

Welcome!

Agenda

- Case Presentation form
- Fentanyl Testing

Harm Reduction ECHO Presentation Form

- Can be used to submit questions about individual participants or community/system
- Can present unique cases or scenarios that would be beneficial for knowledge sharing
- All forms must be de-identified and no personal patient information should be sent
- Submit case forms here: <https://npaihborg.app.box.com/s/w0rri4a4i5fls46byfesizyx2g2apza8> and send questions to: jrienstra@npaih.org

Harm Reduction ECHO Presentation Form	
Presentation Date: _____ Site: _____ Presenter: _____	
ECHO ID: to be assigned by ECHO staff	
Please enter applicable information below if known for either Client/Patient or Community/System presentation	
Program/Project Background Information	
Program Location (City, State):	
3-4 Sentence about program model and history: (when was the program started, types of services, for example program model (mobile, fixed, or delivery, inside/outside or both) what types of supplies are distributed, how people find out about program, participation requirements or intakes, referral processes and networks)	
<hr/>	
Client/Participant Presentation	
Please provide deidentified information	
Age: _____ Sex assigned at Birth: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Intersex Gender Identity: _____	
Length of time client/participant has been involved or participating with your program: _____	
Client/Participant Wellness History: (health, social, legal, housing, support system, work, medical or substance use treatment etc.)	
What are the- client/participant's goals/strengths?	
What is your main question about this client/participant?	

Community/System Presentation

Situation:

Describe the current project/issue:

What are you working on? Are there any barriers, obstacles or challenges?

Notes

(To be completed for both **Client/Participant** or **Community/System** case presentation)

What worked well?

What opportunities for improvement did you identify?

Please send completed case forms to:
NPAIHB ECHO Fax # 888.462.3246
Email: jrienstra@npaihb.org

- Useful for sharing challenges (or successes!) your program has or is facing.
- Learn together from each others experiences and receive feedback from experts in the field

Harm Reduction ECHO Survey

Examples of questions include:

- What successes and challenges has your agency experienced working with or providing services for people who are using drugs?
- What successes and challenges has your agency experienced trying to start up or create programs for people who are using drugs?
- From your perspective, what are the unmet needs related to harm reduction or syringe exchange programs?
- Are there Harm Reduction topics that you would like to see presented on the Harm Reduction ECHO in 2021?
- Are there speakers that you would like the Harm Reduction ECH program to invite to speak to the group?
- Are there topics that you would like to speak about on the Harm Reduction ECHO?

Link to Harm Reduction ECHO Survey:

<https://www.surveymonkey.com/r/JHS25FF>

The background is a light blue gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the frame.

FENTANYL TESTING

BLUE VALENTINE

PURPOSE

- INCREASE UNDERSTANDING OF USES AND LIMITATIONS OF FENTANYL TEST STRIPS
- REVIEW THE STEPS FOR FENTANYL TEST STRIP TESTING
- DISCUSS POTENTIAL TESTING ISSUES SHARE EXPERIENCES PURCHASING, DISTRIBUTING AND TROUBLESHOOTING WITH PARTICIPANTS

FENTANYL TEST STRIPS

INCREASE AWARENESS ABOUT FENTANYL IN THE DRUG SUPPLY, CAN ALSO CREATE DIALOGUE TO TALK ABOUT OTHER CONTAMINANTS IN THE DRUG SUPPLY

POSITIVE RESULTS CAN LEAD TO A CHANGE IN BEHAVIOR AROUND USE:

- NOT USING ALONE (AND HAVING NALOXONE READY)
- USING LESS AT ONCE / REDUCING AMOUNT USED
- DOING A TEST SHOT

CHOCOLATE CHIP COOKIE EFFECT

- FENTANYL CANNOT BE EVENLY DISTRIBUTED WHEN DRUGS ARE “CUT” OR DILUTED DRY (POWDER)
- FENTANYL CAN SIT AMONGST DRUGS THE SAME WAY A CHOCOLATE CHIP SITS IN COOKIES
- YOU MIGHT GET A COOKIE THAT IS THE SAME SIZE, WITH 1 CHOCOLATE CHIP OR 10 CHOCOLATE CHIPS
- YOU CAN'T ASSUME YOU ARE USING THE SAME STRENGTH OR AMOUNT OF DRUGS EVEN IF THE WEIGHT OF THE DRUGS IS THE SAME



MIXING UP DRUGS

MIX UP AS MUCH AS POSSIBLE AT ONCE BECAUSE:



- IT'S BEST TO TEST THE RESIDUE (CHOCOLATE CHIP COOKIE EFFECT)
- FENTANYL CAN BE EVENLY DISTRIBUTED WHEN MIXED WITH WATER
- YOU WILL KNOW THAT THE STRENGTH WILL BE CONSISTENT WITH EVERYTHING THAT'S BEEN MIXED UP.

MIXING UP DRUGS/ TEST SHOTS

MIXING

- USE ONE NEEDLE TO MIX OR DRAW UP DRUGS, THEN BACKLOAD EACH SHOT INTO A NEW NEEDLE.
- IF YOU CAN PURCHASE A LARGE QUANTITY OF DRUGS AT ONCE, ASK YOUR NEEDLE EXCHANGE FOR A 3CC NEEDLE.

TESTING

- DO A VERY SMALL TEST SHOT AND USE THAT TO GAUGE HOW MUCH MORE YOU SHOULD DO FOR YOUR FULL DOSE.
- BECAUSE YOU HAVE MIXED UP MORE THAN JUST YOUR TEST SHOT, YOU KNOW THAT THE STRENGTH OF THE REST OF THE DRUGS YOU HAVE MIXED UP WILL BE CONSISTENT

TEST SHOTS

DO NOT MIX ONLY ENOUGH FOR A TEST SHOT, BECAUSE:

- TESTING THAT RESIDUE DOES NOT MEAN THE REST OF YOUR DRUGS DON'T HAVE FENTANYL
- YOU CAN'T BE SURE THAT DOING THE SAME AMOUNT OR WEIGHT WILL BE THE SAME STRENGTH

DO NOT TRY TO SHOOT A PORTION OF THE SHOT YOU HAVE IN A NEEDLE AS A TEST SHOT, BECAUSE IT CAN BECOME DIFFICULT TO KNOW HOW MUCH BLOOD AND HOW MUCH DRUGS ARE IN THE NEEDLE AFTER YOU REGISTER.

USING FENTANYL TEST STRIPS

Fentanyl Test Strips

1. Add sterile water to your **empty** baggie or the **cooker you just prepped** – mix well!
**Load your shot FIRST! Only test your rinse water!
2. **Dip the test strip** in the water, in up to the first line & **hold for 15 seconds**
3. **Place test strip** on sterile surface or across top of cooker.



One line POSITIVE



Two lines NEGATIVE



Positive Negative



USING TEST STRIPS

ATTENTION Meth Users

There is a new way to test your methamphetamine with fentanyl test strips that will produce the most accurate results!

The composition of methamphetamine (and MDMA!) can trigger a positive on the strips if too high of a concentration of the drug is tested.

Don't test full shards, or even pieces of shards. ONLY test residue, and heavily dilute it in about HALF A CUP of water for the most accurate results.



Examples of how much water is needed to properly dilute methamphetamine and MDMA in different size cups, with a quarter for scale

Remember: The street drug supply is inconsistent and unpredictable. Test your drugs when you're able, and if that's not an option, assume fentanyl and safety plan. Know the signs of an opioid overdose.

Look out for each other. Carry naloxone. Know how to use it.

- METH MUST BE DILUTED SO THAT IT DOESN'T COME BACK AS A FALSE POSITIVE
- DILUTE RESIDUE WITH 1/2 CUP OF WATER, THEN RUN THE TEST IN THE SAME WAY THAT YOU WOULD FOR HEROIN

Source: DOPE Project SF

PRESSED PILLS CAN HAVE FENTANYL IN THEM

UNLESS A PERSON AS HANDED A PILL FROM A PHARMACIST, THE PILL THEY BUY COULD CONTAIN FENTANYL.

FENTANYL HAS BEEN FOUND IN PILLS SOLD AS:

- OXYCODONE
- XANAX
- VALIUM
- MDMA (TEST WITH DILUTION METHOD, SAME AS METH)

FENTANYL TEST VIDEO FROM UTAH NALOXONE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=J9-WUUPDWHW](https://www.youtube.com/watch?v=J9-WUUPDWHW)

LIMITATIONS OF FENTANYL TEST STRIPS

- IT IS POSSIBLE TO GET A FALSE NEGATIVE, SOMETIMES THE SECOND LINE IS SO FAINT IT CANNOT BE SEEN BY THE TESTER.
- A FALSE POSITIVE RESULT IS POSSIBLE DUE TO IMPROPERLY DILUTING METH

LIMITATIONS OF FENTANYL TEST STRIPS

THERE ARE OTHER CONTAMINANTS THAT MAY BE IN DRUGS, THAT WILL NOT SHOW ON A FENTANYL TEST, SUCH AS:

- XYLAZINE (SEDATIVE USED IN VETERINARY SETTINGS)
- FLUALPRAZOLAM “DESIGNER BENZO”
- ISOTONITAZENE / “ISO” (SYNTHETIC OPIOID, NOT A FENTANYL ANALOG)

FOR MORE INFORMATION

- [FENTANYL USE AND OVERDOSE PREVENTION TIPS](#) FROM THE DOPE PROJECT
- [FENTANYL TEST STRIP PILOT](#) (SAN FRANCISCO 2017-2018)
- FACT SHEET: [SAFE\(R\) DRUG USE 101](#)
- [RESOURCES FOR SAFER DRUG USE](#) (THE HARM REDUCTION RESEARCH AND TREATMENT CENTER)
- OPEN ACCESS ARTICLES
 - [USE OF RAPID FENTANYL TEST STRIPS AMONG YOUNG ADULTS WHO USE DRUGS](#)
 - [PERSPECTIVES ON RAPID FENTANYL TEST STRIPS AS A HARM REDUCTION PRACTICE AMONG YOUNG ADULTS WHO USE DRUGS: A QUALITATIVE STUDY](#)
 - [TOOTS, TASTES AND TESTER SHOTS: USE ACCOUNTS OF DRUG SAMPLING METHODS FOR GAUGING HEROIN POTENCY](#)