



emcdda

Factsheet ESTONIA

This factsheet is part of the EMCDDA [Take-home naloxone – topic overview](#)

General information	Geographical coverage	Harjumaa - Tallinn; East-Virumaa - Jõhvi; Kohtla-Järve; Narva; Sillamäe ; Tartumaa - Mobile facilities in other counties
	Type of Intervention	regular programme
	Starting year	2013
	Settings	<ul style="list-style-type: none"> * low-threshold setting (<i>since 2013</i>), including mobile harm reduction units (<i>since 2018</i>) * opioid substitution treatment * other health care facilities (incl. rehabilitation and outpatient facilities) * prison (<i>since 2015</i>)
Regulatory challenges	Prescription	Ongoing challenges.
	Distribution	Ongoing challenges.
	Administration	Current legislation implies that a layperson cannot administer naloxone to the third party to whom the naloxone has not been prescribed.
	Barriers	Legally only medically qualified person can conduct counselling and distribute naloxone. That significantly limits implementation of THN.
Medication	Product used	Nyxoid® (since 2018 mainly used product) Prenoxad® Generic naloxone (ampoules) may also be used when other products unavailable
	Application	Nasal Injecting
	Content of THN Kit	<ul style="list-style-type: none"> * Nyxoid atomizer * pre-filled syringe with needles (Prenoxad®); or generic injectable naloxone * first aid instructions, e.g. emergency telephone number, ABC
	Number of doses per kit	5 doses per syringe; 2 nasal devices per kit; 10 ampoules
Distribution, refill and post-training monitoring	Distribution of THN	<ul style="list-style-type: none"> * on-site at low threshold agencies * to clients of OST programmes * other health care facilities (incl. rehabilitation and outpatient facilities) * in prison setting/on release
	Mandatory training	Yes
	Content of training	<ul style="list-style-type: none"> * recognising overdose symptoms * overdose management * aftercare procedures * cardiopulmonary resuscitation (CPR) training * effects of naloxone * possible adverse reactions to naloxone * possible risks and benefits of THN-programme * application of naloxone * how to store naloxone * legal aspects * practicing of the skills trained * other: <i>implication of acting as the doctors assistant after training: certificate, action card, data card</i>
	Training format	<ul style="list-style-type: none"> * brief counselling in low-threshold or waiting settings (up to 15 min.) * standard training with structured teaching session: 1 hour (1 session) * advanced training for healthcare providers: 4 hours (1 session) * refresh sessions provided * other: <i>brief training will be possible under the new interpretation of the rules</i>
	Content of questionnaire for refill	<ul style="list-style-type: none"> * reason for re-fill * description of the drug emergency/ situation * ambulance involved * outcome of emergency * <i>breathing control. Dosage of naloxone</i>

	Post-training monitoring	<ul style="list-style-type: none"> * interview or questionnaire when THN programme client returns for re-fill * systematic follow-up with all THN recipients * <i>a person who has completed the initial counselling can request re-counselling whenever needed</i>
--	--------------------------	--

Performance and resources	Inception and training development	<ul style="list-style-type: none"> * physicians: 0,1/year * agency staff: 0,1/year * administration: 0,5/year <i>programme was mainly developed by the staff of the NIHD</i>		
	Implementation and monitoring	<ul style="list-style-type: none"> * staff: 0,2/year * update of training material: 80 hours/year * administration: 0,1/year <i>monitoring the programme is ongoing work</i>		
	Price of THN kits	€ 31,27 + VAT/pre-filled syringe kit € 39,51+VAT/nasal spray kit € 26,25 + VAT/solution for injection 10 ampoules		
	Source of funding	Programme	<ul style="list-style-type: none"> * integrated part of the general budget of the facility * specific national funding * <i>fully government funded</i> 	
		Training (if different)	* <i>fully government funded</i>	

Additional information	Project reports, evaluations and scientific papers	Evaluation report: Männisalu A, Nikitina N, Võrno T, Reile R. <i>Naloksooniprogramm üledoosidest põhjustatud surmade ennetamiseks [Naloxone programme to prevent overdose deaths in Estonia] Summary</i> . In: Tartu Ülikooli tervishoiu instituut, editor. Health Technology Report [Internet]. Health Tec. Tartu: Department of Public Health, University of Tartu; 2015. p. 1. Available from: http://rahvatervis.ut.ee/handle/1/6066		
	Training materials	Training materials including videos are available at the website of the National Institute for Health Development: https://www.tai.ee/et/instituut/teenused-a-lepingupartnerid/patsiendile		
	Contacts	Aljona Kurbatova aljona.kurbatova@tai.ee		

Updated: 11 August 2020