



OHRDP CONFERENCE INJECTING NON- INJECTABLES

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Ketamine – A Mind Altering Trip Experience

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OVERVIEW

- What is Ketamine?
- Why is Ketamine a Non-injectable drug?
- Who is using it?
- What are the risks associated with using it?
- Harm reduction approaches (shooting, hooping, Up The Bum)
- What are the challenges for needle exchange program staff? (types of needles, education, outreach)

Ketamine

COMMON & BRAND NAMES

K; Special K; Cat Tranquilizer

EFFECTS CLASSIFICATION

Dissociative Anaesthetic; Psychedelic

CHEMICAL NAME

2-(2-chlorophenyl)-2-(methylamino)-cyclohexanone

DESCRIPTION

Ketamine is a dissociative psychedelic used medically as a veterinary and human anaesthetic.

It is one of the few addictive psychedelics



METHOD

- K can be injected intramuscularly (IM) in the shoulder or thigh muscle or intravenously (IV).
- Other methods: oral, nasal and rectal
- IM is the most common and easiest method for new/first –time users
- Both injection methods will produce similar effects, but at drastically different time-lines
- NOTE:
- is detectable in both blood and urine for 7-14 days and possibly longer in heavy users
- Ketamine may cause false positives for PCP on some drug screens

K IS A SHORT-ACTING DISSOCIATIVE ANAESTHETIC

- IM injection peak effects occur after 1-3 minutes and last from 20-40 minutes
- IV injection peak effects occur immediately (5-20 sec) and last from 10-25 minutes
- It takes much less K to get high than most other drugs (crystal meth, cocaine). It is best to start with small doses and working up to desired levels

WHY IS KETAMINE A NON-INJECTABLE?

- It is not commonly used medically on humans much because it induces psychedelic episodes
- Use in humans because Ketamine blocks nerve paths without depressing respiratory and circulatory functions
- Therefore, acts as a safe reliable anaesthetic
- Only available to physicians
- Ketamine is illegal to possess without a prescription or license since August 1999 in the USA.

WHO IS USING KETAMINE

- ketamine injection is an emerging practice among a new hidden population of injection drug users in cities throughout North America.
- Because of a scarcity of epidemiological data, little is known about ketamine injection practices, associated risk behaviors, or the demographic characteristics of ketamine injectors.
- It is a Rave party drug and most likely used by youth!



RISKS RELATED TO USING KETAMINE QUALITY AND QUANTITY

- how much and how often, taking into consideration the potency and purity of the drug (which is highly variable among illicit substances).
- 80 -100 mg is a typical dose
- Use a minimum of 60-70 units of sterile water or the K may re-solidify in the syringe and clog
- A fatal dose is 5 g
- mixing with downers (alcohol and opiates, etc.) increases the danger of overdosing
- Larger doses typically increase the duration and memory loss effects of K.

K-HOLE

The peak of the trip

- Induces out-of-body experiences, mystical union, astral travel, rebirthing, alien communication, and bringing one closer to certain deities (religious figures).
- When high enough you can land in a K-hole, the point when one crosses from a dissociative state to anaesthetic levels.
- Little interaction with the outside world
- User can become unconscious and have temporary paralysis (unresponsive, eyes may be open, glazed over and staring into space, dilated pupils)

NEGATIVE PHYSICAL EFFECTS OF KETAMINE

- can include dry mouth, respiratory problems and nervousness/racing heart
- nausea and/or vomiting
- Supervision of higher dose ketamine experiences by a sober sitter
- Ensure the trusted sober sitter knows how to place you in recovery position if you vomit or fall unconscious
- At risk of theft or abuse while knocked out

PSYCHOLOGICAL DIFFICULTIES

Paranoia and Egocentrism

- There are many reports of regular users starting to see patterns and coincidences (synchronicities) in the world around them which seem to indicate that they are somehow more important or integral to the world than others. This same sense of the world focusing on the user can also feed into a sense of paranoia.
- Ketamine has the potential to be psychologically addicting. Some individuals who use it regularly find it difficult to stop or control their own use.

PSYCHEDELIC INDICATIONS:

- Hearing
 - There is a narrowing of hearing tubes, changes in frequencies
 - Music will sound neat but not correct and not transcending
 - Use mellow music with a psychedelic flavour
 - Keep volume less than loud because your perception of overall volume will increase
- Vision: Visual hallucinations are most notable in low light
- Touch is exceptional. Smells and tastes will be nulled.
- Do not expect to talk, although you may
- Expect general reflection but not exceptional emotionality

BLADDER AND URINARY TRACT PROBLEMS

- Heavy regular use has been linked to scarring and ulcerations of the bladder and urinary tract.

K-pains: long-suppressed neurochemical receptors suddenly turn back on and make your insides hypersensitive-making it feel like you have hot knives in your kidneys

- Binging may lead to acute abdominal pain (K pains) – this is especially true for injection users who, in extreme cases, report K-pains lasting up to days or even weeks.
- Frequent UTI and difficulty urinating

SET AND SETTING- THE WHERE, WHEN AND WITH WHOM

- Be sure to only inject in comfortable and safe environments, free from sharp objects, open flames, high falls and other hazards.
- It is *very important* to make sure they are in a safe place (like a chair or on a bed) as they can suffer serious injury by injecting while standing or in a dangerous environment
- Vomiting can be fatal. Avoid eating 1½ hr prior to use
- Do not operate heavy machinery. Do not drive.
- Do not swim. Avoid bodies of water - At least one death has been recorded where an individual took a bath after using ketamine, and drowned.

WARNING FROM TRIP PROJECT

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- possible fake Ketamine
- very serious symptoms, including bleeding out the sides of their eyes
- multiple cases in the GTA of this specifically related to ketamine use.
- This is an unheard of side effect of actual K
- Warn your clients to be very cautious and to buy K from trusted sources OR use small amounts in body
- There is no way to regulate or control the quality, or purity of street drugs. It is cut and cut again with other drugs and fillers

KETAMINE SAFER INJECTION METHODS

- It is common to have muscle pain when injecting larger doses of liquid Ketamine into muscle tissue. The pain can continue for several days if it is not administered properly.
- Take 2 injections to divide the dose and reduce pain
- The muscle soreness can be somewhat controlled by using a very fine (around 22 gauge) needle and by injecting very slowly. It should take 15-30 or more seconds to inject a dose into a muscle. If you feel it begin to sting, slow down the injection rate.
- IM and IV administration generally produce a higher peak, and a shorter overall duration than other methods.

PHARMACEUTICAL VIALS



- Closed vials can be considered relatively more safe than most loose powders or liquids you may buy off the street
- Less likely to be tampered with (cut with other substance)

OTHER RISKS ASSOCIATED WITH INJECTING NEEDLES

- Cotton fever/the bends: from injecting a 'dirty hit'. This could be from fibres in the filter, dirt in the water you use to cook your hit, or the stuff the hit is cut with
- Swollen skin: from missing the vein or 'digging around' with the rig
- Abscesses cause by dirt or germs on the skin (not cleaning the site properly, missing the vein or using the same site over an over again)
- Transmission of blood-born infections like HIV and Hepatitis A and B through shared works

INJECTION SAFETY TIPS TO TEACH CLIENTS:

- Never Share your equipment
- You can get HIV/AIDS and Hepatitis C by sharing injection equipment
- IV injection can knock you out in seconds. This can happen before you are able to re-cap your needle, or even before you are finished injecting!
- Always use proper injection techniques: swab your site before injecting, don't re-use syringes, and pull your tourniquet before pressing the plunger.
- Remember to rotate sites
- Properly dispose injection equipment

HOOPING

- is sticking a pill or solution up your butt or vaginal
- absorbs through the mucous membrane (a thin and sensitive mucous-covered tissue) inside the bum or vagina
- The high is full-on because it doesn't have to travel through the digestive system, so less is needed to get high than if you were eating it.

The risks:

- It may irritate your bum or vagina
- Adulterants (stuff the drug is cut with) may cause irritation
- You might poo it out!

Reducing the harm:

- Use lube when hooping to reduce discomfort and/or tearing
- Wash your hands before and after to avoid transmitting bacteria like Hepatitis A
- Try cutting your dose in half if hooping for the first time to see what the buzz is like rather than taking the whole dose at once

UP YOUR BUM: UYB A SIMPLE, SAFER ROUTE OF DRUG TAKING

- Some who choose the rectal administration route use a syringe with the needle removed. The desired dosage can be put in the syringe, inserted (using lubricant) and injected. Rectal use is similar to oral in that it has a lower peak, but longer duration.
- Needle exchange staff have a key opportunity for promoting this technique during confidential individual engagement with high risk injectors

UWB

IF YOU CAN FIX
IT YOU CAN
UWB IT - RUSH
GUARANTEED



• NO NEEDLE

• USUALLY NO
BLOOD

• LESS RISK OF
HIV

• LESS RISK OF
HEPATITIS B+C

THE QUICK AND SIMPLE
WAY OF USING DRUGS

HOW FAR WILL YOU GO BEFORE YOU TRY AN ALTERNATIVE?

WHACK



WARNING!
Contains explicit
information for injecting
drug users • See back cover.



A QUICK AND SIMPLE ALTERNATIVE TO INJECTING

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UYB IS A POSITIVE OPTION FOR INJECTORS

UP YOUR BUM

STICKING DRUGS UP YOUR BUM HAS BEEN DONE BY BOTH DRUG USERS AND PAIN CONTROL SPECIALISTS FOR MANY YEARS. UP YOUR BUM (UYB) IS A NEW WAY OF DOING IT THAT IS QUICK, AND EASY AND SAFER THAN INJECTING.

YOU MAY CHOOSE TO USE UYB ALL THE TIME OR SOME OF THE TIME, TO REPLACE INJECTING OR ONLY WHEN FIXING MIGHT BE TOO RISKY. JUST REMEMBER IT'S YOUR HEALTH, IT'S YOUR CHOICE.

- IT'S QUICK AND EASY TO DO.
- THERE IS NO NEEDLE AND USUALLY NO BLOOD THEREFORE LESS RISK OF HIV AND HEPATITIS.
- YOUR BUM IS USED TO DEALING WITH BACTERIA SO IT'S NOT GOING TO GIVE YOUR INSIDES BIG PROBLEMS.
- YOU GET A FAST HIT AND A RUSH
- THE ANUS (OUTSIDE OF YOUR BUM) HAS TWO MUSCLES WHICH ACT LIKE A DOUBLE SEAL TO AVOID LEAKS.
- NO NEEDLE MEANS LESS RISK FOR KIDS, AT WORK OR IN PRISON.

GOOD NEWS
STANDARD

CHALLENGES FOR OUTREACH STAFF

- Communication barriers with clients that comes into Needle Exchange Program
 - Client may not want to discuss injection drug use
 - Trust issues with unknown adults related to illegal possession of K
- Unaware about the risk and serious side effects
- Purity of street drugs, are they fake?
 - Lack of knowledge of proper injection method and needle sizes

PEER NORMS INJECTION-RELATED BEHAVIOURS

- Injection techniques are typically learned from and reinforced by peer groups –often unsafe
- involving community peer workers may help influence safer injection behaviours
- Difficult task since injection norms within social networks favour unsafe behaviours

Intervention

- Hire “K-tards” to create appropriate injection kits for K use
- The challenge is many youth are difficult to engage with and seem uninterested in learning about safer drug use

EDUCATE, INSPIRE AND EMPOWER

- Treat every one with dignity and as full members of society
- Involve the clients in program activities and they will become ambassadors of harm reduction
- Teach clients that “KNOWLEDGE IS POWER”
- When educating about drugs and the ways to reduce the harm connected with drugs, you are empowering your clients to make INFORMED CHOICES
- Give handouts, but explain the material as not all clients are able to read

DEVELOP A TRUSTING RELATIONSHIP

- Provide non-judgmental information and supplies around safer drug use in practical, realistic way
- Focus on the ways in which people use rather than whether or not they use
- Counsel 1:1 in private area, solution focused
- Clarify confidentiality
- Provide handouts and internet links to relevant sites
- Invite them to contact you again

Improving Access to IDU equipment At the Works

- we provide 24/7 access to needle kits at St. Michael's Hospital Emergency Room
- hire peer workers to make needle and crack kits for distribution from the office
- provide an outreach van 6 nights a week
- offer nursing testing and vaccination clinics at outreach youth drop-ins
- Provide health promotion in the office by running drop-in groups and Hepatitis C support groups

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