Harm Reduction: A set of practical strategies designed to reduce negative consequences of drug use

- A person-centered approach
- A spectrum of drug use
- Empowers and affirms people who use drugs as the primary agents for improving their lives
Harm Reduction Values

- Prioritizing the right to health and safety for all people
- Offering options to those most marginalized within the health system
- Recognizing that poverty, race, class, social isolation, past trauma, and gender-based discrimination affect capacity to address drug-related harms
Drug testing project led by the Center for Forensic Science Research and Education (CFSRE) & Philadelphia Department of Public Health (PDPH)

- **Fentanyl** is primary drug in “dope” since at least 2016
- **Xylazine** is primary adulterant (table) since at least 2018
  - Fentanyl:Xylazine ratio varies greatly
  - 1:0.1 → 1:46.7

<table>
<thead>
<tr>
<th>Year Quarter</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2021 Q1</td>
<td>100%</td>
</tr>
<tr>
<td>2021 Q2</td>
<td>95%</td>
</tr>
<tr>
<td>2021 Q3</td>
<td>89%</td>
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<tr>
<td>2021 Q4</td>
<td>94%</td>
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<tr>
<td>2022 Q1</td>
<td>97%</td>
</tr>
<tr>
<td>2022 Q2</td>
<td>98%</td>
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</tbody>
</table>
In Philadelphia, PA, the average amount of fentanyl in dope samples remained relatively consistent from Q3 2022 to Q2 2023.

Xylazine content in dope samples has continued to increase quarter over quarter, with Q2 2023 showing the highest average amount.

In Q1 and Q2 2023, solid crack samples generally contained more cocaine than powdered coke samples.

The amount of methamphetamine per “meth” sample varied; however, data points were limited.
PHILADELPHIA OVERDOSE DEATHS

In 2022, 1,413 people died from drug overdose.

The second-highest number of overdose deaths was 1,276 in 2021.

83% of overdose fatalities involve opioids.

Fentanyl was involved in less than 10% of drug overdose deaths in Philadelphia in 2010.

In 2022, it was involved in 96% of all overdose deaths.
Philadelphia Overdose Deaths

Unintentional Overdose Deaths by Drug Group and Year

Number of Unintentional Overdose Deaths

Drug Group
- Other
- Stimulant Only
- Opioid Only
- Opioid and Stimulant

Year
- 2010
- 2011
- 2012
- 2013
- 2014
- 2015
- 2016
- 2017
- 2018
- 2019
- 2020
- 2021

Counts:
- 2010: Other 357, Stimulant Only 63, Opioid Only 127, Opioid and Stimulant 170
- 2011: Other 489, Stimulant Only 30, Opioid Only 172, Opioid and Stimulant 217
- 2012: Other 22, Stimulant Only 65, Opioid Only 204, Opioid and Stimulant 219
- 2013: Other 450, Stimulant Only 35, Opioid Only 153, Opioid and Stimulant 204
- 2014: Other 526, Stimulant Only 57, Opioid Only 193, Opioid and Stimulant 230
- 2015: Other 50, Stimulant Only 91, Opioid Only 331, Opioid and Stimulant 439
- 2016: Other 907, Stimulant Only 34, Opioid Only 533, Opioid and Stimulant 467
- 2017: Other 1,217, Stimulant Only 31, Opioid Only 1,116, Opioid and Stimulant 417
- 2018: Other 1,150, Stimulant Only 24, Opioid Only 1,150, Opioid and Stimulant 463
- 2019: Other 1,214, Stimulant Only 27, Opioid Only 1,183, Opioid and Stimulant 463
- 2020: Other 1,276, Stimulant Only 31, Opioid Only 394, Opioid and Stimulant 558
- 2021: Other 394, Stimulant Only 193, Opioid Only 658, Opioid and Stimulant 558
In a medical emergency, rarely do we know what combinations of drugs a person may or may not have used, or if they used drugs at all.

No matter what, we must always:

- Stay safe
- Call 911 if unresponsive
- Control life-threatening bleeding
- Protect the head, neck, and spine
- Make sure they have an open airway
- Support their breathing
- Begin CPR if you cannot find a pulse within 10 seconds and use AED when available
- **Give naloxone if you suspect opioid overdose**
8 x increase in hospitalizations for infection related to drug use over last 10 years in Philadelphia
COMMENTARY

Xylazine-associated Wounds: Clinical Experience From a Low-barrier Wound Care Clinic in Philadelphia

McFadden, Rachel MPH, BSN, RN; Wallace-Keeshen, Sara FNP-BC; Petrillo Straub, Kristi AGNP-C; Hosey, Rebecca A. MPH, BSN, RN; Neuschatz, Rachel MSN, RN; McNulty, Keara BSN, RN; Thakrar, Ashish P. MD, MS

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WANT TO KNOW WHAT'S IN YOUR SUPPLY?

WE HAVE

FENTANYL TESTS STRIPS

&

XYLAZINE TEST STRIPS

AVAILABLE
Overdose Prevention Strategies

1. Avoid using alone. Stagger your use with a buddy.
2. Go slow and easy, especially if injecting.
3. Avoid mixing other drugs with opioids.
4. Understand and respect your tolerance to opioids.
5. Test your drugs with a fentanyl test strip.
6. Always carry Narcan!
OVERDOSE PREVENTION SERVICES

OUTCOMES FY2023

1,300 unique individuals trained in overdose reversal

95,644 free doses of Narcan distributed
PREVENTION POINT SERVICES

OUTCOMES FY2023

- 30,247 unique individuals served
- 1,775 HIV tests administered
- 394 HIV+ patient visits for ongoing medical care
- 516 prescriptions for PrEP
PREVENTION POINT SERVICES

OUTCOMES FY2023

- 7,905,470 syringes distributed
- 357 individuals newly added to our MOUD clinic (up nearly 60% over last year)
- 1,103 wound care visits
- 10,814 social services provided