



# Harm Reduction Behaviors Surrounding Fentanyl Use

Sabra Stanford, MPH, CHES

Chelsi Cheatom, M.Ed

# Trac B Background

- Trac-B Exchange operates the first storefront syringe exchange (needle exchange) in southern Nevada. The operation of this program was made possible by Nevada Senate Bill 410 which became effective in July of 2013. That bill allows Trac-B to provide sterile hypodermic devices to reduce the transmission of disease.
- Syringe Access Services
- HIV/HEP C Testing, Counseling & Education
- Community Advisory Board
- Narcan/Naloxone training and distribution
- Link to Social services
- Community Outreach

# Fentanyl

“

Fentanyl is a synthetic opioid that is 80-100 times stronger than morphine. Pharmaceutical fentanyl was developed for pain management treatment of cancer patients, applied in a patch on the skin. Because of its powerful opioid properties, Fentanyl is also diverted for abuse. Fentanyl is added to heroin to increase its potency, or be disguised as highly potent heroin. Many users believe that they are purchasing heroin and actually don't know that they are purchasing fentanyl – which often results in

”

overdose deaths

<https://www.dea.gov/factsheets/fentanyl>.



<http://www.baltimoresun.com/news/maryland/harford/aegis/ph-ag-opioid-exposure-0524-20170522-story.html>

# Test strips info

# Study Recruitment

\*Word of mouth!

Is there **FENTANYL** in  
your shot?



**FENTANYL= HIGHER RISK OF  
OVERDOSE**

LET US HELP YOU FIND OUT!



# Pre-Test

**Trac-B Exchange Fentanyl Test Strip Pre- Test Information Form**

**First Two Letters of First Name** 
**First Two Letters of Last Name** 
**Date of Birth (MMDDYYYY)**  
 (Example: December 15, 1990) 
**Address Zip Code**

**Gender**  
 Male  
 Female  
 Male to Female Transgender  
 Female to Male Transgender

**How many times do you inject per day?**  
 0 to 3 times  
 4 to 10 times  
 More than 10 times  
 Rarely

**Are you a non-injection drug user? (How else do you use?)**  
 Yes  
 No

**Which drug will you be testing for Fentanyl?**  
 Heroin  
 Methamphetamine  
 Speedball  
 Cocaine  
 Opioids (pills, oxy, etc.)  
 Other \_\_\_\_\_

**If testing Heroin, what kind of Heroin will you be testing?**  
 China White  
 Black Tar  
 Brown Powder

**Have you ever overdosed on Heroin or another opioid?**  
 Yes  
 No

**Do you use other drugs or alcohol when using heroin or other opioids?**  
 Always  
 Sometimes  
 Never

**How many cc's do you inject per shot?**  
 1/2 cc  
 1/3 cc  
 1 cc

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I use the same dealer every time I buy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing positive for Fentanyl would encourage me to inject less frequently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing positive for Fentanyl would encourage me to inject a smaller shot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing positive for Fentanyl would encourage me to find a new dealer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing positive would encourage me to ask others to test their drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing positive for Fentanyl would encourage me to stop injecting heroin or other opioids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing negative for Fentanyl would encourage me to keep the same dealer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing negative for Fentanyl would encourage me to inject more often	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Testing negative for Fentanyl would encourage me to inject a higher amount	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Post Test

**Trac-B Exchange Fentanyl Test Strip Post-Test Information Form**

<b>First Two Letters of First Name</b>	<b>First Two Letters of Last Name</b>	<b>Date of Birth (MMDDYYYY)</b> (Example: December 15, 1990)	<b>Address Zip Code</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Gender**

Male  
 Female  
 Male to Female Transgender  
 Female to Male Transgender

**Race (Choose ONE Only)**

White/ Caucasian  
 African American  
 Pacific Islander  
 Asian  
 Native American

**Hispanic**

Yes  
 No

**Which drug did you testing for Fentanyl?**

Heroin  
 Methamphetamine  
 Speedball (Coke & Heroin)  
 Goofball (Meth & Heroin)  
 Powdered Cocaine  
 Opioids (pills, oxy, etc.)  
 Ketamine  
 Crack Cocaine  
 Unmarked Pills  
 Other \_\_\_\_\_

**Major Intersection where drug was purchased:**

**Do you use opiates?**

Yes  
 No

**Do you use other drugs or alcohol when using heroin or other opiates?**

Always  
 Sometimes  
 Never

**Do you have Naloxone?**

Yes  
 No

**Have you ever witnessed someone overdosing on Heroin or another opiate?**

Yes  
 No

**Have you ever overdosed on Heroin or another opiate?**

Yes  
 No

**After receiving these results, I will consider injecting less frequently**

- Yes  
 No

**After receiving these results, I will consider injecting a smaller tester shot**

- Yes  
 No

**After receiving these results, I will consider finding a new dealer**

- Yes  
 No

**After receiving these results, I will consider asking others to test their drugs**

- Yes  
 No

**After receiving these results, I will consider not using that drug at all**

- Yes  
 No

**After receiving these results, I will consider always using while with someone else**

- Yes  
 No

**After receiving these results, I will consider avoiding mixing drugs with alcohol**

- Yes  
 No

**After receiving these results, I will consider only using when Naloxone is around**

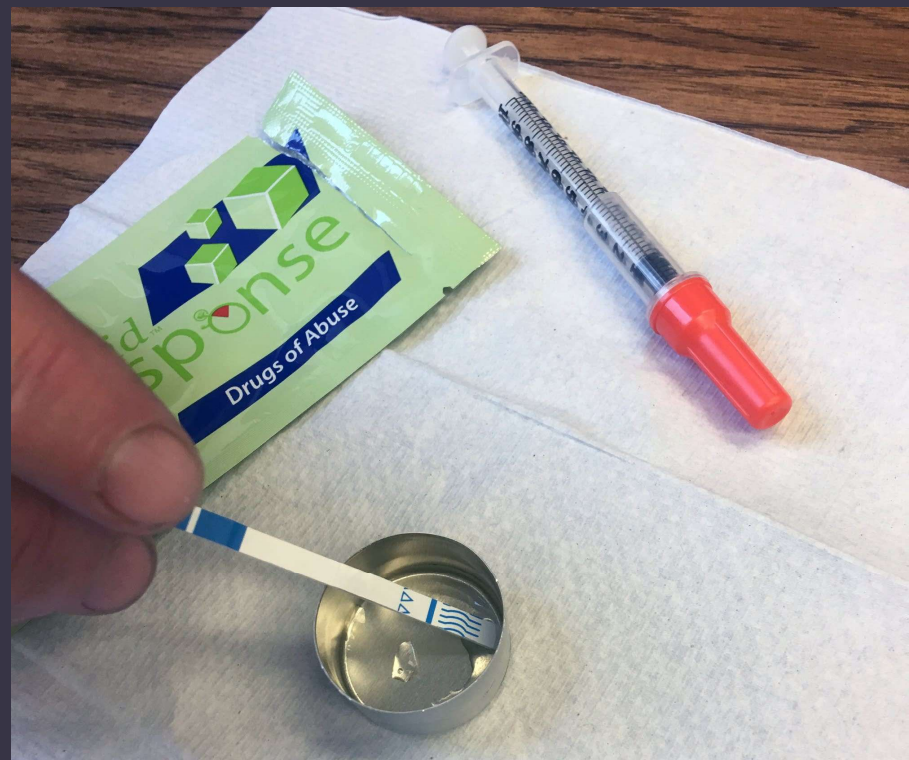
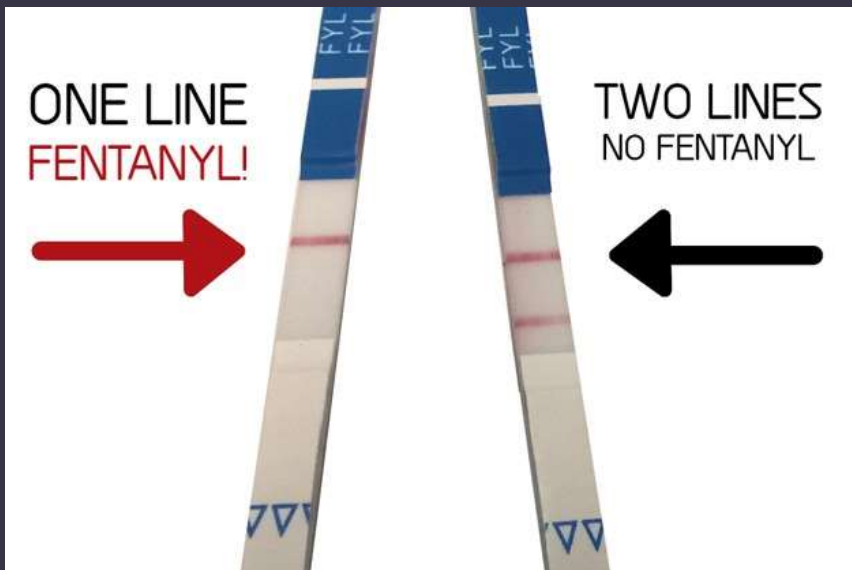
- Yes  
 No

**After receiving these results, I will consider using a higher amount**

- Yes  
 No



# Photos of how it works



# Limitations

- Those who use the syringe exchange are more likely to use harm reduction behaviors already
- Likert scale vs nominal (bias)
- Sample size between pre & post test
- incentives

# Pre test demographic Data

- Pre test sample size= 265

40% are female

58% are male

2% MTF

0% FTM

62% have never overdosed

38% have overdosed

29% are non-injection drug users also  
71% are only injection drug users

42% inject 0-3 times a day  
51% inject 4-10 times a day  
5% inject 10+ times a day  
2% rarely inject

\*FYI

Speedball: a mixture of cocaine & heroin or morphine

Goofball: a mixture of heroin or morphine & methamphetamines

# Pre test demographics cont..

- Total Test returned=173

- 65% return rate

65% of test was used to test Heroin  
45% Positive  
55% Negative

- Negative=87 50.3% Negative

- Postives=82 47.4% Positive

24% of test was used to test Meth  
66.6% Positive  
33.3% Negative

- 11% used to test goofball,  
speedball or unknown  
substance

- 4 invalid test

# Pretest Results

I use the same dealer	SD 5.8%	D 19%	N 20.2%	A 36.9%	SA 17.9%	NA=8
Testing positive- inject less frequently	SD 5.5%	D 12.5%	N 22.8%	A 37.4%	SA 21.7%	NA=11
Testing positive-inject smaller shot	SD 4.3%	D 4.6%	N 16.7%	A 41.2%	SA 33%	NA=8
Testing positive-find a new dealer	SD 7.4%	D 9.7%	N 26.4%	A 25.1%	SA 31.4%	NA=7
Testing positive-ask others to test drugs	SD 5.1%	D 3.9%	N 11.7%	A 37.4%	SA 42%	NA=8
Testing positive-stop injecting heroin	SD 14.1%	D 21.9%	N 31.2%	A 19.5%	SA 13.3%	NA=9
Testing negative-keep the same dealer	SD 11.6%	D 11.6%	N 27.5%	A 26%	SA 23.3%	NA=7
Testing negative- inject more often	SD 18%	D 28.1%	N 43.3%	A 5.5%	SA 5.1%	NA=9
Testing negative-inject a higher amount	SD 21.7%	D 36.8%	N 32.2%	A 6.2%	SA 3.1%	NA=7

# Post test demographics

- Total Post test: 81
- Female: 41%
- Male: 59%
  
- Non-Hispanic:79%
- Hispanic:6%
- Mixed race:1%
- White: 84%
- African American: 6%
- Pacific Islander: 3%
- Asian: 3%

Tested Heroin:72.%

Tested Meth: 15%

Unknown/Goofball/Speed  
ball: 13%

# Post test results

Since testing I will...	Yes	No
Inject less frequently	57%	43%
Injecting a smaller shot	69%	31%
Find a new dealer	51%	49%
Ask others to test drugs	89%	11%
Not use that drug at all	34%	66%
Using with someone else	72%	28%
Avoid mixing drugs & alcohol	78%	22%
Only using when Naloxone is present	59%	41%
Using a higher amount	15%	85%

# Comparing pre & post

## Pre test

62% have never overdosed  
38% have overdosed

## Post test

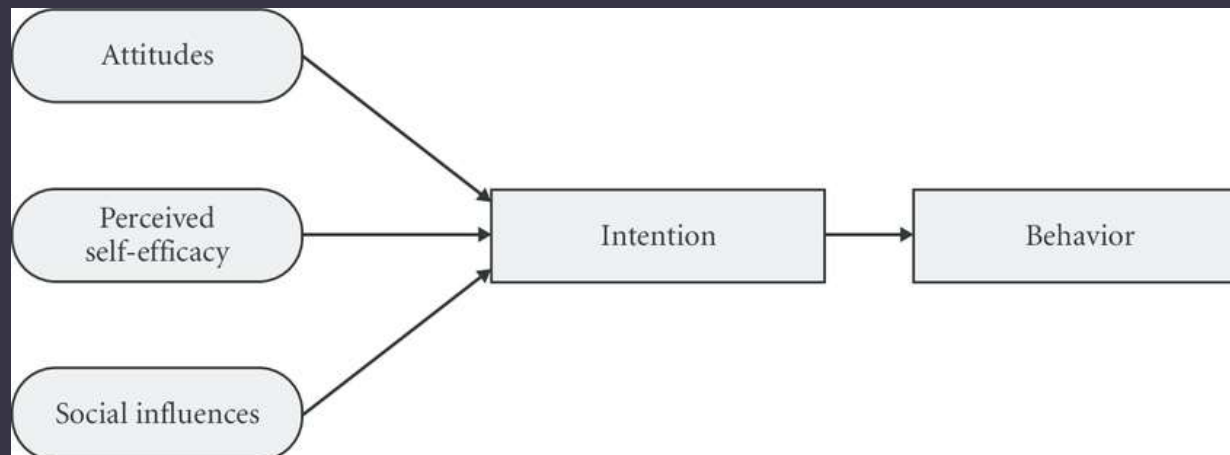
63 % have never overdosed  
37% have overdosed

75% have witnessed an overdose  
25% have never witnessed an overdose



# Self Efficacy

“ Self-efficacy is the belief we have in our own abilities, specifically our ability to meet the challenges ahead of us and complete a task successfully (Akhtar, 2008) ”



<https://positivepsychologyprogram.com/self-efficacy/>

[https://www.researchgate.net/figure/Attitude-social-influence-self-efficacy-model\\_fig1\\_281447591](https://www.researchgate.net/figure/Attitude-social-influence-self-efficacy-model_fig1_281447591)

# Next steps

- Understand how regular fentanyl use effects harm reduction behaviors
- Provide fentanyl test strips to clients regularly at the syringe exchange
- Disseminate information about fentanyl to all illicit substance users
- Encourage all people using the syringe exchange to receive training on overdose awareness and how to use naloxone

# Contact us!

6114 W. Charleston Blvd  
Las Vegas, NV 89146

T. (702) 840-6693

Email: [tracbexchange@gmail.com](mailto:tracbexchange@gmail.com)  
[www.harmreductioncenterlv.com](http://www.harmreductioncenterlv.com)  
[www.facebook.com/tracbexchange](http://www.facebook.com/tracbexchange)

# Acknowledgements

- State Of Nevada Division of Public and Behavioral Health Opioid State Targeted Response
- Trac-B Exchange

# Questions?

Thank you!