

Harm reduction: measuring its value

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Outline

- What is harm reduction?
- Application of harm reduction
- Principles of harm reduction
- Tobacco harm reduction
- Health outcomes measurement
- Key messages

What is harm reduction?

- Refers to policies and interventions to reduce the harmful consequences of alcohol, tobacco, marijuana and other psychoactive substance use.
- Minimises the negative health impact of a risky activity without stopping it entirely.
- Harm reduction = reduce risk of a harmful activity by using safer alternatives.

Application of harm reduction?

Doctors practice harm reduction regular basis.

Examples:

- advocating the use of condoms
- provision of clean needles to drug addicts

Principles of harm reduction

- minimize harmful effects of the addiction.
- need a set of practical strategies.
- reflect specific individual and community needs.
- there will never be a drug-free or smoke-free society.
- user's decision to use or not to use is accepted.

Tobacco harm reduction

- Offer **less risky alternatives** to regular cigarettes for those smokers who cannot or choose not to quit.
- Provision needs to be made for the large number of people who continue to smoke.
- Switch to alternative products with lower health risks.

NICE Guidelines

NICE National Institute for
Health and Care Excellence



Smoking: harm reduction

Public health guideline

Published: 5 June 2013

nice.org.uk/guidance/ph45

NICE guidelines: harm reduction

The approaches covered by this guidance are aimed at people who:

- may not be able (or do not want) to stop smoking in one step.
- may want to stop smoking, without necessarily giving up nicotine.
- may not be ready to stop smoking, but want to reduce the amount they smoke.

Interventions for smoking

Smoking cessation – primary approach

- Varenicline – Champix®
- Bupropion hydrochloride – Zyban®
- Nicotine Replacement Therapy (NRT)
- Electronic Nicotine Delivery systems (ENDS)
- Snus
- Heat-not-burn technology
- Other options: hypnosis, acupuncture

Properties of alternative products

- similar taste
- sensory experience
- ritual
- nicotine delivery profile
- produce less toxins

Health outcomes measurement

Health Outcomes

- Outcome measurement is perhaps the single most powerful tool in revamping the health care system.
- Measure outcomes for every patient.

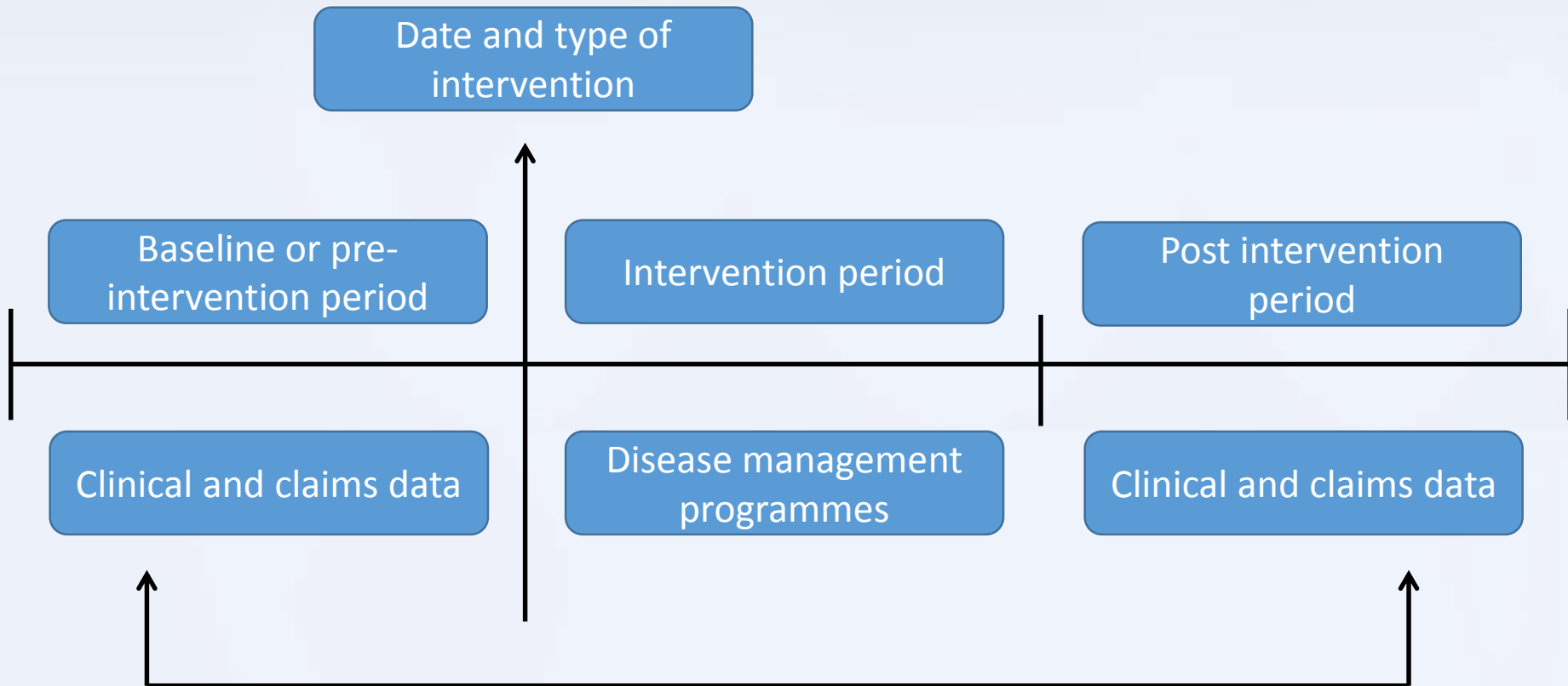
Porter ME. What is value in health care? NEngl J Med 2010; 363: 2477-81

Definition : Outcomes Research

- A scientific discipline that evaluates the effect of health care interventions on patient-related, if not patient specific, economic, clinical and humanistic outcomes.

ISPOR BOOK OF TERMS, 2003

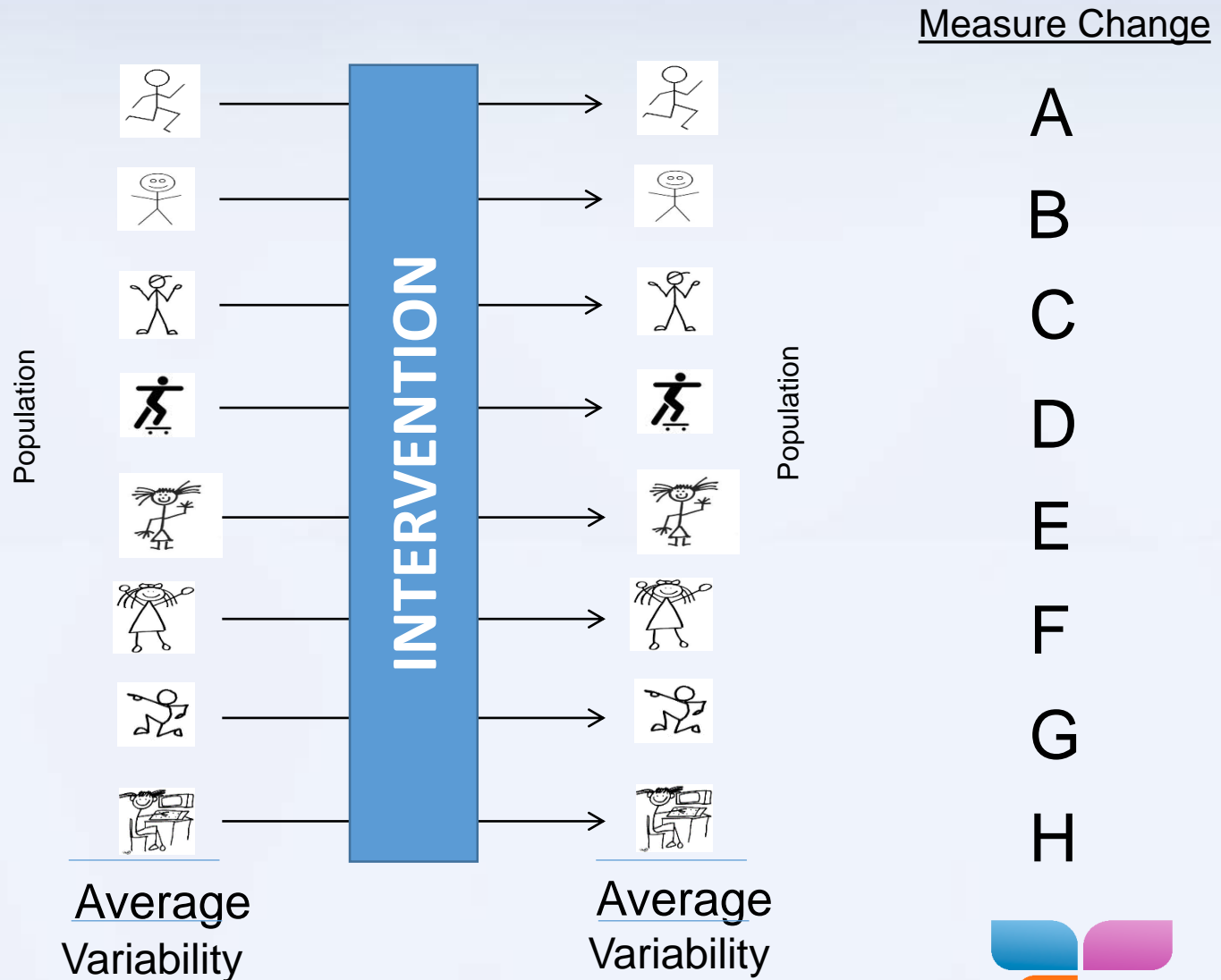
Health Outcomes Assessment



Difference = Outcome

Value of health care intervention

Individual Health Outcomes Assessment



Health outcomes measurement for asthma

FIRST VISIT	SECOND VISIT	THIRD VISIT	FOURTH VISIT
Demographics	Inhaler technique	Self management	Compliance checks
Medicines	Triggers	Knowledge	Inhaler technique
Symptoms	Peak flow	Quality of life	Peak flow
Compliance	Dosage form	Productivity	Knowledge
Assess asthma control	Assess asthma control	Assess Asthma control	Assess asthma control
	Spacer device	Patient satisfaction	Spacer device
	Nebulisation		Nebulisation
	Warning signs		Quality of life
			Productivity
			Patient satisfaction

Harm reduction intervention /heat-not-burn technology

Key messages

- Harm reduction is a concept that should be adopted.
- Harm reduction interventions have the potential to be of value.
- Need more independent research.
- Wide-ranging policy debates to recognise harm reduction is required.
- Health outcomes measurement is important in measuring the value of interventions.