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How to Save a Life: Administering Naloxone 101

Susan Halpin

University of Massachusetts Medical School

Et al.

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How to Save a Life: Naloxone 101

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Susan Halpin

susan.halpin@umassmed.edu

NNLM NER,
Education & Outreach Coordinator
University of Massachusetts
Medical School
Worcester, Massachusetts



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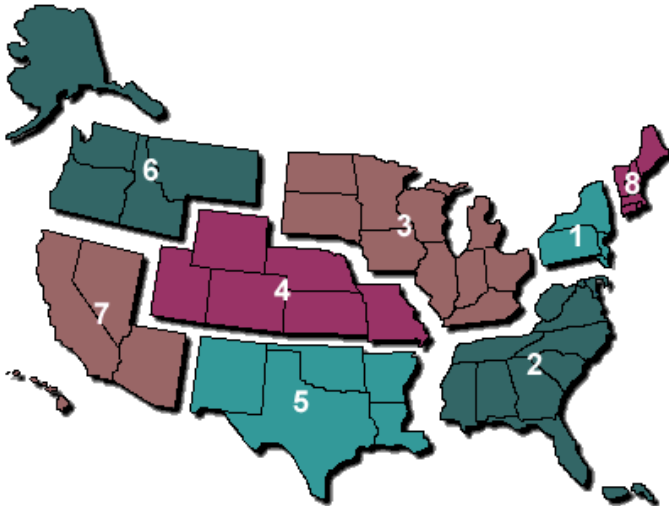


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Substance Use Disorder Resources from the National Library of Medicine

Opiate Addiction and Treatment Information Guide <https://sis.nlm.nih.gov/enviro/addiction.html>

Disaster Lit[®] search of [opioid guidelines, reports, factsheets, etc.](#), including:

Fentanyl Safety Recommendations for First Responders

<https://disasterlit.nlm.nih.gov/record/16121>

How HIPAA Allows Doctors to Respond to the Opioid Crisis

<https://disasterlit.nlm.nih.gov/record/16093>

Preventing Opioid Misuse in the States and Territories: A Public Health Framework for Cross-Sector Leadership <https://disasterlit.nlm.nih.gov/record/15995>

MedlinePlus Opioid Abuse and Addiction <https://medlineplus.gov/opioidabuseandaddiction.html>

Abuso y adicción de opioidos <https://medlineplus.gov/spanish/opioidabuseandaddiction.html>

Pillbox – Handy tool for identifying a pill that is found <https://pillbox.nlm.nih.gov>

HealthReach [low-literacy patient materials about opioids, opioid addiction, and opioid treatment](#)

(includes documents, videos, and audio)

PHPartners Information Access for the Public Health Workforce

<https://phpartners.org/>

PHP Partners aggregates a lot of public health news, some of it involving substance use disorder from a public health point of view, <http://www.pewtrusts.org/en/multimedia/audio/2017/treating-the-opioid-epidemic>.

Partnership for Drug-Free Kids

<https://drugfree.org/>

Heroin, Fentanyl & Other Opioids – A Comprehensive Resource for Families with a Teen or Young Adult Struggling with Opioid Use - <https://bit.ly/2vb6Onm>

HOW TO SAVE A LIFE: ADMINISTERING NALOXONE 101

Frank Melaragni MBA, CMA

Director of Pharmaceutical & Healthcare Business Program,
MCPHS University, Boston, MA

Bonnie White EdD, MSN, RN, CNE, CCM

Interim Assistant Dean-DNP Program and Associate Professor
MCPHS University, Worcester, MA

Disclosures

We have no actual or potential conflicts of interest in relation to this program/presentation.

Learning Objectives

- Recognize the signs of an opioid overdose
- Learn 5 simple steps that can help save a life – including how to administer naloxone
- Learn about naloxone; how it works and where you can get it
- Understand Good Samaritan laws that protect bystanders administering Naloxone

THE OPIOID EPIDEMIC: *HOW WE GOT HERE*

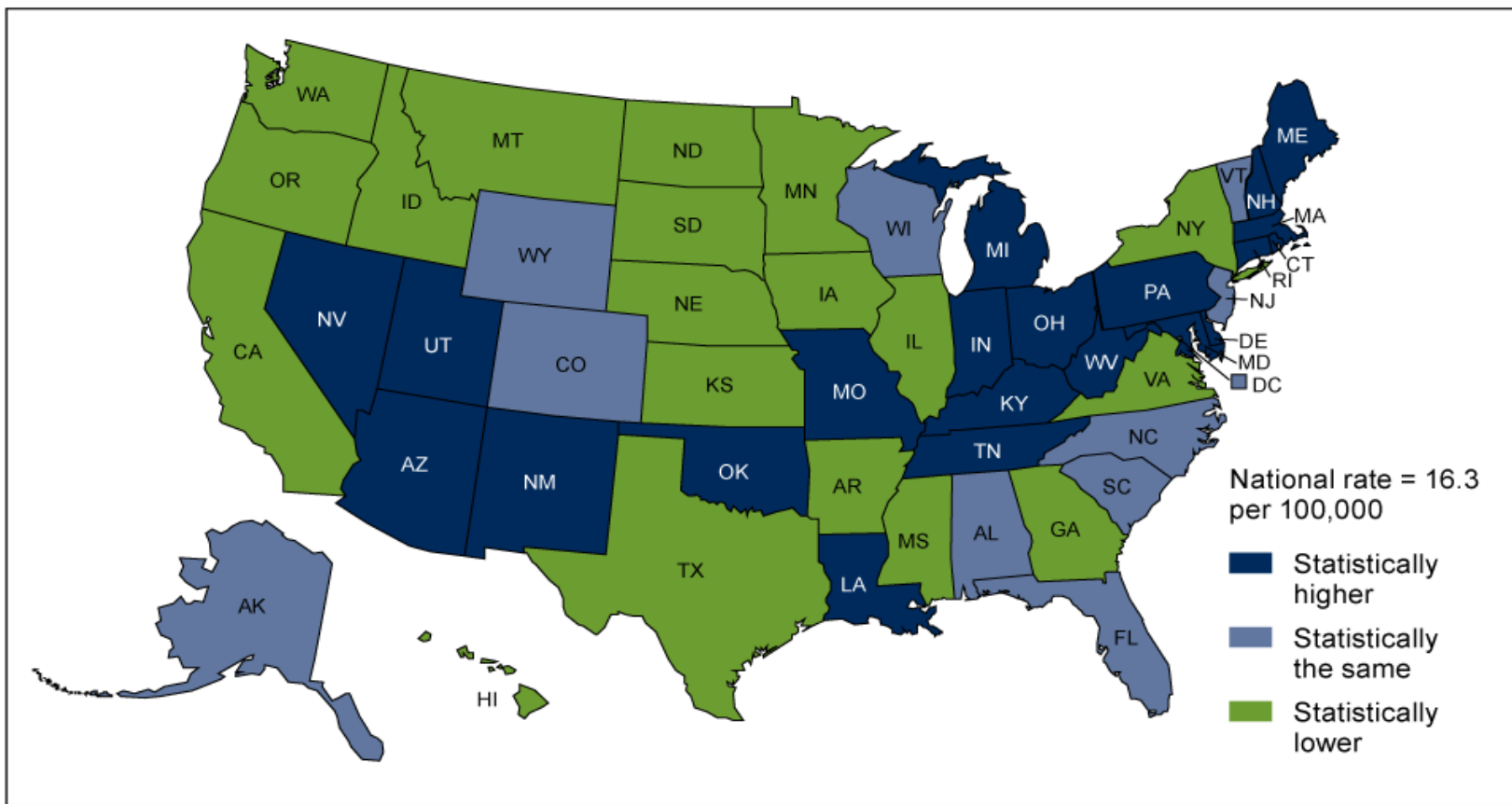
Background

- Misuse of and addiction to opioids (including prescription pain relievers, heroin, and synthetic opioids such as fentanyl) is a serious national crisis that affects public health as well as social and economic welfare.
 - 115 Americans die each day from an opioid overdose.
 - Opioid overdoses increased 30 percent from July 2016 through September 2017 in 52 areas in 45 states

(National Institute of Health, National Institute on Drug Abuse [NIH], 2018)

National Overdose Rates

Figure 4. Age-adjusted drug overdose death rates, by state: United States, 2015



NOTES: Deaths are classified using the *International Classification of Diseases, Tenth Revision*. Drug overdose deaths are identified using underlying cause-of-death codes X40–X44, X60–X64, X85, and Y10–Y14. Access data table for Figure 4 at: https://www.cdc.gov/nchs/data/databriefs/db273_table.pdf#4. SOURCE: NCHS, National Vital Statistics System, Mortality.

(https://www.cdc.gov/nchs/images/databriefs/251-300/db273_fig4.png)

How did we get here?



(<https://binged.it/2wxhp9u>)

- “With the introduction of pain as the “fifth vital sign,” and pharmaceutical company efforts to market directly to prescribers, there has been a dramatic increase in prescription opioid sales. Studies have documented a strong and consistent linear relationship between opioid sales volume and morbidity and mortality associated with these products.”

Johns Hopkins Bloomberg School of Public Health (November, 2015). *The prescription opioid epidemic: An evidence based approach*, p. 25

Opioids and Addiction

Facts & Faces of Opioid Addiction

New Insights

4.3 million

Americans using opioids for non-medical purposes.

- National Survey on Drug Use and Health

78 people

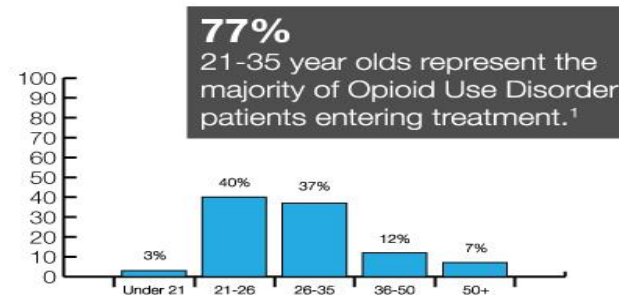
die each day from prescription painkiller overdose.

- Center for Disease Control

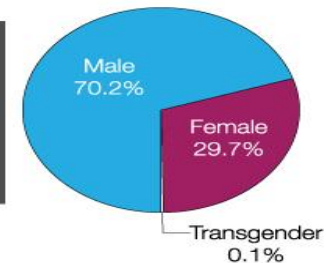
21.2 years

is the average age for First-Time Use of prescription painkillers in the past year.

- National Survey on Drug Use and Health



70%
Patients with dependency on Opioids, Opiates or Heroin entering treatment are male.²



1.6x
Likelihood that a patient in treatment for opioid use disorder has chronic pain.³

^{1,2,3} MAP Health Management analyzed data for 30 substance abuse treatment facilities nationwide, including 734 individuals entering treatment during 2015-16.


ThisIsMAP.com

(<https://binged.it/2PMH86D>)

Deadlier than Heroin

FENTANYL – What you need to know



IT'S ADDICTIVE

Fentanyl can be highly addictive when used to “get high”



IT'S STRONG

Fentanyl is a very potent drug – up to **100 times stronger than morphine** & **20-50 times stronger than heroin**



IT'S DANGEROUS

Using fentanyl to “get high” is very dangerous. It only takes a tiny amount (the size of two grains of sand) to result in overdose & death



IT'S FAST-ACTING

Fentanyl effects occur very quickly after use, meaning intoxication & overdose can occur before a person is aware something is wrong



YOU MIGHT NOT KNOW IT'S THERE

Fentanyl can be added to other drugs without the user's knowledge. There is no way for an average person to tell if fentanyl has been added to another drug – you can't see, taste or smell fentanyl!

Carfentanil-Another Deadly Opiate



(<https://binged.it/2PJ09XA>)

Five Major Priorities

- The U.S. Department of Health and Human Services is focusing its efforts on five major priorities
 - Improving access to treatment and recovery
 - Promoting use of overdose-reversing drugs
 - Strengthening understanding of the epidemic
 - Advancing better practices for pain management
 - Supporting research on pain and addiction

(NIH, 2018)

Overdose-Reversing Drugs



(<https://binged.it/2wwJ7mG>)

RECOGNIZING & RESPONDING TO AN OPIOID OVERDOSE

What is an Opioid Overdose?

- <https://www.youtube.com/watch?v=g-9KyxMtGXg>

Recognize the Signs

Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or
snoring sounds



Slow, weak
or no breathing



Drowsiness or
difficulty staying awake

(<https://binged.it/2PK7Ug7>)

5 Essential Steps to Save a Life

Responding to an overdose

1. Evaluate for signs of an overdose; if overdose is suspected stimulate the person
2. Call 911 for help
3. Administer naloxone
4. Support the person's breathing
5. Monitor the person's response

(U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration [USDHHS], 2018)

Step 1: Stimulate

- If the person is unresponsive, try to wake up by calling their name, telling them you are calling 911, or telling them you are going to administer naloxone.
- If still unresponsive, try to stimulate with mild pain by rubbing your knuckles into the sternum or on the upper lip.
- If the person wakes up, try to get him or her to focus. Can they speak to you? Check their breathing. If breathing is shallow, the person is short of breath, or the person has chest tightness, call for help.

Step 2: Call 911

- An opioid overdose needs immediate medical attention
- Describe what you observe “I’m with a person whose breathing has stopped”
- Give clear address and description of your location
- Note: if you leave, place person in recovery position

Recovery Position



<https://binged.it/2wtQMSS>

Step 3: Administer Naloxone

- Naloxone (Narcan) should be administered to any person who shows signs of an opioid overdose, or when overdose is suspected.
 - Naloxone injection has been used for decades by emergency medical services (EMS) personnel
 - If a person is not responsive to an initial dose of naloxone, after 2-5 minutes another dose can be administered
 - There are four (4) FDA approved naloxone products available
- (USDHHS, 2016)

Naloxone Products



Adapt Pharma
narcana.com



evzio.com

<https://youtu.be/xCqlooR9L5k>

Step 4: Support Breathing

- Rescue breathing can be very effective in supporting respiration
- Rescue breathing for adults involves the following steps:
 - Be sure the person's airway is clear (check that nothing inside the person's mouth or throat is blocking the airway);
 - Place one hand on the person's chin, tilt the head back, and pinch the nose closed;
 - Place your mouth over the person's mouth to make a seal and give two slow breaths;
 - Watch for the person's chest (but not the stomach) to rise;
 - Follow up with one breath every 5 seconds.

Support Breathing (Cont)

RESCUE BREATHS



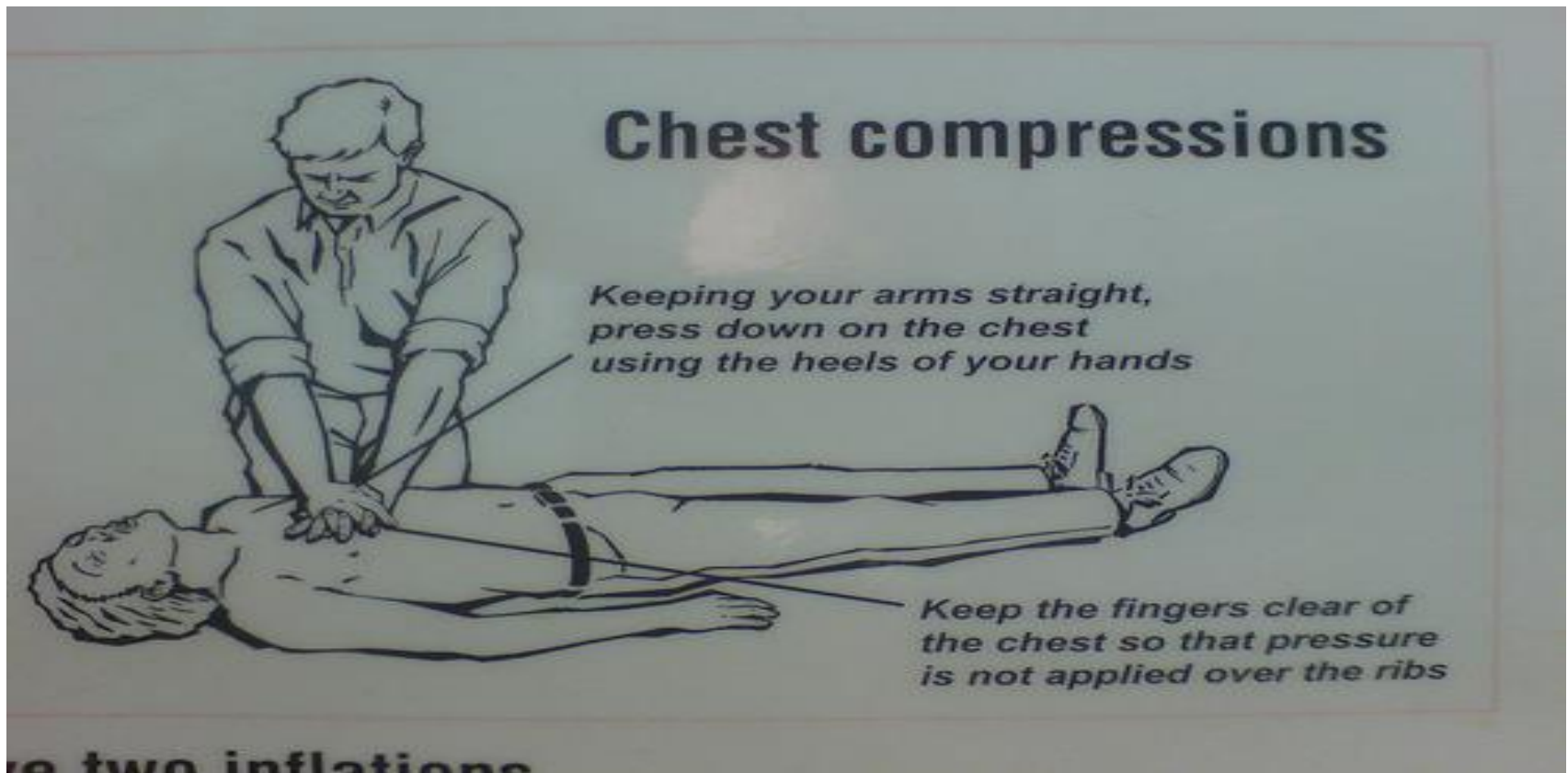
- Pinch the nose
- Take a normal breath
- Place lips over mouth
- Blow until the chest rises
- Take about 1 second
- Allow chest to fall
- Repeat

Step 4 (Cont)

- Chest compressions can also provide ventilatory support.
- Chest compressions for adults involve the following steps:
 - Place the person on his or her back;
 - Press hard and fast on the center of the chest;
 - Keep your arms extended.

(USDHHS, 2016)

Chest Compressions



(<https://binged.it/2PMOKGn>)

Step 5: Monitor the Person's Response

- All people should be monitored for recurrence of signs and symptoms of an overdose for at least 4 hours from the last dose of naloxone; those who have overdosed on long-acting opioids need prolonged monitoring.
- Most people respond by returning to spontaneous breathing; this generally occurs within 2 to 3 minutes of naloxone administration.
- Naloxone has a short duration of effect; therefore, it is essential to get the person to an emergency department or other source of medical care.

(USDHHS, 2016)

Good Samaritan Laws

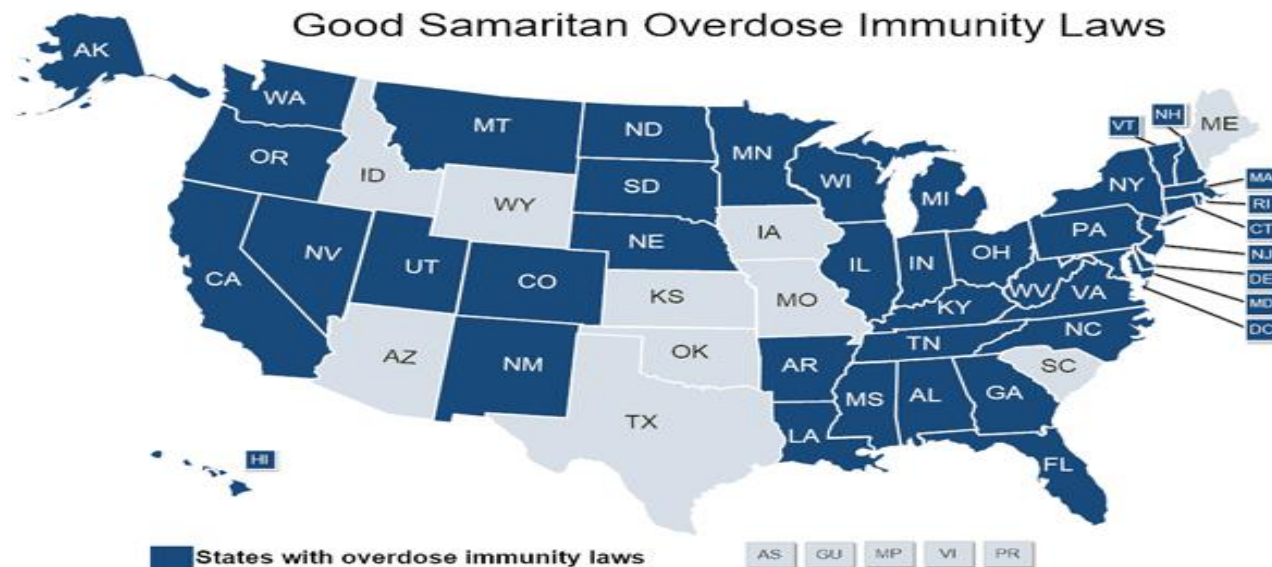
Protection from criminal and civil liability



Good Samaritan Overdose Prevention Laws

- Please check your state's laws

<http://pdaps.org/datasets/good-samaritan-overdose-laws-1501695153>

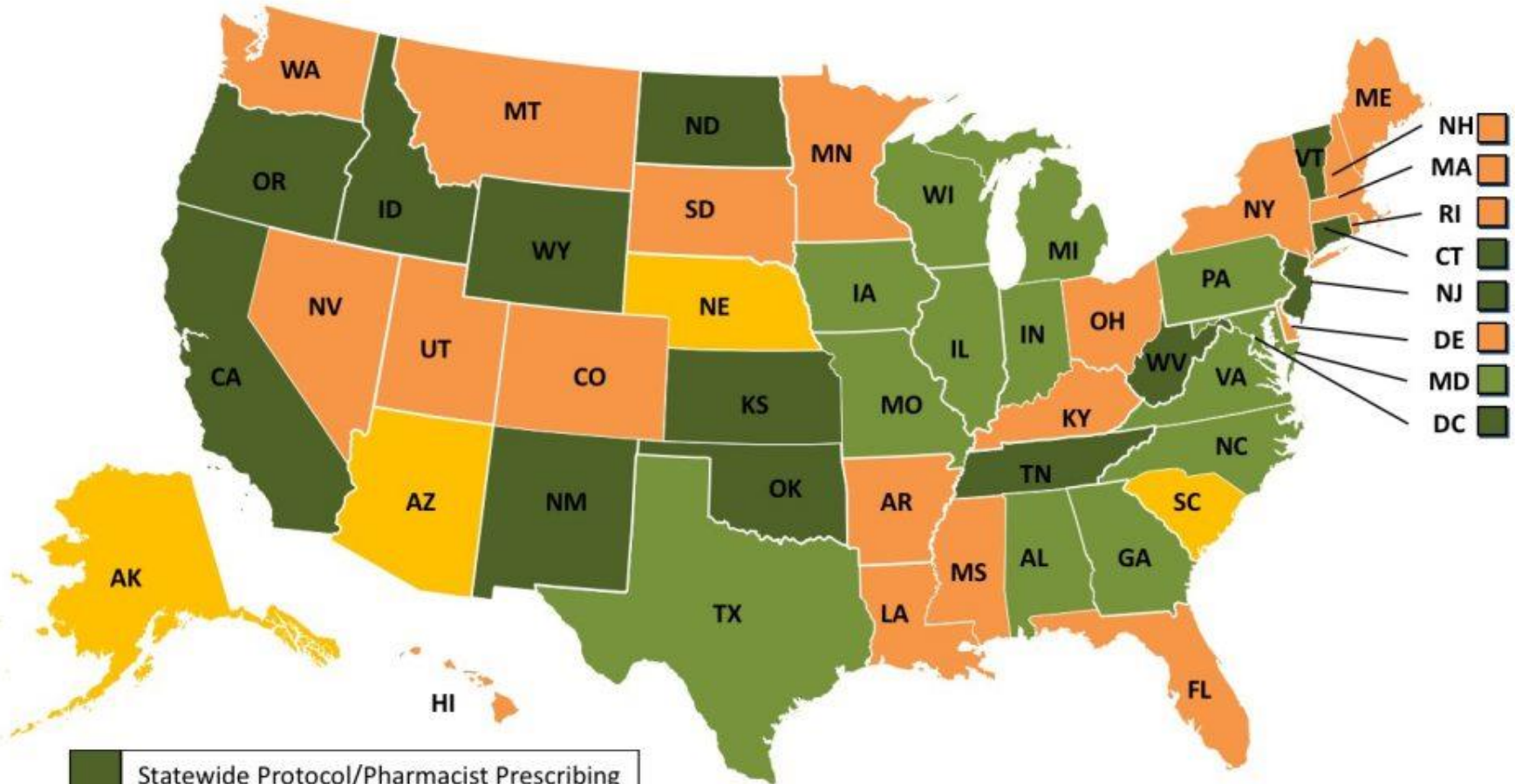


How to get Naloxone

- **Alternative 1:**
 - If you live in a state with a standing order for Naloxone you can get it without a prescription at most pharmacies.
 - In many states insurance will cover much of the cost
- **Alternative 2:**
 - Get a prescription from your health care provider

Naloxone Access in Community Pharmacies

Based on data collected by NASPA (updated January 2018)



Dark Green	Statewide Protocol/Pharmacist Prescribing
Medium Green	Statewide Standing Order
Yellow	Dispense without a prescription
Orange	Standing Order
Red	None



Do you have Questions?

Please type your questions in the Chat Box.

Frequently Asked Questions

- ***Can naloxone be used to reverse all overdoses?***
 - **No**, Only effective in overdoses involving opioids
 - Will not reverse an overdose from other substances
 - Always administer regardless; most overdoses are due to polysubstance use; if the person is not breathing, it will not hurt to administer naloxone
 - Worst case scenario, naloxone will simply do nothing, but in best case scenario, it will save a life
- ***Can naloxone reverse an overdose involving buprenorphine products?***
 - **Yes**, but not as well.
 - Larger or repeat doses may be required

Frequently Asked Questions

(Cont)

- ***What if it wears off or doesn't work? Can I give multiple doses of naloxone?***
 - **Yes**, Long acting opioids may require several doses of naloxone
- ***After overdose is reversed, should the victim go to the hospital?***
 - **Yes**, Victim should be observed for up to 6 hours to ensure she/he does not go back into an overdose when naloxone wears off

Frequently Asked Questions (Cont)

- ***What if victim is wearing a fentanyl patch?***
 - Remove patch with covered hands. Use gloves or sleeves to cover hands. After patch removal, call 911 and administer naloxone.
- ***Can the intranasal naloxone be assembled in advance?***
 - The shelf life of assembled prefilled syringe is only 2 weeks. Recommendation: may attach atomizer to syringe in advance, but do not insert naloxone until ready to administer

Frequently Asked Questions

(Cont)

- ***Can naloxone be administered to pregnant women?***
 - **Yes**, note: risk of opioid withdrawal in physically dependent neonates
- ***Can naloxone be administered to someone under age 18?***
 - **Yes**
- ***Can I keep naloxone in my car? Where can it be stored?***
 - Store at room temperature in a cool, dark place; avoid exposure to extreme temperatures; protect from light

Frequently Asked Questions

(Cont)

- ***Can naloxone hurt someone?***

- Serious side effects are very rare; the most common side effect is opioid withdrawal from naloxone ejecting the opioids from their receptors
- Risk of withdrawal increases with larger doses and strength of a person's drug dependency
- Common opioid withdrawal symptoms: irritability, nervousness, aches, sweating, runny nose, flushing, diarrhea, nausea, vomiting

- ***Can naloxone get you high?***

- **No**, naloxone cannot get someone high; it has no potential for abuse or dependency and it has no effect in the absence of opioids

Frequently Asked Questions

(Cont)

- ***Can naloxone cause an overdose?***
 - **No**, larger doses may cause symptoms of opioid withdrawal
- ***Can I develop a tolerance to naloxone? Will naloxone work on someone who has previously used it?***
 - **No**, you cannot develop tolerance to naloxone, it can be used in every opioid overdose situation regardless of previous uses
 - People may respond to naloxone differently each time, but this is likely due to the type or combo of drugs ingested, how old the naloxone is, and how it has been stored

References

- Johns Hopkins Bloomberg School of Public Health. (November, 2015). *The prescription opioid epidemic: An evidence based approach*. Retrieved from https://www.jhsph.edu/research/centers-and-institutes/center-for-drug-safety-and-effectiveness/research/prescription-opioids/JHSPH_OPIOID_EPIDEMIC_REPORT.pdf
- National Institute of Health, National Institute on Drug Abuse. (2018). *Opioid overdose crisis*. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>
- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. (2016). *SAMHSA opioid overdose prevention toolkit* (HHS Publication No. SMA 16-4742PT2).

Upcoming Webinars

- Using Recovery Coaches in Substance Use Disorder Treatment.
October 18th 1-2PM
- Understanding Grief After an Overdose Death
November 28 1-2PM

Register here:

<https://nnlm.gov/classes/substance-use-disorder-webinar-series-3-innovative-strategies-prevention-and-treatment>



Thank you Frank and Bonnie
and thank you to those joining us for
attending this webinar!

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