



2023 Quarterly Newsletter

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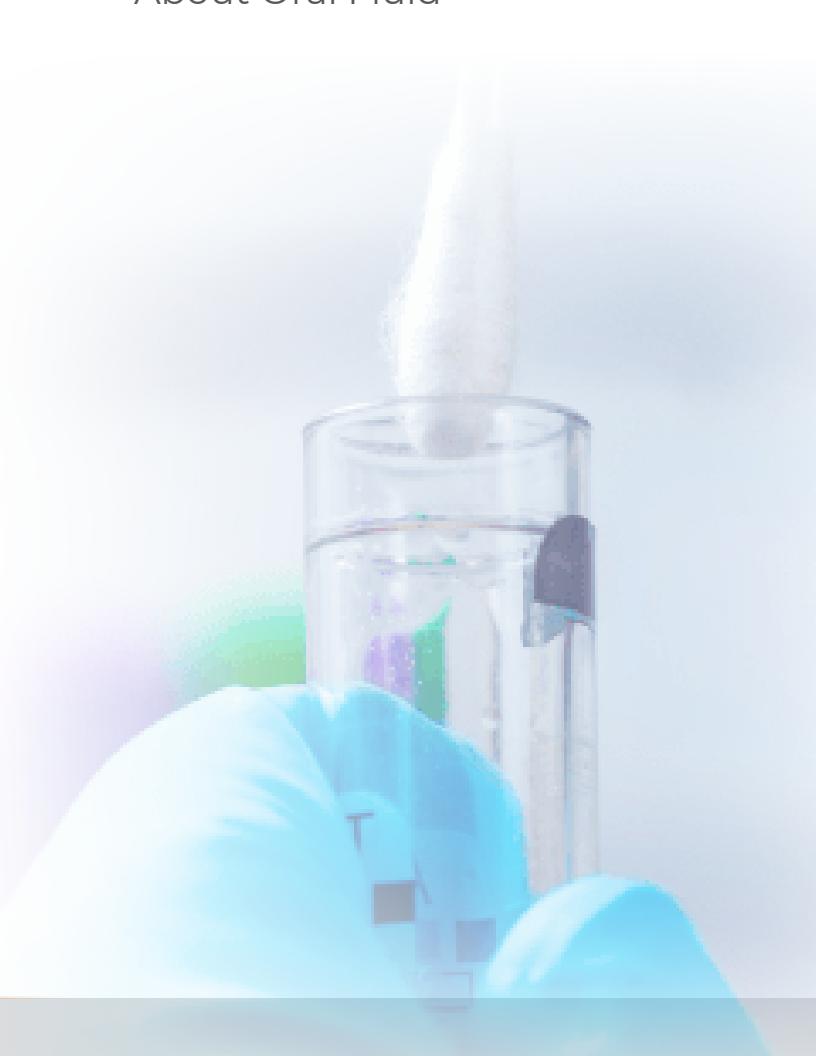
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Company Spotlight



Sure Test Alcohol & Drug Testing is a testing company based out of Halifax, Nova Scotia, and the company is heading into its 4th year with Nancy Wilcox at the helm. Nancy was a very passionate Halifax paramedic for 24 years before going back to school for a Bachelor of Science and a diploma in pharmaceutical sales.

She worked in pharmaceuticals for 8 years before being encouraged to get into drug and alcohol testing. After taking DATAc's Certified Specimen Collector (CSC), Breath Alcohol Technician (BAT) and Certified DOT Specimen Collector (CDSC) courses, she began building Sure Test Alcohol & Drug Testing from the ground up. Sure Testing Alcohol & Drug Testing provides oral fluid, urine, hair and breath alcohol testing. The most common product Nancy uses is the Vericheck 12 panel Urine Express test. She also uses Alcovisor's Mercury Evidential Breath Tester (EBT)

Nancy purchases all of her products and supplies exclusively from **Verify Diagnostics**, and she says she is amazed with the accuracy of Vericheck® products. "All of my products are from Verify Diagnostics," Nancy shared. "After researching

them and learning about their product accuracy, this made me very confident about the products I am using, especially as a small business owner." Nancy also uses Veriport and has nothing but good things to say about it.



"I really like the convenience of Veriport in that it's easy to file the donor's result and the program is very easy to use."

Q & A Interview with Nancy on the next page

INTERVIEW WITH NANCY:

Do you have any insight for those who may be wanting to start a drug and alcohol testing business?

"Don't be afraid to ask questions and reach out to others for guidance," Nancy says. "Google is your friend. I am more than willing to sit and talk with anybody. The effort that you put into starting your own business will come back to you, just don't stop. And always remain professional."

What were some of the issues you encountered as you were building your business?

Nancy says there is still an enormous educational gap among many Canadian companies in regard to workplace safety and drug and alcohol awareness. "I don't know how to close that gap. I'm trying to build a business, not be a consultant for the industry. The biggest challenge is having people listen to you. Whether or not employers are testing their employees is up to them, but I believe they should be informed. One of the DATAc courses I promote a lot is the Supervisor Awareness training course, which teaches the employer how to spot drug and alcohol abuse in the workplace and how to document it. It's only a 2 hour commitment and their workplaces will be all the better for it."

Are there any changes you see happening in the drug and alcohol testing industry in the future? Are there any industry trends that you see happening or ways in which the industry is changing that you will have to adapt to?

The Canadian drug and alcohol industry is currently buzzing about all things oral fluid at the moment. So it came as no surprise that Nancy wanted to speak to that. "I can see oral DOT testing filtering into the oil sands, and hopefully everywhere else. It will be really great for companies to provide oral fluid testing for their

employees. Oral fluid narrows the window for THC, and that seems to be the biggest obstacle for employers. I think it is going to be a game changer but it is going to take some education."

Please tell us a bit about how your collection site works (with or without details on specific bathrooms, water shut offs, etc.)

Nancy runs Sure Test Alcohol & Drug Testing entirely on her own, and without a permanent testing site. She has relationships with two not for profit corporations that provide her with a testing space where she conducts testing appointments as needed. Nancy is incredibly focussed on maintaining the cleanliness of her collection sites and demonstrates an incredible attention to detail to ensure that all testing guidelines are met and maintained during her testing process. Nancy also offers a mobile collection unit that can go to private dwellings for testing purposes, and she provides the donor with a list of things that must be done and the guidelines that must be met in the home prior to her arrival.

Any closing words of wisdom or any other things that you would like to mention about the industry and/or DATAc and/or collections?

"You guys believe in me. Everyone that I have ever spoken to at DATAc has been enormously efficient and super friendly. You guys make me feel like you are there for us and that is a wonderful feeling."

Thank you so much, Nancy!

"Stay hungry, stay focused, keep pushing."

– Nancy Wilcox

suretestns.com

Product Spotlight

June's product spotlight is on the VeriCheck® Urine Specimen Validity Test, or Drug Adulteration Test Strips, which can be purchased through our preferred vendor, Verify Diagnostics. Specimen validity testing is

used to help determine whether or not a provided specimen is actually urine, or if it has had any adulterants added to it during the collection process.



This type of device is most commonly used to ensure workplace safety in a POCT (point-of-care testing) environment. In point-of-care testing, the collector is often the only person who will be analyzing the specimen, unlike non-DOT or DOT collections that are sent to a lab for confirmation.

It is up to the POCT collector to do their due diligence to confirm that the sample is not adulterated or substituted, so this type of testing environment finds great value in VeriCheck's Urine SVT strips.

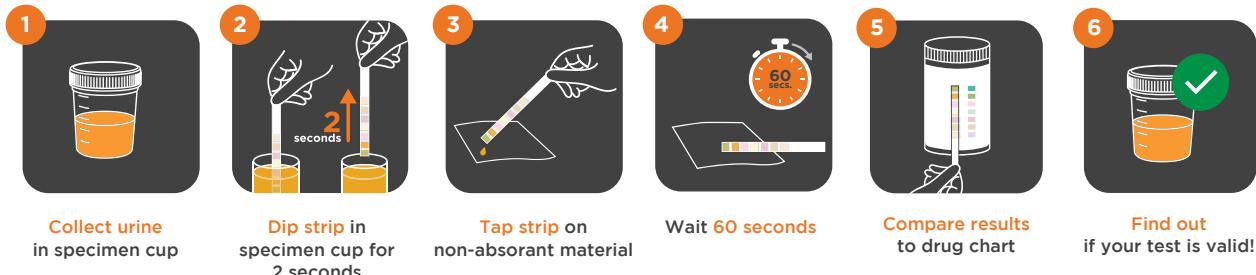
SVT testing looks for the most common masking agents that are used with urine drug testing as well as checking the specimen's pH, specific gravity, and creatinine levels



to help confirm whether it is a real urine specimen. Adulterant testing usually includes at least checks for oxidizing adulterants, nitrites, glutaraldehyde, and pyridinium chlorochromate.

As for how to use this product, immediately after receiving the sample, the collector must dip the SVT test strip into the sample for 1-2 seconds. After tapping off the excess urine and laying it flat, the results can be read in 60 seconds. It's that easy! The results can be interpreted by comparing the colours on the test strip, for each specific parameter, to those found on the provided colour chart. The collector must then fill out what SVT they completed (and what the results they obtained) on the on-site testing form they are using.

Testing Procedure



[LEARN MORE](#)

Industry News Article

The Dangers of Xylazine

Canadian health officials have now issued warnings about the presence of xylazine in various illicit substances including cocaine, opioid products and crystal meth.

Xylazine is a potent sedative and muscle relaxant commonly used in veterinary medicine, but it has also gained popularity as a recreational drug. While its sedative effects may seem appealing to some, it is crucial to understand the potential dangers and risks associated with xylazine use. In this article, we will delve into the dark side of xylazine, highlighting its adverse effects and emphasizing the importance of informed decision-making.

Xylazine, also known by its brand name "Rompun," is primarily used as a sedative and analgesic in veterinary medicine. It acts on the central nervous system, depressing activity and inducing sedation, muscle relaxation, and a decreased response to pain. However, the use of xylazine in human settings, particularly for recreational purposes, is both illegal and dangerous. Users are often unaware of the potent and unpredictable effects this drug can have on their physical and mental well-being.

One of the primary dangers of xylazine abuse is its potential to cause severe physical harm. The drug can lead to a significant decrease in blood pressure, respiratory depression, and cardiovascular complications. Users may experience dizziness, fainting, slowed heart rate, and impaired motor coordination. In some cases, overdose or misuse of xylazine has resulted in respiratory failure and even death. These risks are heightened when xylazine is combined with other substances, such as opioids or benzodiazepines, amplifying its sedative effects and increasing the likelihood of adverse outcomes.

Xylazine not only poses physical risks but also carries a range of mental and emotional consequences. The drug can induce a state of extreme sedation, leading to confusion, disorientation, and memory impairment. Users may also experience mood swings, anxiety, depression, and hallucinations. Additionally, xylazine abuse has been associated with instances of self-harm and suicidal ideation. Prolonged use or withdrawal from the drug can worsen these mental health effects, potentially leading to long-term psychological damage and dependency.



Perhaps the most alarming consequence of xylazine use is the development of open wounds on the body which can result in severe health issues including hospitalization, necrosis and the possibility of amputation. Medical professionals have described this phenomenon as the drug "eating away flesh from the inside out," hence the unsettling nickname "flesh-eating" or "zombie" drug. Additionally, xylazine is often mixed with opioids like fentanyl, heightening the risk of overdose. Combined with opioids, xylazine amplifies the life-threatening effects of respiratory depression, increasing the likelihood of an overdose and potential fatality.

Chronic xylazine abuse can result in severe long-term health implications. The drug's depressant effects can lead to respiratory problems, including chronic bronchitis and pneumonia. Extended xylazine use may also cause damage to vital organs such as the liver and kidneys. Furthermore, the risk of addiction and dependence is significant, and individuals may find it challenging to quit using the drug without professional help. Seeking immediate medical assistance is crucial for those struggling with xylazine addiction to mitigate the potential long-term health consequences.

Xylazine, despite its intended use in veterinary medicine, carries significant dangers when abused recreationally. The physical, mental, and emotional risks associated with this drug are alarming and cannot be overlooked. It is imperative to educate the public about the potential dangers of xylazine and promote awareness of the serious health implications it can pose. Ultimately, informed decision-making and seeking help for addiction are crucial steps in safeguarding individual well-being and reducing the impact of xylazine abuse on society.

Unlike opioid overdoses, where naloxone serves as an effective antidote, there is currently no specific medication or antidote available to reverse a xylazine overdose. Nevertheless, medical experts recommend administering naloxone in cases of suspected xylazine overdose, particularly when opioids may also be present. The absence of a targeted antidote underscores the severity of the xylazine problem and the urgent need for effective intervention strategies.

Group Management

Are you a business owner, training coordinator or manager currently overseeing trainees enrolled in one or more DATAAC training courses?

If so, DATAAC's Group Management platform is a free and very easy-to-use system that is designed to make your job a lot easier.

With DATAAC's Group Management system you can easily create groups and purchase group courses, as well as add additional users or Group Leaders to those groups. Not only that, you can also view and oversee the course progress of individual trainees via our Group Management Report page, and their exam progress via our Group Quiz Report page.

Once you are added to our system as a Group Leader, you will then gain access to the Group Management platform on our site.

To learn more about how it all works, please [click here to watch our Group Management tutorial.](#)

The main purpose of DATAAC Group Management is to offer Group Leaders the opportunity to manage all the trainees that they are responsible for.

If you are overseeing a group of 2 or more trainees, then we highly recommend using this platform.

To become a Group Leader and start benefiting from our complimentary Group Management platform, please call our DATAAC support line at **1 (866) 324-7093** or email us at support@dataac.ca.



Please welcome our newest DATAAC Members!



PEACE VANTAGE
SOLUTIONS

Air Extreme Inc., ProActive Safety & First Aid and Peace Vantage Solutions

It's time to become a DATAAC Member!

Join now and receive 10% off all DATAAC courses, an abundance of helpful resources and procedurals as well as exclusive discounts from our preferred vendors.

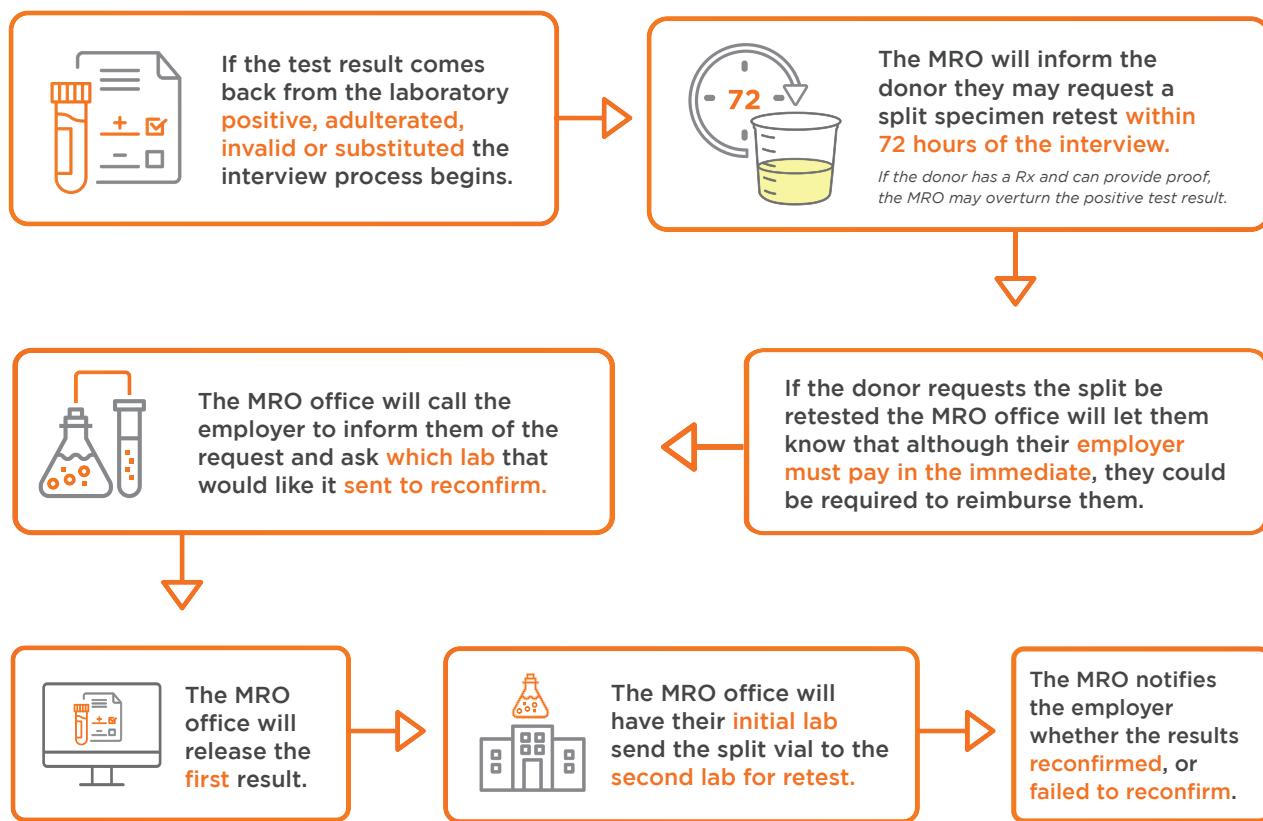
We have also recently partnered with Perkopolis to bring even more value to our members. With Perkopolis and your DATAAC Membership you can enjoy access to exclusive entertainment and lifestyle discounts, gift card rewards, enhanced insurance benefits and other value-added perks.

Don't miss out on this great opportunity to access all the resources available to you, join now!

Infographic

SPLIT SPECIMEN

RECONFIRMATION PROCEDURE



Why is it important to have a Medical Review Officer?

To comply with regulations - DOT, Federal and State laws.

To reduce exposure to liability in your drug testing program.



Webinar Review

All You Need To Know About Oral Fluid

We hosted another amazing webinar on Thursday, June 29th! We want to thank all of our members and subscribers who took time out of their day to attend. This quarter's webinar was all about oral fluid drug testing, which has been a very hot topic in the drug and alcohol testing sphere as of late. We had the absolute pleasure of having **Dr. Todd Simo, Chief Medical Officer and Managing Director of Transportation with HireRight**, join us as our guest speaker to present an incredibly informative and valuable presentation on all things oral fluid. We are so grateful to Dr. Simo for taking time out of his busy schedule to help us learn!



Dr. Simo touched on many aspects of oral fluid drug testing during his presentation. To start us off, Dr. Simo defined oral fluid, its function and the biological components of saliva. Next, he outlined the strength and weaknesses of oral fluid testing, as well as the process of oral fluid collection and the functions of the collector and donor. Following this, Dr. Simo spoke to sensitive testing (immunoassay), as well as confirmatory testing, chromatography and mass spectrometry. The next portion of the presentation focussed on how oral fluid compares to other specimens like urine and hair, paying particular attention to the oral fluid detection window for THC. After outlining how oral fluid compares to other specimen types, Dr. Simo went on to compare

lab based oral fluid versus POCT oral fluid testing and the substantial difference between lab and POCT cut off levels for THC, with POCT device detection levels being much higher than that of lab based THC cutoffs. Dr. Simo then outlined some best practices and recommendations on how to successfully implement an oral fluid testing program, where he discussed certain hurdles that may be encountered during this process. Before concluding his presentation, Dr. Simo outlined use cases for oral fluid, where he articulated various collection situations where oral fluid is the ideal specimen to collect, particularly in circumstances where there is no dedicated bathroom on site or when collectors encounter shy bladder situations in urine collection scenarios.

The presentation was followed by a very interactive Q&A session where those in attendance had the chance to ask some questions about such things as the implementation of the upcoming DOT oral fluid program, how to deal with dry mouth in a collection scenario, the process for sending a confirmation oral fluid sample to the lab after collection of a POCT and how long samples are good for once they've been collected. Those in attendance learned that that buffer in an oral fluid device has been approved to stabilize that specimen for up to 14 days, so remote collectors do not have to worry about the longer travel time.

Don't miss out on our next webinar so you too can access insights and updates about the drug and alcohol testing world from experts and industry leaders!

If you are interested in being a presenter for DATAc please let us know!

I WANT TO BE A PRESENTER!

GO TO DATAc.CA TO SUBSCRIBE
TO OUR NEWSLETTER

Your Experience Matters To Us!



Please take a moment to fill out this very short survey to review the drug and alcohol testing landscape of 2022.

Your feedback will help us better support the changing needs of the industry and help us create great content to help you succeed!

[TAKE THE SURVEY HERE](#)

Thanks for reading!

If you would like more content like this, head over to [DATAc.ca](https://www.DATAc.ca) where we post frequent articles on the latest drug & alcohol testing news.

DATAc.CA

Are you certified in all areas of Canadian specimen collection, beyond split specimen lab testing?

If not, this course will keep you legally defensible and prepared for any testing situation:

LEARN MORE

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