

Opioid Overdose and Naloxone

Materials developed by Susan Kingston, UW-ADAI

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Learning Objectives

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

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What is overdose?

- 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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StopOverdose.org Training



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

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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.

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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

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Naloxone forms




Injectable



Auto-injector



Intranasal



Nasal spray

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How to get naloxone

- A prescriber can write a prescription and a client can get it at a pharmacy
- Visit a pharmacy that carries naloxone and obtain it directly from the pharmacy if permitted in your state
- Visit an organization that distributes naloxone for free, such as a syringe exchange program in some states. *These programs often distribute only to clients because of funding limitations.*

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Talking to clients

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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Tips for specific clients

- **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

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Tips for specific clients

- **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

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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Resources

Stopoverdose.org

- Online OD training video, 8 minutes
- Brochure
- <http://www.stopoverdose.org/docs/OpioidOverdose.pdf>
- Naloxone is closer than you think!
- Good Samaritan Law resources

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Questions?



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THANK YOU

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