

# WELCOME

## Addiction Medicine ECHO Clinic



The session will begin promptly at 12 pm.



Please mute the audio on your device.



Sessions take place Thursday on the 2<sup>nd</sup> and 4<sup>th</sup> week of the month.



Please connect your camera.

Need technical assistance? Call [907.729.2622](tel:907.729.2622) or text your phone number into the chat.



# Recording

We will record the **didactic portion** of every session. After the session, the didactic portion of this clinic will be available on the ANTHC Addiction Medicine ECHO page.

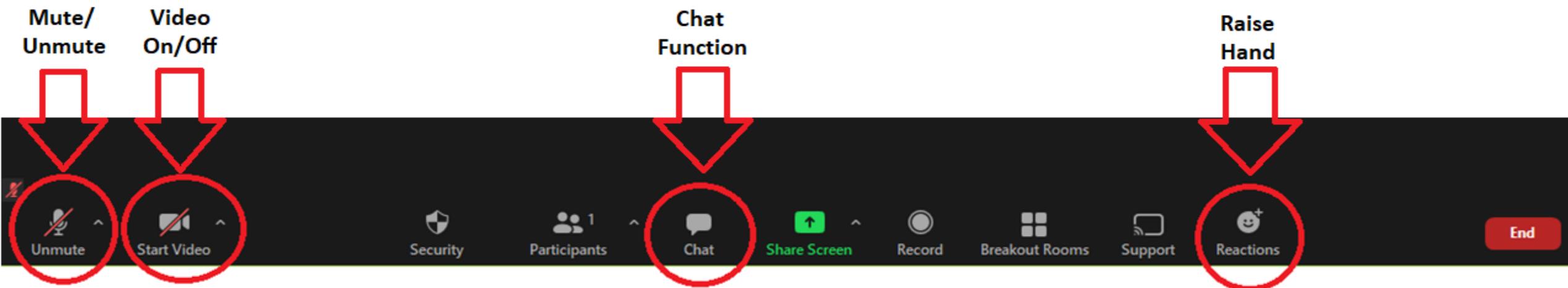
**By participating in this clinic you are consenting to be recorded.**

If you do not wish to be recorded, please email [behavioralhealth@anthc.org](mailto:behavioralhealth@anthc.org) at least one week prior to the ECHO Clinic you plan to attend.

# Some Helpful Tips

- ▶ Please mute microphone when not speaking
- ▶ Use chat function
- ▶ Position webcam effectively
- ▶ Test both audio & video

**Need technical assistance? Use the chat function or call 907.729.2622**



# ANTHC Clinical ECHO Series

## Approved Provider Statements:



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Alaska Native Medical Center (ANMC) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Contact Hours:

ANMC designates this activity for a maximum of 25 contact hours, including 12 total pharmacotherapeutics contact hours, commensurate with participation.

## Financial Disclosures:

None of the presenters and planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Approved for 1 CHAP CE

## Conflict of Interest Disclosures:

None of the presenters and planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

## Requirements for Successful Completion:

To receive CE credit be sure you are included in attendance record as directed by the facilitator/session moderator, and complete the course evaluation or post session survey via this link: <https://forms.gle/QhwCeGTf4zLNwpBX7>

For more information contact Jennifer Fielder at [jfielder@anthc.org](mailto:jfielder@anthc.org) or (907) 729-1387

# THANK YOU VETERANS

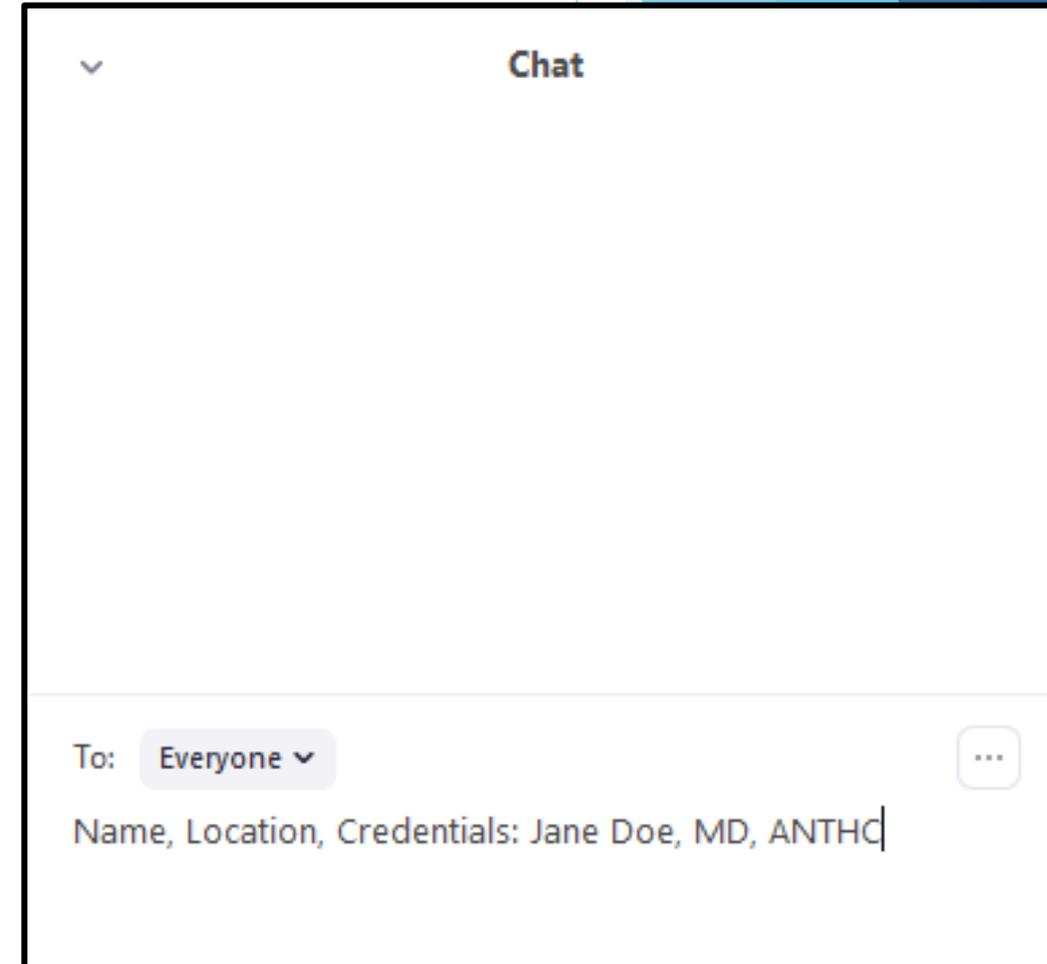
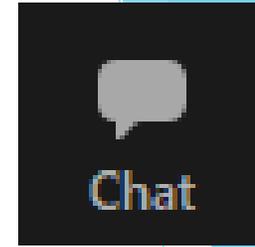
HONORING ALL WHO SERVED ● 11TH NOVEMBER ● VETERANS DAY

**To all present and past people who have served, we  
honor you and thank you for your service.**

# Introductions

## Addiction Medicine ECHO

- Please introduce yourself in the chat :
  - Name
  - Location
  - Profession/Credentials
  - *Note:* The chat will be saved as our attendance record for continuing education credits.



# Street Beliefs of Harm Reduction: Dispelling Myths

- ▶ Annette Hubbard, BHA I  
Ninilchik Traditional Council

# Conflict of Interest

- ▶ No conflicts of interests to disclose

# Objectives

- ▶ Participants will have the ability to name three myths of harm reduction strategies.
- ▶ Participants will be able to name two available resources to Alaskan communities around harm reduction.

# Myth #1

- ▶ If I smoke my substance (Opiates, Meth) I can't overdose
  - ▶ Smoking substances helps to avoid abscesses and other wounds associated with IV substance use only.
  - ▶ Smoking shorter-acting fentanyl allows people to better control their consumption. “It’s when you smoke it, it’s more of a controlled way of getting—you’re not just taking one, like big like amount and just having it hit you all at once”
  - ▶ “Qualitative interviews revealed that people who inject drugs’ main motivation for switching from injecting tar heroin to smoking fentanyl was related to their difficulties finding easily accessible veins,” the researchers wrote
  - ▶ “I don’t have the track marks. I don’t have to hide those or anything.”

# Myth #2

## ▶ [Marijuana and Fentanyl](#)

▶ Just as we should know about the absence of evidence for fentanyl contamination, we can also consider what kind of actual risk there would be if someone *did* get fentanyl on their cannabis flower.

▶ There are, of course, a few different ways to consume cannabis. The method most of us probably think of is smoking. In the case of cannabis flower, smoking involves loading the material into a pipe or roll paper, lighting it on fire, and inhaling the smoke. Burning fentanyl with flame destroys it, so even if someone smoked cannabis contaminated with fentanyl, the fentanyl would not be active in the smoke. In fact, burning drugs in an incinerator is a [common way to dispose of them](#), both for prescription medications and for [illegal drugs seized by law enforcement](#).

▶ Edibles are another point to consider. What if fentanyl were baked into a pot brownie or gummies? The first thing to point out is that swallowing fentanyl and absorbing it through the gut is a very different experience from injecting it without knowing that it's present in the shot—the circumstance that's driving overdose rates. Just as taking hydrocodone tablets produces a more gradual and controlled high than injecting a comparable amount of heroin or morphine into a vein, the effects of oral medications are more controlled and less risky just based on this route of administration.

# Myth #2... Continued

- ▶ Marijuana and Fentanyl
- ▶ Fentanyl in particular is low-risk if eaten because it doesn't work well when given orally. While there are formulations of fentanyl that are absorbed through the inside of the cheek or under the tongue, when swallowed it's heavily broken down by our liver before the drug has a chance to get to the brain. As such, fentanyl isn't manufactured as a pill or liquid to swallow.
- ▶ But another layer of safety here is that fentanyl is unstable in heat. In the process of decarbing cannabis and baking, or applying heat to extract cannabinoids into an oil, the drug would be partially degraded. Fentanyl has a few different points of vulnerability—heat, ultraviolet light and even hydrogen peroxide. Even if fentanyl made it into a batch of brownies, oil or other edible medium, the heat used for baking, decarbing or extracting would erode the fentanyl steadily and surely.

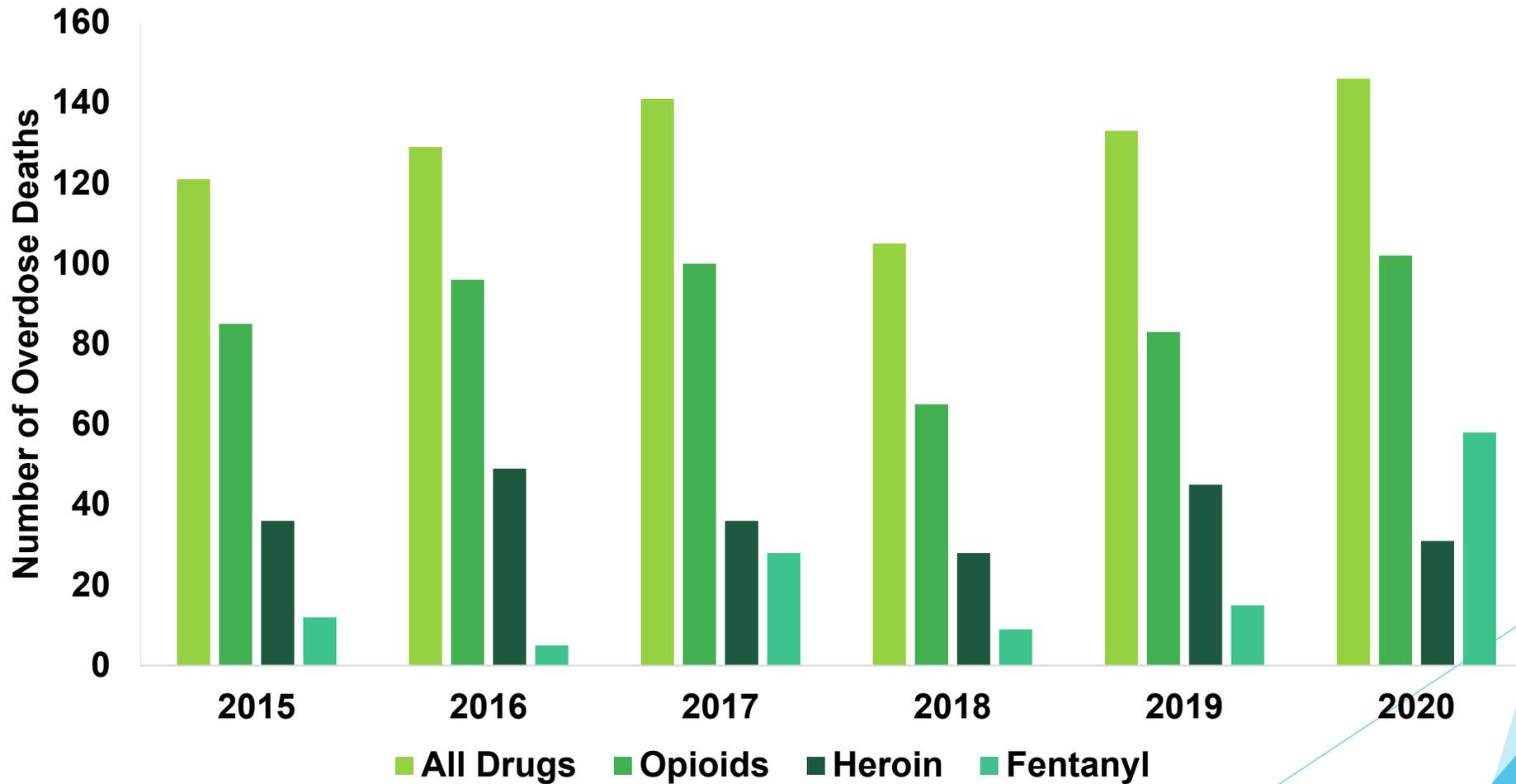
# Other myths

- ▶ No one has EVER died from touching fentanyl
- ▶ People aren't buying black market Bup for the "high"
- ▶ People are not having "Narcan Parties"
- ▶ No one is using more because they have Naloxone.

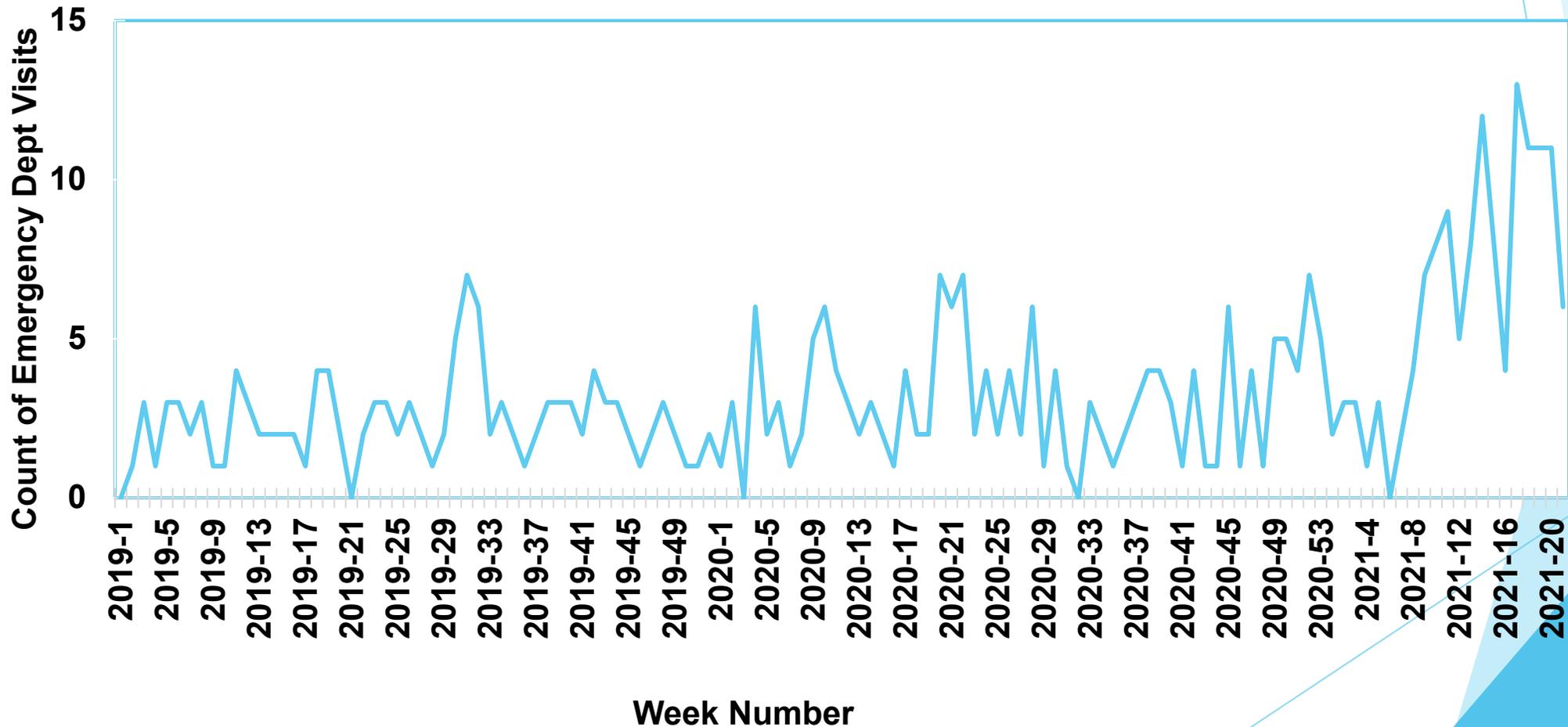
# Fentanyl

- ▶ 5 Dangerous Fentanyl Myths Debunked by Science
- ▶ Illicit fentanyl is being mixed with other drugs, such as cocaine, heroin, methamphetamine, (street) benzos and MDMA. This is especially dangerous because people are often unaware that fentanyl has been added.
- ▶ The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains it. They can underestimate the dose of opioids they are taking, resulting in overdose.
- ▶ If a patient is testing positive for opiates, offer them Buprenorphine.

# Drug Overdose Deaths that Occurred in Alaska



# Heroin Overdoses by Week - January 1, 2019 - May 29, 2021



# Resources

- ▶ I KNOW MINE
- ▶ 4 A'S
- ▶ Homer Syringe Exchange dba Megan's Place
- ▶ Interior Aids Association

# Case Presentation

Project ECHO's goal is to protect patient privacy

- ▶ To help Project ECHO accomplish that goal, please only display or say information that doesn't identify a patient or that cannot be linked to a patient.
- ▶ **References: For a complete list of protected information under HIPAA, please visit [www.hipaa.com](http://www.hipaa.com)**

Thank you for joining us today.  
We appreciate your participation and hope  
to see you at the **NEXT ECHO Session:**  
**December 9, 2021 from 12pm -1 PM**

You will be receiving a follow up survey that we hope you will complete to help us improve. If you are requesting continuing education credits, you will be required to complete the survey to receive your CEs.

