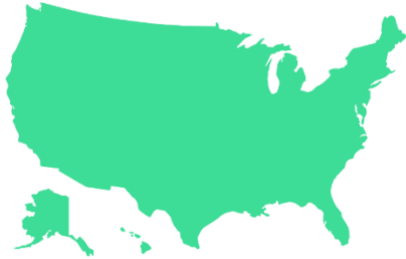
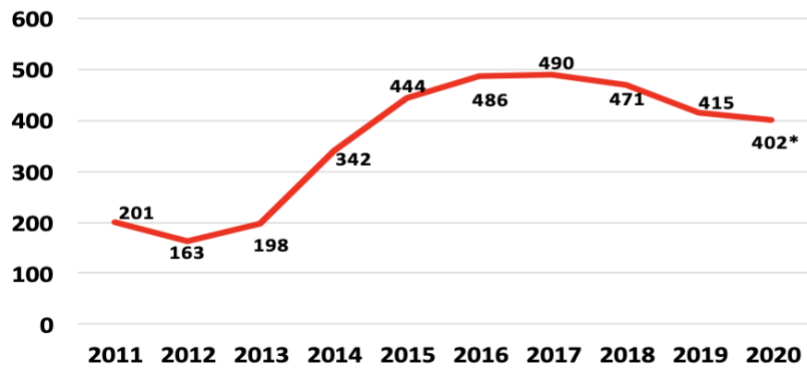


Drug-Related Harms in New Hampshire

In 2018, New Hampshire had the **6th highest rate of fatal opioid overdoses** of all US states ¹



Number of Overdose Deaths by Year



*402 confirmed drug deaths plus deaths pending toxicology as of 1/15/2021.

Source: New Hampshire Office of Chief Medical Examiner's 2020 Drug Death Data Report ²

Injecting drugs presents additional risks beyond the risks of the drugs themselves including

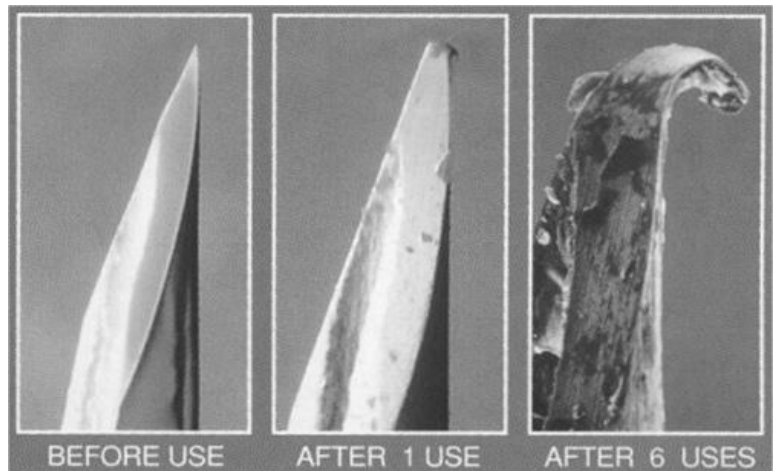
- HIV ³
- Hepatitis B and C ⁴
- Cellulitis and Abscess ⁵ (infections of the skin)
- Endocarditis ⁵ (infection of the heart)
- Overdose ⁶ (greater risk than snorting or swallowing drugs)



75% of NH people who inject drugs lack easy access to clean syringes & 67% have shared needles in the past 30 days ^{7*}

*Sampling conducted in select towns in western NH

Reusing syringes damages the needle, leading to damage to veins ⁵



Microscopic view of the needle bevel before and after syringe reuse ⁸

Year	Total # of Deaths Involving Meth	Solely Meth	Meth and Opioid(s)	Meth and other drug(s) (non-opioids)
2020	49	10	35	4
2019	52	6	46	0
2018	22	4	17	1
2017	14	2	11	1
2016	13	4	8	1
2015	2	1	1	0
2014	3	0	3	0
2013	2	1	1	0
2012	1	0	1	0

Of the 35 deaths in the 'meth and opioid(s)' category, 33 involved fentanyl.

Five of the 49 methamphetamine deaths involved cocaine.

Methamphetamine use is on the rise in New Hampshire. It is commonly injected or smoked but can be snorted or swallowed. Methamphetamine can be deadly used alone or in conjunction with opioids. ⁹

Source: New Hampshire Office of Chief Medical Examiner's 2020 Drug Death Data Report ²




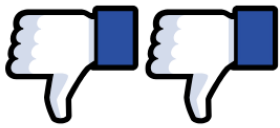




Nursing



Being a Non-Judgmental Resource Will Address our Drug Use Epidemic

Be a Resource to People Who Use Drugs¹¹

ATTITUDE	"I know the right thing for you." <i>I have the right to determine what is best for you</i>	"Here's what you should do — how does that sound?" <i>I will "give" you an opportunity to participate in my decision</i>	"You know better than me. Let me help you decide/improve/get where you want you to be." <i>I can learn from you</i>
RECEPTION			
ACTION	<ul style="list-style-type: none"> • Narrow scope of care • Lost opportunities 	<ul style="list-style-type: none"> • "Sell" a particular product or idea • Narrow scope of options 	<ul style="list-style-type: none"> • Educating • Aligning
OUTCOME	Individual might disconnect from care	Individual may say what they think the provider wants to hear, instead of reality	Individual and provider share in goal setting
			

Use Person-First Language to Reduce Stigma¹²

<u>SAY THIS</u>	<u>NOT THAT</u>
Person with a substance use disorder	Addict, junkie, druggie
Person in recovery	Ex-addict
Person living with an addiction	Battling / suffering from an addiction
Person arrested for a drug violation	Drug offender
Chooses not to at this point	Non-compliant / bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen
<u>IN YOUR CONVERSATIONS</u>	
Frame the conversation as a health issue Use examples of people who have reached long-term recovery Discuss the fact that people can and do change Share hope!	



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