

HOW TO USE NALOXONE

TRAINING FOR COMMUNITY MEMBERS



Public Health
Prevent. Promote. Protect.

Fargo Cass Public Health

EDUCATIONAL OBJECTIVES

At the conclusion of this presentation, participants will be better able to:

- Explain the problem of opioid addiction
- Explain how naloxone (Narcan) works when administered to a person who has overdosed
- Recognize the signs of an opioid overdose
- Properly administer naloxone (Narcan) in the event of an overdose

NATIONAL OPIOID STATISTICS

- According to the CDC, opioids (including prescription opioids and heroin) killed **more than 33,000 people** in 2015, more than any year on record (Roughly **1 every 15 minutes**)
- **Nearly half** of all opioid overdose deaths involve a **prescription** opioid (CDC)
- In most countries, the use of opioid prescriptions is limited to acute hospitalization and trauma, such as burns, surgery, childbirth and end-of-life care, including patients with cancer and terminal illnesses (CDC)

LOCAL OPIOID STATISTICS

- FM Ambulance had 99 patients that received naloxone in 2016. In Fargo, 65 patients received a total of 92 doses.
- Fargo Fire Department administered naloxone **16 times** from July – December 2016
- In Cass County, ND, there were 31 deaths due to opioid overdose in 2016 and 15 deaths in 2017



Overdose deaths in North Dakota increased from 20 deaths in 2013 to 61 deaths in 2015.

CDC/NCHS, National Vital Statistics System, Mortality

PUBLIC HEALTH EMERGENCY DECLARED

- CDC has labeled opioid addiction an epidemic
- In August 2017, President Trump has declared the opioid crisis a national emergency
- A 2004 survey by the United States Substance Abuse and Mental Health Services Administration found 2.4 million people (12+) had used a prescription pain reliever non-medically for the first time within the previous year. Average user age was 22

WHY ARE PEOPLE DYING?

1. Too much heroin or any opioid causes people to become very sleepy
2. Their breathing becomes slower and more shallow
3. Leads to low oxygen levels which causes damage to the heart and brain
4. Eventually, the heart slows down and stops

Common Risks for Opioid Overdose

Opioid Dose and Changes in Purity

**Mixing Substances/
Polypharmacy**
Alcohol, stimulants,
marijuana, prescribed and
non-prescribed medications



Previous Overdose

Social Isolation
Using alone



**Addiction
History**



**Chronic Medical and
Mental Illness**
Lung, liver, and
kidney compromise
Depression and anxiety

Abstinence

- Release from incarceration
- Completion of detoxification
- Relapse

NORTH DAKOTA LAW

The Good Samaritan Law was passed to encourage friends, family members, and bystanders to call 911 in the event of an overdose.

In order to be immune from prosecution, you need to:

1. Seek emergency help - Call 911
2. Remain onsite until assistance arrives
3. Cooperate with responding personnel giving emergency medical treatment

The Law provides protection from prosecution for the individual experiencing a drug-related overdose and those seeking the emergency medical assistance.

North Dakota Century Code 19-03.1-23.4

NORTH DAKOTA LAW

According to ND Law, any individual (family, friends, community member) is protected from civil or criminal liability for giving naloxone for a suspected opioid overdose.

North Dakota Century Code 23-01-42

NALOXONE AVAILABILITY

- Fargo Fire and FM Ambulance carries naloxone
- FM Good Neighbor Project
 - An area non-profit organization dedicated to breaking barriers and reducing harm for individuals who are impacted by unsafe drug use
- Participating pharmacies
- Fargo Cass Public Health

NALOXONE IS EFFECTIVE WHEN...

The overdose is due to usage of:

- Heroin
- Morphine
- Hydromorphone (Dilaudid)
- Oxycodone (Oxycontin, Percocet)
- Hydrocodone(Norco, Vicodin)
- Fentanyl
- Buprenorphine
- Codeine
- Methadone

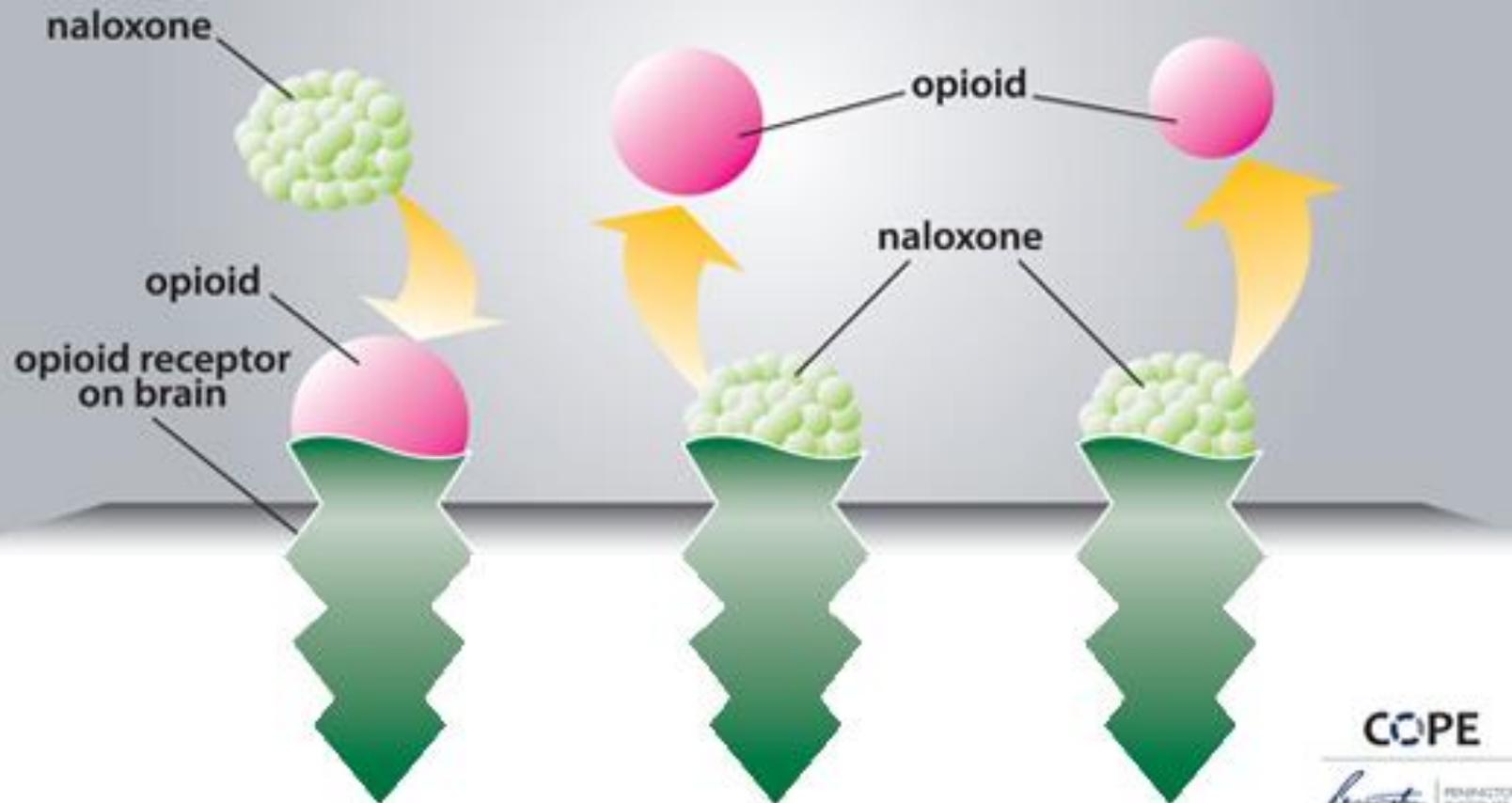
NALOXONE WILL HAVE NO EFFECT WHEN...

The overdose is due to usage of:

- Alcohol
- Benzodiazepines (Valium, ativan, xanax, klonopin, ambien)
- Antidepressants (Paxil, prozac, lexapro, Wellbutrin)
- Other mental health medications
- **Although you may not know what the overdose is from, it may be beneficial to administer naloxone. If opioids have been taken with a combination of other drugs the naloxone will negate the opioid effects and could save a life**

Naloxone reversing an overdose

Naloxone has a stronger affinity to the opioid receptors than opioids, such as heroin or oxycodone, so it knocks the opioids off the receptors for a short time (30-90 minutes). This allows the person to breathe again and reverse the overdose.



COPE

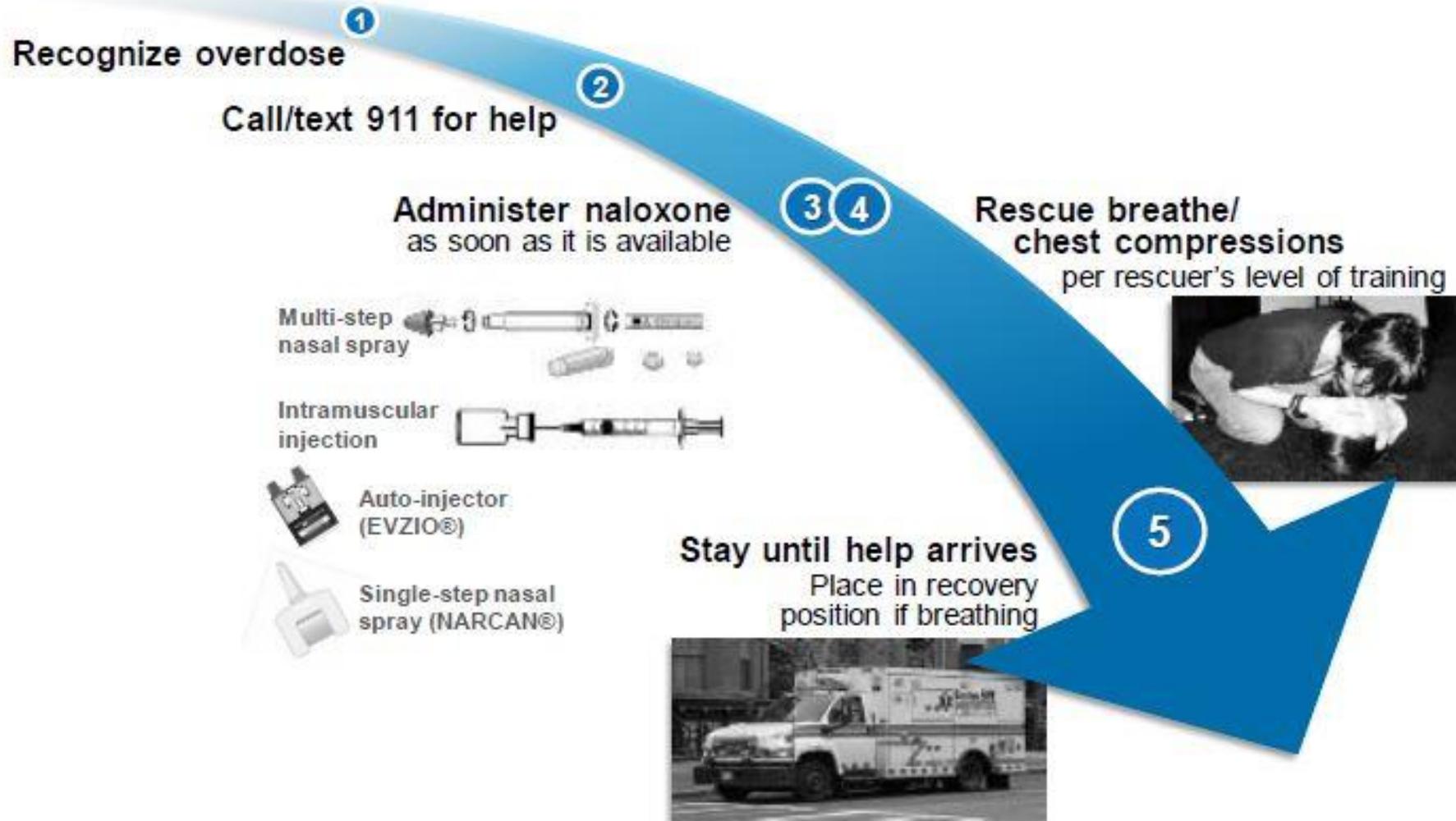
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HOW WILL THE VICTIM REACT?

- When naloxone is used, the person will likely develop symptoms like vomiting, sweating and shortness of breath
 - These are essentially symptoms of withdrawal from the opioid and not unexpected
- A person can have different behaviors and emotions upon waking up from an opioid overdose
 - Confused
 - Agitated
 - Stay very sedated but breathing
 - Anger
 - Embarrassment
 - Frustration
 - Sadness
- You cannot harm someone by administering naloxone. In many cases, **you can save their life**

How to Respond in an Overdose

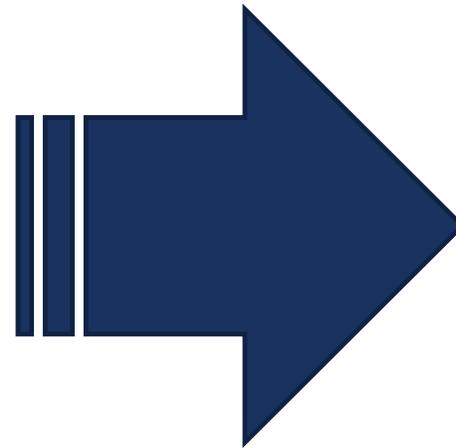
Steps to teach patients, family, friends, caregivers



WHAT DOES AN OVERDOSE LOOK LIKE?

When you find someone who you think has overdosed, look for the signs:

- Slow or shallow breathing
- Gasping for air when sleeping
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (sternal rub)
- Small pupils



Call 911!

TYPES OF ADMINISTRATION

Naloxone can be administered various ways:

- IV when under the care of medical providers
- Nasal spray
- Auto-injector
- Intramuscular

PRIOR TO NALOXONE ADMINISTRATION

- Assess scene – make sure you are safe
- Attempt to wake the person by yelling or shaking them
- Call 911
- Put on **gloves**
- Provide 2 rescue breaths using **mask or rescue breathing aid** – you don't know how long they have been laying there

RESCUE BREATHS

- One hand on chin, tilt head back, pinch nose closed
- Make seal over mouth, breathe into mouth
- 1 breath every 5 seconds
- Chest should rise, not stomach (if stomach rises, readjust)



Place your mouth
over the person's
mouth and exhale

OPIOID OVERDOSE



Are they breathing? → Call 911 for help



Signs of an overdose:

- Slow or shallow breathing
- Gasping for air when sleeping or weird snoring
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)

All you have to say:

"Someone is unresponsive and not breathing."

Give clear address and location.



Airway → Rescue breathing



Make sure nothing is inside the person's mouth.

Oxygen saves lives. Breathe for them.

One hand on chin, tilt head back, pinch nose closed.

Make a seal over the mouth & breathe in

1 breath every 5 seconds

Chest should rise, not stomach



Prepare Naloxone

Are they any better? Can you administer Narcan quickly enough that they won't go for too long without your breathing assistance?



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www.prevention.nd.gov

CONTINUED ON REVERSE



IM (INTRA-MUSCULAR) ADMINISTRATION



PREPARE THE NALOXONE

- Attach a needle to the syringe if not they are not packaged together
- Remove the plastic top from the vial of naloxone
- Insert the needle into the vial through the rubber center
- The vial should be upside down and **the needle below the liquid line of the medication**
- Pull the plunger of the syringe back while keeping the tip of the needle in the liquid inside the vial
- Remove the needle from the vial

ADMINISTER NALOXONE

1. Expose the skin of the upper arm or thigh and use the alcohol wipe to clean the area
 - If you cannot expose the skin, it is acceptable to push the needle through a layer of clothing
2. Push the needle straight into the skin and inject the medication
3. Remove the needle and place in a safe container or give to the EMS
4. Check the person's breathing and provide rescue breath every 5 seconds while waiting for the effects of the naloxone



ADMINISTER NALOXONE

- If there is no improvement in the patient condition after 2 minutes, administer a second dose of naloxone following steps 1-4
- Provide rescue breaths throughout the repeated administration of naloxone – every 5 seconds
- If the patient wakes up, do not interfere with their actions
- Stay with the patient until help arrives



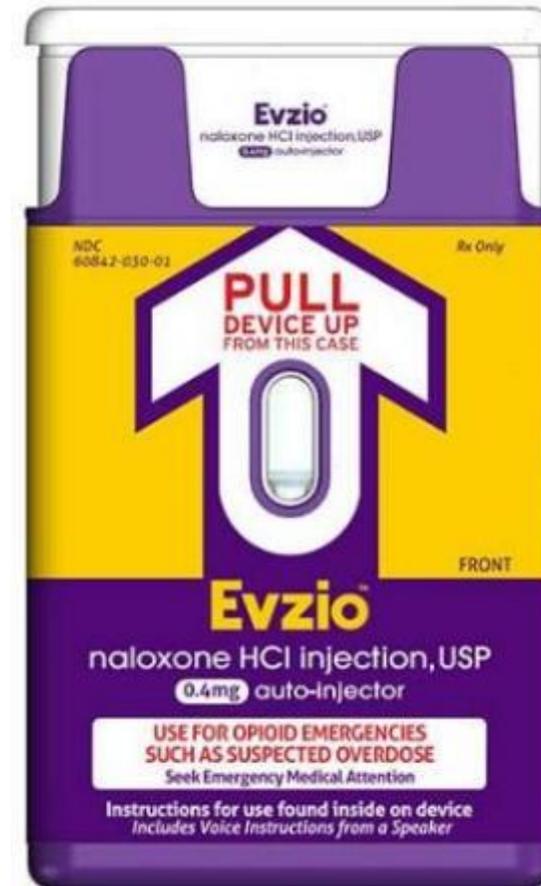
EVZIO AUTO-INJECTOR

NALOXONE ADMINISTRATION



EVZIO

- Similar to an EPI-Pen or AED
- Available by prescription
- Cost is high, around \$3,500-\$4,800



EVZIO USE

- The device has audible instructions that start when the safety cap is removed
- The EVZIO naloxone is no different than other types
- It is a 0.4mg dose, just like the typical IM dose
- Same injection locations such as thigh or upper arm
- The device is ONE-USE ONLY
- A second dose may be administered if there is no response after 2 minutes
- Very easy to use





INTRANASALLY – ATOMIZER

NALOXONE ADMINISTRATION



NASAL ADMINISTRATION – ATOMIZER

- Attach the medication vial to the syringe
- Attach the atomizer to the syringe
- Place the atomizer snugly against the nostril opening
- Briskly push the medication vial into the syringe, dispensing $\frac{1}{2}$ of the medication into one nostril and the other half into the other nostril, dispensing 1mL into each nostril
- Repeat with another dose after 2 minutes if there is little or no response





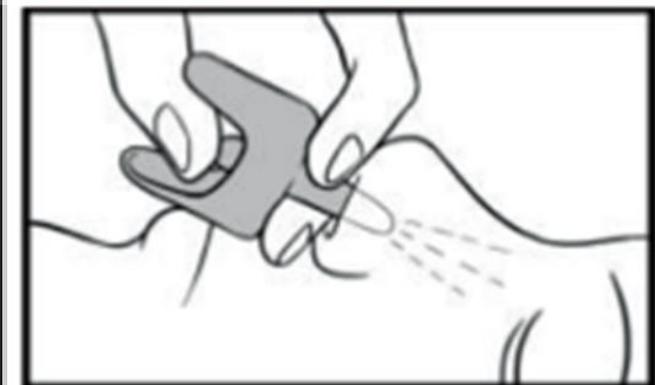
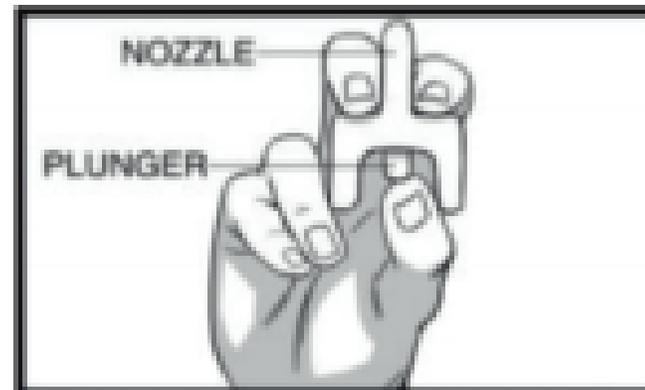
NARCAN® NASAL PRODUCT

NARCAN® ADMINISTRATION



ADMINISTER NARCAN®

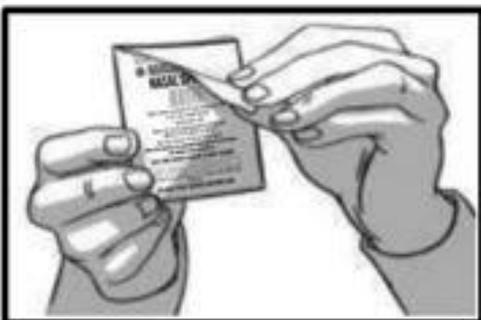
- Lay person on their back
- Remove from box. Peel back tab with circle to open
- Hold with your thumb on bottom of plunger and your first and middle fingers on either side of the nozzle
- Tilt person's head back
- Insert tip of nozzle into **one nostril** until your fingers on either side of nozzle are against bottom of person's nose
- Press plunger firmly to give dose and remove from nostril after giving dose
- Administer another dose in same fashion if there is little or no response after 2 minutes
- Continue rescue breathing every 5 seconds between doses



HOW TO USE NARCAN NASAL SPRAY

1 Lay person on back

2 Open pack, remove Narcan



3 Hold fingers next to nozzle,

thumb on plunger



4 Tilt head, support neck,

insert nozzle into one nostril



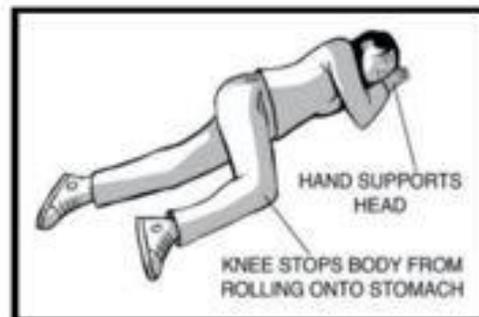
5 Press plunger firmly

then remove device



6 Evaluate and support,

comfort in rescue position



7 Repeat with new Narcan dose every 2 to 3 minutes if not waking/normal breathing

– Continue rescue breathing if needed

– After Narcan administered, person needs medical evaluation



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MEDICATION STORAGE

- Naloxone should be kept at room temperature
 - Do not let it freeze in your car
- It should be protected from light
- The naloxone shelf life is 2 years

NALOXONE ADMINISTRATION TRAININGS AVAILABLE

To schedule a Naloxone Administration Training for your group, contact:

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701.476.4083