



**WORLD HEALTH
ORGANIZATION**
DEPARTMENT OF
HIV/AIDS

ORIENTATION WORKSHOP

Orientation to outreach among injecting drug users

**Slides and teaching notes: Training guide for HIV
prevention outreach among injecting drug users**

Aim of the workshop

- ◆ To get an **overview** of **outreach to injecting drug users (IDUs)** so that **decision-makers** can **choose** whether to **implement** such outreach programmes in their countries, provinces or local areas.

Number of countries reporting injection drug use and associated HIV epidemics

	1992	1995	1996	1998	1999
ID U	80	118	121	128	134
HIV /ID U	52	78	81	103	114
% of Total	65	66	67	80	84

Why is injecting spreading?

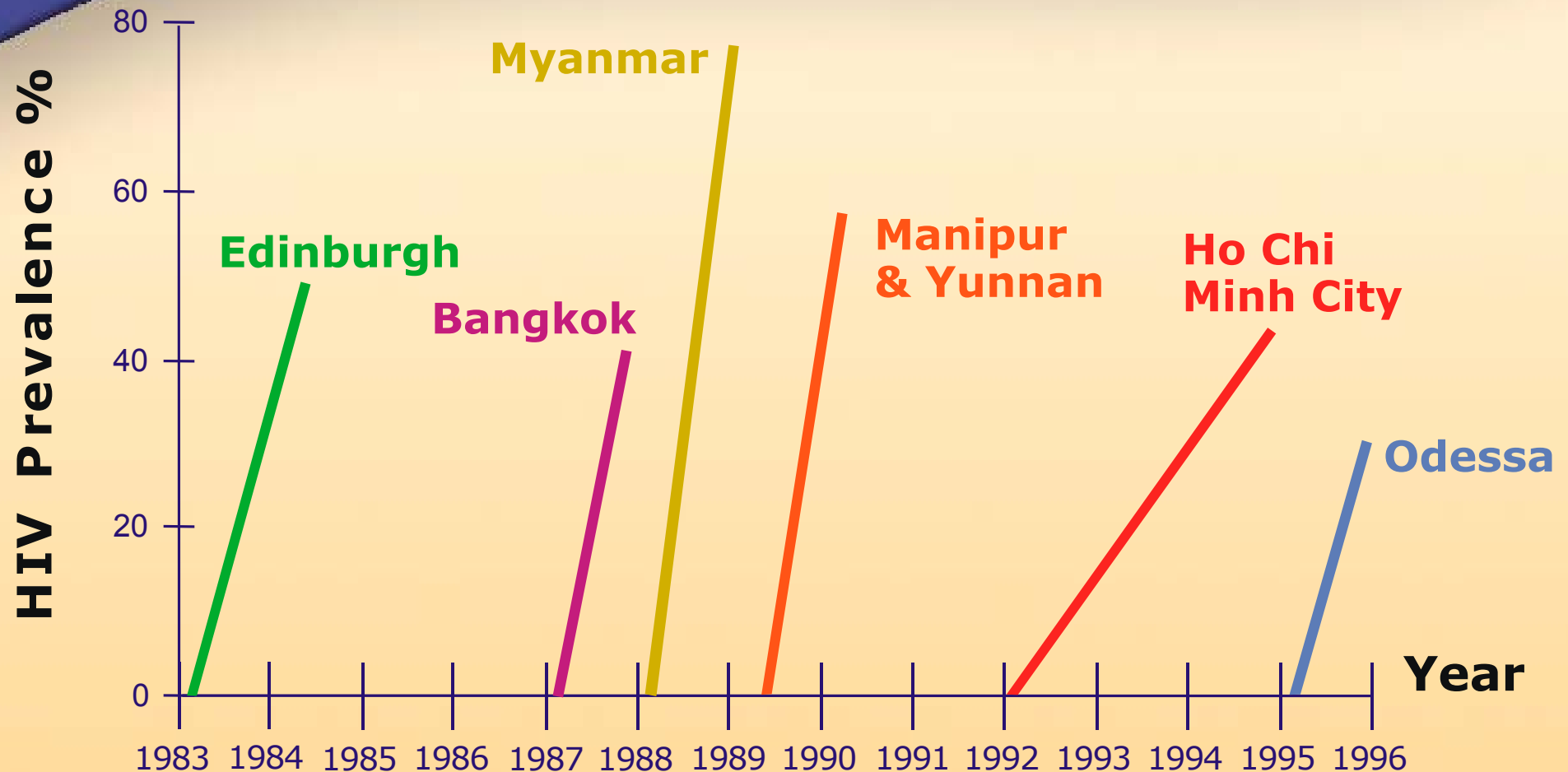
Complex interaction of factors:

- ◆ **Preference** by drug users
- ◆ **Economic** factors
- ◆ Easier to **conceal**
- ◆ Speed of **drug effect**

Why is injecting spreading? (cont.)

- ◆ Patterns of **communication**
- ◆ Drug **production and trafficking** practices
- ◆ Social, economic and political **changes**
- ◆ Other **social** factors

Explosive HIV epidemics among injecting drug users



HIV transmission among and from IDUs:

- ◆ through **sharing** of injecting equipment
- ◆ through some drug **preparation processes and rituals**
- ◆ through the **unprotected** heterosexual (male to female or female to male) or homosexual (male to male) **penetrative sexual act**
- ◆ through **HIV-positive mother-to-child transmission (MTCT)**

HIV epidemics among IDUs

- ◆ The Russian Federation: **90% of the 1 million** people with HIV in 2002 were IDUs
- ◆ India and Thailand: large **heterosexual HIV epidemics are growing larger** due to lack of prevention of HIV among IDUs

How to contact IDUs?

- ◆ Where would you **find IDUs** in your locality?
- ◆ Where and how would you locate **female IDUs**?
- ◆ Would you feel comfortable **going to** all these places to talk to IDUs?
- ◆ Would you feel comfortable **talking to** IDUs about HIV and drug use issues?
- ◆ Do you believe IDUs **would listen to** you about behaviour change?

Ottawa Charter of Health Promotion

- ◆ Promoting health through **public policy**
- ◆ Creating a **supportive environment**
- ◆ Re-orienting **health services**
- ◆ Strengthening **community action**
- ◆ Developing **personal skills**

Developing personal skills...

- ◆ **Injecting drug users**
- ◆ **Sexual partners, friends and families**
- ◆ **Doctors and health workers**
- ◆ **Outreach workers and peer educators**

Principles of effective HIV prevention among IDUs

- ◆ **Short-term pragmatic goals**
- ◆ **Use of hierarchy of risks**
- ◆ **Use of multiple strategies**
- ◆ **Involvement of drug users**

Risk hierarchy

- ◆ **Stop/never start** using drugs
- ◆ If you have to use, **don't inject**
- ◆ If injecting, **don't re-use or share**
- ◆ If re-using, **use own equipment**
- ◆ If re-using others' equipment, **clean it appropriately**

Elements of effective prevention

- ◆ **Outreach to IDUs**
- ◆ **Relevant, credible education**
- ◆ **Increased access to needles, syringes, condoms**
- ◆ **Drug substitution treatment**
- ◆ **Supportive policy, legislation and advocacy**

Community-based peer outreach is most widely used and is also very effective

...why?

- ◆ **Least costly**
- ◆ **Contributes greatly to preventing HIV infections in IDUs and their sexual partners**
- ◆ **A major component of a comprehensive strategy**

Peer education

- ◆ "A set of specific **education strategies** devised and implemented by **members** of a subculture, community or group of people **for their peers**, where the desired outcome is that **peer support** and the **culture** of the target group is utilized to **effect** and **sustain change in behaviour**"

Effectiveness of peer education

- ◆ Effective **prevention**
- ◆ **Sensitization** role
- ◆ Range of **media** used
- ◆ Can be combined with **outreach**
- ◆ Credible and familiar **language**

Effectiveness of increased access to needles & syringes

- ◆ Compelling evidence of **effectiveness** and **cost effectiveness**
- ◆ Need to **integrate** with other health care services
- ◆ Often can be **combined with outreach**

Effectiveness of drug substitution treatment

- ◆ Effective in HIV **prevention**
- ◆ **Reduces** injecting & drug use
- ◆ Can be **combined** with other services to assist in HIV treatment, care and support
- ◆ **Referral** often occurs **from outreach**

Role of outreach

- ◆ **Outreach is an effective strategy to reach, engage, and enable IDUs to reduce HIV risks**

Outreach case studies

- ◆ **Is outreach useful** for HIV prevention among IDUs?
- ◆ Most **important aspects** of outreach work?
- ◆ **Negative aspects** of the work?
- ◆ Would an outreach programme be useful and achievable in **your locality**?
- ◆ If yes, **why**? If no, **why not**?

WHO materials for outreach

- ◆ **Evidence for Action summary paper and policy briefs:**

Based on reviews of various approaches

- ◆ **Outreach training guide:**

Four workshop modules

- ◆ **IDU-RAR:**

Manual on Rapid Assessment and Response

WHO Outreach training manual

- ◆ **Orientation workshop:**
Orientation to outreach among IDUs
- ◆ **Programme development workshop:**
Developing IDU outreach programmes
- ◆ **Programme management workshop:**
Managing IDU outreach programmes
- ◆ **Field worker training:**
Core skills in outreach among IDUs

About the WHO IDU-RAR manual...

- ◆ **Methods** for rapidly assessing injecting drug use
- ◆ Helps to **identify sources of data and key areas** of assessment
- ◆ Guides to develop **action plans** for intervention implementation

Action planning

- ◆ **What can you do** to develop outreach for HIV prevention among IDUs in your locality?
- ◆ What are the **first steps** that need to be done?
- ◆ What can you do on your **first day back at work** to help in these first steps?

SMART action plans

- ◆ **S**pecific – **what action** will you take?
- ◆ **M**easurable – **how will you know** that you have **completed** your activity?
- ◆ **A**ttainable – **can it be done?**
- ◆ **R**elevant – **is it relevant** to starting an outreach programme?
- ◆ **T**ime constrained – can you **specify the time** it will take?