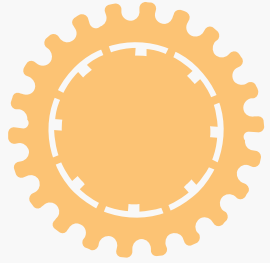


Your Presenter

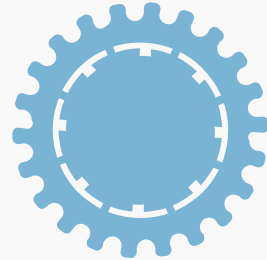


Idow Salad, MPH,
Project Manager
Training and Consulting Solutions
Hazelden Betty Ford Foundation

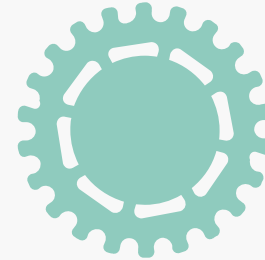
Key Takeaway Points



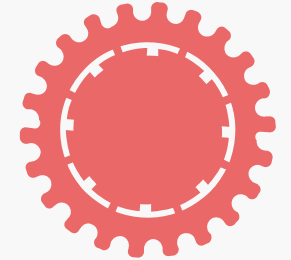
**Risk Factors for
Opioid Overdose**



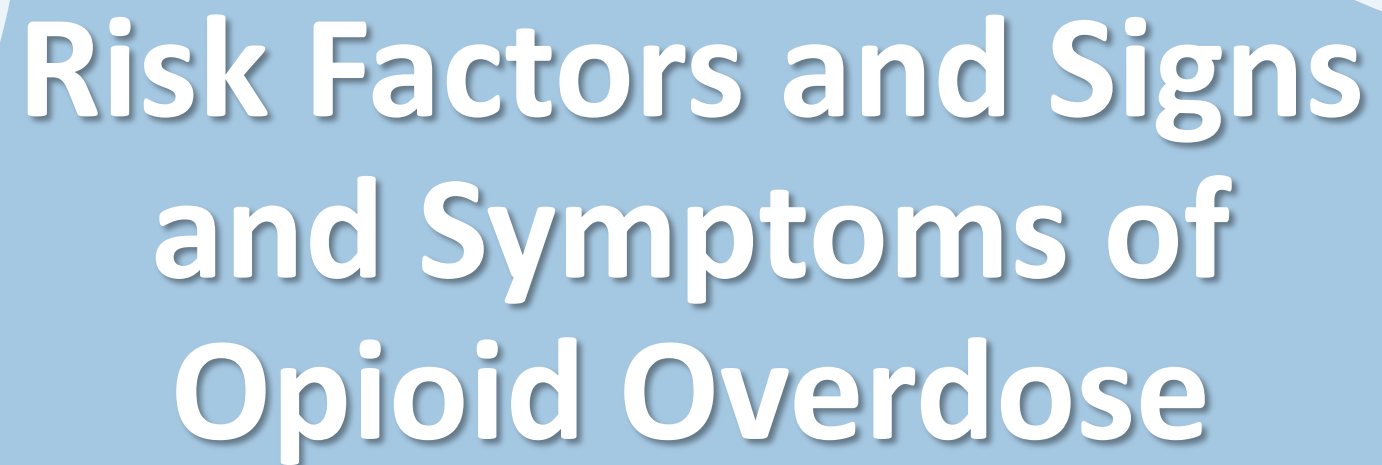
**Signs & Symptoms,
Recognition of
Opioid Overdose**



Naloxone 101



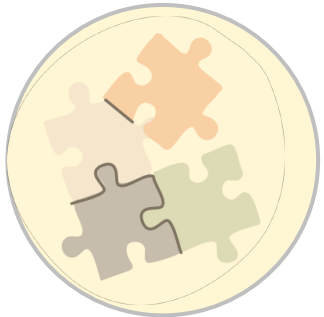
**Opioid Overdose
Response Steps**



Overdose Can Impact All of Us



Anyone can overdose...



Overdose risk is complicated...



Risk is very individualized...



Common Risk Factors for Opioid Overdose

Many things can increase the risk of opioid overdose.

More risk factors = higher chance of overdose

Medical History



- Increasing age
- Lung, liver & kidney problems
- Mental health concerns
- Sleep apnea
- COVID-19

Opioid Use



- Any dose, especially high doses ↑
- Taking other than prescribed
- Previous opioid overdose
- Intravenous drug use
- Non-Rx opioid source

Other Substances



- Alcohol
- BZDs (Sedative-hypnotics)
- Certain antidepressants
- Some diabetes medicines
- Cannabis
- Stimulants
- Illicit drugs/substances

Signs and Symptoms of Opioid Overdose



Unconscious/Not Responding

Doesn't move and
can't be woken



Slow/Shallow or Not Breathing

1 breath every 5 seconds
is normal



Disrupted Breath Sounds

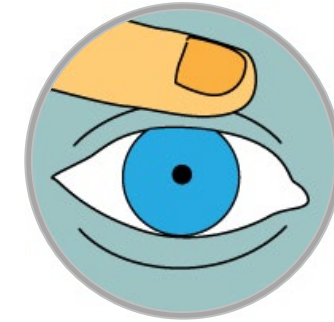
Choking, gurgling sounds
or snoring



Blue Lips & Nails



Cold or Clammy Skin



Miosis (Tiny Pupils)

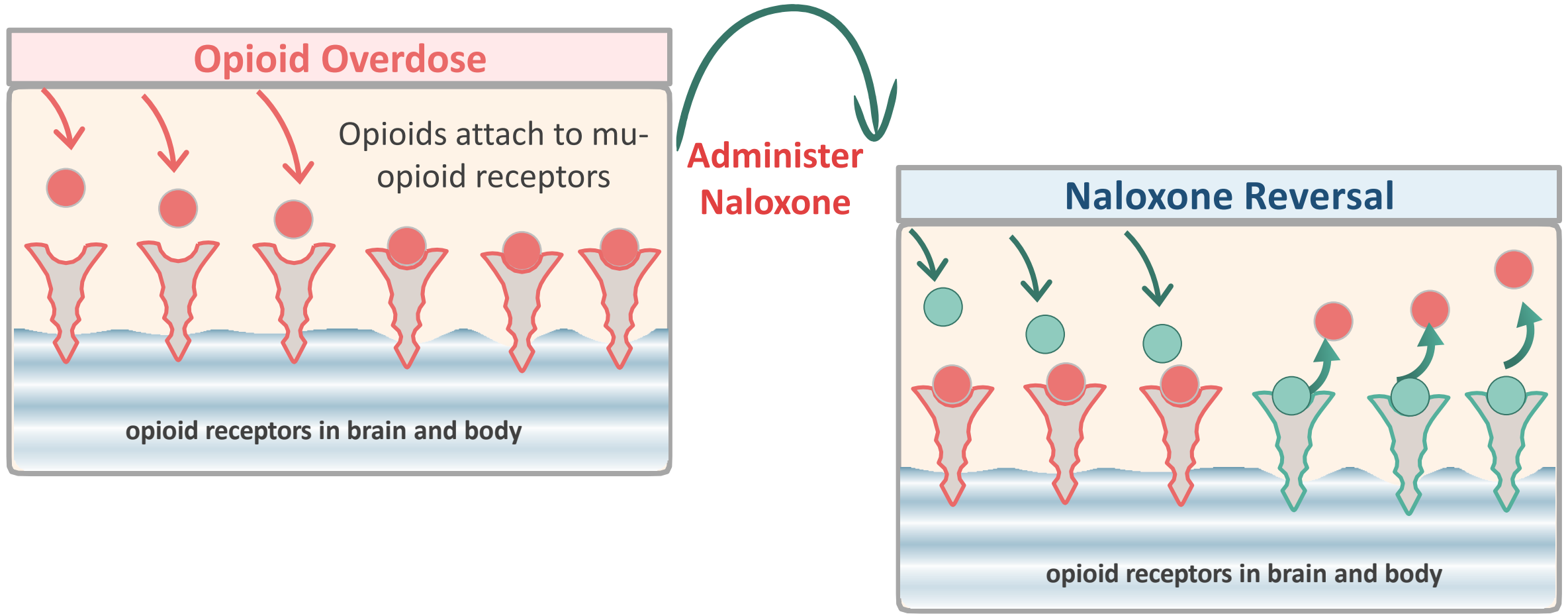
Symptoms of Fentanyl-Involved Overdose

Distinct Symptoms of Fentanyl –involved Overdose

- Face and neck muscle rigidity
- Jaw and teeth clenching
- Spasm/Closing of vocal cords



Naloxone Action in Opioid Overdose



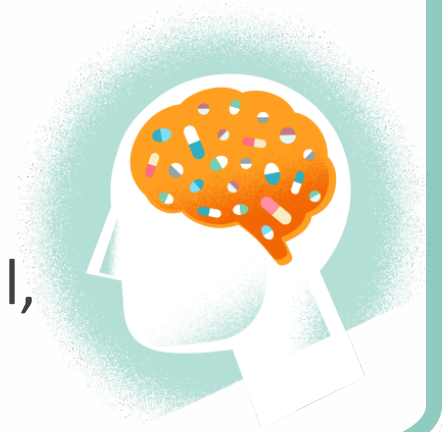
Return of Respiratory Depression

When naloxone wears off, the person could have a *2nd overdose experience*

Repeat Doses of Naloxone

High Potency Fentanyl-related Overdoses:
often require **multiple doses of naloxone.**

Administer naloxone **every 2-3 minutes**, in alternate nostril, until the victim responds or until EMS arrives

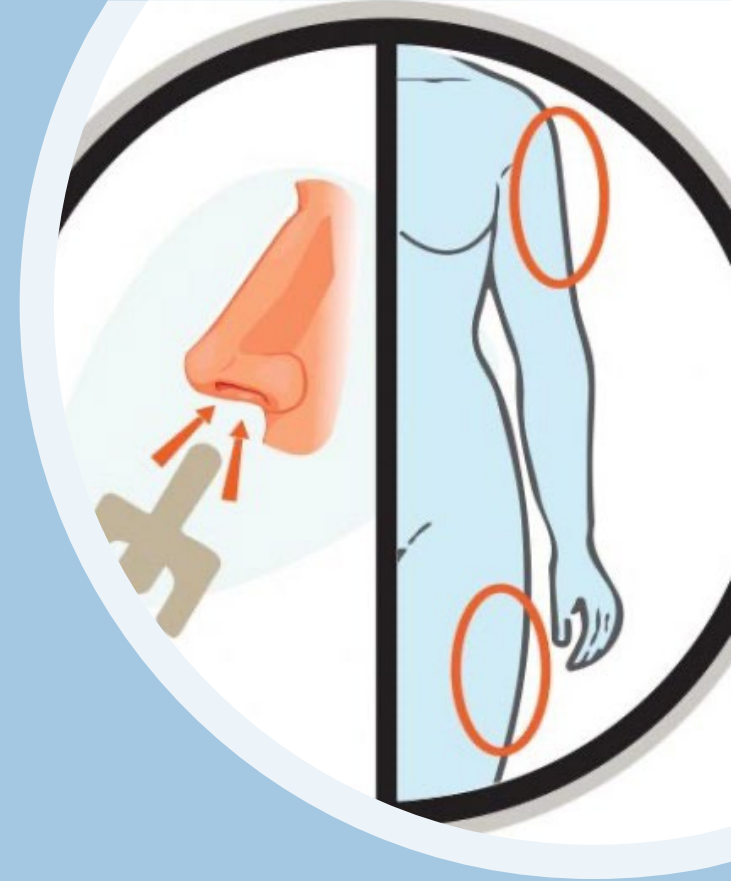
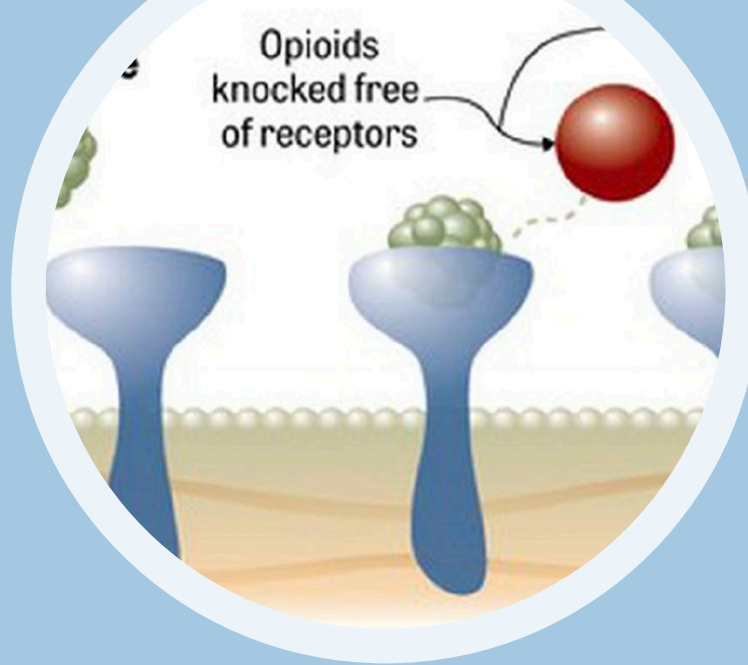


31 AUGUST

—
INTERNATIONAL OVERDOSE
AWARENESS DAY

NALOXONE
(NARCAN)
SAVES LIVES

A Pennington Institute Initiative



Naloxone Facts and Information

What is Naloxone?

Trade Names: Narcan / Kloxxado

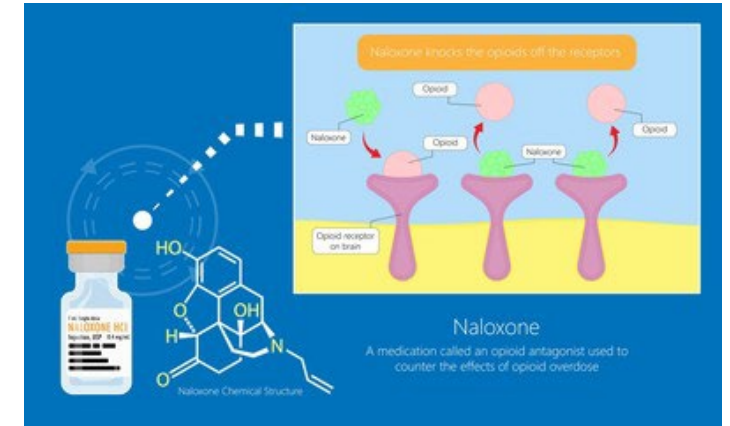
Naloxone temporarily reverses opioid-induced respiratory depression and restores normal breathing

Naloxone does *NOT* reverse overdoses of other drugs

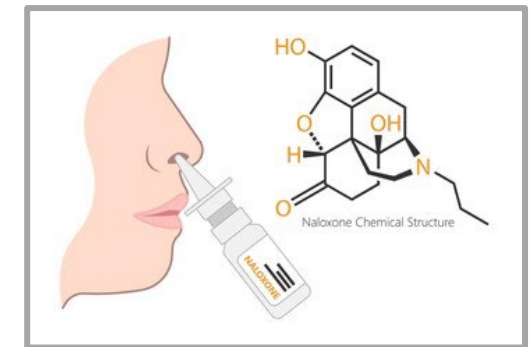
- BUT...many non-opioid illicit drugs are contaminated with fentanyl...**so, if in doubt always give naloxone**

- **Naloxone is NOT-addictive & CANNOT be used to “get high”**

- **Naloxone is NOT a controlled substance and has NO POTENTIAL FOR MISUSE**

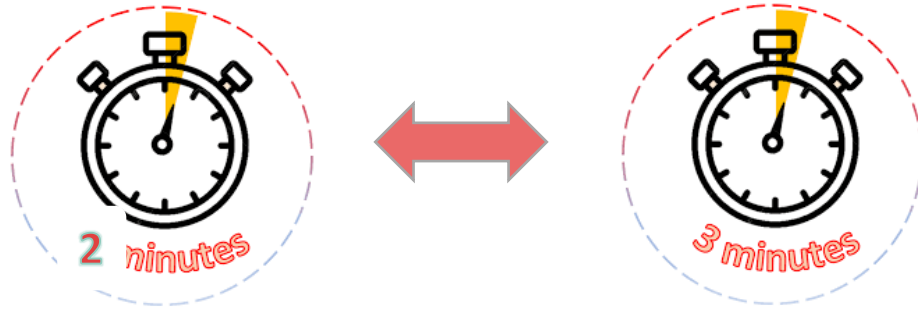


Graphic source: www.Narcan.com

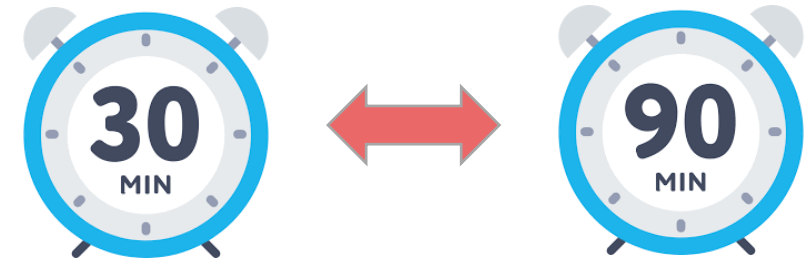


Naloxone Onset and Duration of Effect

Time to Onset/Effect: 2-3 minutes

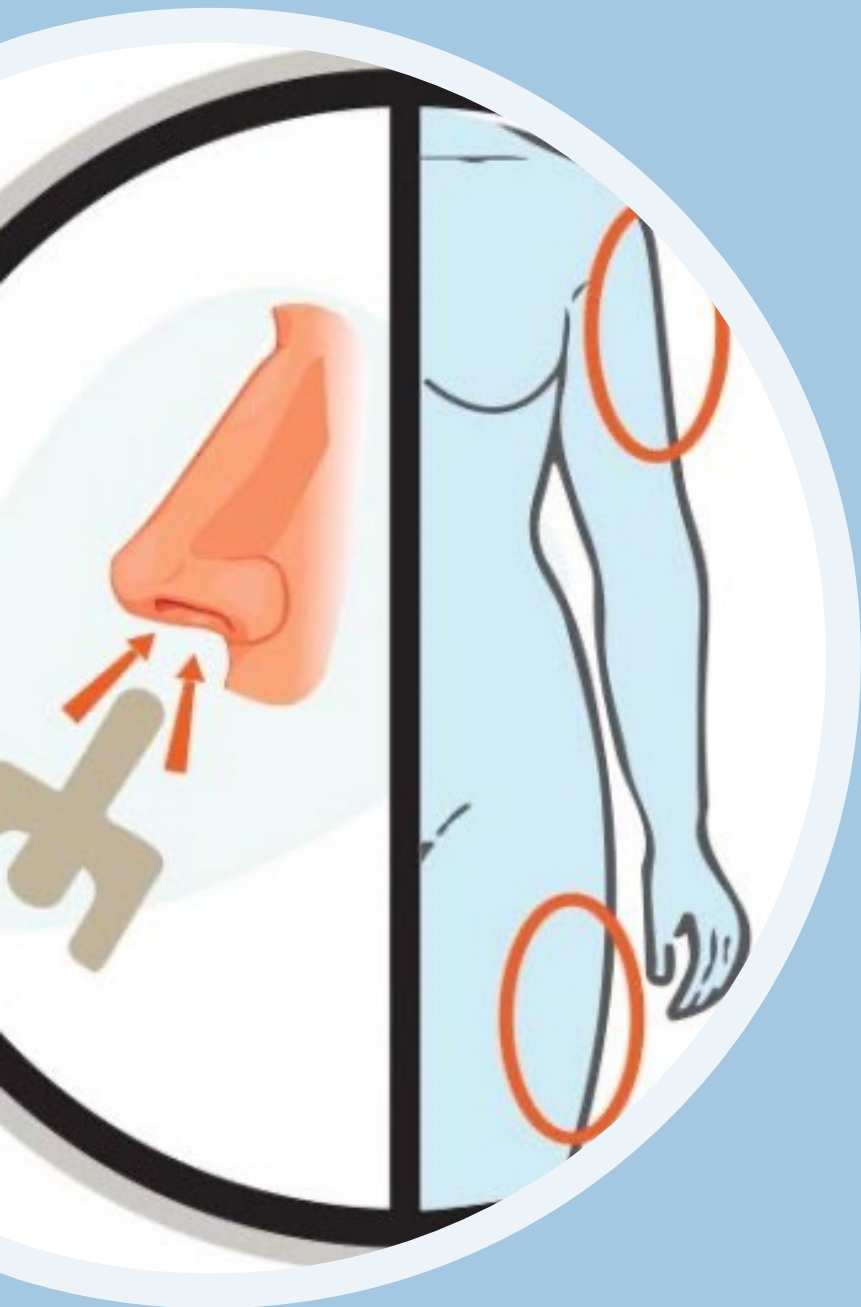


Duration of Effect: 30 - 90 minutes



MORE THAN 1 Dose Of Naloxone May Be Needed To Revive An Overdose Victim!!
(Why? Because longer acting or more potent opioids may have been ingested)

THERE IS NO MAXIMUM AMOUNT OF NALOXONE TO GIVE!



Overdose Response Steps

Step #1: Checking for Response

If an opioid overdose is suspected...try to **STIMULATE** and **AROUSE** the person

- a. **SHOUT** persons' name, instruct them to breathe
- b. Lightly **SHAKE** the shoulders
- c. Give a **STERNUM RUB**



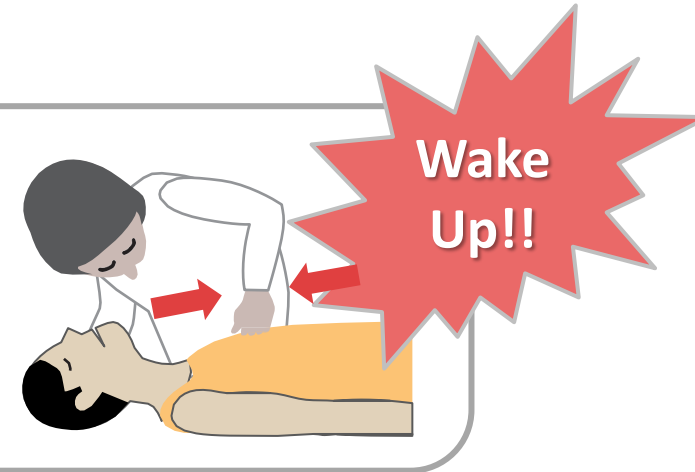
Check airways and breathing. Clear the mouth and nose of any blockages. Check for breathing – is the chest moving? Can you hear breathing sounds? Can you feel breath on the cheek?

Check for signs of overdose

Step #1: Assessing for Response

IF THE PERSON RESPONDS...try to maintain responsiveness and breathing and CALL 911

- Continue to monitor the person, including breathing and alertness, and try to keep the person awake & alert

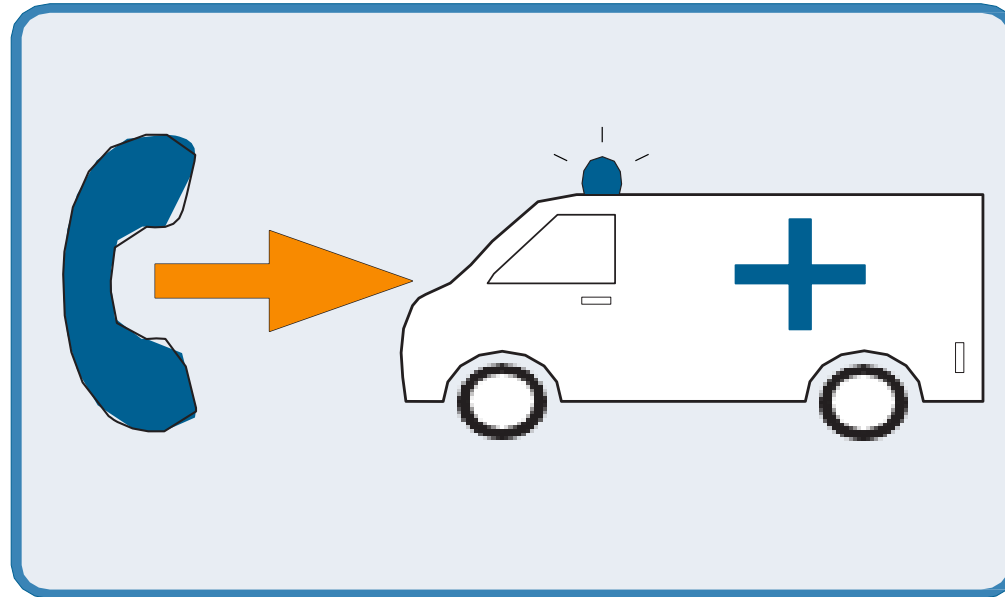


IF THE PERSON does NOT RESPOND: Call 911 and administer one dose of naloxone or vice versa! (can occur interchangeably depending on which can be achieved more quickly)



Step #2: Call 911 – Get EMS

Call EMS RIGHT AWAY – Quicker Response Ensures Survival!!

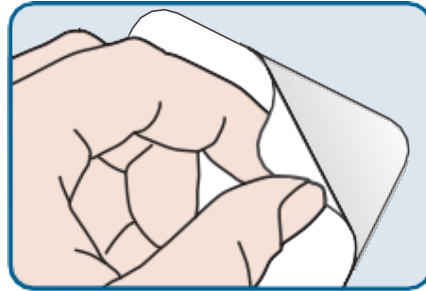


Step #3: Administer Naloxone

Give 1 spray of naloxone. Each nasal spray contains **1 dose only**.

1

PEEL off the back of the packaging. Remove the nasal spray and place it within easy reach.



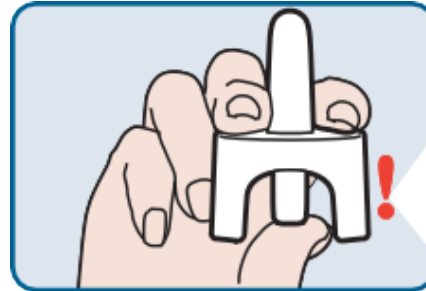
2

PLACE person on their back. Support the back of the neck and let head tilt back. Clear away anything you see blocking their nose.



3

Hold the spray as shown — first 2 fingers on either side of the nozzle, thumb ready to push the plunger



Don't press yet

4

Insert nozzle into 1 nostril. **PRESS** firmly on plunger until it clicks & gives dose. Remove nozzle from nostril. If possible, note which nostril you used.

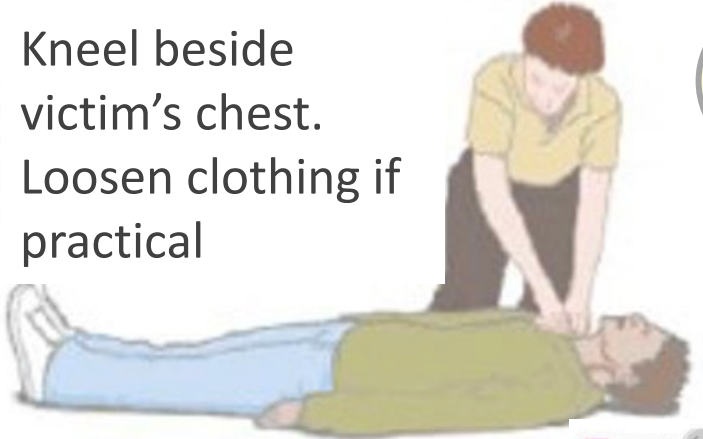


Don't press to prime or test before use!!

Step #4 Chest Compressions

1

Kneel beside victim's chest.
Loosen clothing if practical



2

Place 1 hand on the
breastbone at the center
of the person's chest



3

Place other hand on top of
your 1st hand; interlock
your fingers



4

**** If not trained to give or
comfortable giving CPR
please SKIP to Rescue Breaths****

Keeping arms straight begin
forceful compressions (@100
per minute)

Lift hands slightly after
each compression
allowing chest to recoil

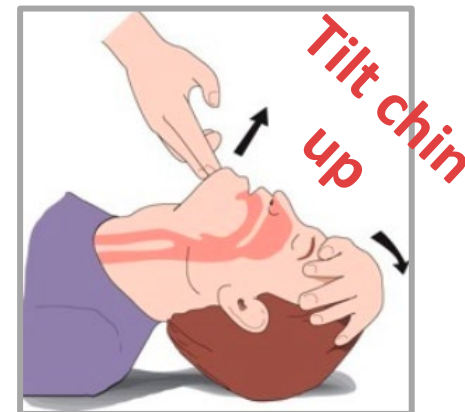


Step #4: Perform Rescue Breathing

Steps for Rescue Breathing

1. OPEN and CHECK AIRWAY
2. CHECK FOR BREATHING
3. PINCH NOSTRILS & SEAL YOUR LIPS ON VICTIMS OPEN MOUTH
4. START WITH 2 RESCUE BREATHS
5. GIVE 1 BREATH EVERY 5 SECONDS

***Breaths are crucial to the overdose response.
They keep the brain alive!!***



Place Victim in Recovery Position

Place overdose victim person in recovery position **when breathing** *but unresponsive, unconscious, vomiting, or in danger of choking* on vomit or saliva.

1

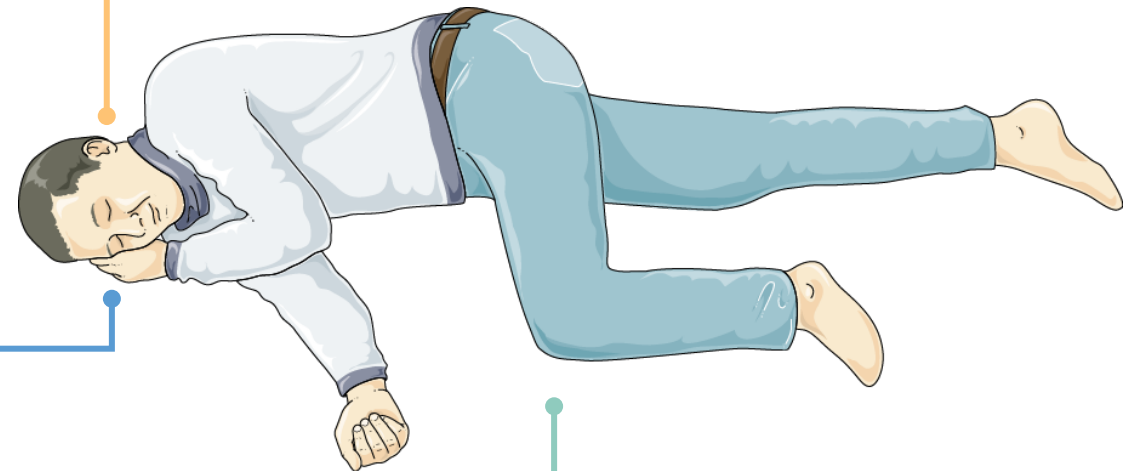
Tilt Head back, lift chin to open airway

2

Turn to one side, place hand against chin –

3

Bend Knee Against Floor at 90* angle



The “Wake-Up”



Aggressive or violent reactions and behavior are VERY RARE, Often individual is confused and not aware he/she has overdosed

More commonly initial withdrawal symptoms include:

- Sweating
- Shaking
- nauseous/vomiting

Important roles of Responders

- Maintain calm environment
- Explain to victim they have overdosed and EMS is on the way
- Ensure no further ingestion of any drug or medication
- Persuade/encourage patient to go to hospital

The Do NOTS of Overdose Response



DO NOT....

- Place person in a bath/cold water
- Induce vomiting
- Inflict pain by slapping, kicking or burning
- let people “sleep off their high”
- Inject the person with other drugs
- Leave the scene ... DO NOT leave the overdose victim alone

