

Welcome to the Opioid Overdose

Prevention Project

Narcan[®] Training

TODAY'S OBJECTIVES

- ❖ Define drug addiction
- ❖ Identify symptoms of addiction
- ❖ Treatment options – including support for family members
- ❖ How to recognize an overdose
- ❖ Narcan[®] – what it is and how it works
- ❖ How to administer Narcan[®]
- ❖ Overdose Prevention Act – “Good Samaritan Law”

OVERDOSE PREVENTION ACT

- Encourages people to seek medical assistance when someone is overdosed.
- Witnesses and victims are protected from arrest, charge, prosecution, conviction, and revocation of parole or probation for possession or use of illegal drugs. (P.L. 2013, c.46)
- A person who administers naloxone shall not as a result of the person's acts or omissions, be subject to any criminal or civil liability for administering an opioid antidote in accordance with this act. (Section C.24:6J-4b)

ADDICTION

- ❖ A chronic, relapsing brain disease that is characterized by compulsive drug seeking and drug use, despite harmful consequences.
- ❖ It is considered a brain disease because drugs change the brain—they change its structure and how it works. These brain changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs

<http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-abuse-addiction>

ADDICTION

- ❖ Addiction is a brain disease similar to mental health illnesses
- ❖ Physical Dependence occurs as a result of tolerance from prescribed medication
- ❖ Addiction occurs when there are behavioral changes associated with the drug use
- ❖ Addiction is a family disease. All members of the family are affected by drug addiction, i.e. stress, worry, anxiety, fear, financial harm.
- ❖ Enabling or helping? Enabling stepping in to solve the addicts problems, preventing natural consequences, accepting unacceptable behavior, lying or covering up for the drug users behaviors.

SYMPTOMS OF ADDICTION

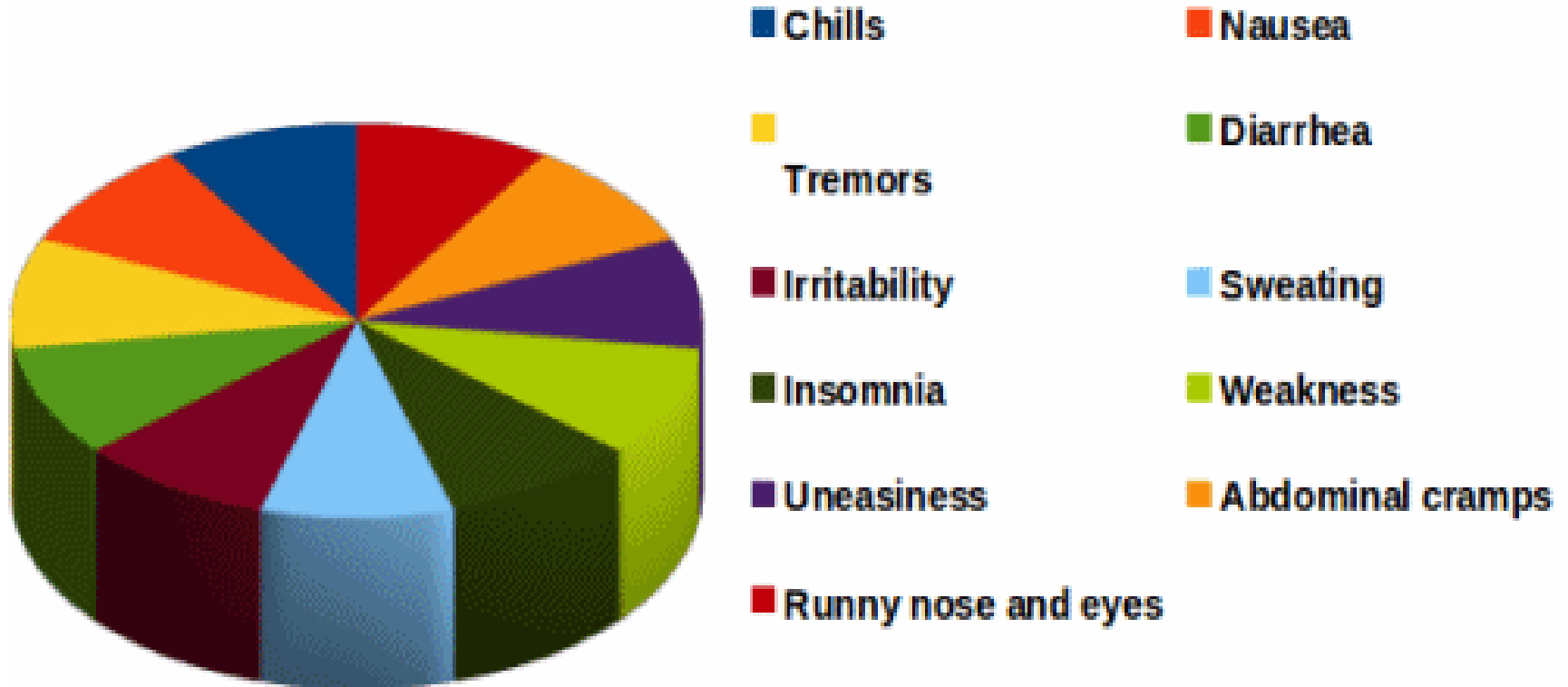
- ❖ Continued use despite harmful consequences
- ❖ Change in friends, behavior and mood
- ❖ Decreased interest in once enjoyed activities
- ❖ Failure to fulfill obligations (school, work, family)
- ❖ Continued use despite adverse effects on relationships
- ❖ Cravings to use
- ❖ Attempts to control or stop use
- ❖ Withdrawal
- ❖ Tolerance
- ❖ Large amounts of time spent on finding drugs, using drugs, or recovering from drug use.
- ❖ Will do anything to use – steal, lie, manipulate, prostitution, etc

EFFECTS OF OPIOIDS

- ❖ Opioids occur naturally in the brain, binding to the opioid receptors. Creating a feeling of well being (“runners high”)and reduction of pain.
- ❖ Synthetic opioids (i.e Oxycodone, Vicodin, Fentanyl, etc) are used for pain management.
- ❖ Abuse of prescription opioids and heroin create an exaggerated feeling of euphoria, comfort, and decrease in pain.
- ❖ Chronic overexposure produces long lasting changes in the brain which reduces the ability to feel pleasure.
- ❖ This leads to opioids becoming the most important thing (“obsession”) in an opioid dependent person’s life. Compulsive opioid use continues despite harmful consequences.

WITHDRAWAL

Symptoms of Opiate Withdrawal



TREATMENT OPTIONS

- ❖ Medication Assisted Treatment – Methadone, Buprenorphine, or Vivitrol
- ❖ Detoxification – Is just getting the drugs out of the body safely; it is not treatment
- ❖ Inpatient – short or long term
- ❖ Outpatient – 1 hr per week – 9 hrs per week
- ❖ Half-way house
- ❖ Self-help groups for active user & family members

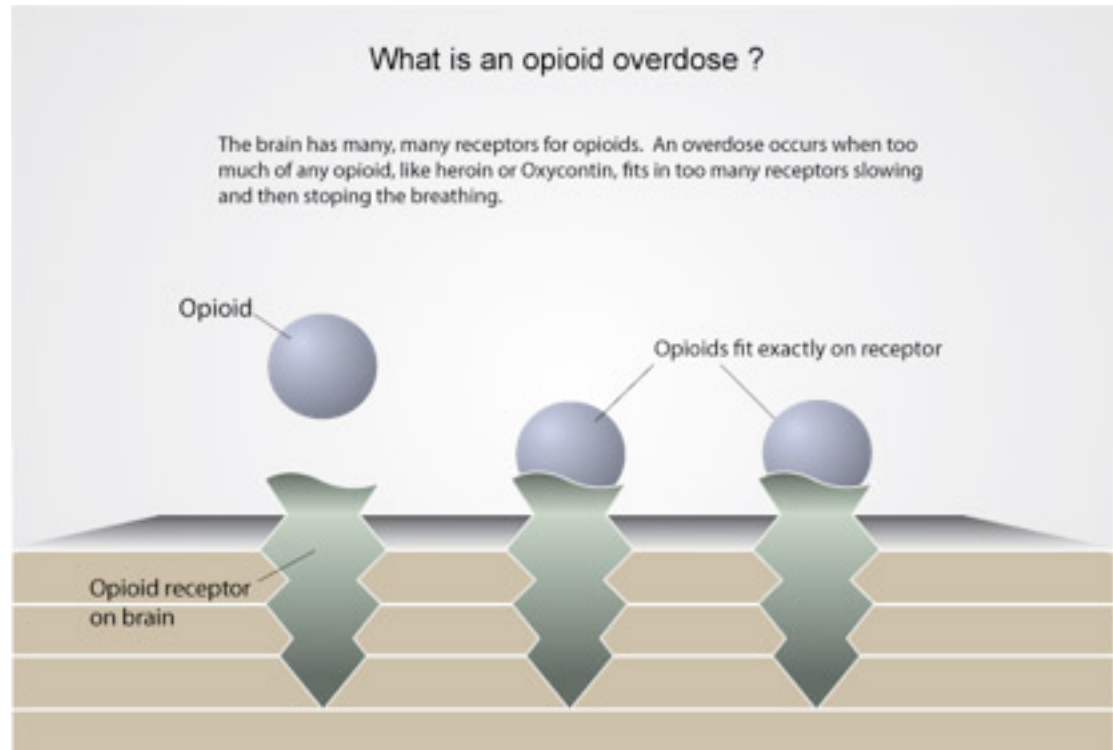
Substance abuse treatment is highly confidential a signed release of information is required by the patient before any information can be given.

SIGNS OF RELAPSE

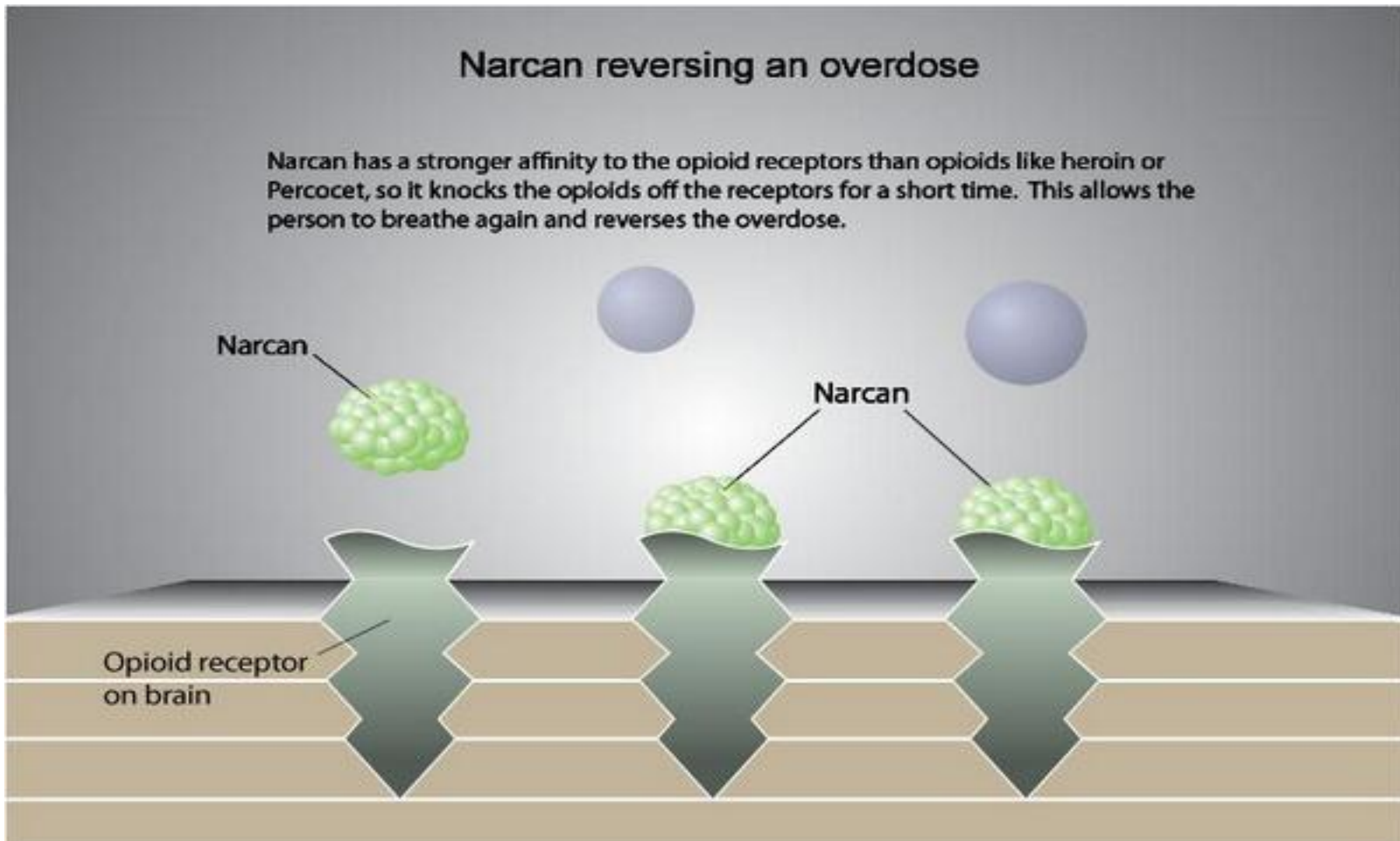
- ❖ Dishonest
- ❖ Argumentative
- ❖ Stopped treatment
- ❖ Boredom, loneliness, depression
- ❖ Focuses on the “good” they received from the drug
- ❖ Socializing with people who are using, going to places where drugs are available.

WHAT IS AN OVERDOSE

- ❖ Overdose occurs when too much of an opiate fits in too many receptors, slowing and then stopping breathing
- ❖ An overdose affects the respiratory system. It is not a cardiac condition.



How NARCAN[®] Works



NARCAN[®] WILL ONLY WORK ON OPIATES

SIGNS OF AN OVERDOSE

- ❖ Nausea & vomiting
- ❖ Loss of consciousness
- ❖ Unresponsive to outside stimuli
- ❖ Pinpoint pupils
- ❖ Drowsiness
- ❖ Cold, clammy, bluish skin
- ❖ Reduces heart rate
- ❖ Reduced body temperature
- ❖ Slow or no breathing

RISK FACTORS FOR OVERDOSE

- ❖ Recent relapse after a prolonged period of abstinence
- ❖ Recent release from jail or prison or from mandatory abstinence program or drug detox program
- ❖ Doctor shopping
- ❖ Use of someone else's Rx's
- ❖ Smoking, COPD, emphysema, asthma, sleep apnea, or other respiratory system disease
- ❖ Alcohol use
- ❖ Concurrent benzodiazepine or antidepressant use
- ❖ Fentanyl laced heroin

OVERDOSE PREVENTION

- ❖ Have a plan
- ❖ Know where your NARCAN ® kit is stored
- ❖ Review how to use the kit frequently
- ❖ Video on how to use NARCAN® Nasal Spray

<http://www.narcannasalspray.com/>

- ❖ Narcan ® Now APP



Download on the App Store or Get it on Google Play

- ❖ Educate others and encourage them to get trained

STEPS FOR RESPONDING TO AN OVERDOSE

❖ **STEP 1 - CALL 911** – give the 911 operator the facts about what you see for example the person is not breathing, they have blue skin, they are not conscious, etc. Avoid saying it may be a drug overdose as something else maybe occurring.

Paramedics will make the call as to what is happening to the person when they arrive!

❖ **STEP 2 - CHECK FOR SIGNS OF AN OVERDOSE**

❖ **STEP 3 - SUPPORT THE PERSON'S BREATHING
RESCUE BREATHING**

Remember an opiate overdose affects the respiratory system. Focus on rescue breathing as opposed to CPR.

STEPS FOR RESPONDING TO AN OVERDOSE

❖ **STEP 4 - ADMINISTER NARCAN® –**

➤ **There are no harmful side effects from Narcan ®**

➤ **If you are unsure if the person is breathing sufficiently –
ADMINISTER THE NARCAN®**

➤ **If the person is not breathing – ADMINISTER THE
NARCAN®**

➤ **If you do not know how long the person has been in their
present condition – ADMINISTER THE NARCAN®**

❖ **STEP 5 - MONITOR RESPONSE OF THE PERSON STAY WITH THEM UNTIL 911 ARRIVES**

RESCUE BREATHING



- ❖ Place the person on their back.
- ❖ Tilt their chin up to open the airway.
- ❖ Check to see if there is anything in their mouth blocking their airway, such as gum, toothpick, undissolved pills, syringe cap, cheeked Fentanyl patch (these things have ALL been found in the mouths of overdosing people!). If so, remove it.
- ❖ Plug their nose with one hand, and give 2 even, regular-sized breaths. Blow enough air into their lungs to make their chest rise. If you don't see their chest rise out of the corner of your eye, tilt the head back more and make sure you're plugging their nose.
- ❖ Breathe again. Give one breath every 5 seconds.

Preparation

Each NARCAN® Nasal Spray is ONE DOSE OF 4mg of NARCAN.®
DO NOT REUSE



STEP 1.



❖ Remove NARCAN® Nasal Spray from the box.

❖ Peel back the tab with the circle to open the NARCAN® Nasal Spray.

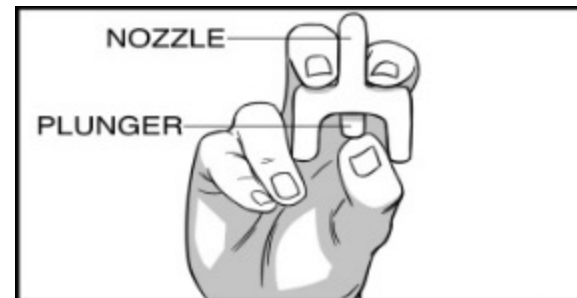


STEP 2.

❖ Hold the NARCAN[®] Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

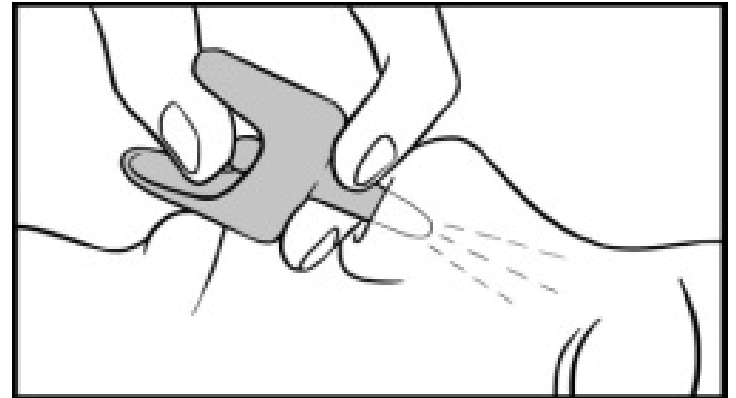


❖ DO NOT PRIME THE PLUNGER



Administration

- ❖ Look to see if the nose cavity is free of blood or mucous.
- ❖ Tilt the person's head back and provide support under the neck with your hand.
- ❖ Gently insert the tip of the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose.
- ❖ Press the plunger firmly to give the dose of NARCAN® Nasal Spray.
THE ENTIRE DOSE GOES IN ONE NOSTRIL ONLY.
- ❖ Remove the NARCAN® Nasal Spray from the nostril after giving the dose.
- ❖ WAIT with the person until 911 arrives - MONITOR RESPONSE IF NARCAN® DOES NOT WORK WITHIN 3-5 MINUTES GIVE SECOND DOSE IN OTHER NOSTRIL



AFTER ADMINISTRATION ...

- ❖ Wait with person until 911 arrives – they will determine what treatment is needed (i.e. CPR, additional **NARCAN®**, etc). When 911 arrives tell them what you saw and what you did (i.e. blue skin, not breathing, gave **NARCAN®**, rescue breaths, etc).
- ❖ Continue with rescue breathing – the overdose is focused on the respiratory system not the cardiac system.
- ❖ They may need a second dose
- ❖ Person will go into withdrawal – (remember this is how **NARCAN®** works to reverse the opiate overdose) They may want to use again right then due to the withdrawal
- ❖ Use of opiates while **NARCAN®** is in the system could lead to a second overdose.
- ❖ They may be argumentative
- ❖ Remember **NARCAN®** will only work on OPIATES. Calling 911 will help the person if other drugs/alcohol are a part of the overdose.

WHAT NOT TO DO DURING AN OVERDOSE

- ❖ Don't leave them alone
- ❖ Don't throw water on them
- ❖ Don't try walking them around
- ❖ Don't inject them with anything
- ❖ Don't put them in the shower
- ❖ Don't force them to eat or drink
- ❖ Don't let them sleep it off

Project Results

- ❖ 825 Participants have been trained
- ❖ 797 Kits have been distributed
- ❖ There were **11** confirmed overdose reversals as a result of this project.
- ❖ **85** Treatment Vouchers have been redeemed for admission to our program (six people had a recent Narcan reversal)

Contact Information

Contact Information

For updated training information, please visit our web-site at www.jsashc.org

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