RIOTT:
Setting up and operating a supervised injecting clinic

SSA Conference York 2009

Dr Soraya Mayet
Consultant Psychiatrist in Substance Misuse
Principle Investigator RIOTT (Darlington)
Tees, Esk and Wear Valleys NHS Foundation Trust
Thanks to

- Professor James Bell
- Dr Nicola Metrebian
- Professor John Strang
- RIOTT Researchers and Clinical Team
Diamorphine
Outline of the talk

- Where are the clinics?
- Community Impact
- What is a supervised injectable clinic?
- Operating the clinic
- Staff
- Patients
- Policy
- Complications
- My impression
Multi-Site RCT

- 2005 London
- 2006 Darlington
- 2007 Brighton
<table>
<thead>
<tr>
<th>London</th>
<th>Darlington</th>
<th>Brighton</th>
</tr>
</thead>
<tbody>
<tr>
<td>inner-city area with high levels of deprivation</td>
<td>residential area</td>
<td>central residential</td>
</tr>
<tr>
<td>Large NHS specialist service providing community-based treatment to +400 clients</td>
<td>Large NHS specialist service providing community-based treatment to 320 clients</td>
<td>Large NHS specialist service providing community-based treatment to 800 clients</td>
</tr>
<tr>
<td>Opened October 2005</td>
<td>Opened September 2006</td>
<td>Opened September 2007</td>
</tr>
<tr>
<td>set within general SMS</td>
<td>set within general SMS</td>
<td>Stand alone clinic</td>
</tr>
<tr>
<td>Capacity 40 IOT</td>
<td>Capacity 30 IOT</td>
<td>Capacity 30 IOT</td>
</tr>
</tbody>
</table>
RIOTTT Darlington

North East England

Darlington
Think about the community impact

Think about the media

Will Patients be able to attend

Think about the location
Will giving drug users what they want bring relief to the rest of us?

The success of a scheme in which North East drug addicts were given heroin in a scheme funded by taxpayers could mean a change in how we treat users. Mike Kelly reports.

More details of a pioneering North-East “shooting gallery” for heroin addicts were released yesterday.

On Tuesday, The Northern Echo revealed that a controversial Darlington clinic that provides two free daily shots of NHS heroin to addicts was being hailed as the best way to cut crime and reduce the purchase of illegal street heroin.

Yesterday, the full details of the Randomised Injectable Opioid Treatment Trial (RIott) were released at a London conference.

The Darlington clinic, at an undisclosed location, is one of three in England to provide free daily injections of heroin, heroin substitute methadone or an oral version of methadone to a hard core of difficult-to-manage addicts over the past three years.

Yesterday, experts from the National Treatment Agency for Substance Misuse said the trial had produced “remarkable” results.

The RIott trial demonstrated that it is possible to retain in treatment “some of the most entrenched, hard-to-treat heroin addicts for whom previous treatment, rehabilitation and prison appear to have had little beneficial effect.”

All three groups in the trial saw a reduction in the use of street heroin, but the biggest reduction was among those given injectable NHS heroin.

Three quarters of those given injectable heroin twice a day remained “largely abstinent” from street heroin use. There was also what was described as “a dramatic reduction” in self-reported crime.
Supervised Injectable Clinic

- Supervised on site dosing
- Prescribed injectable heroin or methadone
- High dose
- Self administration
- Intensive Treatment
- Injecting technique assessed
- Psychosocial Interventions
- Monthly medical review
Organisational

- Morning and afternoon session
- 7 days a week including public holidays
- A maximum of two patients at any one time
- Observation of patient safety
- Safe and hygienic injecting
- No take away of injectables
Monitoring: Formal assessment

- During dose induction
- After dose increase
- After missed doses
- When there are concerns

Before and 5, 15 & 30 minutes after injection;

- Pulse rate, blood pressure, respiratory rate, pupil size
- Blood oxygen levels (pulse oximeter)
- Breath alcohol level
- Client and staff rating of withdrawal/ sedation
Medication - induction

- Supervised oral methadone for 2-3 weeks
- Urine monitoring – (+illicit heroin)
- Methadone dose (mg) – convert 2/3 to diamorphine daily dose (Non linear conversion), give 1/3 as oral methadone
- Dose increments every 2-3 days until stable
Injecting

- **Preparation**
  - Drawing up of ampoules (nursing staff)
  - Washing of hands, cleaning of sites (patients)

- **Injecting sites**
  - Peripheral veins, muscles, no active inflammation

- **Injecting times**
  - 3 attempts/20 minutes
  - No blood in syringe
Monitoring: Nursing assessment

Patients who have stabilised on their dose

- Brief conversation and observation pre and post-dose
- If indicated → formal assessment
Process

Brought into injecting room in twos

Medication drawn up in separate room

Medication checked, controlled drugs regulations

Patient ID checked & medication given to patient

If not suitable, asked to return later

If IV – three attempts then IM/oral

Take Home Oral Methadone given

Patient advised where to inject

Patient observed during self-administering injection
Injecting Clinic

Injecting Booth
RIOTT: London Injecting Clinic
Patient injecting diamorphine
Staff

- Nursing Staff (band 5 & 6)
- Band 7 Nurse Manager
- Pharmacy – pharmacist/technician
- Medical support on site
- Medical Supervision
- Admin - reception
Patients

- Using IV heroin daily/almost daily
- Last three months
- Injecting for at least 3 years
- On methadone treatment for 6 months
Policies

Groin Injecting
Titration/Maintenance/Reduction
Standard Operating Procedures
Supervision of injecting
IV attempts/Blood in syringe
Oversedation, illicit drug use
Nursing, Pharmacy, controlled drugs, medicines code
Good bits

- Patients getting better
- Not using heroin
- Not using other illicit drugs
- Award winning service
Difficult bits

- Stopping groin injecting
- Illicit Benzodiazepine use
- Over sedation when stable
- Supervising the clinic
- Time for Psychosocial interventions
Non Serious Side Effects

- Rash
- Redness
- Itching
- Blotches
- Hardening of muscles
- Stinging
- Burning
- Pain

Both:
- Flushing
- Facial swelling
- Abscess
- Constipation
- Numbness
- Hitting nerve
- Allergic reactions
- Tingling
- Cellulitis

Methadone

Heroin
- Rash
- Redness
- Itching
- Blotches
Serious Complications

- Oversedation - heroin
- Overdose – heroin (needed naloxone)
- ? Seizure - heroin
- ? Anaphylactic reaction - heroin
- Allergic reactions (lip swelling) - heroin
- New onset Arrhythmia – unrelated to medication
- Serious adverse events – related to heroin
My clinical impression

- Patients have gone from injecting heroin every day, committing crimes to fund the habit, sex-working, no access to kids, unstable accommodation
- to
- Not using heroin, stable accommodation, money in their pocket, not committing crimes, access to kids, seeing family again
A spoonful of medicine
11:27am Wednesday 21st October 2009

By Barry Nelson »

Giving hard-core addicts free heroin on the NHS seems to have a beneficial effect for the individual and for society as a whole. Health Editor Barry Nelson investigates a

Darlington-based pilot scheme saved 36 year-old from life of prostitution and shoplifting
9:20am Saturday 3rd October 2009

By Barry Nelson »

A HEROIN addict who says a controversial NHS clinic has probably saved her life has urged the Government to fund “shooting galleries” across the UK.

Vicky, 36, has been a heroin addict since she was 24.

Before she enrolled on a Darlington-based pilot...
Free heroin trial proves a success

A CONTROVERSIAL clinic that provides two free daily shots of NHS heroin to addicts should become the model for many towns and cities across the UK, a panel of experts will say today.

For three years, heroin addicts in Darlington have turned up twice a day at a clinic to get their supervised fix of heroin or heroin substitute methadone.

The pilot scheme, one of only three in England, costs about £15,000 a year per head. It is said to have demonstrated that injectable heroin, injectable methadone or oral methadone.

By Barry Nelson
Health Editor
barry.nelson@nne.co.uk

be introduced nationally.

Since the trial started three years ago, experts have calculated that the number of crimes committed by heroin addicts, who are enrolled on the programme for at least six months, fell from about 40 a month to six a month.

One in three of the addicts stopped using street heroin while the other two-thirds cut
Thank You.

RIOTT (Darlington)