

Alcohol and Drug Snapshot

October 2023



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On Monday of this week, Terrence Higgins Trust launched a new national HIV stigma campaign.

The campaign aims to raise awareness of the common misconceptions about HIV and encourages people to think about their role in perpetuating Stigma and the devastating impact that this can have on people living with the virus.

Assets have been developed to support the campaign and can be accessed by clicking the poster to the right.

To find out more about HIV, the campaign and to view the TV advert, go to HIVstigma.scot



Support for people who inject Drugs

Approval has been given for a Safer Drug Consumption Facility in Glasgow, the first of its kind in the UK. The need for the Safer Drug Consumption Facility was one of the recommendations made in the NHSGGC Health Needs Assessment report "Taking Away the Chaos", 2016 which highlighted the link between the increase in HIV transmission and public injecting.



One of the main transmission routes for HIV and other blood-borne viruses is through sharing injecting equipment. There are services across Greater Glasgow and Clyde that can offer emotional and practical support for people who inject drugs and may be at risk. HIV testing is quick, easy, confidential and free for anyone on the NHS.

One of the services is the NHS GGC WAND initiative, piloted in Glasgow City and now being offered in other areas of GGC. The WAND initiative encourages people who inject drugs to participate in 4 key harm reduction interventions and was designed to address key issues including safer drug use, injecting related complications and BBVs. It comprises:

W: Wound Care

A: Assessment of Injecting Risk

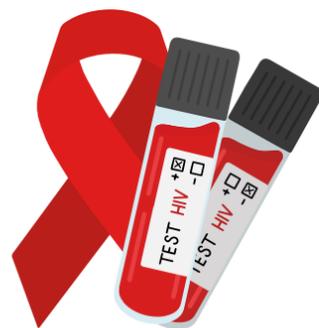
N: Naloxone Provision

D: Dry Blood Spot Testing

Through the interventions, staff can provide immediate care to the patients and ensure that if a patient has a Blood Borne Virus, such as HIV, this can be picked up at an early stage through dry blood spot testing and appropriate information and treatment can be provided to the patient.

HIV tests and support can also be accessed via the services below:

- Local Harm Reduction Services
- GP surgery
- Sexual Health Clinics
- Hospitals
- Waverley Care, by booking a test via the [service finder](#)
- [Terrence Higgins Trust](#)



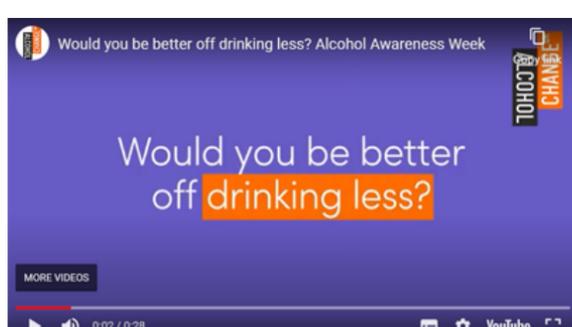
Training and Learning



This e-learning course by Scottish Drugs Forum will increase your knowledge of HIV prevention and treatment. You will also learn about the current HIV outbreak in Scotland among people who inject drugs.

Alcohol Information

During the month of October you may see an increase in information encouraging people to reduce their alcohol intake or have one month free of alcohol. Alcohol Change UK have lots of resources to support with having conversations if you are working with or know someone who is thinking about reducing their alcohol intake .



Alcohol guidelines



To keep health risks from drinking alcohol to a low level, men and women should not exceed 14 units per week and it is advisable to spread your drinking over three days or more.



People who are clinically alcohol dependent should not suddenly, completely stop drinking. It is important that if someone is alcohol dependent they should talk to a GP or local Alcohol and Drug Recovery Service who will be able to help to reduce drinking safely.

Liver Cancer Awareness

October is Liver Cancer Awareness Month which aims to raise awareness and improve early detection of the disease.

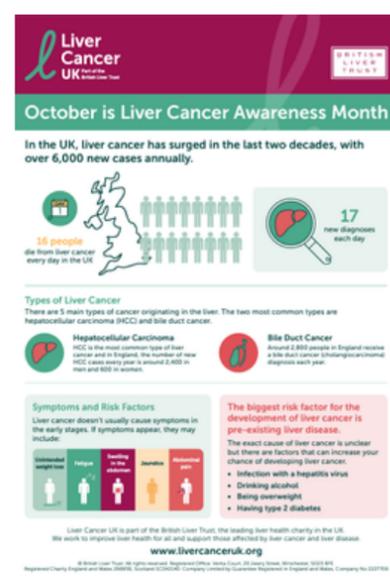
Alcohol is one of the four main risk factors for liver cancer.

Alcohol is broken down by the liver. This produces harmful chemicals that can damage and kill liver cells. If this type of damage happens too often, the liver can't keep up with repairing itself. Scarring develops. If the damage continues, it will become severe (cirrhosis). It is estimated 3 to 5% of people with cirrhosis will develop liver cancer every year.

Source

Liver Cancer UK have a suite of resources available for Health Care Professionals that can be accessed and downloaded via their website.

If you are worried about liver cancer or want some more information you can access this and support services via the Liver Cancer UK Website.



Websites and Services



Alcohol and Recovery Drug Services are joint Social Work Services and Health Addiction Teams. Click on the NHS GGC Logo to access the contact details for both central and local ADRS Services



AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from alcoholism.



Working to reduce the impact of alcohol on individuals, families, communities and Scotland as a whole, through the implementation of effective alcohol control policies and legislation.