The Case Of Portugal

Drug related Harms include:
- HIV/AIDS
- Viral hepatitis
- Bacterial infections
- Overdose
- Crime
- Mental problems

Harm Reduction Principles
- Drug use is inevitable
- Evidence-based
- Non judgmental approaches
- Dignity and human rights
- Social justice and inclusion

Syringes distributed through specialized programs (2017) 1421666
Harm reduction-related projects implemented in 2017 41
Prevalence of drug injection (2017) 3%-19%
Syringe sharing (2017) 20%-26%

Explain

Drug injection is most prevalent in the low and middle income countries (LMICs), however funding gap for harm reduction is estimated to be to 90%.

Did you know?

In 2016, over 90% of women in prison in Indonesia and the Philippines were incarcerated for drug related offences.

Both NSP and OST are only available in 5 out of 46 countries in Sub-Saharan Africa.
Psychoactive substances are substances that, when taken in or administered into one's system, affect mental processes, e.g. cognition or affect. This term and its equivalent, psychotropic drug, are the most neutral and descriptive term for the whole class of substances, licit and illicit, of interest to drug policy. ‘Psychoactive’ does not necessarily imply dependence-producing.

Needle and syringe programs (NSPs) is the provision of clean needles and syringes to people who inject drugs to reduce transmission of HIV and other blood borne viruses (such as hepatitis B and C). The World Health Organization recommends providing 200 sterile needles and syringes per drug injector per year.

Opioid substitution therapy (OST) offers people who are dependent on opioids (such as heroin) an alternative, prescribed medicine – most typically methadone or buprenorphine – which is swallowed rather than injected.

Methadone is the most widely used and researched opioid replacement therapy for people whose use of heroin or other opiates dominates their life pathologically, leading to a diagnosis of substance dependence.

Naloxone is an inexpensive medicine called an opioid antagonist that blocks the actions of opioid medicines such as heroin, morphine, (diamorphine, codeine, pethidine, dextropropoxyphene) and methadone.

Overdose is the use of any drugs in such an amount that acute adverse physical or mental effects are produced. Overdose may produce transient or lasting effects, or death. The lethal dose of a particular drug varies with the individual and with circumstances.

Drug Consumption Rooms (also called Supervised Consumption Services, overdose prevention centers, safe or supervised injection facilities) are legally sanctioned facilities designed that allow people to consume pre-obtained drugs under the supervision of trained staff and are designed to reduce the health and public order issues often associated with public drug consumption.

Drug Checking allows people who use drugs to identify the substance they intend on taking and helps prevent harms associated with unknowingly consuming a substance adulterated with a dangerous contaminant like fentanyl.

Discrimination Against Drug Users is working to end discrimination against people who use drugs by reducing the stigma associated with both recreational and problematic drug use and advocating for compassionate, judgment-free approaches to addiction.

Outreach is a client-oriented working method based within the community and target groups’ own environment or territory.

Peer led/driven activities refers to activities either started by, or with an involvement of people that have a similar experience as the target group.

GLOBAL Availability
NSP and OST

Both NSP and OST available
Only NSP available
NSP and OST not available
Both NSP and OST not available
No data

GLOSSARY

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References
- Harm Reduction Australia: https://www.harmreductionaustralia.org.au
- Drug Policy: http://www.drugpolicy.org/
- SAMHSA: https://www.samhsa.gov/
- HRi: https://www.hri.global/
- Harm Reduction Coalition: https://harmreduction.org/
- CDC: https://www.cdc.gov/
- Avert: https://www.avert.org/
- WHO: https://www.who.int/
- Drug Reporter: https://droidreporter.hu/en/