

NALOXONE OPEN DAY

We would like to invite service users, friends and family members to a Naloxone Overdose Awareness Open Day on Thursday, 3rd December 2015 from 9.30am to 4pm at Lochfield Primary Care Centre (you can find us upstairs).

During the Naloxone Open Day there will be an opportunity to practice CPR and what to do in an overdose situation, discuss overdose risks, signs and symptoms. Explore high risk times and situations for overdose. Look at the drugs most often involved in drug overdoses. Naloxone supplies may be issued to service users. Also please drop in if you need a resupply of Naloxone or feel you would benefit from having a spare kit or would like an overdose training refresher.

PEER NALOXONE TRAINING

Naloxone is an opiate blocker which when administered can reverse the effects of an opiate overdose and potentially save a life.

Individuals at risk of over dose can be those who:

- Are poly substance users;
- Have access to opiates prescribed and non prescribed;
- Reduced tolerance – prison releases, recent periods of abstinence;
- Not in service.

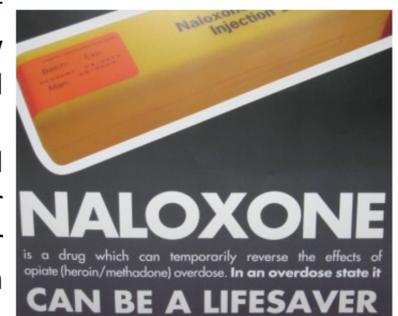
Naloxone kits are currently offered to Service Users, families and friends.

The Peer Naloxone Training is a project that has been rolled out in Glasgow with great success (please see below for some feedback from a Naloxone Peer Educator). In Dumfries and Galloway

the opportunity has arisen for individuals to become Naloxone Peer Trainers.

Individuals will complete a 4 day training course which will enable them to become Naloxone Peer trainers. Naloxone Peer Trainers will be able to promote Naloxone, raise awareness of Overdose causes and prevention and be trained in the administration of Naloxone to fellow peers, family and friends.

If you are interested please speak to your named nurse or contact the service on 01387 244555.



FEEDBACK FROM A NALOXONE PEER EDUCATOR

"I have been involved with the Naloxone peer education for 18 months now and some of the underlying issues surrounding this.

"Delivering the training has helped me build my confidence and self esteem, it has greatly increased my communication skills and has been valuable in my own personal development. "I have been able to utilise these skills in my own recovery which has allowed me to start applying for full-time jobs working in the Recovery/Care field."

Paul

Peer Naloxone educator involved with North East Recovery Community

CELEBRATING EXCELLENCE

Members of our team were nominated for the “Working in Partnership Award” at the recent NHS Dumfries & Galloway Celebrating Excellence Awards for 2015. Brian Carruthers, Lewis Fergusson and Jade Thompson were recognised for their work in promoting the take home naloxone project working with service users, their families and colleagues in other services.

We were delighted to find out that we were the winners in their category when they were presented with the award at the celebration event in Easterbrook Hall, a fitting recognition for all their hard work.



SCOTTISH DRUGS FORUM SURVEY

You may remember that the Scottish Drug Forum ran a survey of our Service that included survey forms and meetings with service users and staff. The final feedback and report has provided us with really useful suggestions of how we could improve our Service. One key thing you asked us to improve was how we explain decisions about your treatment

plans especially decisions about changes in your medication and access to detox and reduction plans. Your named nurse will write to you when decisions are made about your treatment plan and we hope that this will help make the reasons behind decisions clearer but also make it easier for you to ask questions if you're still unsure about your plan.

BOTULISM

There have been four new cases of suspected wound botulism in Scotland since October 2015. All cases presented with clinical features consistent with wound botulism, and all involve people who inject drugs.

Signs and Symptoms

Botulism infection can result in paralysis or partial paralysis of the body. This can be in a wide range of areas of the body and so there is a wide range of possible symptoms.

Botulism may be life threatening if not treated.

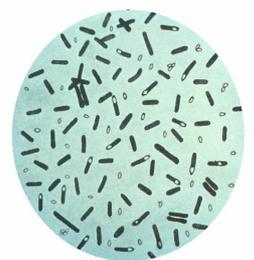
- blurred speech
- difficulty swallowing
- difficulty with tongue and lip
- blurred or double vision
- dropping or falling of the upper or lower eyelid
- extreme weakness
- inflammation at the injection site
- paralysis can affect the legs, the arms and muscles that control breathing

Harm Reduction Advice

If you choose to inject please be cautious and speak with your named nurse for advice if you are unsure.

Smoke drugs as an alternative (foils are available from reception or outreach worker)

If possible, stop use all together (to refer yourself to the NHS Specialist Drugs and Alcohol Service please call 01387 244555)



If you have any concerns regarding this please speak with your named nurse or GP.

(Scottish Drug Forum)

Contact us
intheknow@nhs.net
01387 244555