



Maryland Overdose Response Program Educational Training Program CORE CURRICULUM

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Department of Health & Mental Hygiene
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Program Overview

- I. What Is an Opioid?
- II. Recognizing an Opioid Overdose
- III. Responding to an Opioid Overdose
- IV. Certificate Holder Rights & Responsibilities
- V. Tips for Preventing Opioid Overdose
- VI. Suggested Resources for Family Members, Friends & Loved Ones

What Is an Opioid?



Opioids . . .

- Any drugs that contain opium (or its derivative)
- Natural or synthetic
- **Prescription** medications or **illegal** drugs
- Pill, capsule, powder or liquid
- Swallowed/drunk, smoked, snorted or injected



Opioids . . .



- Manage pain, suppress coughs and treat opioid-use disorders (addictions)
- Cause feelings of euphoria, contentment and/or detachment
- Effects last from 3 to 24 hours

In excessive amounts, opioids can **suppress** a person's urge to **breathe**.

Oxycodone – 512s, OC,
Oxy, 80s, Oxycotton,
Hillbilly Heroin, Killers, Roxis



OxyContin®

Percocet®



Roxicodone®



Examples of Common Prescription Opioids

Hydrocodone – Vikes, Hydro, Norco,
Fluff, Scratch, Watson 387



Vicodin®

Lorcet®



Oxymorphone - Mrs. O, Pink/ Blue
Heaven, The O Bomb, Octagons, Stop
Signs



Opana®



Hydromorphone – D, Juice, Dust,
Footballs, Hospital Heroin, H Bomb, Smack



Dilaudid®

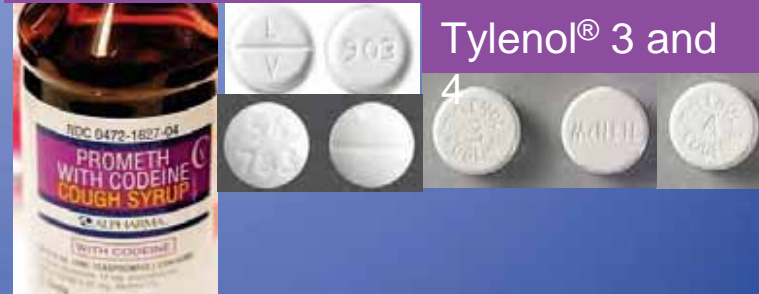


Morphine - M, Miss Emma, Monkey, White Stuff, Dreamer



Examples of Common Prescription Opioids

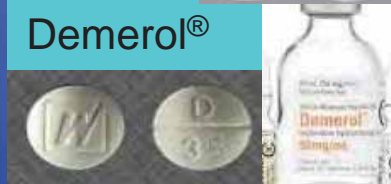
Codeine - Captain Cody, Schoolboy, Pancakes & Syrup, T-3s, Doors & Fours, Purple Drank



Meperidine



Demerol®

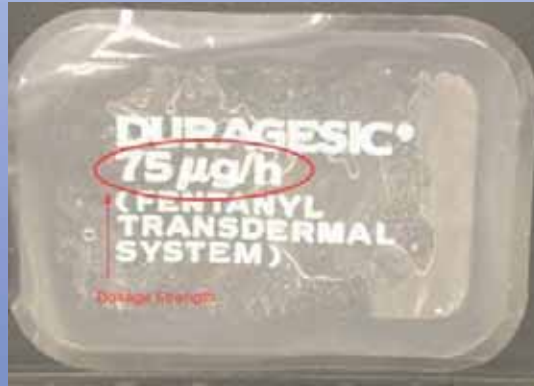


Methadone - Jungle Juice, Fizzies, Chocolate Chip Cookies



Buprenorphine – Bupe, Box(es), Subs/Subbies, Orange guys





Prescription Fentanyl



Illegal Opioids: Heroin



Slang terms:



H, Dope, (Hell) dust, Hammer, Smack, Junk, Skag, Horse, Henry, Elephant, Rock, Brown Sugar, Slow, Hero, Black Tar, Poison, Homebake, Thunder, (China) White, Chinese, H, Train, White Dynamite, Dragon



Illegal Opioids: Non-pharmaceutical Fentanyl

- ❖ Illicitly produced, synthetic drug
- ❖ Pill form packaged to look like oxycodone
- ❖ Powder form looks like heroin



Fentanyl-tainted heroin

Fentanyl + heroin = deadly combination →
Fentanyl is hundreds of times more potent than heroin

Recognizing an Opioid Overdose

What Is an Opioid Overdose?

- Opioid overdose happens when a **toxic amount** of an opioid—alone or mixed with other opioid(s), drugs and/or substances—**overwhelms the body's** ability to handle it.
- Many opioid-related overdoses result from **mixing** prescription painkillers or heroin with benzodiazepines (benzos), cocaine and/or alcohol.

What Leads to Overdose Death?

- Respiratory failure – lack of sufficient oxygen in the blood
- Vital organs like the heart and brain start to fail
- Leads to unconsciousness, coma, death

*Surviving an opioid overdose =
BREATHING and OXYGEN*

Recognizing the Signs & Symptoms of an Opioid Overdose

- Loud snoring or gurgling noises (death rattle)
- Body very limp
- Unresponsive
- Skin pale/gray, clammy
- Lips/fingertips turn blue(ish)
- Pulse slow or erratic
- Breathing very slow, shallow, or not at all
- Unconscious

Responding to an Opioid Overdose

1. Rouse and Stimulate
2. Call 9-1-1
3. Perform Rescue Breathing
4. Administer (Give) Naloxone
5. Care for the Person until Help Arrives

Rouse and Stimulate

Noise: Shake person's shoulders and yell:

"[Name!] Are you all right? Wake up!"

Pain: If no answer, do a sternal rub:

Make a fist, rub your knuckles firmly up and down the breast bone.

Sternal (Sternum)

Depth



Call 9-1-1: Why?

*Get emergency medical help
for someone experiencing an overdose!*

1. May have **complications** or **other health problems**.
2. **Naloxone** is only **temporary**.
3. May need to give **additional doses of naloxone**.
4. May be a **non-opioid overdose** situation.

Call 9-1-1: What to Say

- Tell 9-1-1 operator:
 - ✓ Where you are
 - ✓ What you observe about the person in distress:
e.g., gurgling noises, turning blue, won't wake up
- Tell emergency responder on site:
 - ✓ Drugs/substances the person used
 - ✓ Naloxone administered – how much/when.

Assess Breathing



&

Look,

Feel

If shallow or short breaths,
or not breathing →
start rescue breathing right away

Rescue Breathing

Rescue breathing is the quickest way to get oxygen into the body and one of the most important things you can do to prevent someone from dying from an opioid overdose.

Rescue Breathing – Step by Step

Step 1: Lay the person on his/her back on a flat surface.

Step 2: Tilt the chin to open the airway.

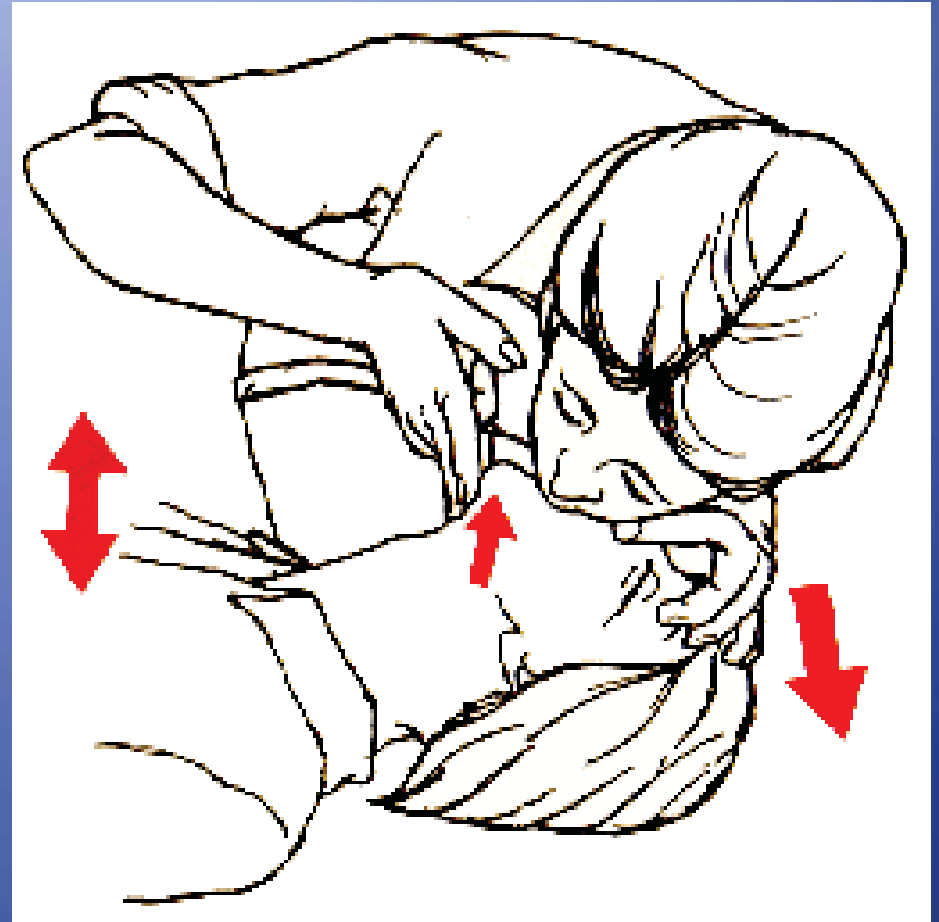
Step 3: Remove anything blocking the airway.



Rescue Breathing – Step by Step

Step 4: Pinch the person's nose closed completely.

Step 5: Cover his/her mouth with your mouth and blow 2 regular breaths about 1 second each.



Rescue Breathing Step by Step

Step 6: Breathe again.
Give 1 breath every 5 seconds. Using this technique, give a few quick breaths before giving naloxone.

4. Administer (Give) Naloxone

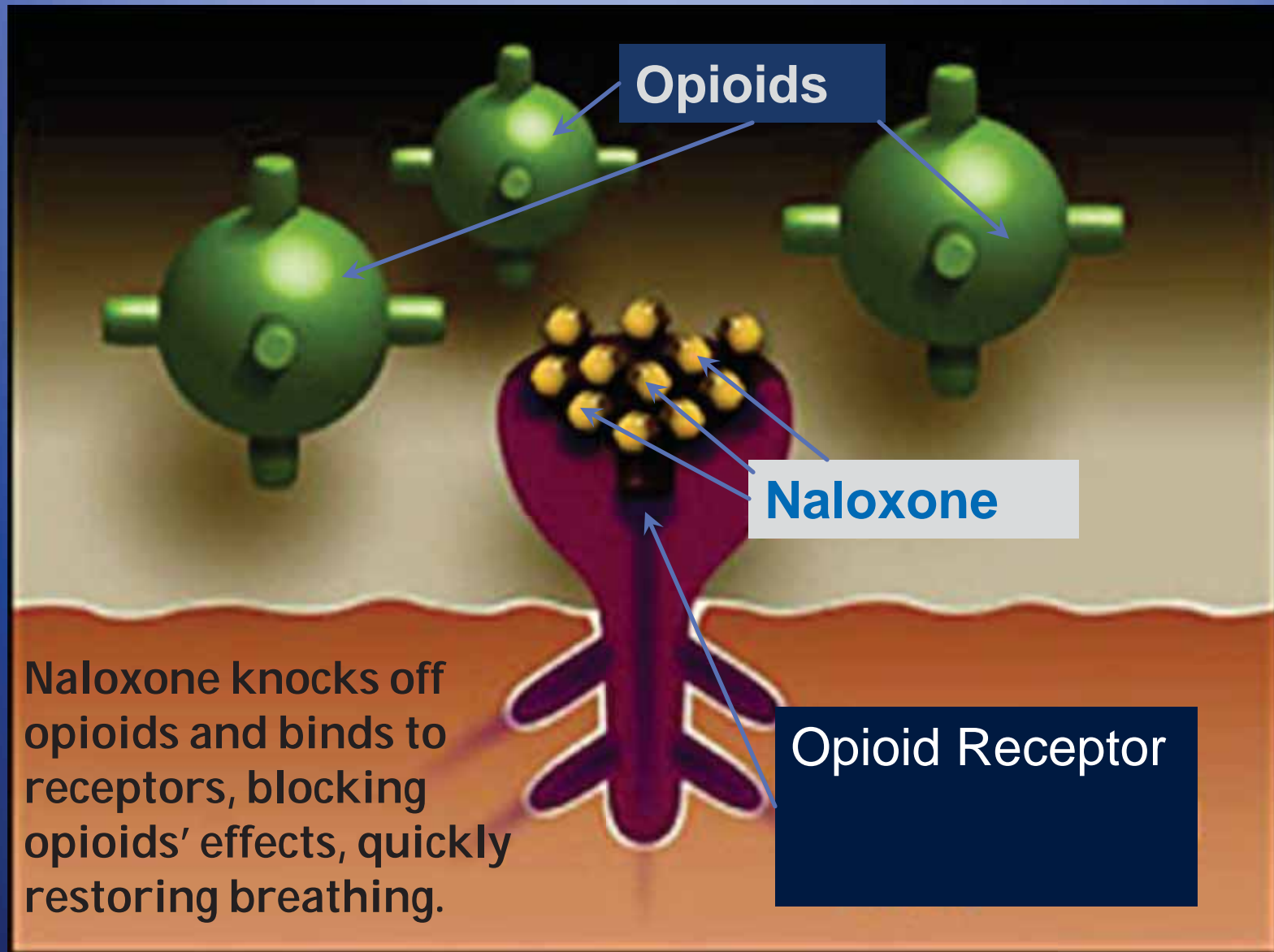


What is Naloxone? (Narcan®)

- Reverses opioid overdose by restoring breathing
- No potential for abuse or getting high
- No effect on someone who hasn't taken opioids
- Side effects are minimal and rare
- Safe for children and pregnant women
- Intramuscular, intranasal or intravenous
- Wears off in 30 - 90 minutes

***Naloxone is only effective in reversing
opioid overdoses***

How Does Naloxone Work?



Naloxone Storage & Disposal

Storage:

- Do not attach naloxone to delivery device until ready to use
- Store naloxone in original package at room temperature; avoid exposure to light
- Keep in a safe place away from children and pets

Expiration:

- Naloxone loses its effectiveness over time
- Check date on label; if expired, get a new prescription

Disposal:

- Return to prescriber or speak with a pharmacy about properly disposing of expired naloxone

Free Year-Round Prescription Medication Disposal Program



Drop Off Prescriptions, Over the Counter Medicines, Vitamins, Pet Medications
In Drop Boxes At These Anne Arundel County Police Department Locations
Any Time Any Day 24 Hours:

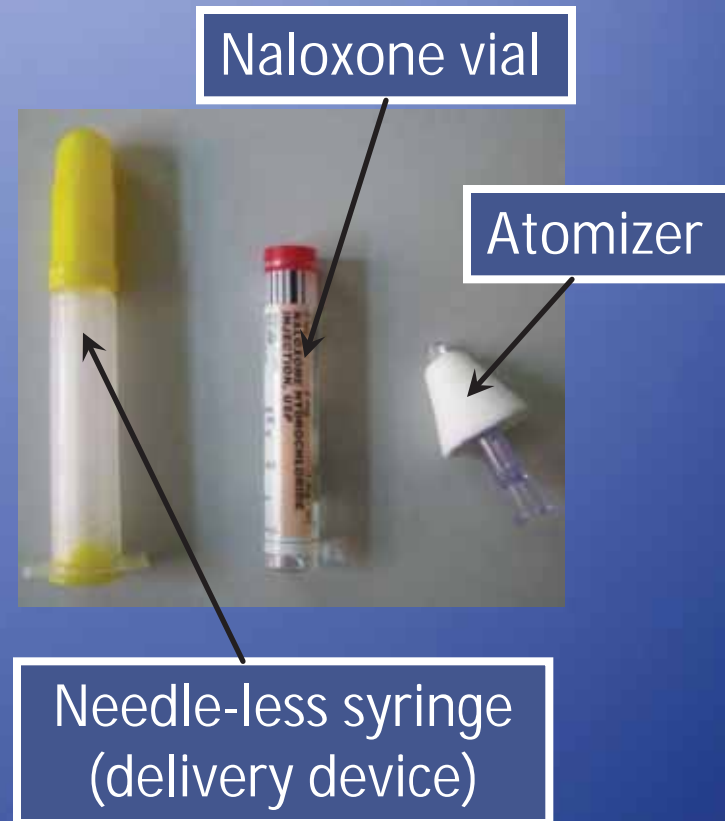
- Northern District, 939 Hammonds Lane, Baltimore, MD 21225, 410-222-6135
 - Southern District, 35 Stepneys Lane, Edgewater, MD 21037, 410-222-1961
 - Eastern District, 3700 Mountain Road, Pasadena, MD 21122, 410-222-6145
 - Western District, 8273 Telegraph Road, Odenton, MD 21113, 410-222-6155
-
- Remove personal information from original container. No questions asked. Dispose of your expired, unwanted and unused medications safely. Pills only. No liquids.

Intranasal (Nasal) Naloxone



Administering Nasal Naloxone – Step by Step

- Step 1:** Remove yellow caps from needle-less syringe.
- Step 2:** Screw nasal atomizer into top of syringe.
- Step 3:** Remove red cap from prefilled vial of naloxone.
- Step 4:** Gently twist naloxone vial into delivery device until you feel it “catch.”



Administering Nasal Naloxone – Step by Step

Step 5: Tilt the head back.

Step 6: Spray half (1cc/mL) of the naloxone up each nostril.



Administering Nasal Naloxone – Step by Step

Step 7: Allow 3-5 minutes for the naloxone to work. Continue rescue breathing as necessary.

Step 8: If breathing is not restored after 3-5 minutes, give another dose of naloxone (see Step 6). Continue rescue breathing as necessary.

Step 9: Stay with the person and provide care as directed until medical help arrives.

Intramuscular/Injectable Naloxone



Administering Injectable Naloxone – Step by Step

Step 1: Pop off orange flip-top from vial of naloxone.

Step 2: Insert needle into vial and draw up 1cc/mL of naloxone into syringe.

Step 3: Use alcohol wipe to clean injection site – shoulder, thigh or buttocks.

Step 4: Inject needle straight into muscle by pushing in plunger.



Do not inject naloxone into the person's heart, chest or back!

Administering Injectable Naloxone – Step by Step

Step 5: Allow 2-3 minutes for the naloxone to work. Continue rescue breathing as necessary.

Step 6: If breathing is not restored after 2-3 minutes, **give another dose** of naloxone (see Step 4). Continue rescue breathing as necessary.

Step 7: Stay with person and provide care as directed until medical help arrives.

Naloxone Injection Sites



Shoulder



Thigh



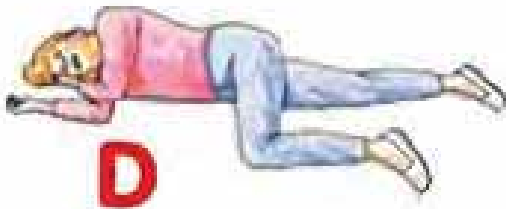
Buttocks (upper,
outer quadrant)

Recovery Position

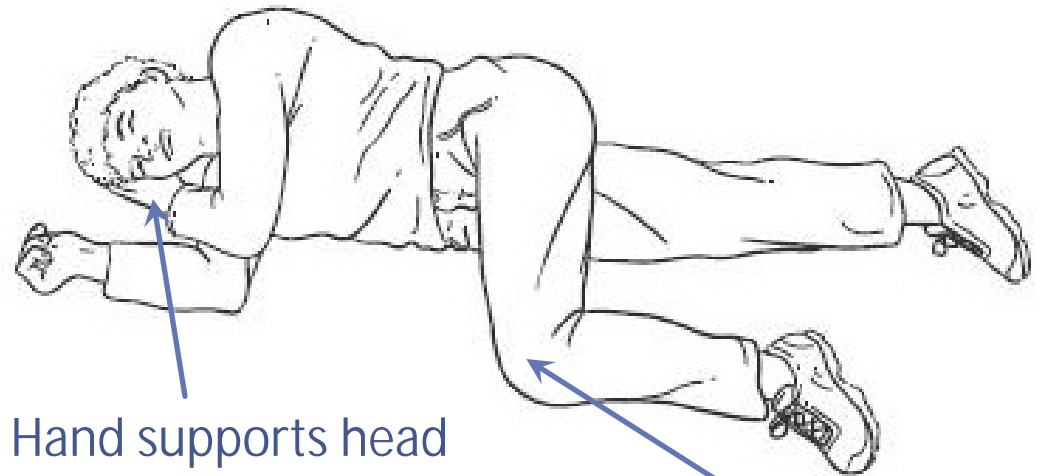
If you have to leave the person—*even briefly*—put him/her into the recovery position.

This keeps the airway clear and prevents choking if vomiting occurs.

Recovery Position



Face and body turned to side



Hand supports head

Bent knee supports body

Care for the Person after Giving Naloxone

After receiving naloxone, a person may:

- Feel physically ill/vomit.
- Experience withdrawal symptoms, which can be unpleasant, but not life-threatening.
- Become agitated and upset due to withdrawal symptoms or coming off high.
- Have a seizure, though this is rare.

Care for the Person after Giving Naloxone

- Stay with the person until medical help arrives.
- If s/he is unable to sit up, put person in recovery position.
- Keep person calm and encourage him/her not to take more opioids.
- If overdose re-occurs, give another dose of naloxone.

How NOT To Respond to an Opioid Overdose

Anecdotal Remedy Consequence(s)

Possible

Use ice to cool down body	→	Slowed heart rate, arrhythmia
Put person in bath/shower	→	Drowning
Hit/slap or burn fingers/feet	→	Bruising, broken bones, infection, amputation
Give drink/induce vomiting	→	Choking to death
Inject person with cocaine, salt water, milk, epinephrine	→	High blood pressure, infection

Certificate Holder Rights & Responsibilities

Obtaining a Certificate, a Prescription, Naloxone & Supplies

- ❑ The training entity will issue each **qualified trainee** a **certificate** that is valid for **two years**.
- ❑ **Show your certificate** to get a **prescription** for **naloxone** from a physician or nurse practitioner.
- ❑ **Naloxone and supplies** to administer it may be dispensed from:
 - **Pharmacies**
 - **An authorized training entity**
 - **A physician or nurse practitioner**

Certificate Holders – General Responsibilities

- You may be charged a fee to **replace** a lost certificate; keep it in a safe place.
- Apply for **renewal** no later than 90 days before your certificate expires.
- Administer naloxone in accordance with **training procedures**.
- Make a **good faith** effort to get medical help for the person experiencing an opioid overdose.

DHMH *May* Suspend or Revoke a Certificate If:

- ❑ A certificate holder improperly uses or administers naloxone, or DHMH determines it's necessary in order to protect public health or safety.
 - **What can you do?** *File an appeal or write to DHMH requesting reinstatement of your certificate once you've corrected the problem.*

- ❑ The training entity doesn't meet DHMH requirements or has issued someone an invalid certificate.
 - **What can you do?** *Apply for a valid certificate after completing training at an authorized entity. Ask DHMH for a list of approved entities.*

Opioid Overdose Prevention Tips

- Keep all medicine in a safe place, such as a locked cabinet.
- Properly dispose of expired or unwanted medications.
- Take only medicine prescribed for you and only as directed.
- Never share your prescription drugs with anyone else.
- If you have breathing problems (e.g., asthma, sleep apnea), check with your doctor before taking opioids.
- Never mix pain medication with alcohol, benzos, sleeping pills, muscle relaxants, anti-nausea drugs, other opioids or illegal drugs.

Opioid Overdose Prevention Tips

- ❖ If you must use illegal opioids, do not use alone.
- ❖ Make an **overdose prevention plan** and share it with someone you trust to give you naloxone if needed.
- ❖ If you have not used opioids in a while, your tolerance will be lower and risk for overdose greater, so use much less than you normally would.
- ❖ You are also at greater risk for overdose if you have overdosed before.
- ❖ **Always keep naloxone on hand.**
 - ❖ Get treatment for drug dependence or addiction.
 - ❖ Seek professional help if you are depressed.
 - ❖ Call the AA County Warmline 410-768-5522 or 9-1-1 if you are suicidal.

Suggested Resources for Family, Friends & Loved Ones of Opioid Users

- ❖ Information on receiving a certificate for Naloxone Overdose Kit: 410-222-0100
- ❖ Anne Arundel County Adult Addictions (Outpatient Treatment for Opiate Addiction) 410-222-0100
- ❖ Treatment Referral Line: (provides information, assessment and referral for substance abuse treatment): 410-222-0117
- ❖ Narc Anon Family Groups: <http://www.nar-anon.org/naranon>
- ❖ Recovering from Opioid Overdose – *Resources for Overdose Survivors & Family Members*, part of the Substance Abuse and Mental Health Services Administration's (SAMHSA's) OPIOID OVERDOSE TOOLKIT, available at <http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA13-4742>.

Maryland Overdose Response Program Core Curriculum

Health-General Article,
Title 13, Subtitle 31,
Annotated Code of Maryland
Sections 13-3101 – 3109

Code of Maryland Regulations,
Title 10, Subtitle 17, Chapter 08,
Regulations .01-.11