

# HLTPAT005

## Collect Specimens for Drugs of Abuse Testing

### Learner Guide Instructions

Who is this document for?

The learner.

What is in this document?

- Course information that matches the PowerPoint presentation.
- Review questions.
- Practical assessment instructions for learners.

What do you need to do before you use it for the first time?

1. Rebrand the document.
2. Review the document as part of your validation process.
3. Set the reading and test time limits that are highlighted in pink at the end of the document.

**See the 'Read Me First' document for a complete set of instructions on how to use these resources.**

# LEARNER GUIDE

# HLTPAT005 Collect Specimens for Drugs of Abuse Testing

Learner Name:	
Learner ID:	
Learner Contact Number:	
Learner Email Address:	
Date Training Commenced:	

## This Book Contains:

- ☐ Course Information.
- ☐ Review Questions.
- ☐ Practical Assessment overview and instructions.

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# 1.1 Introduction

This unit is based on the national unit of competency **HLTPAT005 Collect Specimens for Drugs of Abuse Testing**.

You will learn about:

- ◆ Confirming collection requirements for specimens.
- ◆ Preparing for the collection procedure.
- ◆ Collecting the specimen.
- ◆ Following post collection procedures.



## 1.1.1 Types of Drugs of Abuse

The various methods for taking samples are best suited to different circumstances and types of drugs.

Saliva and breath testing provides results for recent drug use. Urine testing provides results for less recent drug use and it can take up to 24 hours after use before the drug will display in a urine sample. Depending on the type of drug and frequency of use, results may display up to 30 days after drug use.

Test Type	Uses/Description
Breath Testing	Used to detect alcohol levels in the body at the time of the test. It is important to note that it takes about 30 minutes for alcohol levels to register in the body and be detected by a breathalyser.
Saliva Testing	Can be used to detect current levels of the following drugs: <ul style="list-style-type: none"><li>◆ Opiates including morphine, codeine and 6-acetylmorphine.</li><li>◆ Amphetamine-type stimulants including amphetamine, methylamphetamine, MDMA, MDA.</li><li>◆ Cannabis.</li><li>◆ Cocaine and metabolites including benzoylecgonine and ecgonine methyl ester.</li></ul>
Urine Testing	Can be used to detect the use of the following drugs: <ul style="list-style-type: none"><li>◆ Amphetamine-type substances including amphetamine, benzylpiperazine, ephedrine, methylamphetamine, MDA, MDMA, phentermine and pseudoephedrine.</li><li>◆ Benzodiazepines including alprazolam, clonazepam, diazepam, flunitrazepam, nitrazepam, oxazepam, temazepam and/or their metabolites.</li><li>◆ Cannabis metabolites.</li><li>◆ Cocaine metabolites including benzoylecgonine and ecgonine methyl ester.</li><li>◆ Opiates including 6-acetylmorphine, codeine, morphine.</li><li>◆ Alcohol.</li></ul>

### 1.1.1.1 The Effects of Drugs of Abuse

All drugs of abuse chemically alter the brain. The brain controls how a person sees, hears, smells, tastes, feels and thinks. As the chemicals in drugs alter the brain, the brain sends different signals to the body changing the way the person sees the world around them and how they think and act.

The specific effect of drug consumption will vary depending on the type of drug consumed, the amount of the drug consumed and the way the individual's brain processes the chemicals.

The following table outlines some common effects of various drugs of abuse:

Drug	Effects
Alcohol	<div>During consumption:</div> <ul style="list-style-type: none"><li>◆ Delayed reaction times.</li><li>◆ Impaired coordination.</li><li>◆ Drowsiness.</li><li>◆ Mental confusion.</li><li>◆ Vomiting.</li><li>◆ Unconsciousness.</li></ul> <div>After consumption:</div> <ul style="list-style-type: none"><li>◆ Shaky.</li><li>◆ Irritable.</li><li>◆ Nauseous.</li><li>◆ Intense headache.</li><li>◆ Sweating.</li><li>◆ Sore body.</li></ul>
Hallucinogens	<div>Includes LSD, PCP and magic mushrooms.</div> <ul style="list-style-type: none"><li>◆ Dramatically affect a person's perceptions.</li><li>◆ Sudden mood changes.</li><li>◆ Changes in sleeping behaviour.</li><li>◆ Inconsistent heartbeat.</li><li>◆ Become aggressive.</li><li>◆ Hallucinations.</li></ul>
Opiates	<div>Includes opium, morphine, codeine, heroin, pethidine and methadone.</div> <ul style="list-style-type: none"><li>◆ Dramatically affect the function of the brain and body.</li><li>◆ Intense feelings of happiness and excitement.</li></ul>
Cannabis	<ul style="list-style-type: none"><li>◆ Feeling relaxed and sleepy.</li><li>◆ Spontaneous laughter and excitement.</li><li>◆ Increased appetite.</li><li>◆ Dry mouth.</li><li>◆ Quiet and reflective mood.</li><li>◆ Trouble concentrating.</li><li>◆ Blurred vision.</li><li>◆ Clumsiness.</li><li>◆ Slower reflexes.</li><li>◆ Hallucinations.</li><li>◆ Increased heartrate.</li><li>◆ Low blood pressure.</li><li>◆ Mild anxiety and paranoia.</li></ul>
Stimulants	<div>Includes amphetamines, ecstasy, speed and cocaine.</div> <ul style="list-style-type: none"><li>◆ Fatigue.</li><li>◆ Restlessness.</li><li>◆ Insomnia.</li><li>◆ Confusion.</li><li>◆ Aggression.</li><li>◆ Poor judgement.</li><li>◆ Tremors.</li><li>◆ Increased blood pressure.</li><li>◆ Increased heart rate.</li></ul>

### 1.1.1.2 Drugs of Abuse Testing

Drugs of abuse testing is used to look for traces of particular drugs in the body using specimens or samples of urine, breath, hair, saliva or sweat. This unit covers the collection of samples of urine, breath or saliva.

The following table outlines the settings in which these samples may be collected and the reason why:

Setting	Purpose
Industry	Employers may require that their employees undergo drug testing before beginning employment and/or throughout employment to make sure their staff are fit for work and can undertake their job safely.
Social Services	Drug testing of parents or carers may be used to assist social services in determining the safety of a child.
Prisons	Random and targeted drug testing is used in prisons to help manage and reduce substance abuse.
Medical	Doctors may order drug testing if they believe their patient is suffering from drugs of abuse addiction. The test can help identify the extent of the issue and create a treatment plan. They can also be used to monitor the effectiveness of the plan.
Legal Purposes	Drug testing may be completed for legal purposes such as: <ul style="list-style-type: none"><li>◆ Road side drug and alcohol testing.</li><li>◆ After a crash or accident.</li><li>◆ After a crime has been committed.</li></ul>

### Review Questions

<b>1.</b>	List 3 drugs that can be detected using urine testing.	<input type="checkbox"/>
<div>1.</div> <div>2.</div> <div>3.</div>		

2.

What happens when the chemicals in drugs alter the brain?

☐

3.

What are 6 possible effects of cannabis use?

☐

1.

2.

3.

4.

5.

6.

4.

What is drugs of abuse testing used for?



## 1.2 Legal and Ethical Considerations

As someone who is trained to collect samples for drugs of abuse there are a number of legal and ethical considerations you need to think about.

Legal and ethical consideration include:

- ◆ Duty of care requirements.
- ◆ Informed consent.
- ◆ Mandatory reporting.
- ◆ Privacy, confidentiality and disclosure requirements.
- ◆ Records management.
- ◆ Work role boundaries.
- ◆ Work health and safety.

The information here is meant as a guide – always make sure that you are familiar with the particular requirements of your state/territory and organisation.



### 1.2.1 Duty of Care



All personnel have a legal responsibility under duty of care to do everything reasonably practicable to protect themselves and others from harm by working safely and following instructions.

When collecting samples for drugs of abuse testing you have a duty of care to the client to make sure your actions or inactions do not put them at risk. The client also has a duty of care to you to make sure their actions or inactions do not put you at risk.



### 1.2.1.1 WHS Legislation and Guidelines



Work Health and Safety (WHS) legislation are the laws and guidelines designed to help keep your workplace safe.

It is important that you are familiar with the WHS laws that exist in your state or territory.

WHS guidelines for preventing accidents in the workplace should be found in the company's policies and standard operating procedures. It should have procedures on how to deal with a workplace accident.

It may include instructions on how to use Personal Protective Equipment (PPE), which can prevent infection spreading. If in doubt about following any of the procedures and guidelines contained in the company's WHS manual talk to the WHS officer.

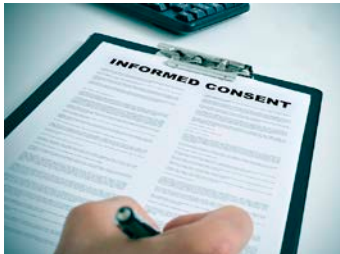
WHS guidelines must be followed at all times to ensure the safety of all workers.

Testing for drugs of abuse may form part of an organisation's WHS policy in that it can help make sure the organisation is providing a safe workplace and system of work, which reduces workers exposure to hazards.

If an organisation or workplace has assessed that there may be a risk of injury or harm to people resulting from the use of alcohol and/or other drugs, drugs of abuse testing is a measure that can be taken to eliminate or reduce the likelihood of any injury or harm occurring.



### 1.2.2 Informed Consent



A sample must only be taken for the purpose of drugs of abuse testing when a client has given informed consent. This means the client must have full knowledge of what is going to happen including the sample collection procedure, the testing procedure and what drugs will be tested for.

Getting the client to sign a consent form is the best practice. An example can be found in Appendix A.

#### 1.2.2.1 Privacy, Confidentiality and Disclosure

Drug testing is a sensitive matter, privacy and confidentiality must be upheld at all times.

The consent form signed by the client should provide details of who the test results will be disclosed to. It is important that the test results are not disclosed to anyone else without the permission of the client from whom the sample was taken.

Privacy for the client must be maintained during the collection process and the initial testing on site, if applicable.



## 1.2.3 Work Role Boundaries

As a sample collector it is your job to collect samples from clients who are fully informed and willingly consent to the sample being taken.

If a client refuses to consent to having a sample taken you should follow the organisational policies and procedures. These may vary across various customers work sites.

A standard process would include asking the client to consent to the sample again, explaining why they are being asked to provide the sample. If they still refuse, the matter should be referred to a manager.

You must never try to force a client to provide a sample.



### Review Questions

5.	Who has a duty of care during sample collection?	<input type="checkbox"/>
6.	What is WHS legislation?	<input type="checkbox"/>
7.	What must be given by the client before a sample can be taken for the purpose of drugs of abuse testing?	<input type="checkbox"/>