Substance Misuse and Harm Reduction
Training Programme
Autumn 2019
Our Partner Agencies

Integrated Pregnancy & Parenting Support Team

NEDAC
NORTH EDINBURGH DRUG ADVICE CENTRE
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### Course Dates August to December 2019

Andrew O’Donnell, Trainer in Substance Misuse and Harm Reduction in NHS Lothian will co-facilitate many sessions with the following trainers:

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<thead>
<tr>
<th>Date</th>
<th>Session</th>
<th>Trainer(s)</th>
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<tr>
<td>Tue 27th Aug</td>
<td>Introduction to Drugs</td>
<td>Charlie Allanson-Oddy</td>
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<td>Tue 5th Nov</td>
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<td>Thu 29th Aug</td>
<td>Introduction to Alcohol Problems</td>
<td>Ann Johnson and Elaine Morykit</td>
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<td>Thu 7th Nov</td>
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<td>Thu 24th Oct</td>
<td>Treating Substance Misuse Problems and Recovery</td>
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<td>Thu 3rd Oct</td>
<td>Introduction to Blood Borne Viruses and Sexual Health for Drug Users</td>
<td>Adrienne Hannah and Community BBV Team</td>
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<td>Tue 10th Sep</td>
<td>Dry Blood Spot Testing for BBVs</td>
<td>Dr Ewen Stewart, Mina O’Hara, Mark Quilietti-Bird</td>
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<td>Tue 19th Nov</td>
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<td>Lukas Waclawski, Jacky Shaw and Kim MacBeth</td>
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<tr>
<td>Thu 12th Sep</td>
<td>Take Home Naloxone - Training for Trainers</td>
<td>Brenda Binnie and Con Lafferty</td>
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<td>Thu 19th Sep</td>
<td>Injecting Equipment Provision</td>
<td>Richard Gray</td>
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<td>Thu 26th Sep</td>
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<td>Tue 22nd Oct</td>
<td>Assessment and Management of Injecting Injuries to the Skin</td>
<td>Alison Coull</td>
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<td>Tue 26th Nov</td>
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<td>Thu 10th Oct</td>
<td>Image and Performance Enhancing Drugs (IPEDS)</td>
<td>Maria Campbell and Stuart Anderson</td>
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<td>Thu 31st Oct</td>
<td>Pregnancy and Substance Misuse</td>
<td>Stephanie Cameron, Alison Watson and Sonia Robertson</td>
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**NOTE:** Times of the courses vary - see the information for each course

The venue for all courses is:

**Spittal Street Centre, 22-24 Spittal Street, Edinburgh EH3 9DU**

**0131 - 537 8300**
**Introduction**

Welcome to the NHS Lothian Substance Misuse and Harm Reduction training programme.

Please read this programme carefully to get the most from it. It will tell you how to apply for training sessions, what to expect when you are there and what to do if you are unable to attend.

We have a long and proud record of supporting the Substance Misuse Service and our partner agencies with training since 1992. We have responded to changing trends in drug use and the diversity in the local population in Lothian.

We have listened to participants through our network meetings and end-of-session evaluations. These evaluations have enabled us to plan and prepare training that utilises the best local knowledge and facilitators, to deliver training that is practical, relevant, interactive and fun.
The objective of our training is to come together and share best practice in order to improve the care and support of all our clients and ensure that clients are not discriminated against on the grounds of age, disability or sensory impairment, ethnicity, gender, sexuality, faith or belief.

We want to make the training sessions as accessible as possible so please let us know in your application form, in the space provided, if you have any additional support needs.

If you are involved in delivering Injecting Equipment Provision (IEP) services, it is essential that you attend as many courses as possible in the programme.
Booking a Place

This training manual contains course descriptors for the content of each session, together with the aims and objectives and who is likely to benefit from each session. By following these easy steps, you will increase your chance of getting a place on the correct session on your preferred date.

1. Please read each descriptor carefully to decide how appropriate each session is for you, your staff or volunteers. This will increase participants’ satisfaction with each session and will ensure that the right people attend sessions that are right for them.

2. Once you have decided the session is for you, you may have to get approval from your employer to attend.

3. Use the links on page 35 to access the Booking Form. Once filled in, save the form and then email it as an attachment to: ssc.trainer@nhslothian.scot.nhs.uk
   Important: Ensure that you attach your booking form to your email, as emails received without a booking form cannot be taken into consideration and will be deleted. You will not be notified if this action needs to be taken.

4. Note the name of the session, date, time and venue in your diary.
5) Due to demand, no more than 3 applications per agency or department can be accepted for any one session.

6) Due to the large volume of applications we receive, you will not receive any acknowledgement at the time of your application being received. All the applicants will be considered and those best suited to a particular session will be selected and informed at least 3 weeks prior to each session.

7) Please print the confirmation email and present this to be admitted to the training.

8) If you cannot attend after you have received an email with confirmation of your course, then please let us know as soon as possible before a session so we can fill the space.

The training is free, but a fee of £20 will be requested for non-attendance without prior cancellation to cover the cost of administration, room hire, refreshments, handouts and leaflets.

**NB: IF YOU HAVE NOT COMPLETED THIS PROCESS AND UNEXPECTEDLY ATTEND A SESSION, YOU WILL BE ASKED DISCRETELY TO LEAVE AND APPLY FOR THE NEXT AVAILABLE DATE.**

This procedure is in line with our Equality and Diversity Policy.
Introduction to Drugs

Tuesday 27th August or Tuesday 5th November
09.30 - 13.00 hrs

Who the session is for

The session is for individuals who are new to the drugs field. The focus is on recreational drug use so anyone who works with people who use substances will benefit.

Aim

To examine the physical, psychological or social effects that alcohol and other drugs have on an individual.

Objectives

To increase awareness about the pleasurable short-term effects that different drugs have on an individual.

To increase awareness of the detrimental effect drug use or misuse has on an individual.
Session content

Working mostly in small groups, participants will examine different groups of drugs, their effects, the drugs laws and rate their harm.

We will hopefully challenge some common perceptions about our own and others use of psychoactive substances.
Introduction to Alcohol Problems

Thursday 29th August or 7th November
09.30 - 13.00 hrs

Who the session is for

The session is aimed at non-specialist practitioners who work with people who are drinking in a harmful or dependent way.

Harmful alcohol use is often not identified by health and social care professionals, which means that many people do not get access to alcohol interventions until the problems are more chronic and difficult to treat.

Alcohol Brief Interventions (ABIs) delivered by non-specialist practitioners are an effective approach for hazardous and harmful drinkers. However, for people who are alcohol-dependent, brief interventions are less effective and referral to a specialist service will probably be necessary.

Aim

This introductory session is aimed at increasing awareness and skills for non-specialist professionals in the identification and referral to appropriate specialist services for:
- Harmful drinkers who do not respond to ABIs
- People who are alcohol dependent
Objectives

Increase awareness of the definition and description of harmful and dependent alcohol use.

Increase awareness of the impact of the harmful use of alcohol on health and well-being.

Understand what are recognised as effective interventions to reduce and prevent alcohol-related harm.

Identification or referral processes for locally available specialist services.

Harm reduction approaches.

Session Content

This session includes a variety of learning methods, including short presentations, group discussion, Question and Answer session, case studies and a quiz.
Treating Substance Misuse Problems and Recovery

Thursday 24th October or Thursday 12th December
09.30 - 13.00 hrs

Who the session is for

This session will benefit anyone who has an interest in the recovery process from addiction.

Aim

To demonstrate what treatment services NHS Lothian has to offer people with substance misuse problems in order to assist in the referral process and enhance the road to recovery.

Objectives

To examine the advantages and disadvantages of drug treatment from a users perspective with an insight into the nature of addiction.

To consider the different ethos of care involved in treatments and services in order to suit the individual recovery pathway.

To understand the physiology of various drug treatments and to briefly look at the assessment and referral process.
Session content

Like all Harm Reduction and Substance Misuse training, this session will be participatory, containing video commentary from people in recovery, some presentation with plenty of time for questions. The myths around drug treatments will be banished forever!

It is strongly recommended that if attending this session, you have an awareness of drugs in general, or if not, have attended our ‘Introduction to Drugs’ session.

In association with

[Logo for LEAP: Lothians & Edinburgh Abstinence Programme]
Introduction to Blood Borne Viruses and Sexual Health for Drug Users

Thursday 3rd October or Thursday 5th December
09.15 - 16.45 hrs (full day)

Who the session is for

This session is a basic starter or refresher for anyone who works with people at risk of HIV and Hepatitis. People new to working with drug users and others at risk would benefit. Anyone wishing to improve the sexual and reproductive health of drug users.

Aim

To increase our awareness and understanding of Blood Borne Viruses and increase confidence in supporting people who use drugs with sexual and reproductive health issues.

Objectives

To compare and contrast the nature of Blood Borne Viruses which affect people who inject drugs.

To examine the prevention, transmission routes and treatments for each virus.
To explore attitudes to sexual and reproductive health.

To increase knowledge about contraception and sexually transmitted infections.

To become more confident in raising sexual and reproductive health issues with drug users.

Session content

Balanced between presentation and group work, participants will have ample opportunity to ask questions, update existing knowledge and ultimately feel more confident supporting those in the community at risk or who have acquired blood borne viruses.

**NB: NHS staff must complete the online LearnPro BBV e-module prior to attending.** Local authority and 3rd sector staff should make arrangements to access BBV on line learning via their own LearnPro Community Learn Pro Uk. If there are issues accessing Community learn pro contact the administrator Dawn Currell.
Dry Blood Spot Testing for Blood Borne Viruses (theoretical and practical)

Tuesday 10th September or Tuesday 19th November
09.30 - 16.45 hrs (full day)

N.B. This face-to-face training day will be followed by a period of practical training over a number of weeks under supervision by an assigned mentor.

Who the sessions are for

This training is for staff in the third sector, local authority, and NHS who wish to provide dry blood spot testing for blood borne viruses for their clients.

Aim

To equip participants with the knowledge and skills to be able to undertake dry blood spot testing for HIV, Hepatitis C and Hepatitis B.
Objectives

Achieve an understanding of the routes of transmission of BBV, who is at risk of infection and treatments available for HIV, Hepatitis B and Hepatitis C.

Be able to undertake a pre-test discussion and achieve informed consent for BBV testing.

Increase knowledge about the principles and processes involved in testing for blood borne viruses.

Be able to analyse and interpret results of blood borne virus tests.

Examine the procedures for informing a client of a blood borne virus test result.

Be able to refer clients for BBV treatment and support.

Session Content

The training for undertaking blood borne virus dry blood spot testing is in two parts, firstly a theoretical part which is delivered in a one-day face-to-face training session using a mixture of presentations and small groups examining case studies. After the training day, you will then undertake a minimum of 2 trial tests on your own clients supervised by your mentor to demonstrate your competency.
Take Home Naloxone - Training for Trainers

Thursday 12th September or Thursday 21st November
09.15 - 16.45 hrs (full day)

Who the session is for
Nurses and addictions workers or volunteers who work closely with opiate users at risk of overdose, their friends and families.

Aims
To roll out the THN programme to relevant service providers in Lothian.

To equip participants with the background knowledge and skills to deliver THN as a brief intervention.

To maximise and target the supply of Naloxone to those most in need.

Objectives
To identify and assess those most at risk of overdose.

To engage service users, their families and friends in prevention, causes and signs of overdose.

To train service users to be equipped with the knowledge and skills to assess a person who has overdosed and intervene appropriately.

To examine best practice and policy to enable nurses to safely supply naloxone to service users, their families, friends and other workers.
Session content

The training will enable participants to deliver THN as a brief intervention. The training will involve some pre-course reading, and a pre and post course questionnaire. You will be fully trained and certificated to deliver Heart Start basic life support (CPR and recovery position) to service users, other staff and families. Working in small groups you will explore signs, symptoms and causes of opiate overdose.

You will learn about the background to the Scottish THN programme and all things relating to the administration of Naloxone. Finally, you will have the opportunity to practice delivering a THN brief intervention.

Participants will be offered further support to start delivering THN by way of shadowing, coaching or co-working with existing practitioners.

As part of continuing professional development, participants must ensure they remain competent to deliver Take Home Naloxone brief interventions. The Framework to Supply Naloxone, held by local managers must be read and signed.
http://www.nhslothiант.scot.nhs.uk/Services/A-Z/HarmReductionTeam/NaloxoneFramework/Pages/default.aspx
For those in GP practices there is an SMMGP naloxone prescribing module Here and more at Prenoxad website.
Injecting Equipment Provision (IEP)

Thursday 19th September or Thursday 14th November
09.30 - 13.00 hrs

Who the session is for

For workers who currently deliver, or who are planning to deliver Injecting Equipment Provision (IEP) services. In particular staff from partner IEPs, pharmacy staff and outreach staff.

Aim

To provide individuals with knowledge and skills to operate IEP services safely and within the law.

Objectives

To examine the rationale and values underpinning IEP.

To demonstrate injecting equipment.

To examine good practice, guidelines and the law.

To be more aware of blood borne virus transmission amongst injecting drug users.
Session content

This session is essential if you are delivering IEP services. The session will enable participants to gain confidence delivering an IEP service to injecting drug-using clients in a variety of settings.

The content of the session will include a brief history of IEP services, the law, principles and guidelines under which we work. There will be a demonstration of the correct use of IEP products and procedure for safe disposal of injecting equipment and needle stick injury.

The session will demonstrate how drugs are prepared for injection in order to gain a basic insight into the injecting process and safer injecting issues. Participants will also gain insight into blood borne virus transmission by sharing injecting equipment, recognise bacterial infections and overdose risks in their clients.
Safer Injecting

Thursday 26th September or Thursday 28th November
09.30 - 13.00 hrs

Who the session is for

This session is aimed at anyone who works with injecting drug users who would like to improve their knowledge of harm reduction and safer injecting advice to give to clients. It is highly recommended that staff from specialist and outreach IEP services attend this course.

Aim

To provide information and support for people working directly or indirectly with people who inject drugs (PWIDs).

Objectives

To improve knowledge of commonly injected drugs and the different risks associated with each drug.

To become more confident dealing with the common injecting problems experienced by injecting drug users, and engaging with PWIDs on this issue.
To examine good injecting practice, safer alternatives to injecting and routes into treatment.

To examine harm reduction advice that can benefit people who inject drugs.

Session content

Basic physiology will help improve our understanding of injecting problems so we have included it in the session. We also look at commonly injected drugs, their physiological and psychological effects on the body and what happens when things go wrong.

We will examine photos in order to recognise different injecting problems. Towards the end we will focus on informing users of healthier alternatives to injecting like smoking or rectal use of drugs.
Assessment and Management of Injecting Injuries to the Skin

Tuesday 22nd October or Tuesday 26th November
09.30 - 16.00 hrs (full day)

Who the session is for

This session aimed at anyone working with people who inject drugs (PWIDs) who would like to improve their knowledge about skin, wound healing, assessment and management of wounds in injectors.

Aim

To increase the knowledge of people who work with PWIDs in relation to common injecting injuries and their management.

Objectives

To enable workers to understand the cause of skin breakdown, assess common injecting injuries, identify infection and plan simple treatments.
Session content

The training will occur over one day with a mixture of presentations and directed learning activities.

Presentations will cover:

**The skin, skin care and wound healing related to PWID**
The structure and function of the skin and its importance in wound healing and factors that will promote and delay healing.

**Assessment of typical wounds in PWID**
The context of skin problems in injectors, differentiating between injecting problems and differences between minor and major wounds.

**Management of skin problems in PWID**
Potential treatment options and their rationale.

The day will conclude with a practical workshop enabling participants to:

To safely and accurately assess injecting sites.

To differentiate between infected and non-infected injecting wounds.

To identify and select different treatment options.
Image and Performance Enhancing Drugs (IPEDS)

Thursday 10th October
09.30 - 13.00 hrs

Who the session is for

Those working with users of image and performance enhancing drugs, especially staff involved with injecting equipment provision (IEP), who are interested in reducing the health-related harm for this particular client group.

Aim

To increase our confidence, knowledge and skills when delivering services to current and prospective image and performance enhancing injecting drug users.

Objectives

By the end of the session participants will:

Have increased knowledge around Image and Performing Enhancing drug use.

Be more aware of physical and psychological health related risks.
Have the confidence to suggest alternatives to IPED use.

Be able to offer advice and guidance or signpost a client to someone who can.

**Session Content**

Using a mixture of presentations, small groups and experiential learning participants will be able to explore:

- Who might use image and performance enhancing drugs and why
- What they are
- How they affect the body
- How they are used
- Harm reduction tips for safer use
- Potential physical and psychological side effects
- Alternatives to IPED use
- The current legal situation.
Pregnancy and Substance Misuse: Following a Harm Reduction Approach

Thursday 31st October or Thursday 19th December
09.30 - 13.00 hrs

Who the session is for

This session is a suitable introduction for health and social care workers who work with pregnant women who use drugs and/or alcohol in any setting.

Aim

To increase understanding about the needs of pregnant women with drug and alcohol problems and how to respond effectively to minimise harm and maximise good outcomes for mother, baby and family.

Objectives

To understand the basic principles underlying the care of pregnant women with problem drug and alcohol use.

To explore attitudes towards pregnant substance users.

To increase knowledge about the risks associated with problem substance use during pregnancy.
To increase understanding about effective interventions during the antenatal and postnatal period.

To consider the role and remit of workers and services working with pregnant women with problem substance use.

Session Content

This session includes a variety of learning methods, including short presentations, group discussion, question and answer session, case studies and a quiz!

The content is designed for a general audience so those with little or no knowledge of harm reduction practice in relation to pregnancy and problem substance use will find this most useful.

We strongly recommend that you have at least a basic understanding of the effects of drugs and alcohol before you attend this session, or if not, have attended our ‘Introduction to Drugs’ session.
### About Your Trainers

**Stuart Anderson**  
Addictions Worker at North Edinburgh Drug and Alcohol Centre

**Charlie Allanson-Oddy**  
Cognitive and Behavioural Therapist, [Veterans First Point](#) (V1P)

**Brenda Binnie**  
Heart Start Assessor/ CPR trainer for NHS Lothian.

**Stephanie Cameron, Alison Watson and Sonia Robertson**  
Specialist Addictions Nurse and Midwife, PrePare Team, City of Edinburgh Council/ NHS Lothian Substance Misuse Service

**Maria Campbell**  
BBV Prevention Worker within the NEON team, NHS Lothian Substance Misuse Service

**Eddy Conroy**  
Head Therapist, [Lothians and Edinburgh Abstinence Programme (LEAP)](#)  
NHS Lothian Substance Misuse Service

**Alison Coull**  
Wound Care Specialist Nurse, Harm Reduction Team, NHS Lothian

**Richard Gray**  
Blood Borne Virus Prevention Worker, Harm Reduction Team

**Adrienne Hannah**  
National Training and Development Officer, [Scottish Drugs Forum (SDF)](#)

**Ann Johnson**  
Nurse Therapist, NHS Lothian Substance Misuse Service.

**Con Lafferty**  
Blood Borne Virus prevention Nurse, Harm Reduction Team

**Elaine Morykit**  
Substance Misuse Nurse, North West Recovery Hub

**Andrew O’Donnell**  
General and Mental Health Nurse, Trainer and Take Home Naloxone Co-ordinator, NHS Lothian Substance Misuse Service

**Dr Ewen Stewart**  
GP in Bonnyrigg, Clinical Lead of Lothian Hepatitis Managed Care Network and Trainer for the RCGP BBV course

**Mina O’Hara, Mark Quilietti-Bird, Jacky Shaw and Kim MacBeth**  
The Community Blood Borne Virus Team (BBV), RIDU, WGH

**Lukas Waklawski**  
Manager for CGL, South East Recovery Hub
You can use this form to book more than one course for yourself.

Instructions:

1) Moving from one field to another by using your mouse or the TAB key on your keyboard, give your details and carefully choose your course(s) and date(s) on page 1. Take care to choose both course AND date as otherwise our system will not register your application. Also provide any relevant information on page 2.

2) When finished use File Menu → Save as … and save the form with a meaningful name. Do not close your form yet.

3) Now, using File Menu → Send to ... → Mail Recipient (as Attachment), email your booking form to

ssc.trainer@nhslothian.scot.nhs.uk

IMPORTANT:
ENSURE THAT YOU ATTACH YOUR BOOKING FORM TO YOUR EMAIL, AS EMAILS RECEIVED WITHOUT A BOOKING FORM CAN NOT BE TAKEN INTO CONSIDERATION AND WILL BE DELETED. YOU WILL NOT BE NOTIFIED IF YOUR EMAIL HAS NO BOOKING FORM AND IS DELETED.
NHS Lothian Substance Misuse and Harm Reduction Training
Harm Reduction Team
The Spittal Street Centre
22-24 Spittal Street
Edinburgh
EH3 9DU