



FIRST AID GUIDELINES FOR PROBLEM DRUG USE: CANNABIS, AMPHETAMINE, ECSTASY, COCAINE & HEROIN

INFORMATION SHEET FOR CARERS AND CONSUMERS

WHAT IS FIRST AID FOR PROBLEM DRUG USE?

This is the help provided to a person developing a problem with drugs or in a drug-related crisis (e.g. an overdose). The first aid is given until appropriate professional treatment is received or until the crisis resolves.

WHAT IS THE AIM OF THIS PROJECT?

The aim of this project is to develop first aid guidelines for problem drug use (cannabis, amphetamine, ecstasy, cocaine and heroin). The guidelines will be used to direct first aid provided by members of the public and they will also be applied in training courses for the public.

WHO IS CONDUCTING THE RESEARCH?

The research is being conducted by DRYGEN Research Centre, Department of Psychiatry, at the University of Melbourne. It has received approval from the Human Research Ethics Committee.

HOW IS THE RESEARCH BEING FUNDED?

This research project is funded by the Australian Government, Department of Health and Ageing.

WHAT WILL THE RESEARCH INVOLVE?

If you agree to participate, you will be asked to do the following:

1. Complete a survey via the internet which asks you to rate whether certain actions should be included in the first aid guidelines for problem drug use. (If you are unable to access the internet, we will provide a paper version of the survey).
2. You may be asked to rate the statements again after you have seen a summary of the ratings given by other participants, as the aim of the project is to achieve consensus about the best way to help someone who may have a drug use problem. You can choose to either retain or change your original ratings.
3. A maximum of three survey rounds will take place.
4. Provide any comments on a draft of the guidelines.

Please note that participants will never meet face-to-face. All tasks will be completed individually in your own time. We expect that the original survey will take approximately 45 minutes to complete. We estimate the total time commitment for this project to be approximately two to three hours.

WHO IS BEING ASKED TO PARTICIPATE?

We are inviting people to participate if they have expertise in problem drug use (cannabis, amphetamine, ecstasy, cocaine or heroin). We are recruiting:

- Carers of people who have had a drug problem and are now in an advocacy role;
- Consumers who have personally had a drug use problem but are currently functioning well, able to reflect on their experience, and now in an advocacy role; and
- Clinicians with professional clinical experience in the area of problem drug use.

Participants must be 18 years or older and from Australia, Canada, Ireland, New Zealand, the United Kingdom or the United States.



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WHAT IS AN ADVOCACY ROLE?

An advocacy role refers to having represented the interests of drug users or their carers within the community, so that the person has an understanding of problem drug use beyond their own personal experience. For example, someone in an advocacy role may have spoken publicly about their experience as a consumer or carer, facilitated self-help groups for other consumers or carers, or participated on Drug and Alcohol service user boards or committees.

WILL I GET REMUNERATED FOR MY TIME?

Participants will each be given an Amazon gift voucher valued at AUD\$33 for each round of the survey they complete. So, completion of: 1 round = AUD\$33 Amazon voucher, 2 rounds = AUD\$66 Amazon voucher and 3 rounds = AUD\$99 Amazon voucher.

WHAT IF I CHANGE MY MIND?

Participation in this project is voluntary. Return of the survey will imply your consent to participate. If you change your mind about participating, you are free to withdraw from the project at any time and you may also withdraw your data if you wish.

WHAT ABOUT PRIVACY?

Any data we collect from you will be stored in a secure file and protected by password. As we are only interested in the consensus views of the panel, your personal responses will not be disclosed to others. Instead, we will present all participants results in statistical summary form. In accordance with University policy, the data file will be kept for at least 5 years after publication. The data file will be deleted if there is not continuing interest in the data.

ARE THERE ANY RISKS?

We do not know of any risks of participation in this study.

WHAT ARE THE BENEFITS?

This project has the potential to lead to better community support for people with drug use problems by providing guidance to training programs for members of the public. The first aid guidelines developed by this project will be relevant internationally for English-speaking countries and will be implemented in a range of training courses.

HOW CAN I GET FURTHER INFORMATION?

If you would like further information before deciding to participate, please contact Anna Kingston by email, annahk@unimelb.edu.au, or by phone: +61-3-9342 3764.

WHAT IF I HAVE CONCERNS ABOUT THE PROJECT?

If you have concerns about the scientific aspects of the study, please contact the coordinator of the project, Anna Kingston by email, annahk@unimelb.edu.au, or by phone: +61-3-9342 3764 or Professor Tony Jorm by email: ajorm@unimelb.edu.au, or by phone: +61-3-9342 3747.

If you have concerns about the ethics of the study, please contact the Executive Officer, Human Research Ethics, The University of Melbourne, phone: +61-3-8344 2073, fax: +61-3-9347 6739.

