



Impact of Harm Reduction and Abstinence Only Treatment

Group #5: Taylor Bates BSN, RN, Elizabeth Benedict BSN, RN, Coleen Cu BSN, RN, Camille De Keyser BSN, RN, Hazel Morre BSN, RN, Hazel Krank BSN, RN, Frances Tibayan BSN, RN, Naujha Wilborn BSN, RN, Jesse Wong BSN, RN

References

NURS 427 / SU24

BACKGROUND

- 40.3 million people in the United State suffer from substance use disorders (SUD) in 2020 [1].
- Only 6.5% of individuals with SUD receive treatments [1].
- In over 500 alcoholism outcome studies, 75% of individuals relapse within the first year of treatment [2].
- Current approach to SUD is abstinence and using the 12-step program [3]
- Harm reduction, a newer approach to SUD is a community-based initiative. Some programs include:
 - Needle Exchange
 - Naloxone Training and Education
 - Fentanyl Test Strip [4]
 - Desert Parkway Behavioral Healthcare Hospital is a facility that uses the abstinence method and 12-step program.

PICOT QUESTION

The effect of harm reduction programs (I) compared to abstinence only programs (C) on relapse rates (O) in individuals with substance use disorders (P)

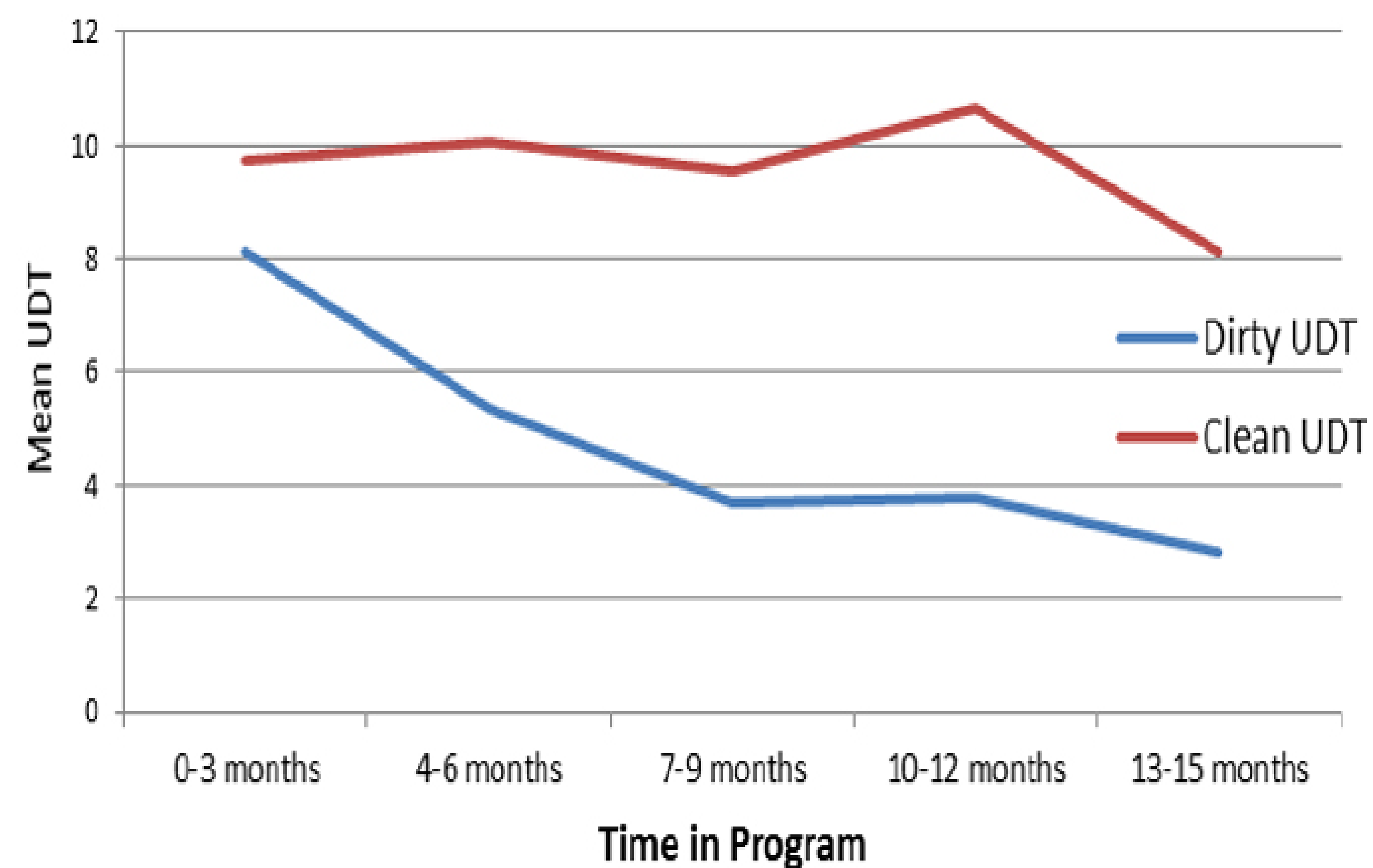
- P- Individuals with substance use disorders
- I - Harm reduction program
- C- Abstinence only programs
- O -Effect relapse rates

SEARCH STRATEGY

- The project team primarily used: EBSCO, CINAHL, Google scholar, PubMed, and the library database.
- Randomized controlled trials, narrative reviews, and observational studies were analyzed
- The GRADE scale was used to effectively evaluate evidence quality.

RESULTS

- The three-phase system had significantly greater increases in confidence to engage in harm reduction as well as decreases in peak alcohol use, alcohol-related harm, AUD symptoms, and positive urinary ethyl glucuronide tests [5].
- Harm reduction group had lower relapse rates and improved quality of life. Abstinence group had higher rates of complete abstinence yet also higher relapse rates [6].
- Both gradual and immediate reductions in nicotine content can be effective, depending on individual needs [7] [8].
- With the growing acceptance of harm reduction, flexible treatment plans can better meet immediate needs while building towards better long-term health and abstinence [9].
- Immediate harm reduction efforts and long-term support, such as permanent housing, leads to more stable recoveries [10].



Graph 1: Drug Treatment Court Fund Program is a program that follows a harm reduction strategy. Over the course of 15 months participants of the program had randomized Urine Drug Test (UDT) and tested clean indicating no substance use.

IMPLEMENTATION PLAN

- Education of staff on the management and treatment of SUD through new harm reduction protocols.
- Collaborate with Southern Nevada Health District
- Southern Nevada Health District Harm Reduction Programs
 - Needle Exchange
 - Naloxone Training and Distribution
 - Fentanyl Test Strip
- More patient education provided by mental health technicians and nurses about resources available: housing, financial support, support groups, and effects of SUD
- Project funding via Nevada grants that help with substance abuse treatment and prevention

IMPLICATIONS

- Understanding how to reduce the number of individuals who relapse can combat the 40.3 million people that have SUD
- Harm reduction can be another approach on how an individual with substance use disorders can be treated

ACKNOWLEDGEMENTS

Our Faculty Support:

Jacqueline Killian, PhD, MHR, MSN, NPDc, LYTc
Jan Ina Gonzales, DNP, MSN, -Ed, RN