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Aberdeen City Alcohol and Drug Partnership naloxone training saving lives

Aberdeen City Alcohol and Drug Partnership has run a series of life-saving training sessions to mark International Overdose Awareness Day (Aug 31).

The Partnership held naloxone training events on International Overdose Awareness Day across Aberdeen. The lifesaving medication quickly reverses the effects of an overdose from opioids such as codeine, morphine, heroin, methadone or fentanyl.

Fraser Hoggan, Chief Executive Officer for Alcohol and Drugs Action, said: "Time is critical if you suspect someone has had an overdose. Naloxone is a lifesaving drug which can buy time for an ambulance to arrive by reversing the effects of opioid overdose."

The most recent information available showed that 1,330 people in Scotland lost their lives to overdose in 2021 - more than double the total 10 years ago. More than 60 people in Aberdeen lost their lives last year. The majority were 35 years and older who had suffered many years of harm and disadvantage as a result of drug use.

Fraser added: "There are two types of naloxone available in Grampian. Prenoxad is given by injection into a big muscle such as the thigh. Nyxoid is sprayed up the nose.

"Naloxone is free and easy to use and can easily be carried in a pocket or bag. Training is always provided and can take as little as 10-15 minutes."

In the last year 794 naloxone kits have been supplied across Aberdeen. Fifty-six of these were reported to be used by individuals in the community. That's 56 potential lives saved but sadly not enough.

Fraser said: "We are encouraging anyone who might be at risk or knows someone at risk from an overdose to attend one of our training events or visit their local supplier and carry naloxone,"

"Naloxone is also widely available across Grampian from treatment services such as Alcohol and Drugs Action, Arrows and Turning Point Scotland. For people who are not in contact with treatment services it is also available from most community pharmacies and to order online."

Marischal College in Aberdeen was being lit up purple to mark the awareness day and remember those whose lives have been lost.

For information on how to find your nearest Naloxone supplier visit nhsgrampian.org/naloxone or call Alcohol Drugs Action's freephone helpline on 0333 3 448 355. They can also provide wider support if you are concerned about your own, or someone else's drug or alcohol use.

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