Program Overview

I. What Is an Opioid?
II. Recognizing an Opioid Overdose
III. Responding to an Opioid Overdose
IV. Important Information for Trainees
V. [Opt.] Tips for Preventing Opioid Overdose
VI. [Opt.] 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.
Examples of Common Prescription Opioids

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

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

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

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

**Opana®**

**OxyContin®**

**Percocet®**

**Roxicodone®**

**Hydromorphone**

**Vicodin®**

**Lorcet®**

**Zohydro™ER**

**Lortab®**

**Dilaudid®**

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Examples of Common Prescription Opioids

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

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

**Meperidine** - Demerol®

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

**Methadone** - Jungle Juice, Fizzies, Chocolate Chip Cookies

**Tylenol® 3 and 4**

**Suboxone®**

**Subutex®**
Prescription Fentanyl
Illegal Opioids: Heroin

Slang terms:

Illegal Opioids: Non-pharmaceutical Fentanyl

- Illicitly produced, **synthetic** drug
- **Pill form** packaged to look like prescription medications
- **Powder form** looks similar to heroin

Fentanyl + heroin can be a 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
- 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. Give Naloxone
4. Further Resuscitation
5. Care for the Person

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Step 1: Rouse & 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) Rub
Step 2: 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.
Step 3: Give Naloxone
What is Naloxone?

- 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 knocks off opioids and binds to receptors, blocking opioids’ effects, quickly restoring breathing.
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 & pets, but easy to access in case of emergency.

Expiration:
- Naloxone loses its effectiveness over time.
- Check expiration date on label.

Disposal:
- Check with a local health department or pharmacy about properly disposing of expired naloxone.

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Intranasal Naloxone

Amphastar:

Narcan:

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Administering Amphastar Nasal Naloxone – Step by Step

**Step 1:** Remove caps from needle-less syringe.

**Step 2:** Screw nasal atomizer into top of syringe.

**Step 3:** Remove cap from prefilled vial of naloxone.

**Step 3:** Gently twist naloxone vial into delivery device until you feel it “catch.”
Administering Amphastar Nasal Naloxone – Step by Step

Step 5: Tilt back the head so the naloxone will not run out of the person’s nose.

Step 6: Spray one-half (1cc) of the naloxone up each nostril.
Step 7: Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

Step 8: If breathing is not restored after 2-3 minutes, give another dose of naloxone (see Steps 5 & 6). Continue resuscitation as necessary.

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

**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.
Step 3: Gently insert the tip of the nozzle into either nostril. 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.

Step 4: Press the plunger firmly to give the dose of NARCAN Nasal Spray. Remove the NARCAN Nasal Spray from the nostril after giving the dose.
Step 5: Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

Step 6: If breathing is not restored after 2-3 minutes, give another dose of naloxone. Continue resuscitation as necessary.

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

Note individual Narcan cannot be reused.
Intramuscular/Injectable Naloxone
Administering Injectable Naloxone – Step by Step:

**Step 1:** Pop off the flip-top from naloxone vial.

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

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

**Step 4:** Inject needle straight into muscle (through clothes, if necessary), then push in plunger.

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

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Naloxone Injection Sites

- Shoulder
- Thigh
- Buttocks (upper, outer quadrant)

Needle can go through clothing
Step 5: Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

Step 6: If breathing is not restored after 2-3 minutes, give another dose of naloxone (see Steps 1 - 4). Continue resuscitation as necessary.

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

Speaker

Outer Case

Viewing Windows

LEDs

Base

Safety Guard

1. Pull off red safety guard.
2. Place black end against patient's outer thigh. Then press firmly for 5 seconds.

SEEK EMERGENCY MEDICAL ATTENTION

Evzio

naloxone HCI injection, USP
0.4mg auto-injector

Instructions for use found inside on device. Includes voice instructions from a speaker.

USE FOR OPIOID EMERGENCIES SUCH AS SUSPECTED OVERDOSE

See Emergency Medical Attention
Step 1: Pull off the red safety guard.

– **Note:** The red safety guard is made to fit tightly. **Pull firmly to remove.**
Step 2: Place the Black end of EVZIO against the outer thigh, through clothing, if needed.

Press firmly and hold in place for 5 seconds.

EVZIO makes a distinct sound (click and hiss) when it is pressed against the thigh. This is normal and means that EVZIO is working correctly. Keep EVZIO firmly pressed on the thigh for 5 seconds after you hear the click and hiss sound.

The needle will inject and then retract back up into the EVZIO auto-injector and is not visible after use.
Step 3: Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

Step 4: If breathing is not restored after 2-3 minutes, give another dose of naloxone. Continue resuscitation as necessary.

Step 5: Stay with person and provide care as directed until medical help arrives.

Note individual Evzio cannot be reused.
Assess breathing: if the person is not breathing, or if breath is shallow or short,

Give **rescue breaths**.

OR

If you are trained in cardiopulmonary resuscitation (CPR), administer **traditional CPR**, chest compressions with rescue breaths.

OR

Follow the 9-1-1 dispatcher’s instructions.

*Continue until the person wakes up or medical help arrives.*
Look, Listen & Feel

Assess Breathing

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

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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.
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.
Step 6: Breathe again.
Give 1 breath every 5 seconds.
Step 5: Care for the Person

• 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.
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.
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/aspiration if vomiting occurs.
Recovery Position

Face & body turned to side

Hand supports head

Bent knee supports body
If You Administer Naloxone . . .

Call the Poison Center
1-800-222-1222
Within 1-2 hours

Or contact the entity that provided training.
Important Information for Trainees
Good Samaritan Laws

CODE OF MARYLAND, CRIMINAL PROCEDURE ARTICLE, § 1–210

A person who seeks, provides or assists with medical assistance for another person experiencing an alcohol- or drug-related medical emergency cannot be arrested, charged, or prosecuted for:

• Possession of a controlled dangerous substance
• Possession or use of drug paraphernalia
• Providing alcohol to minors

Calling 911 WILL NOT affect your PAROLE or PROBATION status

Code of Maryland, Health General § 13–3110

An individual who administers naloxone to an individual believed to be experiencing and overdose shall have immunity from liability under §§ 6-603 and 5-629 of the Courts and Judicial Proceedings Article

You cannot be held liable for a good faith attempt to help someone.

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Any individual may receive a prescription for naloxone from any licensed health care provider with prescribing authority.

You can obtain naloxone from an authorized ORP entity that dispenses naloxone.

Any individual can obtain naloxone at a participating pharmacy through the statewide standing order.

As of June 1, 2017, there is no training or certificate requirement to obtain naloxone from a pharmacy under the statewide standing order.

For a list of pharmacies that stock naloxone visit bha.dhmh.maryland.gov/naloxone.

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### How NOT To Respond to an Opioid Overdose

<table>
<thead>
<tr>
<th>Anecdotal Remedy</th>
<th>Possible Consequence(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use ice to cool down body</td>
<td>Slowed heart rate, arrhythmia</td>
</tr>
<tr>
<td>Put person in bath/shower</td>
<td>Drowning</td>
</tr>
<tr>
<td>Hit/slap or burn fingers/feet</td>
<td>Bruising, broken bones, infection, amputation</td>
</tr>
<tr>
<td>Give drink/induce vomiting</td>
<td>Choking to death</td>
</tr>
<tr>
<td>Inject person with cocaine, salt water, milk, epinephrine</td>
<td>High blood pressure, infection</td>
</tr>
</tbody>
</table>

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[Opt.] Opioid Overdose Prevention Tips

- Keep all medicine in a safe place, such as a locked cabinet. *(Naloxone should be kept readily available.)*
- 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.

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[Opt.] Opioid Overdose Prevention Tips

- 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 less opioids 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 a crisis hotline [insert #] or 9-1-1 if you are suicidal.
Suggested Resources for Family, Friends & Loved Ones of Opioid Users

- **Entities:** Use this slide to list information about *local resources* for things such as:
  - Self-care
  - Support groups
  - Grief/trauma counseling
  - Advocacy groups for involvement
  - Treatment & recovery services.

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 47, Chapter 08,
Regulations .01-.11

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