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VÄRLDEN ME
生组织 DOCTO



OF THE WORLD العالم منظمة LÄKARE I VÄRLDEN MEDICI DEL MONDO ΓΙΔΤΡΟΪ ΤΟΥ ΚΟΣΜΟΥ DOKTERS VAN DE WERELD
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ÉDICOS DEL MUNDO 世界の医療団 ÄRZTE DER WELT दुनिया के डॉक्टर MÉDECINS DU MONDE 世界医生组织 DOCTORS OF THE WOF
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HARM REDUCTION and HEALTH

WANGARI KIMEMIA

ADVOCACY OFFICER

Medecins du Monde (Mdm)

Harm Reduction Kenya Program

INHSU AFRICA 2020

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MdM is an international humanitarian organization providing medical care to vulnerable populations affected by war, natural disasters, disease, famine, poverty or exclusion.

Originally established in France in 1980,

Harm Reduction: Myanmar, Georgia, Cote d'Ivoire. Tanzania and Kenya

Kenya since 2013: Service delivery, training and advocacy

Training and Resource Centre (Regional Approach) Based in Tanzania



Context

- **23,000 PWID** in the country
- **HCV Prevalence : 14-34%** among PWID (Gen Pop: 0.2-0.9 %)
- **Co-infection in PWID 37-40%**
- **HIV Prevalence : 18%** among PWID
- **General population: 4.7%**
- **Coverage of Harm Reduction = about 60%**



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WHO

Definition of Health

A state of complete physical, mental and
social well-being and not merely **the**
absence of disease or infirmity.

What is Harm Reduction?

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Reduction of drug related harms without necessarily reducing the use of drugs(similar to wearing helmet and seat belt)





Principles of Harm Reduction

1. Respecting the rights of people who use drugs

➤ Dignity

➤ The use of drugs does not mean people forfeit their human rights

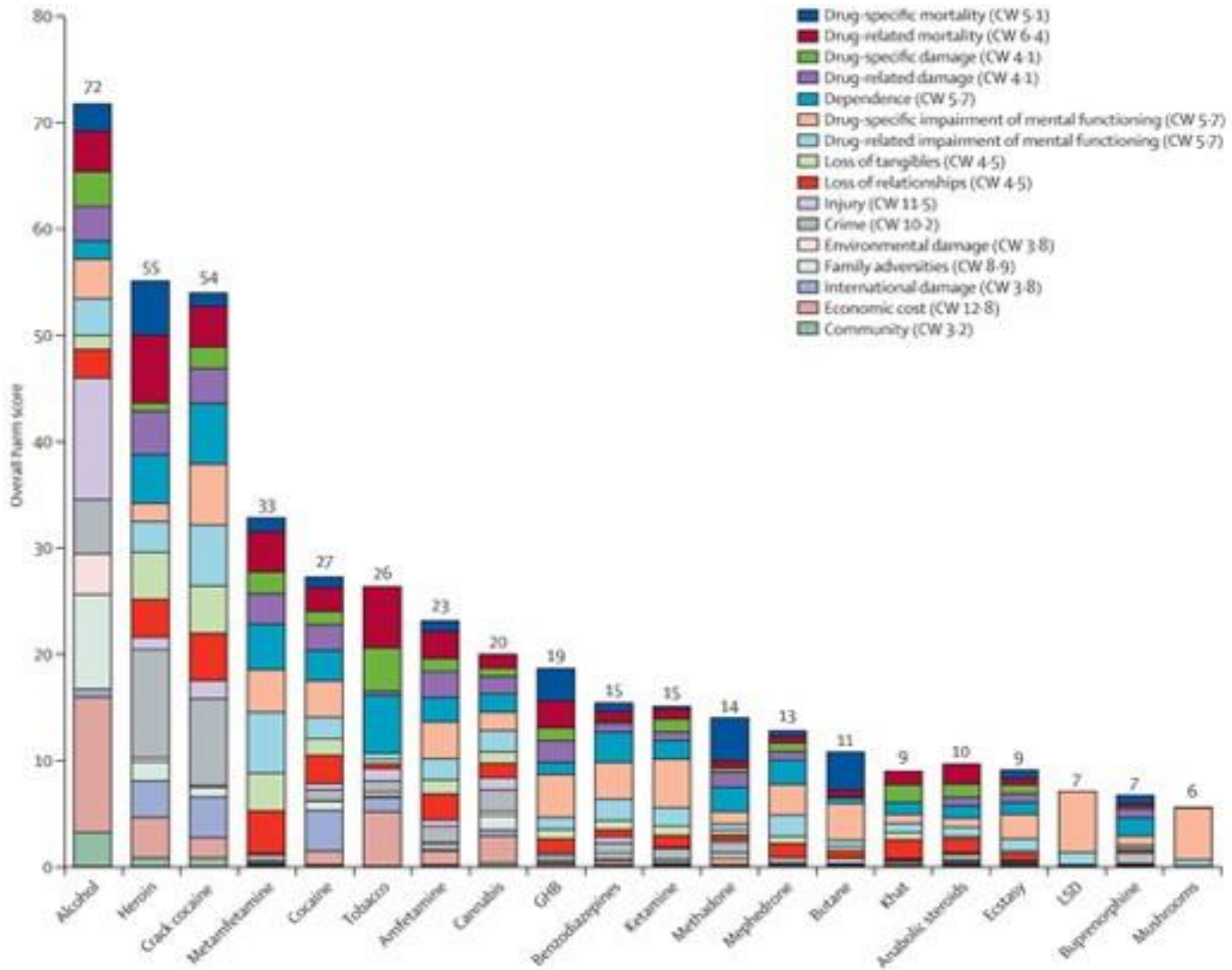
2. Evidence based – What works (not moralistic, populist)

3. A commitment to **social justice** and collaborating with networks of people who use drugs

– Nobody is left behind due to their drug use, **and others**. Remove barriers.

4. Address stigma - “where they are” in their lives without judgement. **Division between**

good and bad drugs.



[Professor David Nutt's breakdown of drugs and their related harms](https://www.thelancet.com/cms/attachment/2001010052/2003786749/gr4_lrg.jpg)

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Goals of harm reduction

Harm reduction is grounded in the recognition that many people throughout the world are unable or unwilling to stop using illicit drugs. It therefore aims to:

1. Keep people alive and encourage positive change in their lives **(We do not get to define for them what is positive)**
 - > Quality of life
2. Reduce the harms of drug laws and policy
3. Offer alternatives to approaches that seek to prevent or end drug use

What is harm reduction? <https://www.hri.global/what-is-harm-reduction>



NBs on Implementation of HR

- Practitioners of harm reduction should understand harm reduction (Could we be stigmatizing the PWUD ourselves with the harm reduction policies and practices we are developing?)
- Meaningful engagement of the PWUD community – FSW and MSM communities
- Low threshold services – Methadone, NSP . ‘Reach them where they are at’
- Socio-economic empowerment – Is it poverty or drugs use??



Policy Change

- The only long term approach. Because it is easy to defend. No one should be a criminal for what they choose to ingest.
- In case of political change all the gains of harm reduction can be lost.
- As long as drug use is criminalized PWUD will not very confidently lift their head high and come for health services.
- Use the diverse method approach and do what works in our contexts.

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Harm Reduction is Colorful

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Targeted information, education and communication	Counseling and testing of HIV/AIDS and viral hepatitis	Condom distribution, Needle and syringe program
STI (prevention, diagnosis and treatment)	Viral Hepatitis (prevention, diagnosis, treatment)	TB (prevention, diagnosis, treatment)
ART and care for HIV/AIDS	Opioid Substitution Therapy	Promotion of human rights, fighting criminalization and preventing violence
Mental Health care interventions	Socioeconomic reintegration	Preventing and managing overdose

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WHO *Definition of Health*

A state of complete physical, mental and social well-being and not merely **the absence of disease or infirmity**

We all have a right to:

THE HIGHEST ATTAINABLE STANDARD OF HEALTH

(coffee users, heroin users, cigarette smokers, car drivers....)

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