



European Monitoring Centre
for Drugs and Drug Addiction

Overview of Prevention in Europe: developing the best practice portal



**Extended Prevention Platform
Prague 31 March 2010
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contents

EU Drugs Action Plan for 2009-2012

Toward a definition of Best Practice?

The Best Practice Portal EMCDDA:

- 1.State of art and further developments;
2. A matter of methods;
3. Share of information and cross fertilization;



EU Drugs Action Plan for 2009-2012

II. DEMAND REDUCTION

Objective:

Enhance the quality and effectiveness of drug demand reduction activities, taking account of specific needs of drug users according to gender, cultural background, age, etc.



EU Drugs Action Plan for 2009-2012

II. DEMAND REDUCTION

Action 17:

To develop, implement and exchange good practice guidelines/quality standards for prevention, treatment, harm reduction and rehabilitation interventions and services



EU Drugs Action Plan for 2009-2012

II. DEMAND REDUCTION

Action 19:

To develop an EU consensus on minimum quality standards and bench-marks for prevention, treatment, harm reduction and rehabilitation interventions and services taking into account needs of specific groups and the work done at national and international level



Best practice portal: upcoming developments

In 2009, the EMCDDA launched in the 'Evidence of efficacy' section of its Best practice portal, two new areas dedicated to pharmacological and psychological treatments for drug use. These areas are now being restyled and reshaped in a process due for completion in June 2010.

Following the redesign, information will no longer be divided into pharmacological and psychological categories, but will be grouped under the general heading 'Treatment'.

In practice, this will result in a shift in focus away from the substance and towards the drug user. Rather than being organised around opiates, stimulants or cannabis, for example, treatment information will be presented according to the type of drug user and how they are treated in Europe today (pharmacologically and psychologically). In so doing, the evidence on treatment effectiveness in Europe is contextualised, thereby fulfilling one of the main goals of the portal.

Under this new format, treatments will also be ranked (i.e. as 'beneficial', 'likely to be beneficial', 'trade-off between beneficial and harm', and 'unproven effectiveness'). This ranking is based on documents provided by organisations such as the Cochrane



Best practice portal: offering tools to improve the quality of interventions

Collaboration, and on cooperation with a qualified editorial committee, including representatives of the EMCDDA Scientific Committee.

Launched in May 2008, the Best practice portal is designed to help those working in the areas of prevention, treatment, harm reduction and social reintegration take evidence-based decisions when planning interventions. It offers professionals, policymakers and researchers, an array of tools and standards to improve the quality of interventions and provides examples of evaluated practice across Europe.

Marica Ferri

<http://www.emcdda.europa.eu/best-practice>

European drug prevention quality standards

The EMCDDA is currently collaborating in an EU-funded research project aimed at producing commonly agreed and evidence-based drug prevention standards for use in the EU. The project is led by the Centre for Public Health of the Liverpool John Moores University (UK), and operates in partnership with bodies in Spain, Italy, Hungary, Poland and Romania.

In the first stage of the project, available national and international drug prevention guidance was reviewed and synthesised into a list of draft standards. The relevance of these standards is currently being rated through Delphi rounds and expert focus groups in the six European countries. In the final stage, the standards will be assessed in terms of their practical usefulness via structured consultations with drug practitioners.

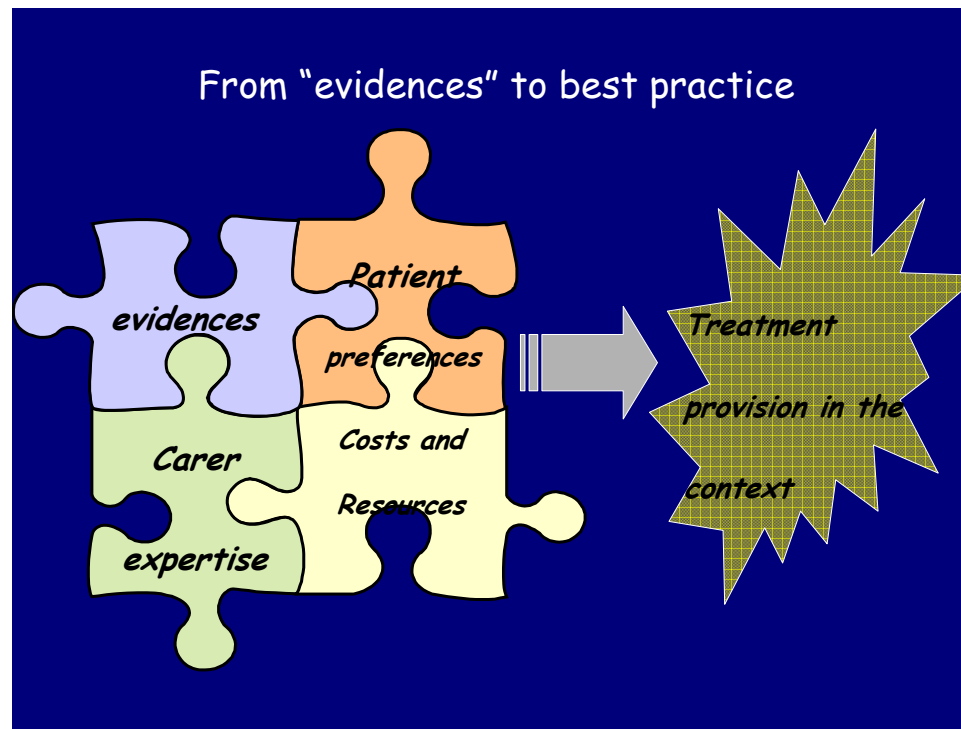
The project, which will run until the end of 2010, will result in the publication of finalised standards. Adoption of these standards in EU Member States will improve drug prevention practice and efficiency of funding, and reduce the likelihood of ineffective or iatrogenic interventions. Further funding will be required to provide training for policymakers and practitioners to put the standards into practice.

Harry Sumnall and Angelina Kurtev

<http://www.cph.org.uk/drugprevention/>

Evidence does not make decisions, people do

Haynes RB *BMJ* 2002;324:1350



Best Practice: a provisional definition

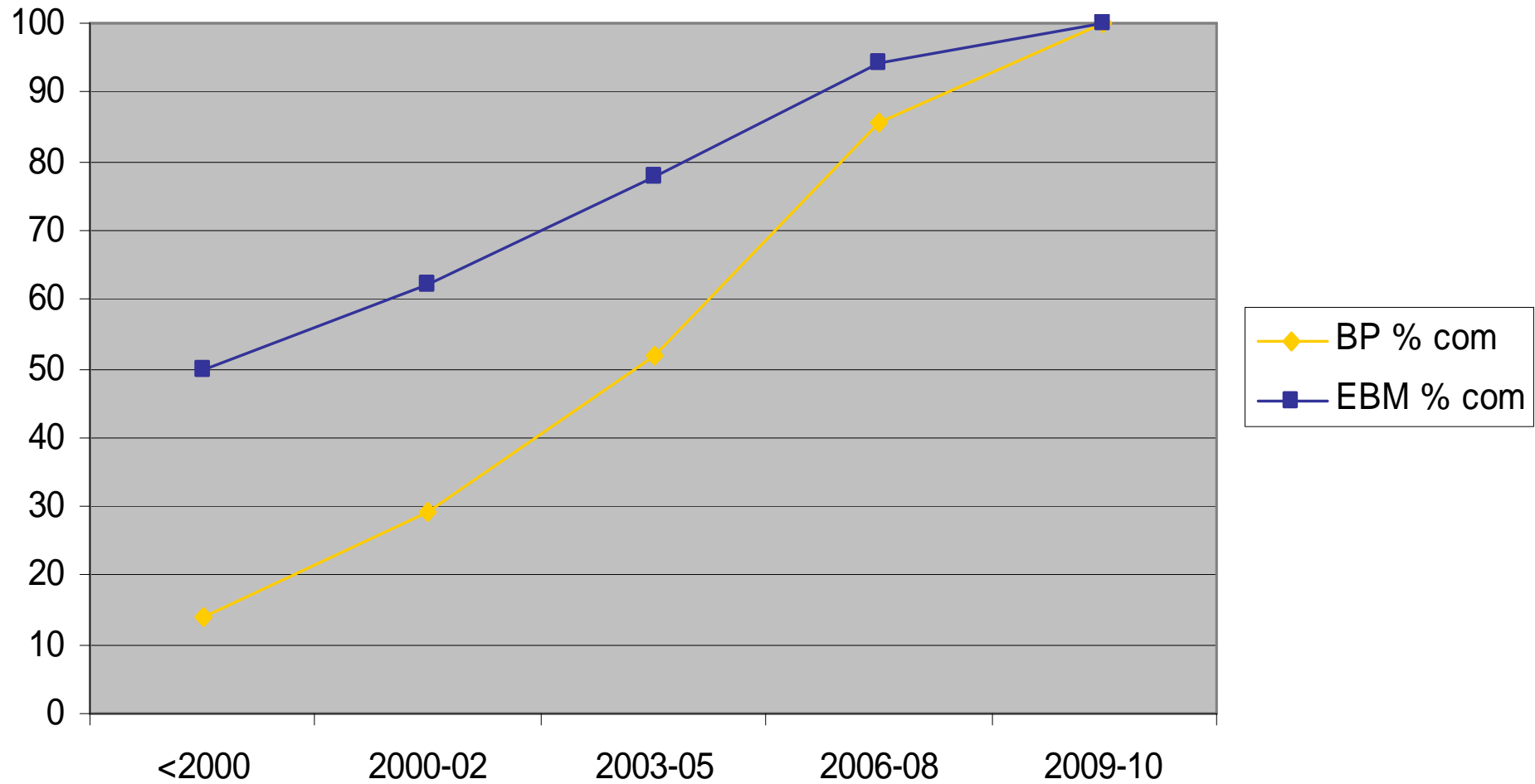
<http://www.businessdictionary.com/definition/best-practice.html>

Best Practices: Methods and techniques that have consistently shown results superior than those achieved with other means, and which are used as benchmarks to strive for.

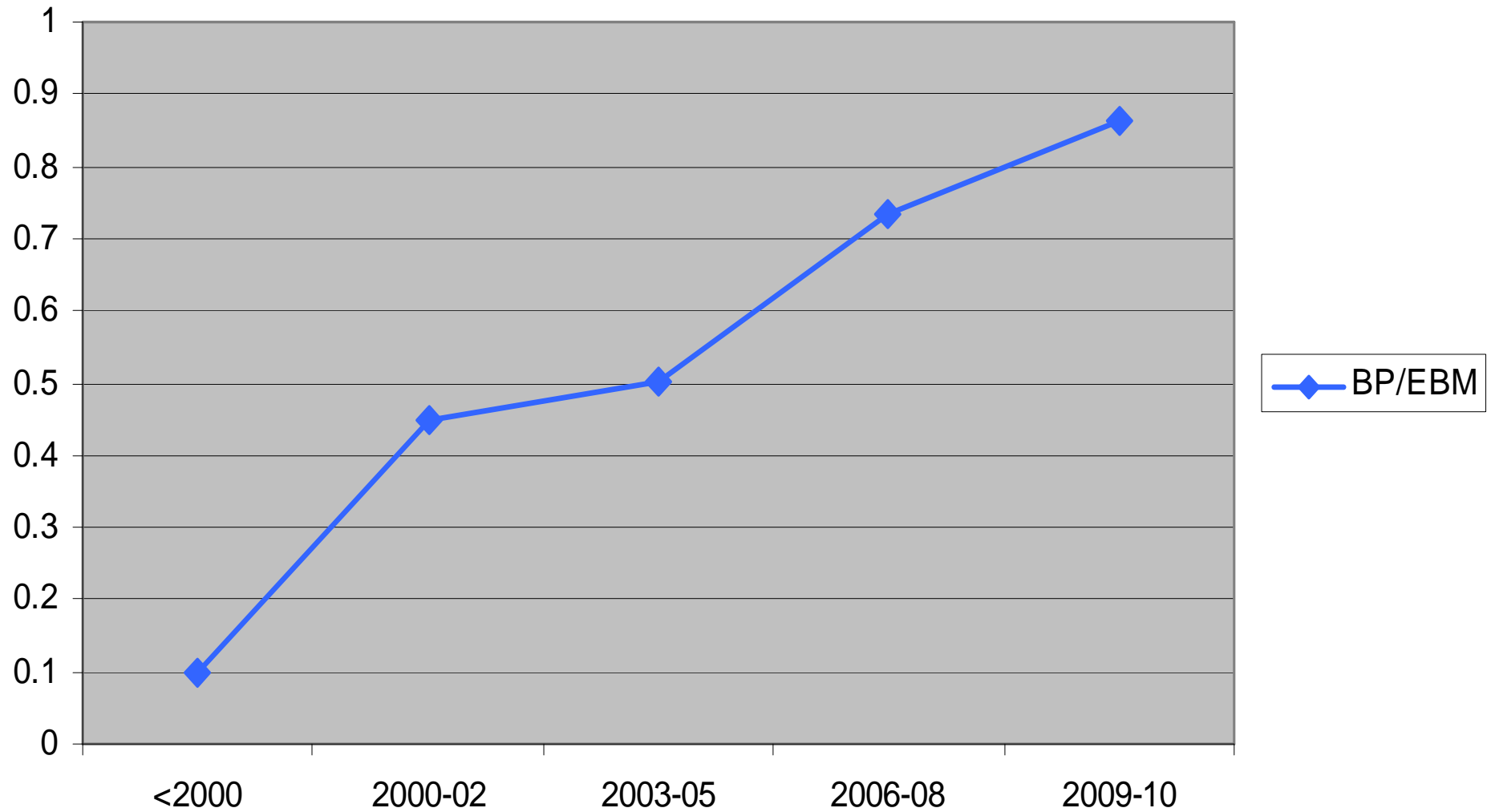
There is, however, no practice that is best for everyone or in every situation, and no best practice remains best for very long as people keep on finding better ways of doing things.



Cumulative trend of BP and EBM citations in PubMed publications (2000- 2010)



BP and EBM ratio in PubMed publications (2000 - 2010)



Best Practice: provisional definition

- Practice of best available evidence





Responses to drug use

Best practice portal

Evidence of efficacy

- Universal prevention
- Selective prevention
- Pharmacological treatment
- Psychological treatment
- References

Tools for evaluation

Standards and guidelines

Examples: EDDRA

Responses areas

Prevention

Treatment

Harm reduction

Prevention of drug-related crime

Drug supply reduction

Data collection tools

Evaluation instruments bank (EIB)

Best practice portal

Welcome to the EMCDDA's Best practice portal, a resource for professionals, policymakers and researchers in the areas of drug-related prevention, treatment, harm reduction and social reintegration. The portal concentrates on illicit drugs and polydrug use and has a clear European focus. Its main aim is to provide tools and standards to improve the quality of interventions and highlight examples of best practice across Europe.

The portal presents an overview of the latest evidence of different interventions, in terms of efficacy and effectiveness. It contains tools to improve interventions, whilst highlighting real-life examples of evaluated practices, which are implemented within EU Member States. Its development comes as a response to the [EU drugs action plan \(2005-08\)](#) which calls for 'the effective dissemination of evaluated best practices'. [More information >>](#)



Evidence of efficacy

This section contains reviews on the efficacy of different types of intervention.



Tools for evaluation

This area contains EMCDDA information on how to evaluate demand reduction activities.



Standards and guidelines

This section contains standards and guidelines for the implementation of practices.



Examples: EDDRA

The Exchange on Drug Demand Reduction Action (EDDRA) provides real-life examples of evaluated practices in the European Union.

Quick survey
Take our 3 minute survey and help us improve our website.

Related links

[Responses to drug use in the EU](#)

[Glossary of best practice terms](#)

Other web sites

[Cochrane Collaboration](#)

[Campbell Collaboration](#)

[European Network for Health Technology Assessment \(EUnetHTA\)](#)

[Drugs and Alcohol Findings](#)
[Health-EU Portal](#)





Responses to drug use

Best practice portal

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EDDRA search results New search

Tips: Click on a column heading to order the results. Use the filters to limit the number of results.

More help >>

Displaying results 1–10 of 55 where Type of intervention is Harm reduction

<< previous next >>

Filter results:

Project description	Intervention type	Evaluation type	Setting	Target group	Country	Quality level
Drop-in Centre Improves the drug user's quality of life through access to harm reduction services and offers the possibility of a process of change.	harm reduction	outcome evaluation	low threshold service, needle/syringe provision	adults	Italy	1
TOX-IN (low threshold admission centre for drug addicts) TOX-IN aims to help marginalised drug users to cope with difficult life situations and at reducing harm related to problem drug use. TOX-IN runs 3 different services: day care, a drug consumption room with a capacity of 7 injection tables and a night shelter with 42 beds.	harm reduction	process evaluation	low threshold service, needle/syringe provision	adults	Luxembourg	1
AIDS Information Bus Prevents the spread of HIV and hepatitis among injecting drug users by distributing clean needles and providing health information.	harm reduction	process evaluation	low threshold service, needle/syringe provision	adults	Norway	1
Peer to Peer(P2P)project Drug Agency led training programme which aims to inform drug users of safer practice, increase awareness of harm reduction and challenge misinformation. Participants are encouraged to pass on this knowledge to their (drug using) peers.	harm reduction				United Kingdom	2
Syringe Exchange Desk The syringe exchange desk was set up in 1994 to facilitate the control of HIV and hepatitis infections among injecting drug users. The service distributes injecting equipment and paraphernalia and provides information about health risks and prevention. At a micro level the service also helps to re-establish contact between drug users and health services.	harm reduction	process evaluation	low threshold service, needle/syringe provision	adults, children/young people	Belgium	1
7 years of the Syringe-Exchange Programme at the Pamplona Prison (Spain) Implementation of a pilot programme in a penitentiary to reduce risks through the personalized exchange of syringes, similar to the scheme in place for the population at large. In the 7 years it has been operational, it	harm reduction				Spain	2





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DRAFT WORK IN PROGRESS

Evidence for best practice

Below you can find the current scientific evidence base for different types of interventions, based on the most recent systematic reviews and meta-analyses.

Universal prevention: [school](#) | [community](#) | [family](#) | [mass media campaigns](#)

Selective prevention

Treatment: [cannabis users](#) | [cocaine users](#) | [opiate users](#)

Harm reduction

Quick survey
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Best practice resources

EDDRA

The Exchange on Drug Demand Reduction Action (EDDRA) provides real-life examples of evaluated practices in the European Union.

[Access EDDRA >>](#)

EIB >>

EIB is an online archive of freely available instruments for evaluating interventions.



OTHER RESOURCES

[Tools for evaluation](#)

Related links

- Guidelines of evaluated practices: EDDRA
- Prevention and Evaluation Resource Kit: PERK
- EMCDDA publications
- Guidelines for the evaluation of treatment in the field of problem drug use
- Guidelines for the evaluation of outreach work: a manual for practitioner
- Evaluation: a key tool for improving drug prevention
- Guidelines for the evaluation of drug prevention: a manual for programme-planners and evaluators

A matter of methods

Cardinal points

- Question (Priorities set by strategy)
- Population (clients description)
- Interventions (treatment available)
- Outcomes (TOP)
- Study designs (likely to answer the questions)



A matter of methods

Example for Prevention

- Question (prevention of illicit drug use)
- Population (young people)
- Interventions (mass media campaign)
- Outcomes (what are the outcomes?)
- Study designs (what study designs measure the outcomes in a valid way)



A matter of methods

Example for Prevention

- Hornik 2008 assessed the cognitive and behavioural effect of the Youth Anti-drug Media Campaign (1998-2004 US Congress 1 billion \$);
- Survey based on 3 cohorts and 3 waves of interview;
- Measures were: recall exposure; cognition and behaviour towards marijuana, other characteristics.



A matter of methods

Example for Prevention: Hornik results

- 94% young people reported general exposure to the campaign;
- there was no change in marijuana prevalence use (2000 2004);
- small but significant anti-marijuana belief not accompanied by reduction in intentions to use



A matter of methods

Mass media interventions for preventing illicit drugs use in young people.

Marica Ferri, Gregor Burkhart, Fabrizio Faggiano, Anna Gyamarty.

Substance-specific mass media campaigns targeting cannabis use (Denmark, Ireland, France, Netherlands, United Kingdom) and, more recently, cocaine use (Ireland, Spain, United Kingdom) have been developed in Europe (EMCDDA, Annual Report 2000). In spite of many investments in these initiatives, only a few campaigns have been evaluated for outcomes by means of devoted studies (Sumnall HR 2007). Most studies assess **process** (in terms of **understanding, retention and appeal of the messages**).



A matter of methods

Mass media interventions for preventing illicit drugs use in young people.

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a) randomised controlled trial in which the unit of randomisation was the school, community or geographical region

b) controlled trial without randomisation allocating schools, communities or geographical regions

c) cohort studies

c) interrupted time series

d) before-and-after studies (assessed for quality of design with validated checklist)



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Best practice portal: Treatment for opiate users

On this page presents you can find the latest evidence for best practice in the treatment of opiate users.

About opiate use

Case Definition

Opioids, mainly heroin, continue to be cited as the principal drug by the majority of those seeking treatment in Europe. Even considerable differences exist across Europe in the proportion of drug users entering treatment, overall, of the around 325,000

Aetiology

The mean age of clients entering outpatient treatment for primary opioid use is 33 years and almost all countries have reported an increase since 2003.

Almost all opioid users entering treatment report initiation before the age of

Effects of available treatments for opiate users

Beneficial

Methadone maintenance therapy [+]

Buprenorphine maintenance therapy [+]

Psychosocial interventions in maintenance treatment [+]

Psychosocial assistance in addition to pharmacological assistance for opioid withdrawal [+]

Likely to be beneficial


Naltrexone for preventing relapse [+]

Assisted opioid withdrawal with methadone or alpha-2 agonists [+]

Assisted opioid withdrawal with Methadone or buprenorphine [+]

Tradeoff between benefits and harms

Pharmacological detoxification treatment for adolescent opioid users [+]

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- Guidelines for the evaluation of drug
- Guidelines for the evaluation of drug: a manual for practitioners and evaluators

DRAFT WORK IN PROGRESS



