

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 2nd and 4th 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.

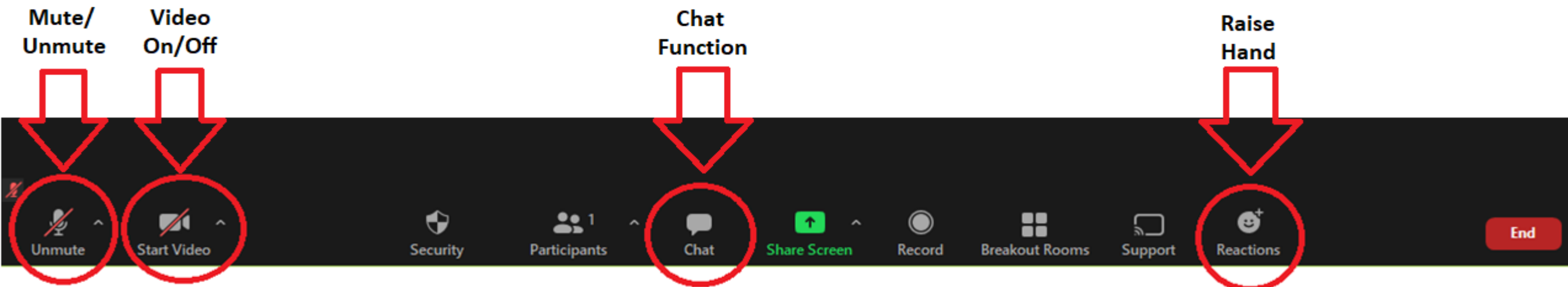
By participating in this clinic you are consenting to be recorded.

If you do not wish to be recorded, please email behavioralhealth@anthc.org 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 907-317-5209



ANTHC Clinical ECHO Series

Approved Provider Statements:



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:

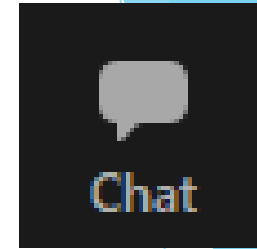
To receive CE credit be sure you are included in attendance record as directed by the facilitator/session moderator, and complete the course evaluation or post session survey via this link: <https://forms.gle/QhwCeGTf4zLNwpBX7>


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


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.



 Chat

To: Everyone 



Name, Location, Credentials: Jane Doe, MD, ANTHC|



ANTHC HIV/STD Prevention Program HIV and Harm Reduction

Hannah Warren, MPH
hewarren@anthc.org

Conflicts of Interest

- ▶ I have no conflicts of interest to disclose

Objectives

- ▶ Participants will receive the latest best practices around treatment as prevention for HIV
- ▶ Participants will gain knowledge on strategies to reduce harms associated with substance use in Alaska
- ▶ Participants will gain access to HIV prevention resources in Alaska



Outline

- ▶ HIV
- ▶ Harm Reduction
- ▶ Resources
- ▶ Questions

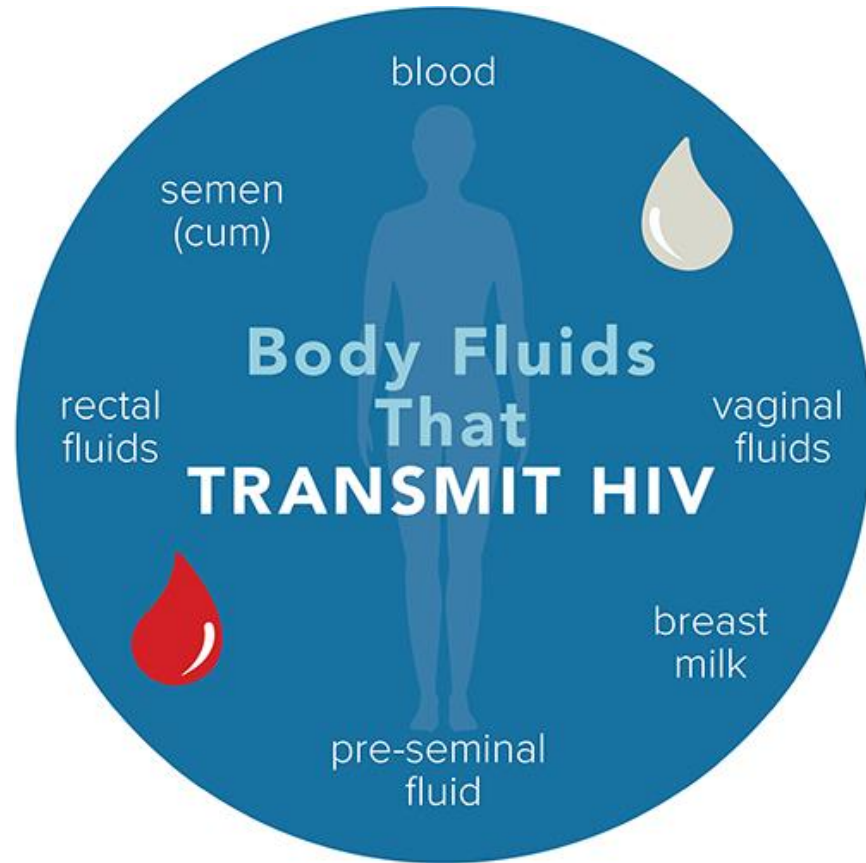


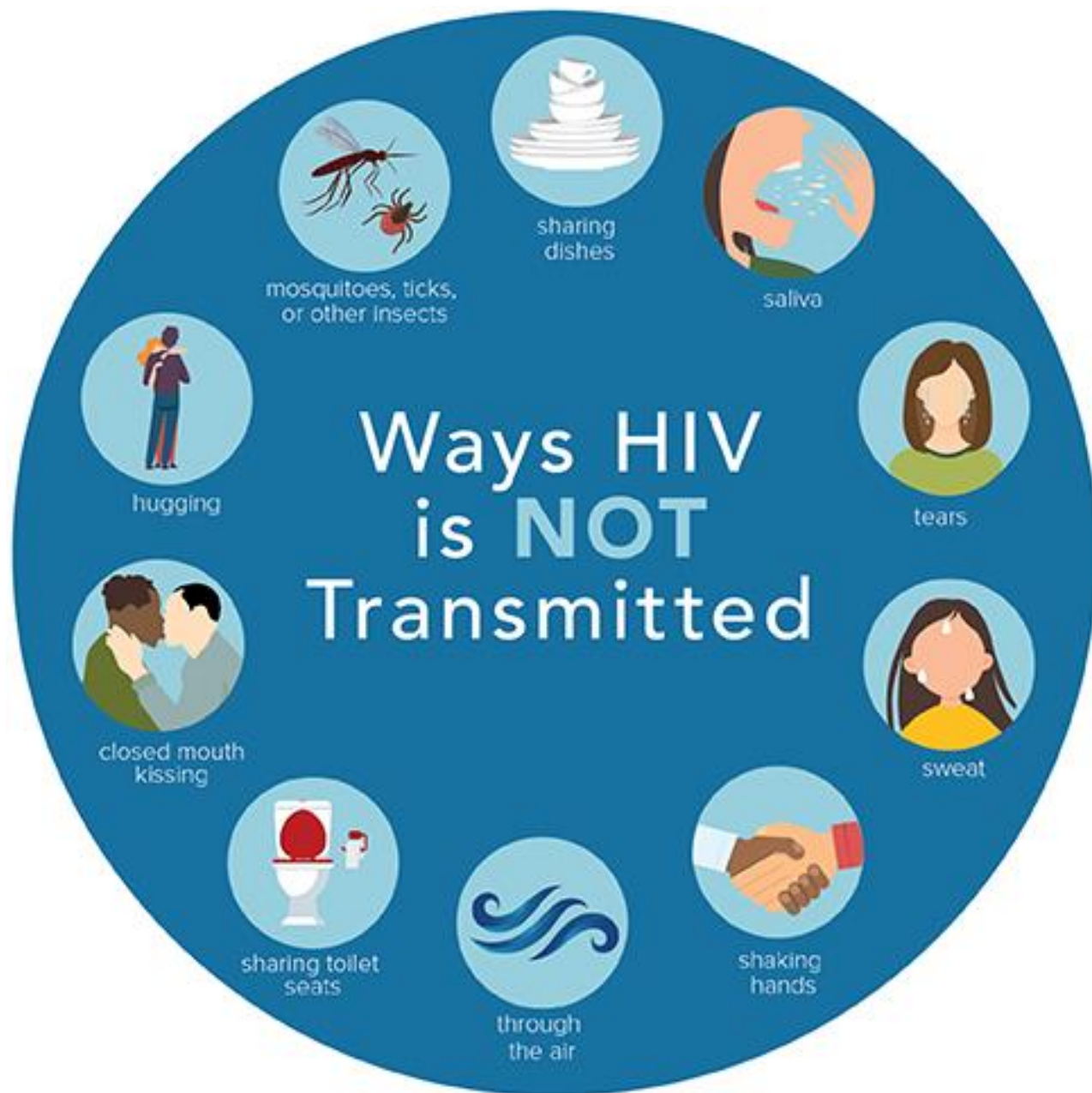
Wellness Reminder



Transmission

- ▶ Only certain body fluids from a person who has HIV can transmit HIV.
- ▶ Fluids must come in contact with a mucous membrane, damaged tissue or be directly injected into the bloodstream for transmission to occur.



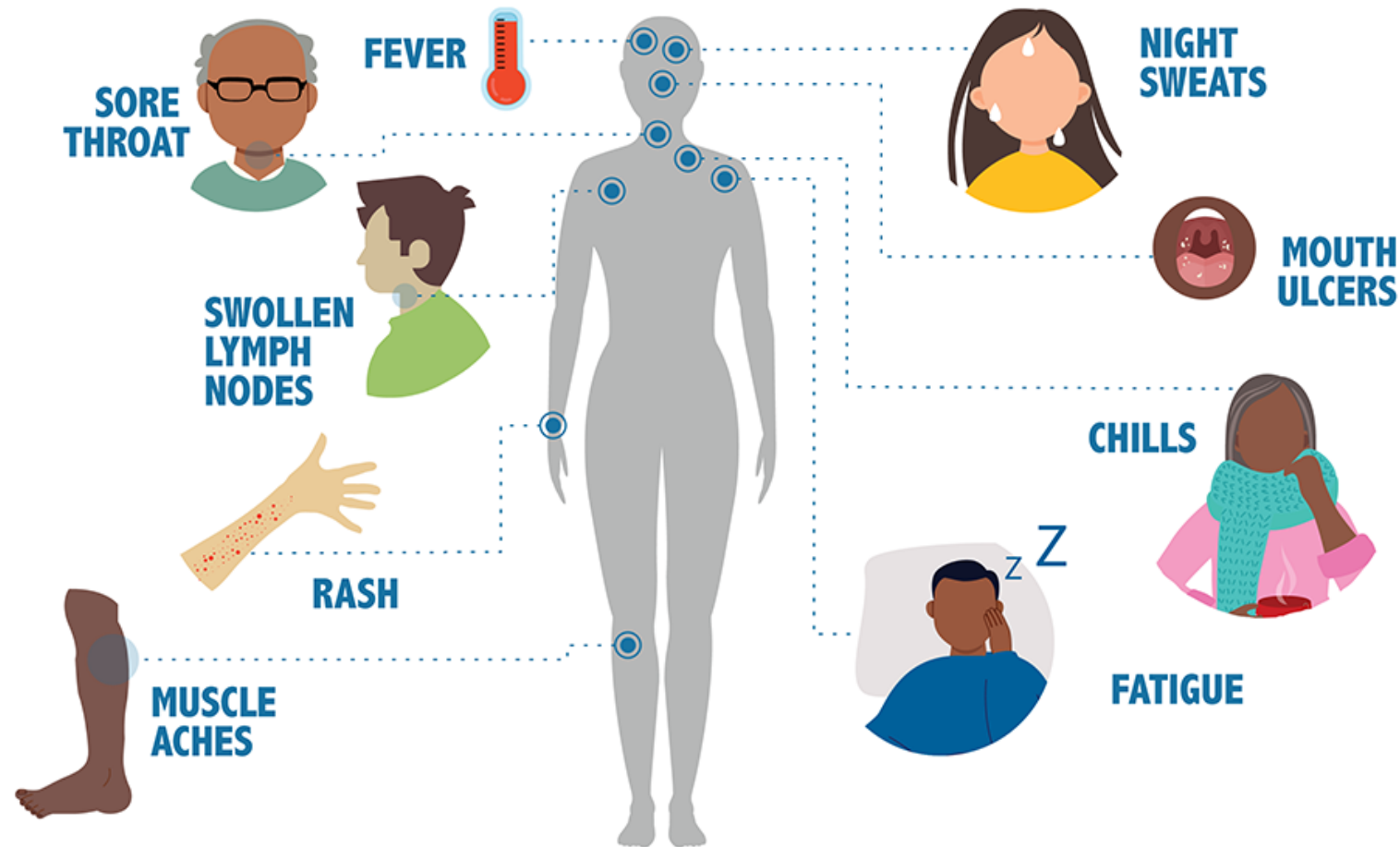


Transmission Risk

High risk	Some risk	Low risk
Condomless receptive or penetrative sex, anal or vaginal	Condomless oral sex	Oral sex with a condom
Being born to an HIV+ birthgiver, not on meds	Receptive or penetrative sex with a condom, anal or vaginal	Deep kissing (aka French kissing)
Sharing injection equipment, such as needles		Being born to an HIV+ birthgiver on meds, virally suppressed
Fed milk from an HIV+ person, not on meds		Touching blood from another person, skin intact
Co-infection with other STIs		Blood transfusion after 1985

Symptoms

Some people have no symptoms at all. The only way to know is to **get tested**.



Untreated HIV Progression

Acute HIV Infection

- Flu-like symptoms or NO symptoms
- Large amount of HIV in the blood, can transmit HIV

Chronic HIV Infection

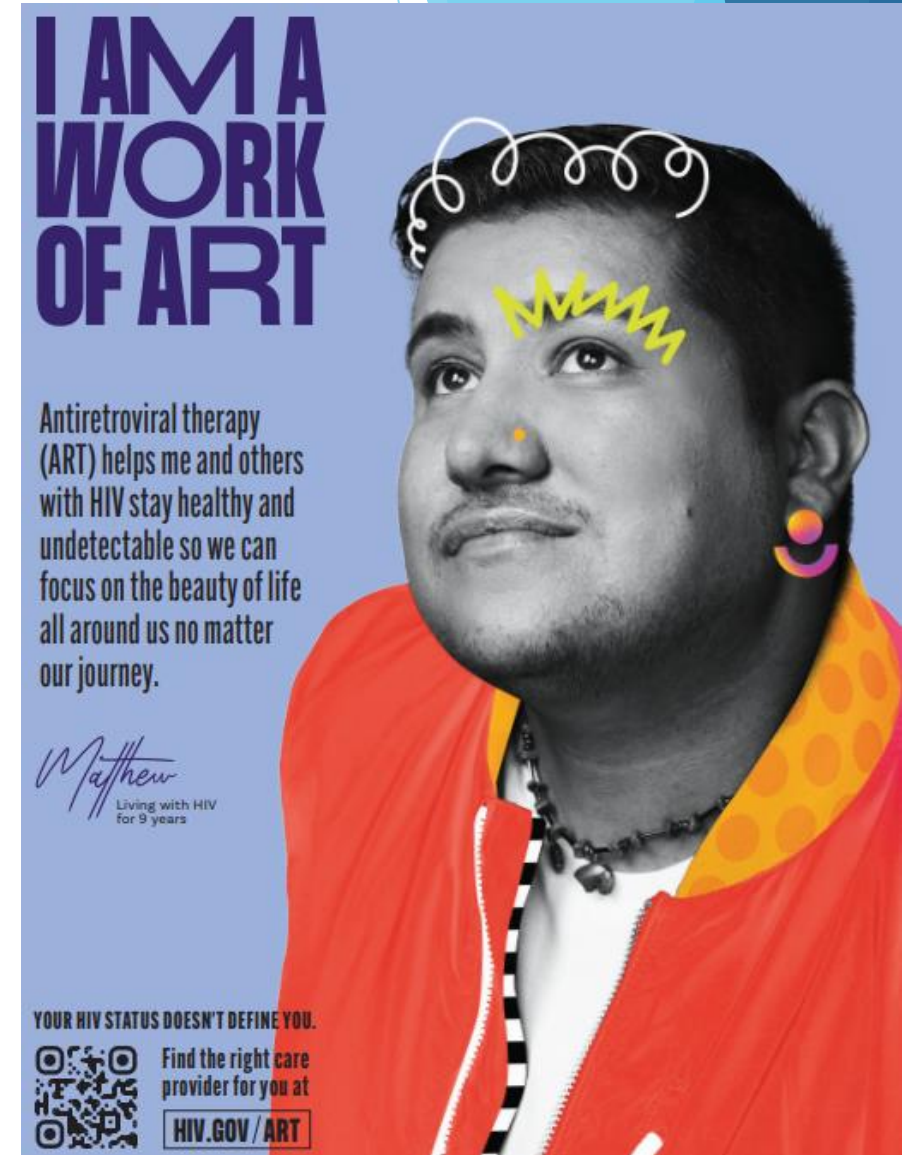
- May not have symptoms or get sick, can still transmit HIV
- This stage may last a decade or longer, or may progress faster. At the end of this stage, the amount of HIV in the blood (viral load) goes up and may move into AIDS.

AIDS

- The most severe stage of the infection
- Characterized by high viral load, badly damaged immune systems
- Average life expectancy - 3 years

Treatment

- Antiretroviral Therapy (ART) = taking medicine as prescribed by a healthcare provider
- Works to reduce the amount of HIV in the body to undetectable levels
- Average time to viral suppression: 6 months
- Undetectable = Untransmittable (U=U)!



Prevention

- ▶ Abstinence from substance use and sex
- ▶ Never share injection equipment, like needles or pipes
- ▶ Use condoms, the right way every time
- ▶ Pre-Exposure Prophylaxis (PrEP)
- ▶ Post-Exposure Prophylaxis (PEP)

PrEP



- ▶ A prevention strategy for people at high-risk for HIV infection
- ▶ A SAFE medication that reduces HIV transmission from sex (99%) and IDU (74%)
- ▶ Protects only against HIV, not other STIs

PEP

- ▶ Emergency medication taken to prevent HIV **after** a possible exposure
 - ▶ Through sex
 - ▶ Sharing substance use equipment, like needles
 - ▶ Sexual assault
- ▶ Must be started within 72 hours, and taken daily for 28 days
- ▶ Not a substitute for PrEP
- ▶ Not for people who may be exposed to HIV frequently

HIV in Alaska, 2020

Highlights Newly Diagnosed HIV Cases 2020 (n=30)

- 3 (10%) were diagnosed with AIDS at the time of initial diagnosis
- 1 (3%) is known to have died
- 25 (83%) were male
- 15 (50%) were men who have sex with men (MSM); 4 (13%) were MSM/IDU; 3 (10%) were heterosexual; and 3 (10%) were IDU
- 13 (43%) were Alaska Native/American Indian; 9 (30%) were White; 4 (13%) were Hispanic
- 17 (57%) were 34 years old or younger at diagnosis
- 17 (57%) were residing in Anchorage/Mat-Su at the time of diagnosis; 6 (20%) were residing in the Southwest

Opioid Overdose in Alaska

- ▶ In 2020, we saw our worst overdose death rate in a decade with approximately 143 deaths.
- ▶ Opioids continue to make up a large proportion of drug overdose deaths across Alaska.
- ▶ We saw a 165% increase during 2019-2020 for synthetic opioid OD deaths. Most of these synthetic opioid overdose deaths were from the substance fentanyl.



Harm Reduction

Harm Reduction Approach

A respectful, non-judgmental approach to reducing harms of drug and alcohol use that meets people “where they are at”.



PEER
SUPPORT



NEEDLE
DISTRIBUTION/
SUPERVISED
INJECTION SITE



DISTRIBUTING
CONDOMS



ACCESS TO
NALOXONE TO
REVERSE OPIOID
OVERDOSE



ADDICTION
PROGRAMS



OPIOID
REPLACEMENT
PROGRAMS



CONNECT
TO CARE

Harm Reduction

Does

- ▶ Save lives
- ▶ Reduce harms to people who use substances
- ▶ Provide access to needed services like social services, medical care, etc.
- ▶ Address stigma in substance use

Does NOT

- ▶ Condone substance use
- ▶ Enable substance use
- ▶ Provide substances to people who use substances



Harm Reduction Resources

Syringe Service Programs (SSPs)

- ▶ Provide community education and training
- ▶ Test for HIV and Hepatitis C, STIs
- ▶ Coordinate care to additional services
- ▶ Support basic human needs
- ▶ Distribute safer substance use supplies
- ▶ Dispose of used substances and supplies

Alaskan-Based SSPs

- ▶ Statewide: Your local medical center - speak to your medical provider or pharmacist about the need for safer injection supplies
- ▶ Anchorage/ Mat-Su Valley: [Alaskan AIDS Assistance Association \(4A's\)](#)
- ▶ Bethel: YKHC Pharmacy
- ▶ Fairbanks: [Interior AIDS Association](#)
- ▶ Homer: [The Exchange](#)
- ▶ Juneau: [Front Street Clinic](#)
- ▶ Statewide, order supplies from: [iKnowMine.org](#)



ANTHC Resources

Photo by Amy Gulick

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iknowmine.org

Truthful, Accurate Information for You(th)

 [order resources & supplies](#)

[get answers](#)



SEXUAL HEALTH



LGBTQ2S+



MY BODY



MY MIND



MY SPIRIT



MY RELATIONSHIPS



ALCOHOL, TOBACCO &
OTHER DRUGS

Spawn Safely!

Everyone ages 13 years and older should get tested for HIV at least once to confidently know their status. Once tested, individuals can make informed lifestyle choices to reduce the risk of transmission.

[Order an HIV self-test kit](#)

[Learn more about HIV testing](#)



ASK NURSE LISA

raise Awareness & prevent the spread of HIV/AIDS



Self-Test Kits

HIV



STIs

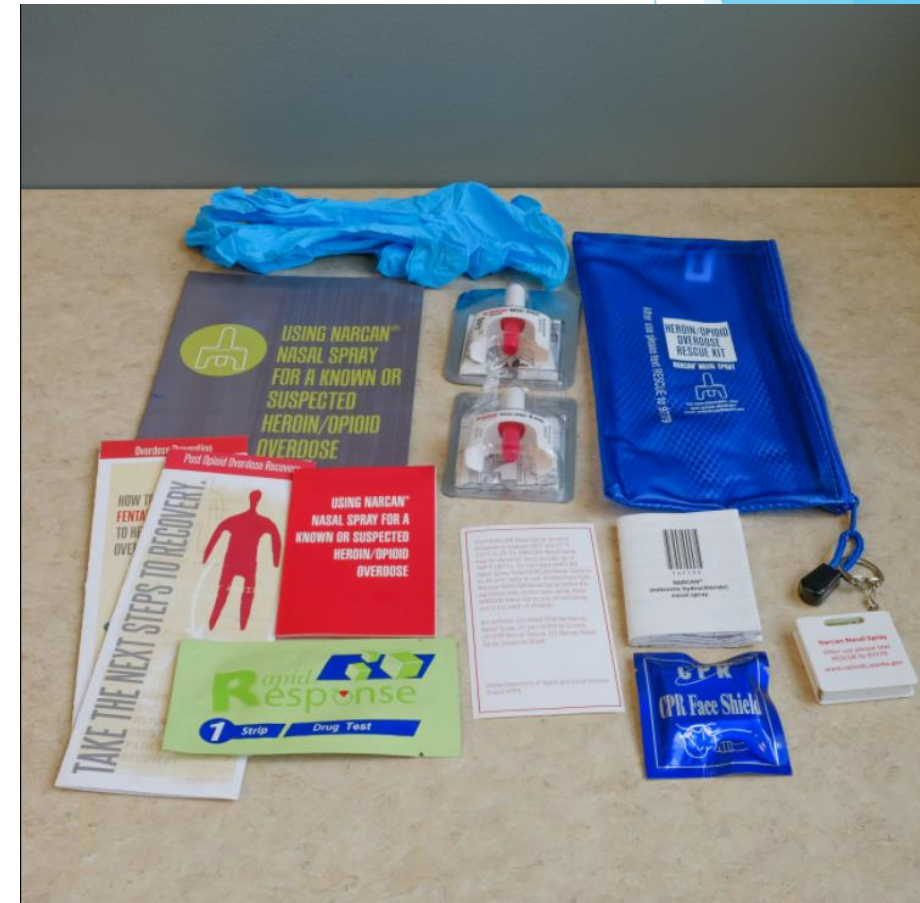


Condoms



Naloxone

- ▶ A SAFE medication that rapidly reverses the effects of an overdose
- ▶ Get trained and carry naloxone!
 - ▶ Online (15 minutes):
iknowmine.org/naloxone
 - ▶ Zoom or in-person:
saprevention@anthc.org



Harm Reduction Webinar Series

[Harm Reduction Webinar Training Series:](https://www.youtube.com/playlist?list=PLL4L0UMrF8iLUmoQDWlAmDxb-fvZteaMT)

<https://www.youtube.com/playlist?list=PLL4L0UMrF8iLUmoQDWlAmDxb-fvZteaMT>

HIV 101



Harm Reduction 101



Stigma, Empathy and Trauma-Informed Care



Homelessness and Harm Reduction in the Times of COVID-19



The Science of Addiction and Addiction Medicine



Increasing Protective Factors to Prevent Substance Misuse among
Alaskan Youth



Trauma, Violence and Substance Misuse



Polysubstance Use



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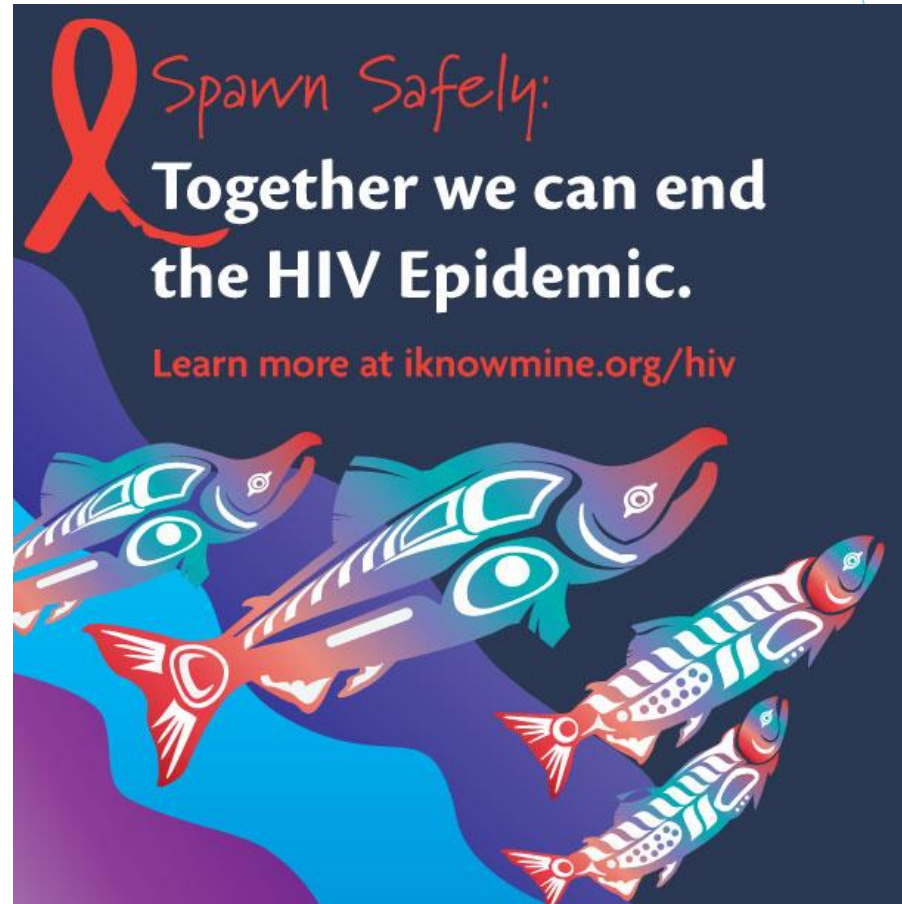
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Questions?

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HIV/STD Prevention Program Manager
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907-729-1651



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

Thank you for joining us today.
We appreciate your participation and hope
to see you at the **NEXT ECHO Session:**
January 12, 2023 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 CMEs.

