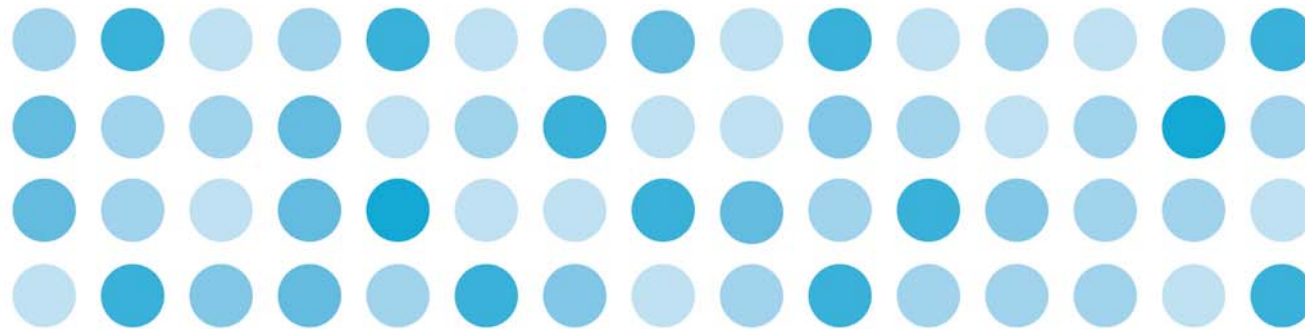


25-26 October 2010
Melbourne Cricket Ground



Anex 2010

AUSTRALIAN DRUGS CONFERENCE

Public Health and Harm Reduction

Purple Hazelwood



**HEALTH.
WELLBEING.
EVERYONE.** WESTERN
REGION
HEALTH
CENTRE

health  works

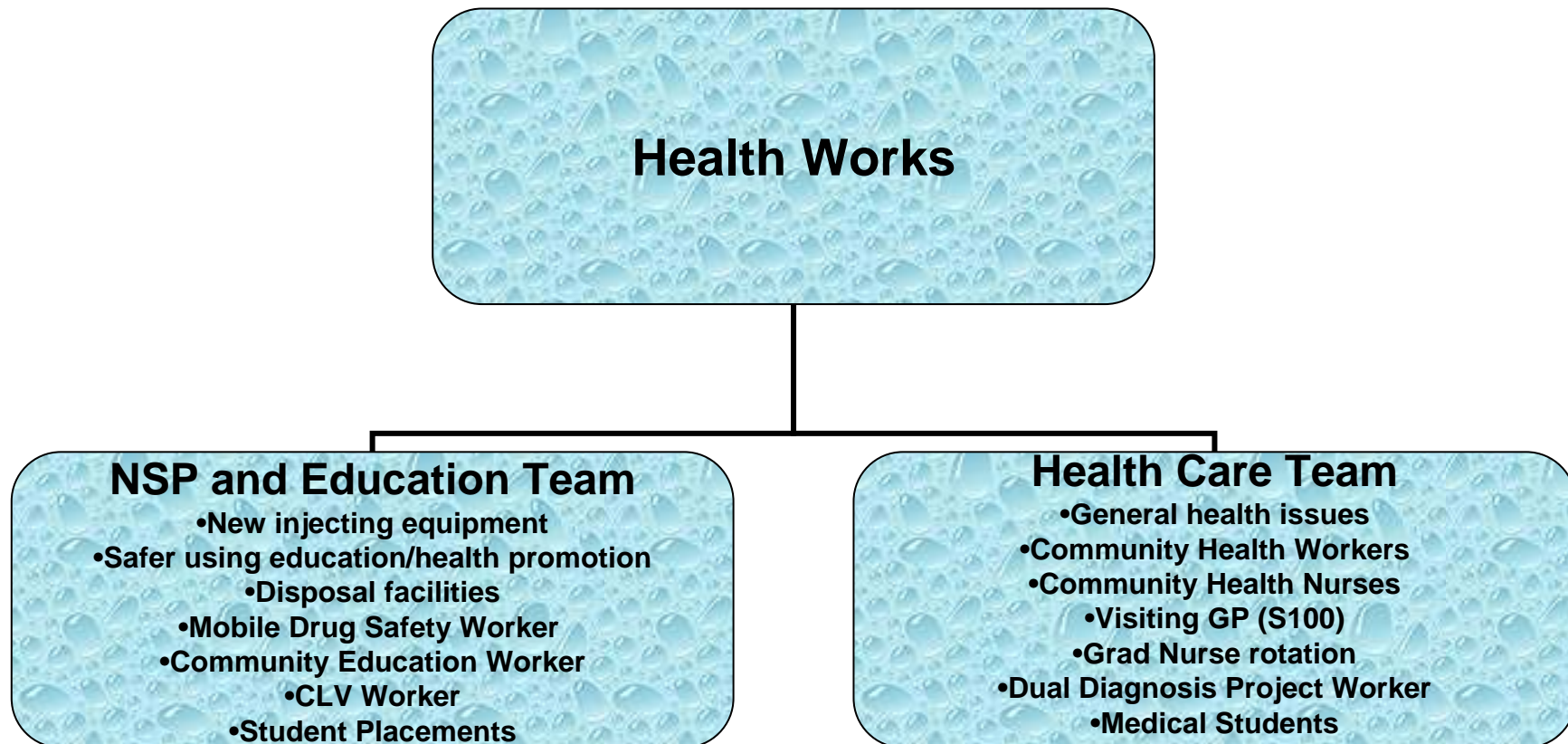
Health from the
Pointy End ==>>>

Health Promotion at
Health Works

Health Works - History

- Originally Needle Syringe Program (NSP) only (WRAP)
 - Opened in 1991
- Program of Western Region Health Centre since 1997
- Health Works established Dec 2001
- Current site opened Feb 2004

Health Works is strongly committed to Harm Reduction, Community Development, the Social model of health and a multidisciplinary team approach



Campaign **PLANNING** Group

Aim: To plan and coordinate health promotion campaigns for Health Works.

Each year the campaign plan should;

- Have a harm reduction focus
- Allow for flexible responses to issues arising
- Have client input/consultation
- Where possible in line with State, National and International health promotion events
- Include staff input/feedback
- Include evaluation processes
- The group is not solely responsible for the execution of campaigns.

All Health Works staff are expected to actively participate in these campaigns.

HEALTH WORKS
Campaign Plan 2010

| | | | | | | |
|------------|------------|--------------|---------|-----|------------|-----------|
| Key | Public Hol | CDWG bbq | FARE Go | CPG | Back2Basic | Work Shop |
| | | Self Defence | | | | |

| | fri | sat | sun | mon | tue | wed | thu | fri | sat | sun | mon | tue | wed | thu | fri | sat | sun | mon | tue | wed | thu | fri | sat | sun | | | | | | | |
|-----|----------------------------------|---------------------|-----|-----|--------|-----|--------|-------------------------|--------|-----|--------|-----|--------|--------------------------------------|-------------------|-----|-----|------------|-----|-----|-----|-----|-----|-----|-------------------|----|----|----|----|----|-------|
| Jan | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | CPG - Party Safe month | | | | | | | WS | | | | | WS | | WS | | | | | WS | | | | | | | | | | | |
| Feb | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | | |
| | Pre IV Practices - HandWashing | | | | | | | | | | | | | Pre IV Practices - Infection Control | | | | | | | | | | | | | | | | | |
| | Lunch | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mar | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | CPG Sexual Health Month | | | | | | | 9th - Int. Woman's Day | | | | | | | | | | | | | | | STI | STI | | | | | | | N.G.T |
| | Womans Lunch | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apr | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | | N.G.T | Blood Borne Virus - HBV | | | | | | | | | | | | | | | | | | | | | | | |
| May | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | Hep C Awareness Week | | | | | | | | | | | | | HRV HCV | | | | | | | | | | | | | | | | | |
| Jun | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| | AVILWS | | | | | | | HRV HCV | | | | | | | Men's Health Week | | | | | | | | | | | | | | | | |
| Jul | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | Vein Care - Tips and Barrels 101 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aug | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | Dental Health Week | | | | | | | | | | | | | | | | | | | | | | | | 26 | 27 | 28 | 29 | 30 | 31 | |
| | Team Lunch | | | | | | | OD Awareness day | | | | | | | | | | | | | | | | | | | | | | | |
| Sep | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| Oct | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | OD Awareness | | | | HRV OD | | HRV OD | | HRV OD | | HRV OD | | HRV OD | | | | | | | | | | | | | | | | | | |
| Nov | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| | IDUD | | | | | | | | | | | | | | | | | Team Lunch | | | | | | | Pharmacotheripies | | | | | | |
| Dec | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | WAD | HIV Awareness Month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Back To Basics

- Bi-Monthly
- Created, planned, and implemented by the NSP team.
- Have a harm reduction focus
- Traditional Needle Syringe Program messages
- Should allow for flexible responses to issues arising
- Have client input/consultation
- Include staff input/feedback
- Include evaluation processes

BACK TO

ALL DRUGS NEED TO BE FILTERED!

Why use a wheel filter?
A wheel filter is a small, circular device that is used to filter out any impurities or contaminants that may be present in a drug solution. This is important because injecting drugs can be very dangerous, and even a small amount of impurity can cause serious health problems. A wheel filter can help to reduce the risk of these problems by catching any particles that might be in the drug.

INJECTING DRUGS: THE COMPLETE GUIDE
This guide provides detailed information on how to safely inject drugs, including instructions on how to use a wheel filter. It covers everything from choosing the right drug to cleaning the injection site and disposing of needles and syringes.

BUT WHAT TYPE OF FILTER TO USE?

DIFFERENT FILTERS ARE NEEDED FOR DIFFERENT DRUGS!

Heroin or Speed – Use a small piece of cotton wool, or tampon cotton. Cigarette filters are not as safe as they contain small pieces of fiber glass that can be sucked up in the needle and injected into veins. Cotton wool will filter particles bigger than 50 microns.

MS Contin or Kapanol – Use a larger piece of cotton wool, and leave it in the mixture for 1 minute, the longer you leave it, the more morphine you will get out. Remember to only use COLD water when preparing morphine tablets for injecting.

Buprenorphine (Bup) – You will need a Wheel Filter for Bup. If it is a take-away dose you will need a particle filter or 0.45 micron. For Bup. that has been diverted from someone's mouth you will need to use a bacteria, or 0.22 micron filter. Always make sure the Bup. is crushed as much as possible. It is recommended that 2ml of water be used to mix up every 2mg of Bup.



Tips for using a Wheel Filter

- Filters are designed for single use only.
- Wet the filter with sterile water first.
- Don't put warm or hot liquids through a wheel filter as some wax may pass through.
- Wheel filters work best with larger size barrels, i.e. 3ml or 5ml.
- Wheel filters will clog up if either drugs with a lot of chalk in them are used or a big amount of drugs are being filtered.
- More drugs means you will need more filters.
- Apply a gentle and even pressure when filtering or the membrane may rupture.

Filtering your drugs will reduce the damage injecting drugs can do to your body. Filtering removes impurities meaning you will have a safer and cleaner taste. Correct filtering can reduce the chance of secondary health problems such as injection site infections and dirty tastes.

A dirty taste can be quite sickly and you may experience one or more of the following: vomiting, headaches, trembling, fever, sweats, chills or swelling or infection at the injection site. Using a wheel filter will reduce the size of particles in the mix to a size of 0.45 microns, more than 50 times as effective as cotton wool.

BASICS

LEFT TOP

What's in a Campaign?

- Display Board
 - Interactive when possible
- Simple Questionnaire
 - Gift bag or “prize” for correct entries
- Clinic to try introduce topic in consultations
- BBQ or Meal for staff to talk about topics
 - External agencies invited
 - Door prizes
- Workshops relating to the topic

The Process...

- Campaign Approval Form
 - Evidence of need
 - Plan
 - Budget and who is responsible for it.
 - Roles and responsibility of staff
- Complete Campaign Task List

Campaign Task List

Campaign Topic: World AIDS Day 2009 – Take Action. Stop Discrimination.

| Component | Notes | Person/s Responsible |
|--|---|----------------------|
| •Print Resources | <i>Order pamphlets and other resources ahead of time. Use in-house IT to produce custom pamphlets etc. Seek manager approval for any expenditures (see funding needs below)</i> | |
| •Brief intervention (NSP and health teams) | <i>The aim of an intervention is to be engaging, educational, and short. This may be a guided discussion, quiz, raffle, survey etc. Results from these interventions can be used to inform further education.</i> | |
| •Evaluation and reporting methods | <i>What are the aims of the campaign? How will we know if these aims have been met? Considering these points during planning makes the whole job easier. It also helps generate information to use in reporting.</i> | |
| •Display board | <i>Each campaign can be enhanced by use of display material. The digital camera can be used - also the colour printers and laminator.</i> | |
| •Show Bag | <i>Are there any appropriate goodies that can be bundled together as a giveaway pack for people – after attending a workshop, or a brief intervention?</i> | |
| •Timeline | <i>List all the things that need to happen before the campaign starts, during the campaign, and afterwards (like evaluation report). Put dates and person/s responsible next to each item on the list.</i> | |
| •Funding needs | <i>Some elements of the campaign may require extra dollars to be spent. Make sure that a detailed costing is produced, with approval from the program manager.</i> | |
| •Planning sheet/QIPPS | <i>WRHC has a lot of material to support health promotion activities. Using QIPPS will provide tools to assist the completion of the above, as well as being an objective of the WRHC HP capacity building plan.</i> | |
| •BBQ/Activities | <i>Check capacity for these to happen. Check what resources/equipment may be needed. What is the purpose of the planned activity? How will the activity met this aim</i> | |
| •Capacity check | <i>The planned activities need to be within the capacity of Health Works. Each activity needs to be checked with the pertinent team/s. The team leaders and Health Works manager are good starting points to do this.</i> | |

Rinse with water
after methadone
or anything
with sugar in it

• Beat a dry
mouth with
sugar-free lollies
& sugar-free gum



How's
ya
teeth?

Drink soft-drink!
Use a straw so
less sugar sticks
to ya teeth

WOMEN'S HEALTH

This is how Zena stays healthy!



Breast Check each year

Wear Sunscreen

Get Hep B Vax
(See your health worker)

Clean & Sterile Tattooing
(Don't share tattooing equipment)

Healthy Eating

Safer Using
use clean & sterile injecting equipment

Safer Sex
Use condoms & talk to a worker about a STI screen

Pap Test every 2 years

Lift My Skirt!!

Clean & Sterile Piercing



Feel the stretch?

- Back to basics help break up the larger campaigns.
- Downtime is important for staff as well as service users.
- Blank boards help people take notice of full boards.
- Many Hands make light work.

Success!

“Thanks Guys,

You’re always my first point of call you all do such a great job. I love the way you have issues discussed and giving us a voice. Brilliant source of info!” – Annon

THANKS FOLKS!

- Thank you to all the staff at Health Works past and present for your hard work in ensuring that Health Works always provides entertaining, engaging health promotion messages!