

How to manage and minimise harm for people who are contemplating, currently using or wanting to stop non-prescribed steroid and other performance and image enhancing drug use

KATINKA VAN DE VEN^{1,2}, BENG EU³, & ESTHER HAN^{4,5}

¹Criminology, Faculty of Humanities, Arts, Social Sciences, and Education, University of New England, Armidale, Australia, ²Human Enhancement Drugs Network (HEDN), NSW, Australia. Twitter: @EnhancementDrug, ³Prahran Market Clinic, VIC, Australia ⁴Northern Sydney Local Health District, Brelah, NSW, Australia, ⁵Discipline of Addiction Medicine, Northern Clinical School, Faculty of Medicine and Health, the University of Sydney, NSW, Australia

Presenter's email: K.vandeVen@une.edu.au

Introduction/Issues: Despite becoming a growing patient group, most health professionals in Australia still have little knowledge on how to assess and manage patients who use non-prescribed anabolic androgenic steroids (AAS) and other performance and image enhancing drugs (PIEDs). The aim of this workshop is to increase knowledge on current best practices to assess and manage this patient group, and to treat and prevent associated health consequences as a result of a patient's PIED use

Method/Approach: The activities we run are based on the recently developed *GP Guide to harm minimisation for patients using non-prescribed AAS and PIEDs*, which is informed by an extensive literature review and the experience and knowledge of health professionals, consumers and other PIED experts. We also present findings of the PUSH! study which examined the experience of PIED-using patients attending GP clinics. PUSH! data was collected from 172 patients, from 9 clinics in 5 states and territories. Activities include an interactive quiz, motivational interviewing sessions, Q&A time and short talks.

Key Findings: We will reflect on who is using PIEDs in Australia; what drives them; reported adverse effects; what PIED-using patients look like; how to assess and manage patients using PIEDs; and harm reduction principles to consider when a patient is not ready to stop.

Discussions and Conclusions: People who use PIEDs and who seek medical help often do not obtain proper treatment, are declined care, and/or discriminated against. This workshop therefore forms a valuable contribution to the field of alcohol and other drug training and education with the aim to improve health professionals' knowledge and engagement of PIED-using patients.

Implications for Practice or Policy: The purpose of this workshop is to increase health professionals' confidence and capacity to manage and minimise harm for people who are contemplating, currently using or wanting to stop PIED use.

Disclosure of Interest Statement: The *GP Guide to harm minimisation for patients using non-prescribed anabolic-androgenic steroids (AAS) and other performance and image enhancing drugs (PIEDs)* has been funded by the Sydney North Health Network.