

HARM REDUCTION RESOURCE PACKAGE for Emergency Departments

September 2023



This resource package is intended as a guide for EDs to establishing harm reduction approach to care. This includes:



Offering Take Home Naloxone Kits and Safer Consumption supplies



Directing to overdose prevention services



Understanding VCH guidelines



Accessing harm reduction and substance use information and education

TAKE-HOME NALOXONE

TAKE-HOME NALOXONE (THN) KITS

When distributing kits to patients, ensure they are trained in overdose response.



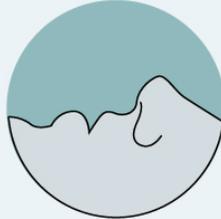
KNOW THE SIGNS

Know the signs of suspected opioid overdose:



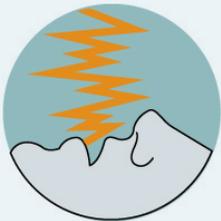
Not responding

Doesn't move and can't be woken.



Slow or no breathing

A breath every 5 seconds is normal.



Making sounds

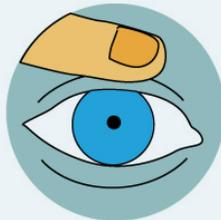
Choking, gurgling sounds or snoring



Blue lips and nails



Cold or clammy skin



Tiny pupils

SAVE ME STEPS

Follow the **SAVE ME** steps below to respond.



Stimulate

Unresponsive? **CALL 911.**



Airway

Check and open



Ventilate

1 breath every 5 seconds



Evaluate

Breathing?



Medication

Inject 1 ml of naloxone into a muscle. Keep giving breaths.



Evaluate

Is another dose needed?

RESOURCES

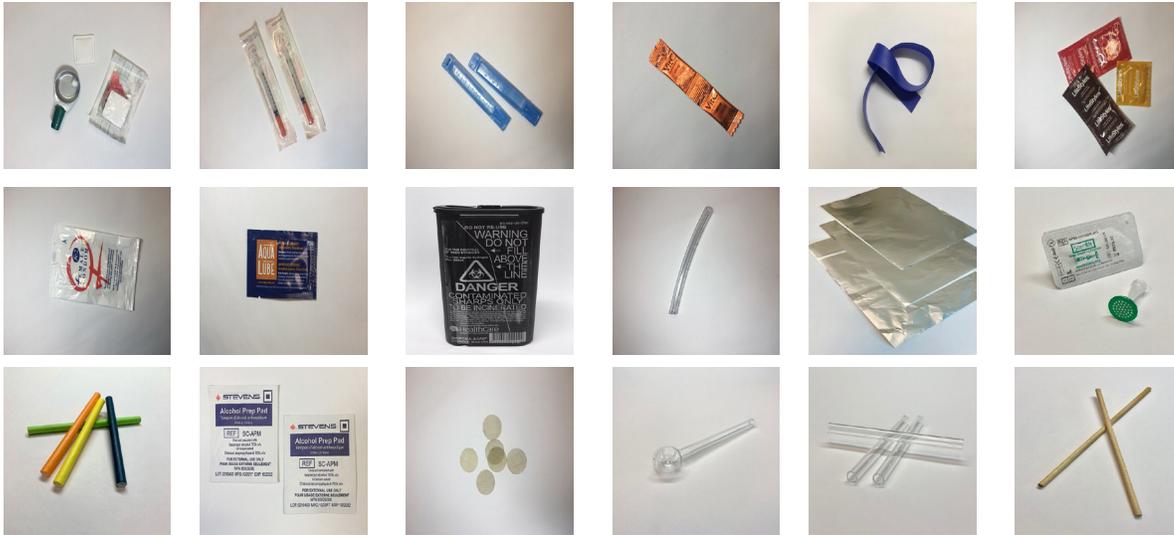
[Towards The Heart Quick Learn: Naloxone Administration video lesson](#)

VIEW

[Naloxone FAQ](#)

VIEW

HARM REDUCTION SUPPLIES



For information on harm reduction supplies and a description of each item, refer to the [Toward The Heart website](#).

HARM REDUCTION KITS

Harm Reduction Kits can be ordered via E-pro (People Soft): Smoking Kit Meth - Item ID 00142339; Smoking Kit Crack - Item ID 00142340; Injection Kit Single Use - Item ID 00142341; Injection Kit Multi-Use - Item ID 00142663.

When prepping supplies into ready-to-go kits, items are packaged based on the route of consumption or use. Here is a list of supplies to be included in each kit.

Injection kit (Single use)

- 2 rigs/needles
- 1 sterile water
- 1 cooker with filters
- 1 sterifilter
- 2 alcohol swabs
- 1 vitamin C packets
- 1 cotton ball or spot band-aid

Injection kit (Multi-use)

- 5 rigs/needles
- 3 sterile waters
- 2 ties/tourniquets
- 3 cookers with filters
- 3 sterifilters
- 10 alcohol swabs
- 2 vitamin C packets
- Cotton balls or spot band-aids

Smoking kit (meth)

- 1 bubble pipe
- 1 mouth piece
- 2 alcohol swabs

Smoking kit (crack)

- 2 straight pipes
- 2 mouth pieces
- 2 push sticks
- 2 alcohol swabs

Smoking – foil kit

- 5 pieces of foil
- 2 straight pipes
- 2 push sticks

Subcutaneous (SUB-Q) HRT kit

- 10 1 ml syringes
- 10 alcohol swabs
- 10 18G x 1 1/2" needle
- 10 25G x 5/8" needle

BAGGING AND LABELLING

- Paper bags are used to provide easy and discreet access. Supplies not included in the kit examples above are 3 ml syringes, paper straws, safer sex supplies and sharps containers. These can be made accessible in separate stacking bins next to the paper bag kits.
- To prevent breakage and movement of more fragile supplies (i.e., Pyrex pipes), secure supplies in a ziplock bag, then place them in a paper bag and label it.



FOR CLIENTS – CARDS/BROCHURES

For tips on how to inject and smoke safely, these brochures were created by peers in association with Vancouver Coastal Health (VCH).



Safe injecting

[VIEW](#)

Safe smoking

[VIEW](#)

SIGNAGE



Toward the Heart Harm Reduction Supplies Available Here sign

[VIEW](#)

SUPERVISED CONSUMPTION SITES/ OVERDOSE PREVENTION SERVICES

Map, address, and operating hours of SCS/OPS in Vancouver

[VIEW](#)

DRUG CHECKING

There are free and anonymous drug-checking services available in Vancouver and other communities across VCH. Refer to the link for locations:

[VIEW](#)

WASHROOM SAFETY

For guidance and tools for service providers to develop safer washrooms with a focus on overdose prevention:

[Overdose Prevention and Response in Washrooms: VCH Recommendations](#)

[VIEW](#)

[Hey, Pal... You OK? Safer Washrooms and Episodic OPS Webinar](#)

[VIEW](#)

[Brave Sensor – Radar to Detect Overdose in Washrooms
While Respecting People’s Right to Privacy](#)

[VIEW](#)

FOR STAFF

Policy:

Harm Reduction Practice

[VIEW](#)

Policy:

Possession of Controlled Substances for Personal Use

[VIEW](#)

Decision Support Tools (DST):

Opioid Overdose (Suspected): Management,
Including Naloxone Administration Without a Provider Order

[VIEW](#)

Decision Support Tools (DST):

Dispensing/Distributing Take-Home Naloxone Kits
to Be Used for Suspected Opioid Overdose with a Provider Order

[VIEW](#)

Standard Operating Procedures (SOP):

Overdose Prevention Safety Planning

[VIEW](#)

FOR CLIENTS

Safer drug use tips

[VIEW](#)

Overdose resources: opioids and benzos

[VIEW](#)

Sign up for toxic drug alerts:

[VIEW](#)

Toxic Drugs: Ideas to stay alive

[VIEW](#)

NALOXONE TRAINING/OVERDOSE PREVENTION

BCCDC – Naloxone Administration

[VIEW](#)

Distributing Naloxone to Clients
(The BCCDC naloxone administration course is a prerequisite.)

[VIEW](#)

LEARNING HUB

Foundational Concepts of Working with People Who Use Substances and Their Care

[VIEW](#)

Overdose Prevention Safety Planning

[VIEW](#)

Harm Reduction

[VIEW](#)

Resisting Stigma on Substance Use

[VIEW](#)

Navigating the Substance Use System of Care

[VIEW](#)

Alcohol Use – Implications for Health Care Provision

[VIEW](#)

Substance Use Simulation sessions (four-scenario series; see link for description of each scenario. You do not have to attend the scenarios in order.)

Walter's Day

[VIEW](#)

Together

[VIEW](#)

No Wrong Turns

[VIEW](#)

Hidden Pain

[VIEW](#)

VCH WEBPAGE

Overdose prevention and response

[VIEW](#)