

# Novel Psychoactive Substances: Implications for Primary Care

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Barnsley  
15<sup>th</sup> July 2015



**BENZO FURY**  
RESEARCH CHEMICAL PELLETS



**X** HARMFUL  
**18** NOT FOR SALE  
**NOT FOR HUMAN CONSUMPTION**

NEW...  
**Ivory**  
WAVE  
www.ivory-wave.com

1000mg  
CONCENTRATED  
SAMPLE  
SIZE

SOOTHING  
BATH SALTS

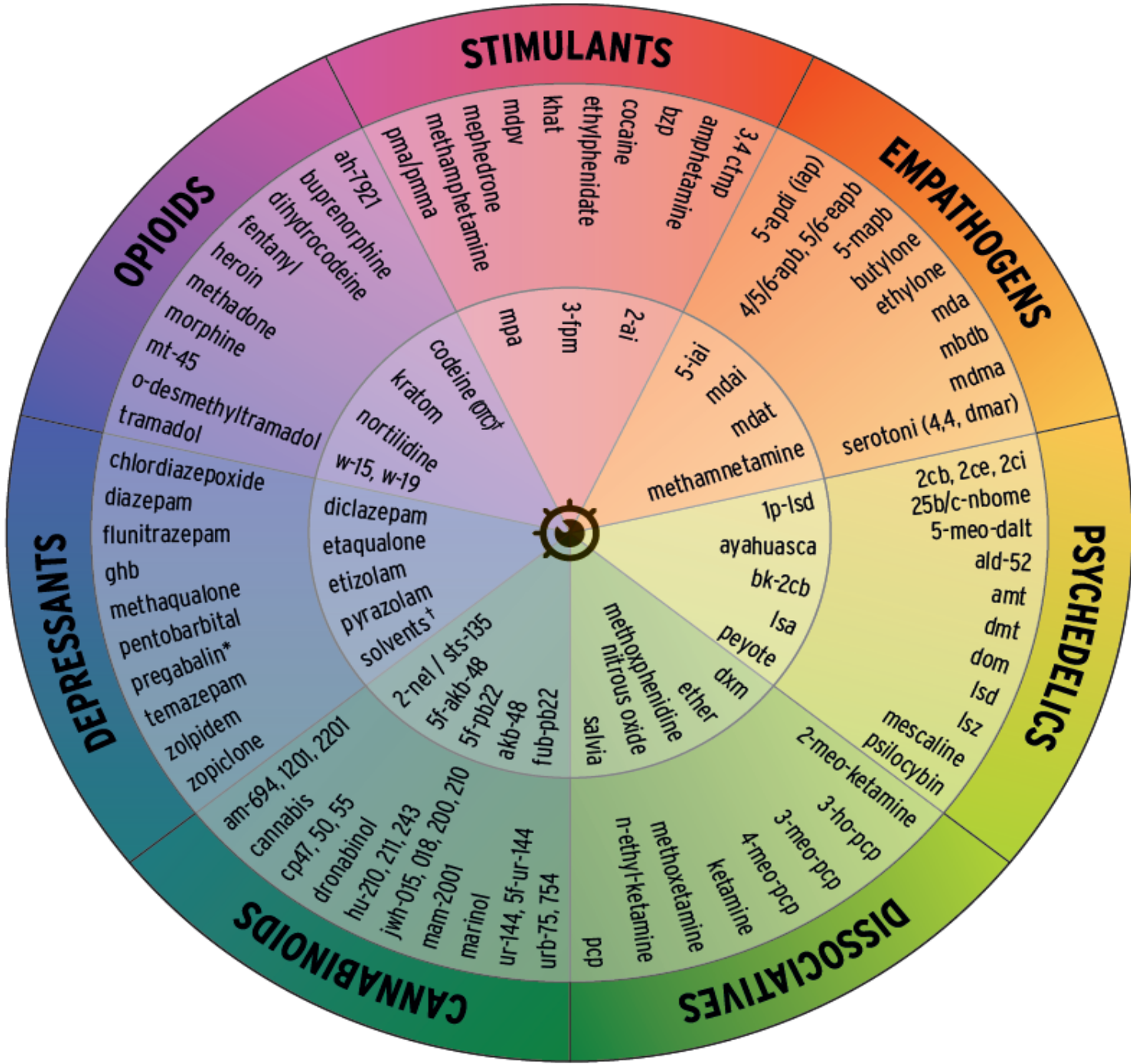
1-Pentyl-3-(1-naphthoyl)indole

**500 mg**

Product ref: J018

**NOT FOR HUMAN CONSUMPTION**





**Outer Ring:** Controlled or regulated in the UK  
**Inner Ring:** Legal in the UK

† Regulations apply to sale of these substances \* Prescription only medicine



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Designed in collaboration with DrugWatch: an informal association of charities, organisations and individuals who share an interest in establishing a robust early warning system in the UK for all types of drugs.



# Background

- Topical
- Fast-moving field
  - Changing how we think about the job
  - Challenges in keeping up to date
- Political imperative
  - how can we develop an effective service if we don't know what the problem is?



# New psychoactive substances in Europe

## The market

### Legal highs

Marketed in bright and attractive packaging. Sold openly in head/smart shops and online. Aimed at recreational users.

### Research chemicals

Sold under the guise of being used for scientific research. Aimed at 'psychnauts' who explore the effects of psychoactive substances. Sold openly online.

### Food supplements

Sold under the guise of being food or dietary supplements. Aimed at people wanting to enhance their body and mind. Sold openly in fitness shops and online.

### Designer drugs

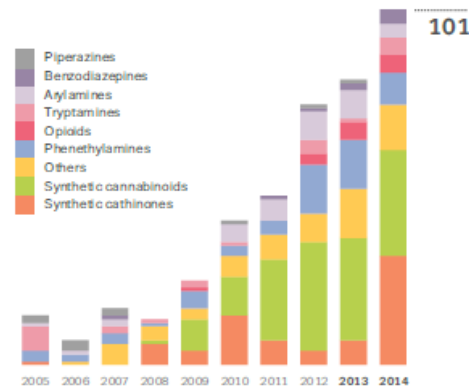
Passed off as drugs such as MDMA and heroin. Produced in clandestine labs by organised crime. Sold on illicit drug market by drug dealers.

### Medicines

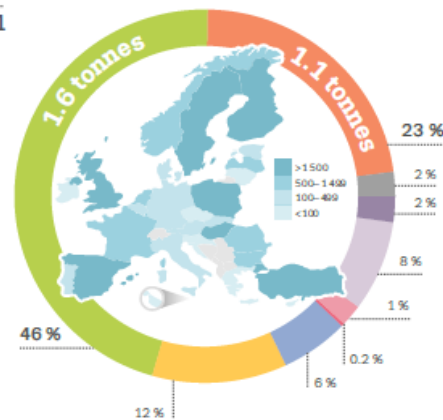
Medicines that are diverted from patients or illegally imported into Europe. Sold on illicit drug market by drug dealers.

## New psychoactive substances (NPS) — at a glance

Number of NPS reported to the EU Early Warning System, 2005–14



Number of NPS seizures and proportion of seizures by category of substance, 2013

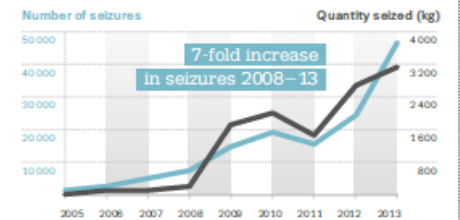


101 NPS reported  
for the first time in 2014

>450 NPS currently monitored

46 730 seizures amounting  
to more than 3.1 tonnes in Europe

Number of NPS seizures and quantity seized, 2005–13



## From synthesis to consumer



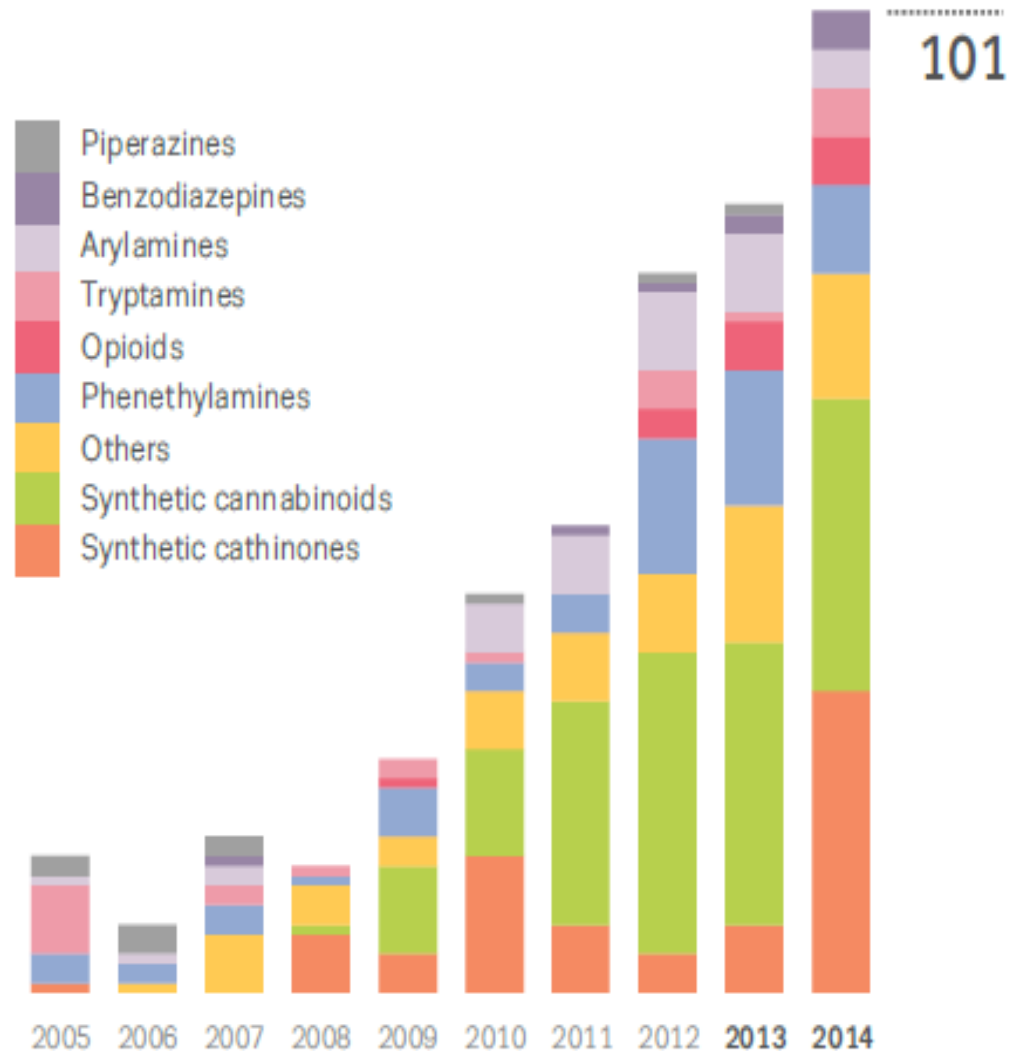
Number of new substances detected annually is increasing:

2010	41
2011	49
2012	74
2013	81
2014	101

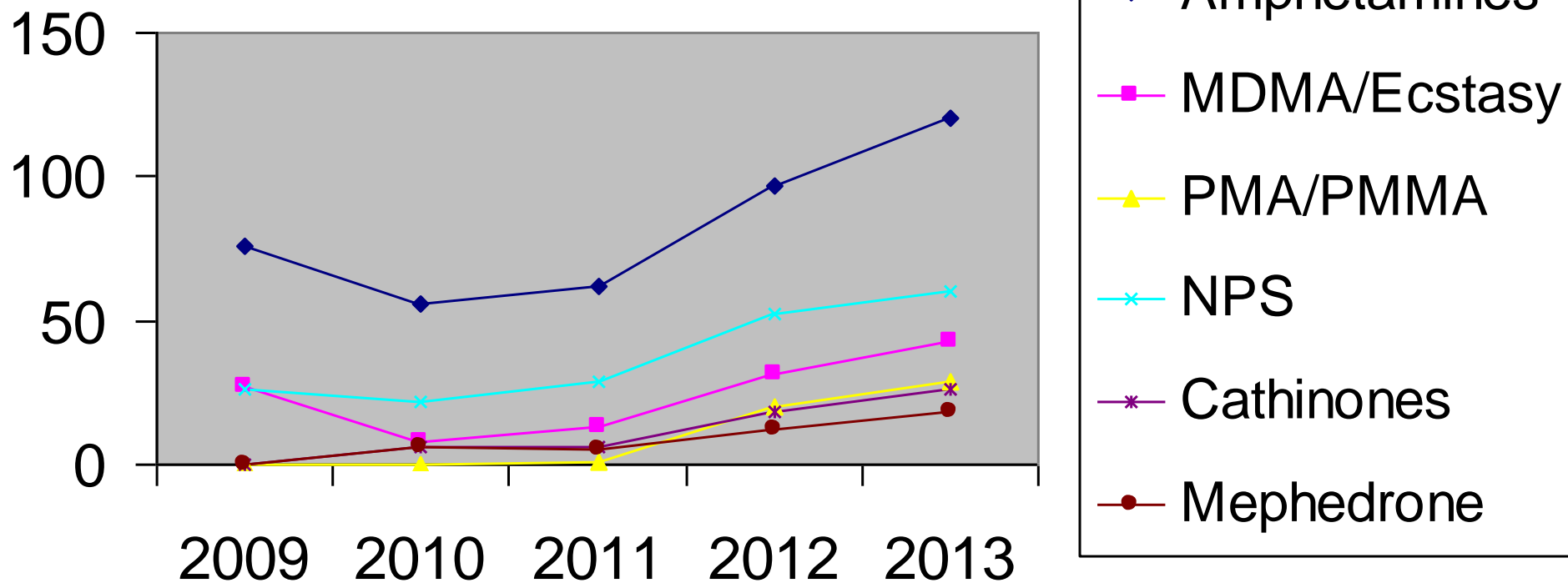
Over 450 new substances currently being monitored in Europe.

European Monitoring Centre for Drugs and Drug Addiction, (2015).

Number of NPS reported to the EU Early Warning System, 2005–14



# Deaths where NPS use implicated



*Deaths related to drug poisoning in England and Wales, 2014  
Office for National Statistics, Statistical Bulletin.*



FR/AP/02

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## One new drug a week

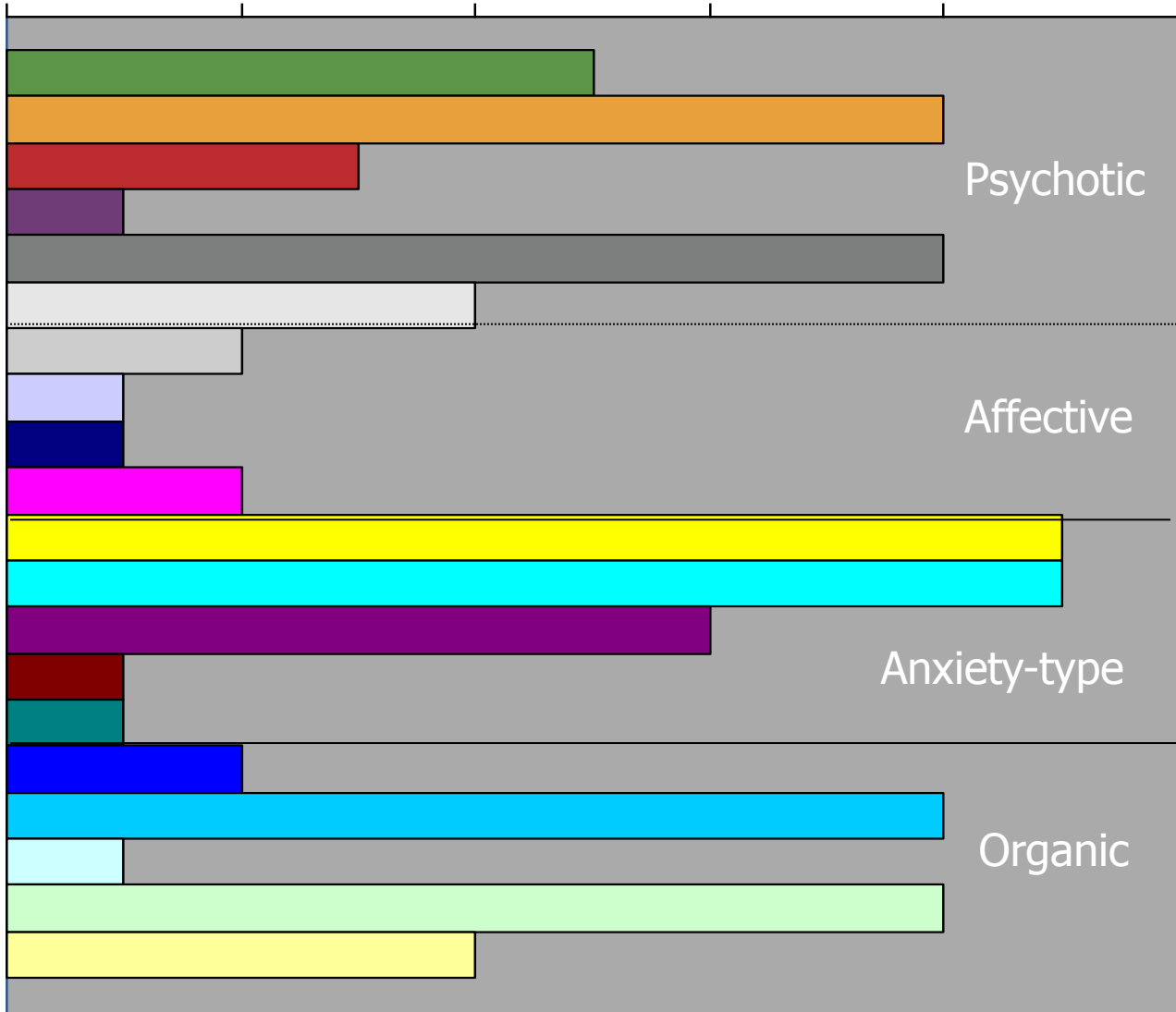
Why novel psychoactive substances and club drugs need a different response from UK treatment providers

Faculty of Addictions Psychiatry,  
Royal College of Psychiatrists

- **New Psychoactive Substances Review: Report of the Expert Panel (2014)**
- “There is a **general lack of comprehensive evidence** on the toxicity, abuse liability and risks associated with long-term use of NPS.
- “Additionally, there is likely to be **underreporting of health harms** due to the lack of recording mechanisms for NPS-specific harms and many professionals in the health, treatment and prevention fields lacking awareness of the range of NPS in use.
- “This is compounded by the **fast pace** of development of NPS, which makes it difficult to stay informed of all the available substances.” (page 11)

# Overall symptom patterns

0 2 4 6 8 10



- Psychotic
- Hallucinations
- Delusions
- Thought disorder
- Paranoia
- Behaviour change
- Depressed mood
- Elevated mood
- Labile mood
- Self harm
- Anxiety
- Agitation
- Aggression
- Panic
- Obsessional thought
- Memory
- Confusion
- Motivation
- Sleep disturbance
- Dystonia



## CLINICAL REVIEW

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# New recreational drugs and the primary care approach to patients who use them

Adam R Winstock *consultant addiction psychiatrist and honorary senior lecturer*<sup>1</sup>, Luke Mitcheson *consultant clinical psychologist*<sup>2</sup>

<sup>1</sup>South London and Maudsley NHS Trust, Institute of Psychiatry King's College London, Blackfriars Road Community Drug and Alcohol Team, London SE1 8EL, UK; <sup>2</sup>South London and Maudsley NHS Trust, London



# Useful Resources

For clinicians

Project Neptune: Novel Psychoactive Treatment UK Network

<http://neptune-clinical-guidance.co.uk/>

Websites/apps developed for use with substance users:

<http://thedrugswheel.com/>

<https://www.drugsmeter.com/>

Information for families of NPS users

<http://www.angelusfoundation.org.uk/>

