

IMAGE AND PERFORMANCE  
ENHANCING DRUGS  
**CLIENT ENGAGEMENT**



**IPEDs**

How to establish relationships with clients who use image and performance enhancing drugs (IPEDs) and promote engagement with harm-reduction measures:

### **RELEVANT EXPERIENCE AND KNOWLEDGE**

Use the correct terminology and have a good level of knowledge on IPEDs to promote meaningful conversations with clients and establish credibility. Personal experience of training in gyms or even use of IPEDs can help, as well as knowledge on supplement use and training programmes. Develop knowledge and confidence through training activities specific to IPED use.



### **WELCOMING CLINIC ENVIRONMENT**

Ensure the clinic environment is welcoming to people who use IPEDs, by displaying fitness/ exercise posters and leaflets offering harm-reduction advice specific to this client group. Hold clinics specifically for people who use IPEDs. Provide bloodwork and other health monitoring (e.g. blood pressure) where possible.



## PRESENCE IN GYMS

Advertise Needle and Syringe Programme (NSP) services specific to users of IPEDs in gyms through posters and stalls, and by holding education sessions within the gym environment. Establishing links with gym managers and personal trainers can help. Have a consistent presence and be patient as building relationships and trust can take time. Broaden the focus of outreach work beyond IPED use, including other topics such as diet, training, nutrition, recreational drug use and sexual health.



## RELATIONSHIP BUILDING

Good interpersonal skills are essential to build strong relationships and establish trust. High levels of empathy are important too, as is the opportunity for one-to-one consultations. Ideally, clients should consistently see the same person.





UNIVERSITY OF  
BIRMINGHAM



UNSW  
SYDNEY

SPRC  
Social Policy Research Centre



**HUMAN**  
ENHANCEMENT  
DRUGS NETWORK

une

University of  
New England

Written by

**Dr. Ian Boardley** (I.D.Boardley@bham.ac.uk)

**Dr. Katinka van de Ven** (K.vandeVen@une.edu.au)

**Martin Chandler** (M.D.Chandler@bham.ac.uk)