

carrynaloxONE

GET READY. GET TRAINED. **SAVE LIVES.**

Responding to an Opioid Overdose

Client Training



What is an overdose?

- An overdose happens if someone takes:
 - an amount of a substance
 - a potent substance
 - or combination of substances

...that is more than their body can handle

- Body functions can be affected (e.g., breathing, temperature), and the individual may lose consciousness
- Both people new to taking substances and people experienced with taking substances can overdose

What are opioids?

- Opioids are depressants or “downers”
 - Slow body functions down (e.g., breathing)
- Opioids include:
 - Medications prescribed by doctors
 - Unregulated substances that can be purchased illegally
 - **Examples:** Fentanyl, carfentanil, methadone, hydromorphone
- Opioids can be used to treat pain or used to get high

Opioid overdose signs and symptoms

- Cannot be woken up
- Slow, shallow or no breathing
- Choking, snoring and/or gurgling sounds
- Blue or purple fingernails and lips
- Pupils are tiny (i.e., pin-point pupils) and/or eyes are rolled back
- Limp body
- Cold skin

SIGNS AND SYMPTOMS OF AN OPIOID OVERDOSE



Cannot be woken up



Slow, shallow or no breathing



Blue lips or nails



Choking or gurgling sounds



Limp body, cold skin



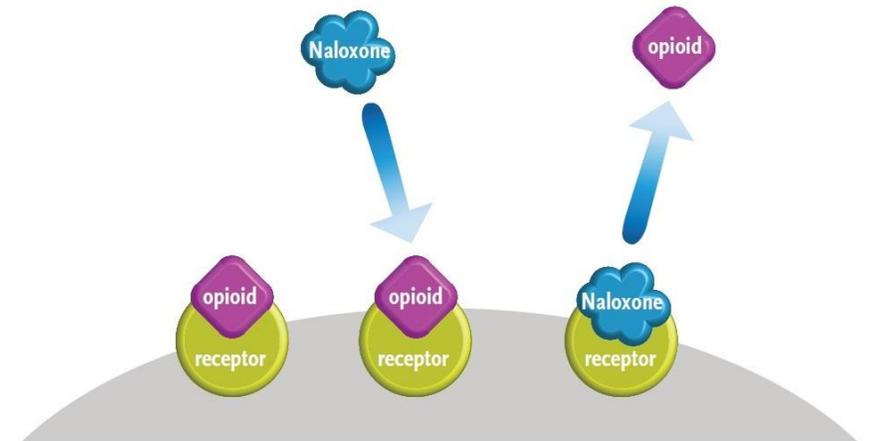
Small constricted pupils

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What is naloxone?

- Naloxone
 - Not addictive and does not create a high
 - Temporarily reverses an opioid overdose (i.e., lasts for 30-45 minutes)
 - Works quickly (i.e., usually 2-3 minutes)
 - No effect if naloxone is given to an individual who has not used opioids
 - Allergies are rare. Seek medical attention if a naloxone allergy does develop
 - Can cause pre-term labour or fetal distress in pregnant women, and should only be administered, if needed. Administering naloxone to an opioid-dependent pregnant woman who has overdosed could save their life
 - Safe to use expired naloxone if that is all that is available (but may not be as effective)
- How naloxone works
 - The brain's opioid receptors have a stronger attraction for naloxone than for opioids
 - When naloxone is given, it kicks off opioids that are attached to the receptors, reversing opioid overdose



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Contents of an injectable naloxone kit (store at 15°C to 30°C)

- 2 ampoules of naloxone
- 2 ampoule snappers
- 2 syringes
- 2 alcohol swabs
- 1 pair of non-latex gloves
- 1 breathing barrier
- 1 bilingual instructional insert
- 2 identifier cards (1 English & 1 French)



Contents of a nasal spray naloxone kit (store at 15°C to 25°C)

- 2 doses of nasal spray naloxone (inside a sealed package)
- 1 pair of non-latex gloves
- 1 breathing barrier
- 1 bilingual instructional insert
- 2 identifier cards (1 English & 1 French)
- **Note:** New formula of nasal spray naloxone (red push button) can still be used if exposed to extreme temperatures



Protect naloxone from light

Check the expiry date on your naloxone kit regularly

LET OTHERS KNOW WHERE YOU STORE YOUR NALOXNE KIT(S)

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Overdose response myths

- **DO NOT** put the individual in a bath or cold water
- **DO NOT** induce vomiting
- **DO NOT** give the individual who has overdosed anything other than naloxone
- **DO NOT** let them sleep it off

Overdose response

STEP 1		SHOUT & SHAKE their name their shoulders
STEP 2		CALL 9-1-1 If unresponsive.
STEP 3		GIVE NALOXONE 1 spray into nostril or inject 1 vial or ampoule into arm or leg.
STEP 4		PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS
		IS IT WORKING? If no improvement after 2-3 minutes, repeat steps 3 & 4. Stay with them.



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Step 1 – Shout and shake

Is the individual responsive? Perhaps they are just sleeping.

- When responding to an overdose:
 - Stimulate with **NOISE** (e.g., shout their name)
 - Stimulate with **TOUCH** (e.g., shake shoulders)
- When responding to an overdose do not leave the individual who overdosed alone in case the substances they took have not fully taken effect – they could still overdose
- If the individual does not respond to step 1, go to step 2 which is call 911



Step 2 – Call 911



- If the individual who overdosed is unconscious, call 911. Tell the operator as much as possible about the overdose (e.g., substance(s) taken, amount of naloxone given)
- Reluctance to call 911 (e.g., negative interactions with health care staff, police)
- Good Samaritan Drug Overdose Act, 2017
 - Provides some legal protection to individuals at the scene of an overdose (i.e., witness, responder or individual who overdosed)

The law <u>does</u> provide protection against charges for	The law <u>does not</u> provide protection against charges for
Possessing drugs for your own use	Selling illegal drugs (trafficking): Police may suspect this if you have a large amount of drugs, cash or items like scales, baggies, and debt lists
	Offences other than drug possession
Violating conditions of your parole, bail, probation or conditional sentence for a simple drug possession charge	Any outstanding arrest warrants
	Violating conditions of your parole, bail, probation or conditional sentence for an offence that is not simple possession

Endorsed by the Ontario Association of Chiefs of Police.

Disclaimer: This is legal information — not legal advice. If you need legal advice, please consult a lawyer about your situation.

 The Law Foundation of Ontario

 Canadian HIV/AIDS Legal Network

 Réseau juridique canadien VIH/sida

Step 3 – Give naloxone

How to administer nasal spray naloxone

- Nasal spray naloxone is administered into the nostril
- It does not require breathing to be absorbed across the mucosal lining
- When responding to an overdose:
 - Put on disposable gloves
 - Lay the individual who has overdosed on their back, wipe the nose clear (if necessary) and keep the head tilted backwards slightly with one hand

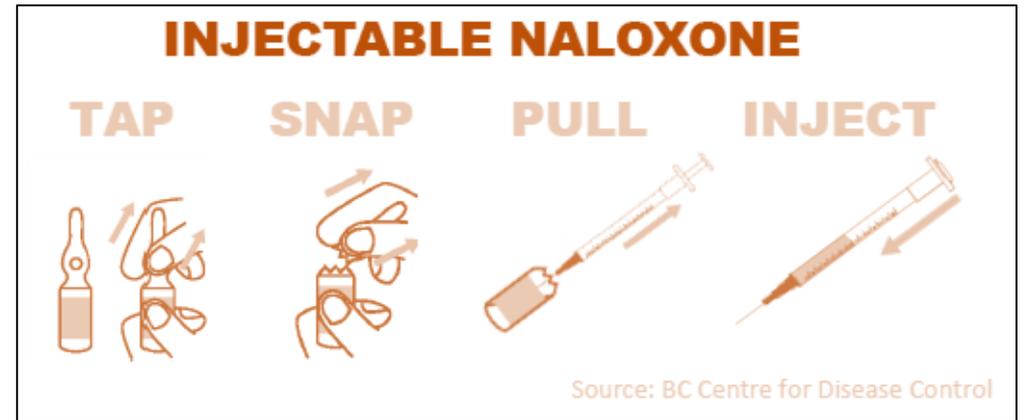
DO NOT touch the plunger until the device is in the nostril of the individual who has overdosed. This will help avoid accidentally triggering the spray.



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How to administer injectable naloxone

- Put on disposable gloves
- Grasp the top (narrow end) and bottom end of the ampoule with your thumb and forefinger of each hand
 - Use snapper or alcohol pad to grasp
- Swirl or tap the ampoule so the liquid falls to the bottom
- Snap open the ampoule away from you
- Remove a syringe from its packaging and remove the cap
- Insert the needle into the ampoule and pull the syringe plunger up to draw up the naloxone
- Turn the syringe, needle pointing up, and lightly tap the syringe, then slowly push the plunger to expel air bubbles
 - A little bit of air is not harmful

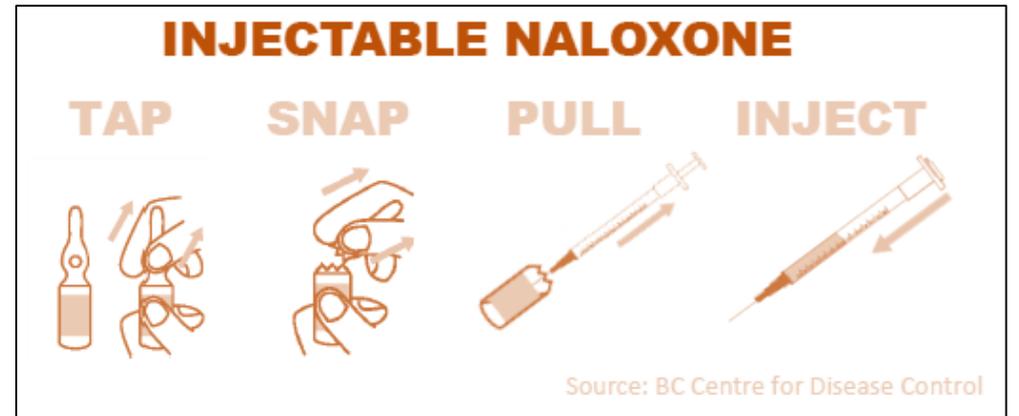


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How to administer injectable naloxone

- Wipe the skin of the individual who has overdosed with an alcohol swab, if you are able to do so
- Insert the needle, at a 90 degree angle, into:
 - Large muscle of the thigh
 - Upper arm (i.e., muscle below the shoulder)
 - Buttocks
 - You can inject through their clothing if you need to
- Push the plunger down and inject all of the naloxone
- Note the time or start a timer on your phone
 - You will want to know how long it has been in case another dose is needed



Additional considerations during COVID-19

- Naloxone is safe to give. It does not aerosolize COVID-19
- Still have concerns?
 - Use individual protective equipment (PPE), when possible
 - Gently and loosely place a mask or cloth to cover the mouth and nose of the person who is overdosing. Be sure to remove the mask or cloth if you have to leave the person who has overdosed alone, and/or if the person who has overdosed starts breathing again (i.e., reduce risk of choking if they vomit)
 - Another option would be to tilt the individual's head to the side (i.e., cough away from the person responding)
 - In both situations, this will help minimize potential COVID-19 exposure in case the person who is overdosing is positive for COVID-19 and coughs after being given naloxone
 - **Remember:** Avoid touching your face

How to check for breathing

- If the individual who has overdosed does not respond to shaking and shouting, check their breathing (i.e., rising and falling of the chest, slight breath)
 - If the individual is breathing, put the individual in the recovery position and keep monitoring them until they are more alert
 - The recovery position will keep their airway clear and open, and will prevent choking

RECOVERY POSITION

Figure 1: Kneel by the person. Raise the arm closest to you and place the arm out at a 90 degree angle to the body.



Figure 2: Place the other hand under their head against their cheek, to support their head.



Figure 3: Lift the leg furthest away from you and place their foot on the floor.

Figure 4: Using their knee as a lever gently pull the person onto their side, towards you.

Tilt the head back and ensure airway is open and clear.



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Step 4 – Perform rescue breathing and/or chest compressions



**If not breathing (prior to COVID-19) →
Rescue breathing and/or chest compressions**

**If not breathing (during COVID-19) →
Chest compressions ONLY**

Rescue breathing (30 compressions for every 2 rescue breaths)

Rescue breathing (30 compressions for every 2 rescue breaths)



- ✓ Head tilt
- ✓ Jaw support
- ✓ Nose pinch
- ✓ Mouth seal



- ✓ Check for rise and fall of chest with each breath

Rescue breaths are **NOT** recommended during COVID-19



Chest Compressions (100-120 per minute)

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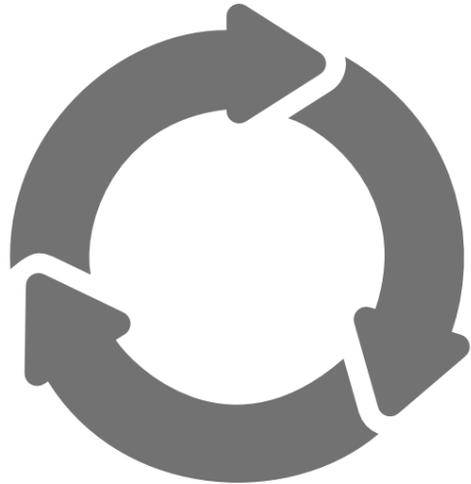
- ✓ Commence compressions with the individual on a firm surface.
- ✓ Hands are positioned over middle of chest.
- ✓ Depress chest to one third depth.



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Step 5 – Is it working?

1. Give naloxone



2. Perform rescue breathing and/or chest compressions (approx. 2-3 minutes)



3. Check for breathing

- Breathing → Recovery position and monitor
- Not breathing → Give additional dose of naloxone. Use other nostril if giving nasal spray naloxone

- Tell the first responders as much as you know about what substances the individual took, how long the individual has been unconscious and how much naloxone was given
- Keep repeating doses as necessary (i.e., until the individual who overdosed starts breathing). Individuals will not overdose on naloxone
- Continue rescue breathing and/or chest compressions until the individual who overdosed becomes alert or until help arrives
 - Monitor and prepare in case the individual loses consciousness again as the naloxone wears off

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Why is naloxone NOT working?

- There could be another serious medical issue
- A higher dose of naloxone is needed (i.e., dose will depend on tolerance and type of opioid involved)
- The individual who overdosed is under the influence of a substance other than opioids. Administering naloxone will not harm them
 - When opioids are laced or mixed with benzodiazepines (a.k.a. “benzos” or “pams”) individuals may not regain consciousness after naloxone has been administered
 - **Remember:** Naloxone only works on opioids
 - More doses of naloxone should only be given if the individual who has overdosed is not breathing. If the individual who overdosed is breathing normally but remains unconscious, place them in the recovery position and stay with them until emergency services arrive

After an overdose

- The individual who overdosed may be confused and experience withdrawal symptoms
 - Take a step back and let the individual who overdosed know what happened
 - Explain that the symptoms will go away as the naloxone wears off
- The individual who overdosed may want to use more substances
 - Explain that taking more of the substance will increase the risk of overdosing again
 - Taking more of the substance will not produce a high because naloxone is still in their body

After an overdose

- If 911 was not called, suggest a trip to the hospital
- Nasal spray naloxone – Throw applicator into the garbage
- Injectable naloxone – Dispose of the needle/syringe and ampoule in a hard-sided puncture proof container
- Wash your hands with soap and water or use an alcohol-based hand sanitizer
- Report using your naloxone kit and get it replaced

Tips to consider when engaging with people who use substances

Safer substance Use Practice	Try This...
Don't use alone	<ul style="list-style-type: none">• Fix with a friend• Set-up a call or text check-in• Use the overdose prevention line
Be aware of your tolerance	<ul style="list-style-type: none">• Start slow (i.e., tester shot)• Use by snorting or swallowing instead of injecting
Avoid mixing substances	<ul style="list-style-type: none">• Avoid mixing substances• Use smaller amounts, if mixing
Know the quality of the substance you are using	<ul style="list-style-type: none">• Try to stick to the same source• Ask if others have tried the batch• Start slow (i.e., tester shot)