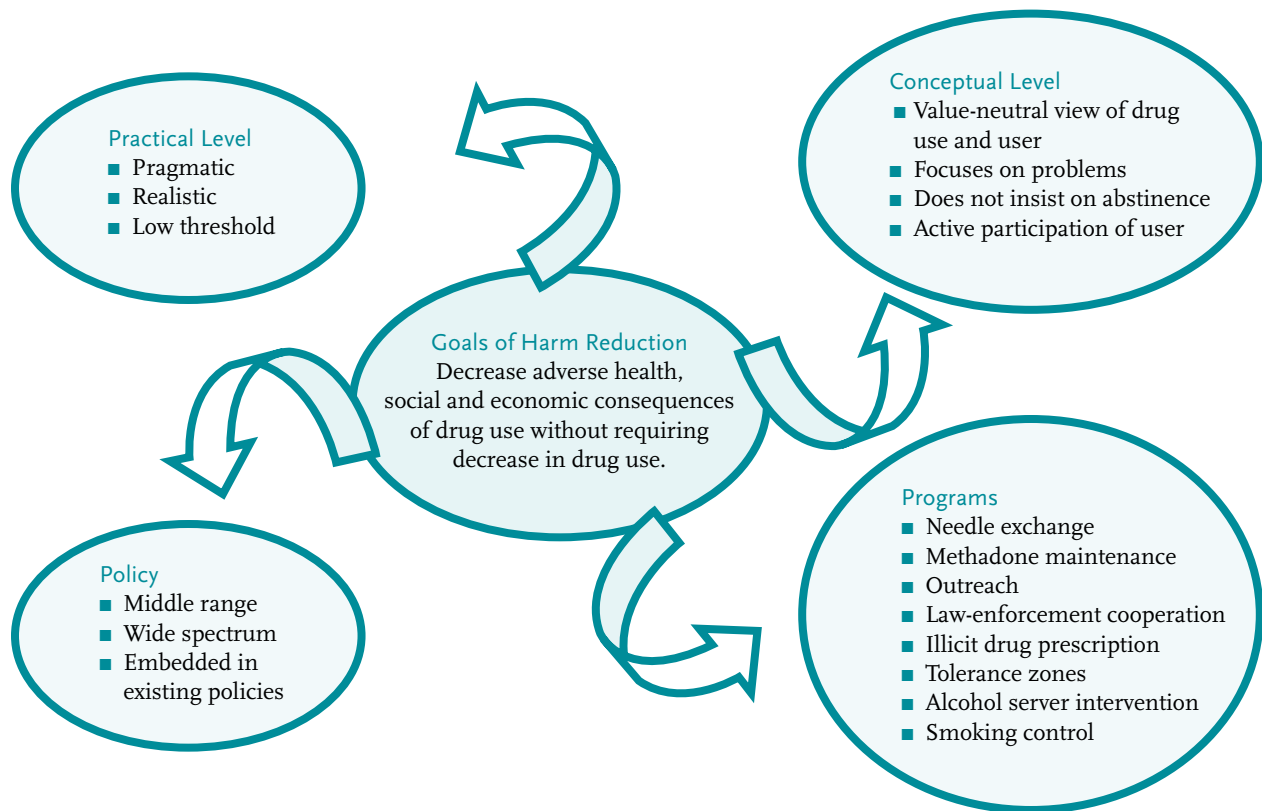


Figure 2: Harm Reduction Model (used with permission from Cheung, 2000)



Providing services from a harm-reduction perspective has the goal of attracting a larger and more diverse population of clients who misuse substances. Health-care practitioners who use the harm reduction approach meet clients “where they are” with respect to their motivation to change (Marlatt, et al., 2001, p. 14), and work collaboratively with them to establish goals and develop a client-centered plan of care. Because harm reduction is concerned with meeting diverse needs, the framework encompasses many different strategies and programs (Table 1).

When working with persons who are opioid dependent or on MMT, nurses must keep in mind the principles of harm reduction and its philosophy. This requires that nurses be aware of and address their own attitudes and biases, in addition to understanding the philosophy of harm reduction, before providing effective care to this particular population.

Table 1: Harm Reduction Strategies and Programs (RNAO development panel, 2009)

- Needle exchange
- Safe injection sites
- Use of condoms and dental dams
- Bleach kit programs for cleaning syringes
- MMT
- Clean crack kits
- Safer sex education
- Safer drug use education