

Learning Objectives

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By the end of this session, participants should be able to:

- Understand the risks and signs of opioid overdose
- Describe overdose response and how naloxone works with an opioid overdose
- Review how to talk with patients about overdose warning signs and naloxone use

What is overdose?

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- A respiratory crisis
- Slow or no breathing
- Blue skin, lips, fingernails,
- Won't wake up
- Heart may still be beating even if person is not breathing.



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Overdose response

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- 1. Check for signs of overdose. Try to wake the person up.
 - Not breathing, or very slow breathing
 - Can't wake them upCold 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.

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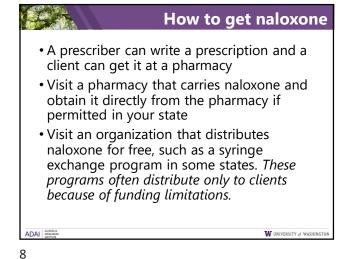
What is naloxone

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- 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

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Talking to clients

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Review the brochure with your client:

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

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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 interest in reducing opioid use.

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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

Tips for specific clients

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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

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Tips for specific patients

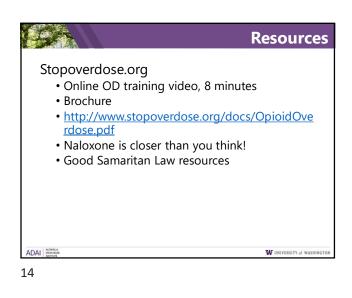
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Clients getting treatment for opioid use disorder:

- Emphasize that relapse can happen and risk of overdose is higher after a period of abstinence.
- They can use naloxone to save someone else.

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