



CHAMP

Recovery Support Planning/ Overdose Prevention


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WITH THANKS FOR OVERDOSE MATERIAL FROM MY COLLEAGUES AT THE UW
ADDICTIONS, DRUG AND ALCOHOL INSTITUTE (ADAI)





• CHECK IN

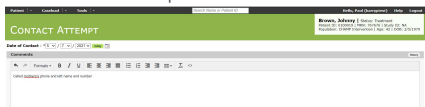
- Let's review some registry elements
- Anything else on your mind?




CMTS: Please Add All Consented Patients to the registry




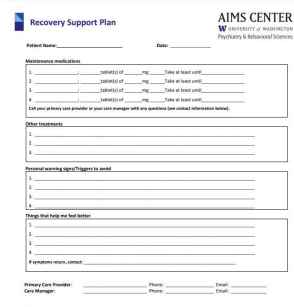

- Even if they never show for assessments-
- Please add any outreach attempts to registry to help us understand these patients




- TIP: Edit names to manage patients in registry who may never show



Recovery Support Plan






Recovery support Plan – Let's talk about one of your patients




Tell us about a patient of yours
How useful/easy was it to talk about the main components?


- Maintenance medications
- Other treatments
- Personal warning signs/Triggers to avoid
- Things that make me feel better



Overdose Prevention: Critical to recovery support planning



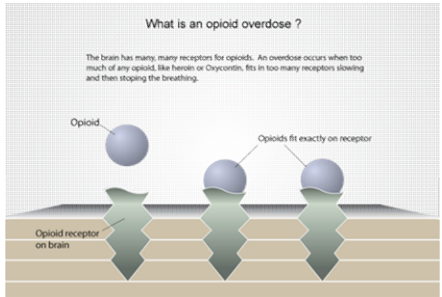
- What's your understanding of overdose risk?
- How do you think you might talk to your clients about this
- Are you familiar with relevant laws in your state?



Opioids, Overdose and the Brain

What is an opioid overdose ?

The brain has many, many receptors for opioids. An overdose occurs when too much of any opioid, like heroin or Oxycodone, fits in too many receptors slowing and then stopping the breathing.



LW Medicine

What is overdose?

- A respiratory crisis
- Slow or no breathing
- Blue skin, lips, fingernails,
- Hard/impossible to rouse
- Heart may still be beating even if person is not breathing.

LW Medicine

Overdose response

1. Check for signs of overdose. Try to wake the person up.
 - Not breathing, or very slow breathing
 - Can't wake them up
 - Cold clammy skin, or blue skin
2. If you can't wake them up, call 911!
3. Administer naloxone if you have it.
4. Do rescue breathing or chest compressions.
5. Administer a second dose if they are not awake after 2-5 minutes.
6. Stay with them until help arrives.

LW Medicine

8 Minute Stop Overdose Training



<http://stopoverdose.org/section/take-the-online-training/>


LW Medicine

What is naloxone

- Opioid overdose antidote, blocks the opioid receptor to restore breathing.
- Has no effect on someone who has not taken opioids.
- Is safe to use on children and pregnant women.
- Effect lasts 30-90 minutes only.
- Does not make someone more likely to use more drugs.
- It is rare someone reacts aggressively after receiving naloxone

LW Medicine

Different Forms of Naloxone



LW Medicine

Laws- Vary State to State

Naloxone

- May allow anyone to obtain and use naloxone to reverse an overdose.
- May protect providers who prescribe naloxone, directly by standing order, and organizations who distribute it.

Good Samaritan laws

- Protect bystander helpers from law suits

Protection from drug prosecution

- Encourages people to call 911 in case of an overdose by providing protection from prosecution for possession

LW Medicine

Talking to clients

Review the brochure with your client:

- What are opioids?
- What is overdose?
- Overdose signs
- Overdose response
- Good Samaritan Laws
- Other resources

LW Medicine

Tips for talking about naloxone

- Discuss other risk reduction strategies
- Help the client make an OD prevention plan
- Make sure others know where they keep naloxone
- Take the opportunity to talk about protecting friends and family members if appropriate

LW Medicine

Tips for Clients who use opioids illicitly

- Try not to use alone
- Go slow and start with a small amount or a “tester shot”
- Watch and wait before next person uses
- Avoid mixing opioids with benzodiazepines, alcohol, or other sedating drugs
- Discuss fentanyl:
 - Fentanyl is a potent and dangerous opioid
 - It is increasingly common for illicit drugs to be cut with fentanyl
 - Fentanyl usually does not change the appearance or smell of a drug, but you’ll feel the difference right away

LW Medicine

Tips for Clients who use prescribed opioids

Emphasize concern about medication

- Instead of emphasizing “overdose,” talk about “trouble breathing”
 - Patients may associate “overdose” with addiction, a condition they may not perceive themselves as having
- Avoid mixing opioids with alcohol, benzodiazepines, or other sedating drugs
- Discuss safe storage and disposal of medications

LW Medicine

Tips for Clients getting treatment for opioid use disorder

- Emphasize that recurrence of symptoms can happen and might be considered part of recovery
- Risk of overdose is higher after a period of abstinence.
- Even if dubious about their own need, they can use naloxone to save someone else.

LW Medicine

