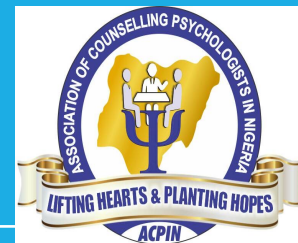
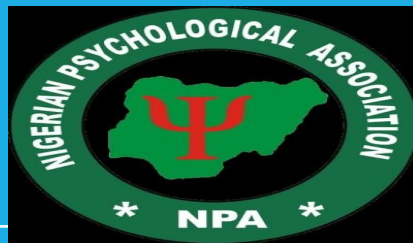


HARM REDUCTION: CONCEPT AND APPLICATIONS IN NIGERIA

ANN UKACHI MADUKWE, PH.D.

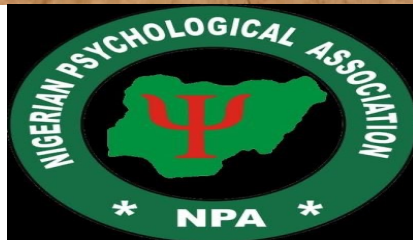
11th ISSUP Nigeria Bi-Monthly Webinar: Knowledge Update Series



Learning Outcome



1. Highlight harm reduction (HR) as a component of drug demand reduction
2. Learn about the various harm reduction strategies and their application
3. Learn about the harm reduction practices in Nigeria and the way forward



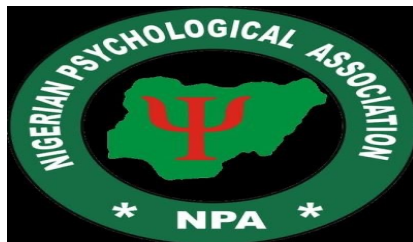
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Pre-test
2 minutes
exercise

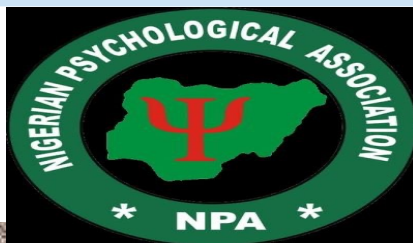
When a person
wishes not to
quit substance
use, what
should we do?

Answer
quickly via
chats



Substance use trend in Nigeria

S/N	Article Details	Annual Prevalence (%)	Substances	Scope
1	Oshodi, Aina & Onajole, 2010	3.8 to 9.2	heroin, cocaine, cannabis, tobacco and alcohol,	Lagos
2	UNODC, 2019	1.6 to 3.3	Cannabis, heroin and cough syrup	Nigeria
3	Madukwe, 2021	61.20	Substance use among adolescence	Owerri, Imo

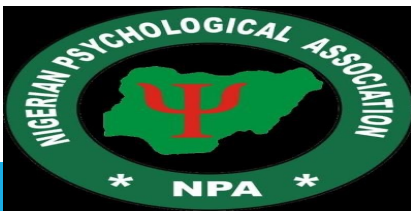


Trend of the three most used substances in Nigeria

S/N	Article Details	Annual Prevalence (%)	Substances	Scope
1	Desalu et al., 2007	37.9	Tobacco	Yola, Adamawa
2	Ekanem et al., 2008	12.00	Tobacco	Abuja, FCT
3	Fawibe & Shittu, 2009	17.1	Tobacco	Ilorin, Kwara
4	Ogah et al., 2012	13.3	Tobacco	Umuahia, Abia
5	Ebirim et al., 2013	15.3	Tobacco	Owerri, Imo
6	Ezejimofor et al., 2014	16.7	Tobacco	Niger Delta, Delta
7	UNODC, 2019	≤15	Tobacco	Nigeria
8	Adeloye et al., 2019	17.7	Tobacco	Nigeria
9	Chikere & Mayowa, 2011	78.4	Alcohol	Imo
10	UNODC, 2019	25 (M), 13 (F)	Alcohol	Nigeria
11	UNODC, 2019	10.8	Cannabis	Nigeria

Definition

- Harm reduction connotes that there are users who do not wish, or are unable to quit drug use
- Harm reduction does not support substance use
- It is concerned with safer use, managed use, Treatment, recovery, abstinence and prevention
- Encourages inclusive and equitable healthcare for people who use substances

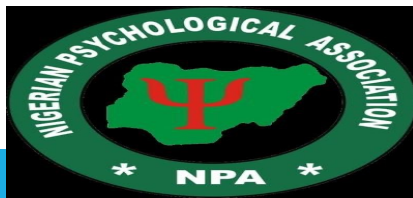
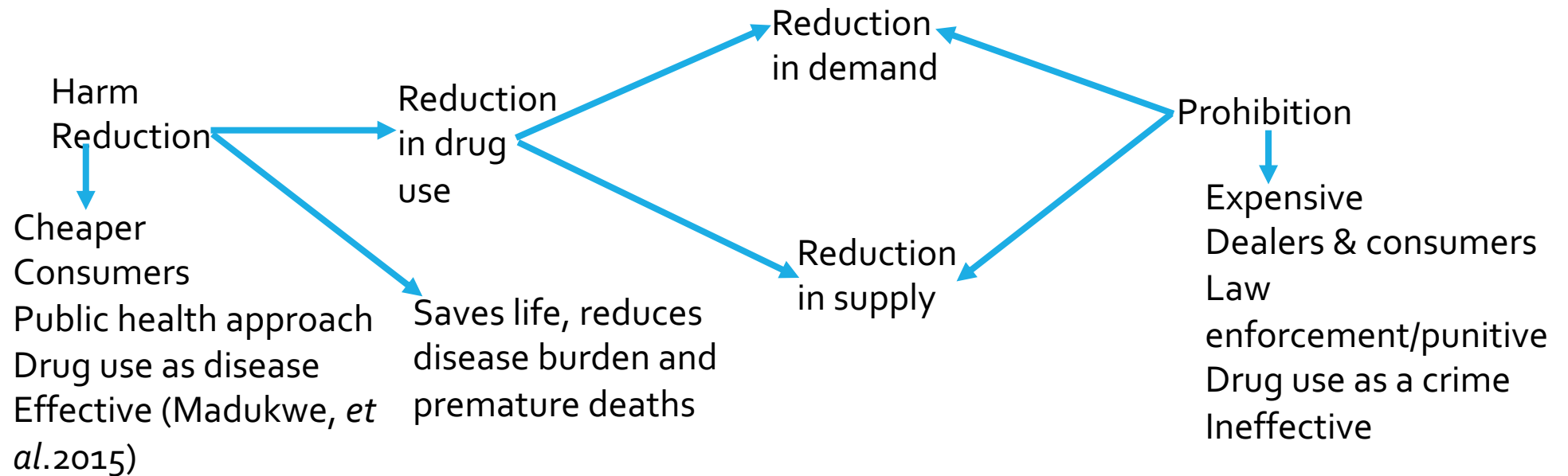


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Rationale

- Risky and problematic use will always expose people to related harms, and these users still need to be kept as safe and healthy as possible, even as they continue to use



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Application

Drugs & Injection Drugs harm reduction

1. Spread of HIV/AIDS
2. Other infections
3. Mental illness
4. General poor performance
5. Overdose

Healthcare centres

Alcohol harm reduction

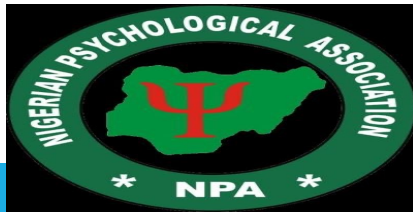
1. Alcohol poisoning
2. Accidents/injuries
3. Mental illness
4. Drug use
5. Automobile accidents
6. Fighting/Violence
7. Suicide/Murder
8. Disability

Public health approach

Tobacco harm reduction

1. 'Chain' smoking
2. Polydrug use
3. Coronary heart diseases
4. Tuberculosis
5. Neonatal disorders
6. Respiratory diseases
7. Mental illness
8. Premature death

Harm reduction policy



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STRATEGIES

National Drug control Master Plan (NDCMP, 2021-2025) full harm reduction services are:



1. Needle and Syringe Programmes (NSP)
2. Medically Assisted Therapy (MAT) and other evidence-based drug dependence treatment
3. HIV Testing Services (HTS)
4. Antiretroviral Therapy (ART)
5. Prevention and treatment of sexually transmitted infections (STIs)
6. Condom distribution programmes for people who inject drugs and their sexual partners
7. Targeted information, education and communication (IEC) for people who inject drugs and their sexual partners

Other Potential Strategies

Opiates substitution
therapy
Supervised drug
consumption

Regulated drinking
Access restrictions

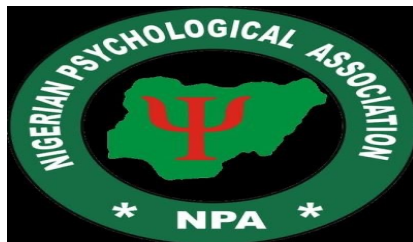
Smoking controls
Tolerance zone

Substance use prevention
advocacy and outreach
services

Educational materials

Provision of shelter

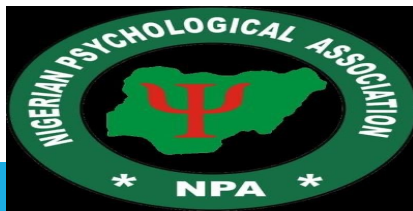
Integrated health care



Nations or Countries

Adopted harm reduction approaches

- United States
- Sweden
- Switzerland
- Portugal
- Canada
- Czech Republic
- With the newly released NDCMP (2021-2025) Nigeria has recently joined by adopting and approving the harm reduction full package as displayed earlier.



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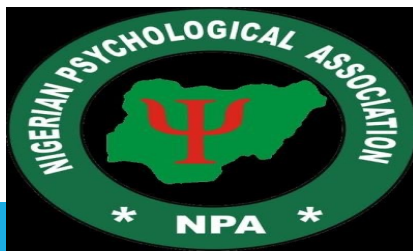
WHICH WAY NIGERIA?

To what extent can we adopt HR?

- Perspective and perception matters
- Prospects for practice, prevention and policy
- The place of faith based organization in HR

Problems negating implementation

- Lack of evidence-based solutions
- Unidentified specific and culturally relevant harms and creative ways to reduce them
- Law enforcement against harm reduction
- Few or none existent harm reductionist

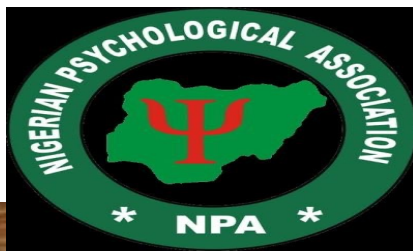


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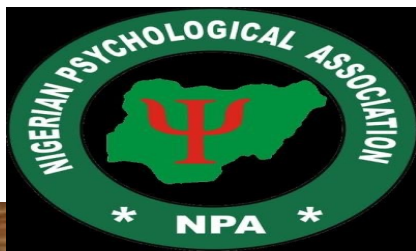
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THANK YOU

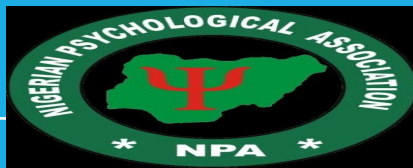
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Harm
reduction
makes
you help!



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