Gareth Balmer, Harm Reduction Fife
Fife Harm Reduction Services

- Fife population: 367,000
- Fixed site
- Outreach van
- 19 IEP Pharmacies
Downers

• **Overdose and DRD**
• Another increase this year?
• Fife population rate same as overall Scottish rate
• Normal for Scotland

Our normal isn't normal.....
<table>
<thead>
<tr>
<th>RESIDENCE POSTCODE</th>
<th>Drug-related deaths per 1,000 population ages 15-64</th>
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<td>SCOTLAND</td>
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Downers

- Overdose and DRD
- Infections: iGas
Warning serious infection in people who inject drugs in Fife

The health protection team has warned us about iGas infections amongst injecting drug users in Fife.

To reduce your risk remember

**clean hands**: wash them before using

**clean site**: always swab site before injecting

**clean hit**: always use a new set of ALL equipment

Early signs and symptoms of iGas
High fever
Severe muscle aches
Localised muscle tenderness
Redness at the site of a wound

If you have any of these symptoms seek medical advise as soon as possible
Downers

• Overdose and DRD
• Infections iGas
• Xanax
Downers

• Benzo’s of all shapes and sizes
• Gabapentin/Pregabalin
Downers

- Overdose and DRD
- Infections iGas
- Xanax
- Poverty: foodbanks, Universal Credit, loss of big employers
Uppers
Uppers

- Cocaine
- Crack/Freebase
- Smoked
- Injected
Uppers

• Cocaine

• Visible changes in people
• Changes in presentation
• Expensive problem........
Uppers

• Making Harm Reduction the point again.....
• Triggered interest from Acute Medical Services
• Safer Injecting sites
• Custody suite IEP
• Naloxone: secure funding, strategy in place
THANK YOU FOR LISTENING!