Involving the network of drug abuse care centres of Catalonia in a take-home naloxone programme

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Main operational aim: To achieve a high coverage of drug users trained on overdose prevention and response (OP&R)

Methodology: To implement systematic group and individual training activities among opioid and stimulant drug users attending centres from the Network of Drug Abuse Care Services from Catalonia. In order to do so, 5 main activities were planned:
- On site and on line training for all professionals on OP&R
- All centres were asked to draw up a protocol on OP&R
- Every centre had to choose a key person responsible for the project implementation
- Yearly training coverage objectives were set
- A Manual to carry out the project was published

Results
The programme started in 2008 in Harm Reduction Services and currently is implemented in 26 out of 26 services (100% participation), in 2010 started in Therapeutic Communities: 15/17 centres (88 % participation), in 2011 in Drug Treatment Centres: 23/64 centres (36 % participation), in 2013 in Detox Hospital Units: 5/10 Units, (50 % participation). Not yet started in Dual Diagnosis Units and prisons

### Evaluation:
A quasi experimental pre-post study with comparison group. 2 Dependent variables: 1)number of adequate and 2)number of inadequate knowledge of reasons for overdose or actions to undertake in case of witnessing an overdose.

<table>
<thead>
<tr>
<th>Year</th>
<th>Pre-Intervention</th>
<th>Comparison Group</th>
<th>Intervention Group</th>
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</thead>
<tbody>
<tr>
<td>2008-2009</td>
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<td>2010-2011</td>
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<td>aRR</td>
<td>CI 95%</td>
<td>aRR</td>
<td>CI 95%</td>
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<tr>
<td>Pre-Intervention</td>
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<td>1.10-1.19</td>
<td>0.77</td>
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<td>Comparison Group</td>
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<td>0.80-1.43</td>
<td>0.80-1.37</td>
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<tr>
<td>Intervention Group</td>
<td>1.30</td>
<td>0.80-1.43</td>
<td>0.38</td>
</tr>
</tbody>
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Conclusions of the evaluation
Systematic prevention courses about overdose prevention:
1. Increase the knowledge in IDUs and a high percentage of IDUs trained use naloxone when they witness an overdose.
2. Could produce that IDUs population as whole gains knowledge in terms of overdose prevention.

Lessons learned from the project:
- Awareness on overdose risk and motivation to do OP&R is still low among some Drug users and also among many professionals working in addiction treatment schemes.
- Abstinence orientated services and prisons are reluctant to provide the kit of Naloxone, even though loss of tolerance is probably the highest risk factor

40% of IDUs who received naloxone and witnessed an overdose had used the naloxone kit

Mean of a) adequate and b) inadequate risk factors to prevent an overdose or actions to reverse or minimize effects of an overdose cited, in the pre-implementation of systematic preventive training group, in comparison group and in intervention group.

Recommendations:
- In order to increase coverage and to reach the Drug users with higher risks, two interventions should be considered: 1) shorter and more flexible training interventions, 2) involve peers in training
- To explore why some trained users do not use or carry naloxone with them or do not do other key actions when witnessing and overdose
- All patients on Opiate Substitution Treatment should be trained
- All drug care centres should systematically assess the overdose risks of their clients