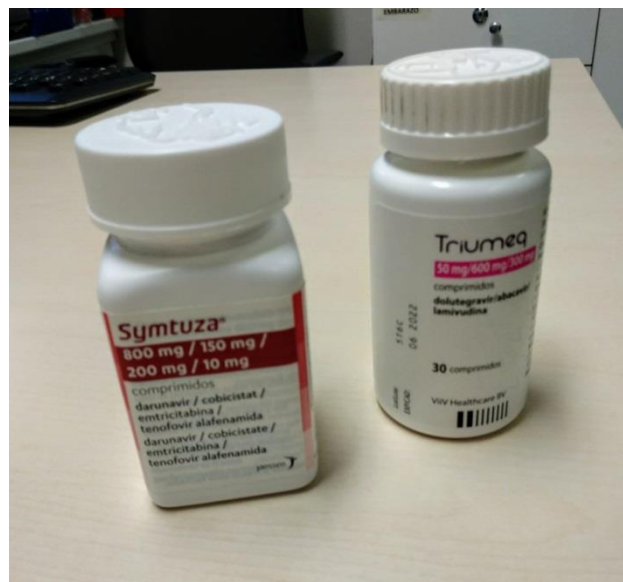
# TREATMENT AND MONITORING

## Treatment:

- Confirmation of diagnosis and viral load.
- Referral to Infectious Medicine unit.
- Adherence treatment.
- Supervision of treatment taking.
- Side effects control.
- Accompaniment to visits with specialists and for the collection of drugs.

# TREATMENT AND MONITORING

During 2018, 3639 nursing visits were made, with a total of 713 due to STD and Infectious Medicine. 261 visits were for delivery and supervision of TARGA treatment.



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# CONCLUSION

The existence of harm reduction resources is of vital importance, since the population we work with has a high incidence of HIV infection and from these centers access to early diagnosis and treatment follow-up is facilitated.

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Injecting drug use should not be seen as a criminal act, but as a major public health issue. We have a responsibility to safeguard the well-being of drug users and allow them to minimize harm to themselves and others by offering simple life-saving services and continuous support.



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# Thank you



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