


OPIOID RESPONSE WITH NARCAN

You will know:

- ✓ Historical context
- ✓ What's causing opioid overdoses
- ✓ Recognizing and responding to a opioid overdose
- ✓ How to do Rescue Breathing
- ✓ How to administer Narcan Nasal Spray (Naloxone)
- ✓ Medication Assisted Treatment (MAT): Suboxone



TT-TRUST
TAMHO TRUCKEE FUTURE WITHOUT DRUG DEPENDENCE
PRESENTS:

TRAINING: OPIOIDS AND OVERDOSE REVERSAL

ZOOM TRAINING ONLINE: JUNE 30TH, 2020 5PM-5:30

Free 30 minute training on recognizing and responding to an Opioid overdose from a mental health first aid perspective. Complete to receive a free Naloxone (Narcan) Nasal Kit.

Open to Placer County and Nevada County residents/agencies. (Kit will need to be picked up locally).
Please Register to Attend by Emailing:
Devin.Bradley@cco.nevada.ca.us

Other questions? Contact: Shanna Decker @ 530 414-7378
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Opioids and Pain Management

Types of pain:

- Physical, emotional, spiritual
- Acute and chronic

In 1990s, national focus in US on treating pain

- Opioids used to treat chronic non-cancer pain
- Prescribed based on subjective reporting
- Lack of focus on risk of misuse

Opioid Overdose—Background

- Since 1999, the amount of pain reported remained stable while the sale of opioids increased 400%
- Between 2011 and 2015, overdose deaths tripled
- **90 individuals die in the US every day**
- More likely to die from opioids than a car accident
- Primary cause of death: respiratory depression
- Naloxone: simple-to-administer overdose-reversing drug

COMMON OPIOIDS



Generic Name	Brand Name
Hydrocodone	Vicodin, Norco, Lorcet, Lortab, Zohydro
Oxycodone	Oxycotin, Percodet, Percodan, Roxicodone,
Morphine	MSCotin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans
Heroin-(2-5x)	(Street Drug)

WHAT IS CAUSING THE OPIOID OVERDOSE PROBLEM?

- ✓ Opioid=Central Nervous System(CNS) Depressant
- ✓ Policy and Practice-Perfect Storm
- ✓ Tolerance
- ✓ Chronic opioid use can cause anxiety...
- ✓ Combining opioids with Benzos (Xanax, Valium), alcohol, or other CNS depressants
- ✓ Misuse
- ✓ Accidental exposure
- ✓ Opioids added to other street drugs (cocaine etc.)

COUNTERFEIT PILLS



Tennessee Bureau of Investigations- Fentanyl made to look like Percocet (Washington Post Nov 2017)



DEA- counterfeit Oxycodone seized in Arizona (Washington Post) Nov 2017

Pill press and fake pills operating in a NYC apartment-Oct 2018
NBC News 4



2017 -Port of Los Angeles Customs and Boarder Control confiscated- 396 pill presses

HOW MUCH IS TOO MUCH?



Source: Kensington Police Service, Canada

CA. Opioid Dashboard CDPH 2018

- ✓ 2,428 Opioid Overdose Deaths CA
- ✓ 8 in Placer County
- ✓ 7 in Nevada County
- ✓ 42% Of Adults in Placer Co Drug Treatment for Opioids, 27% Meth, 26% Alcohol (2017-18)
- ✓ From April 2019-2020 there were 11 cases of suspected opioid overdose in Tahoe/Truckee that were improved by Narcan administration by EMS workers.

THE NUMBERS TODAY

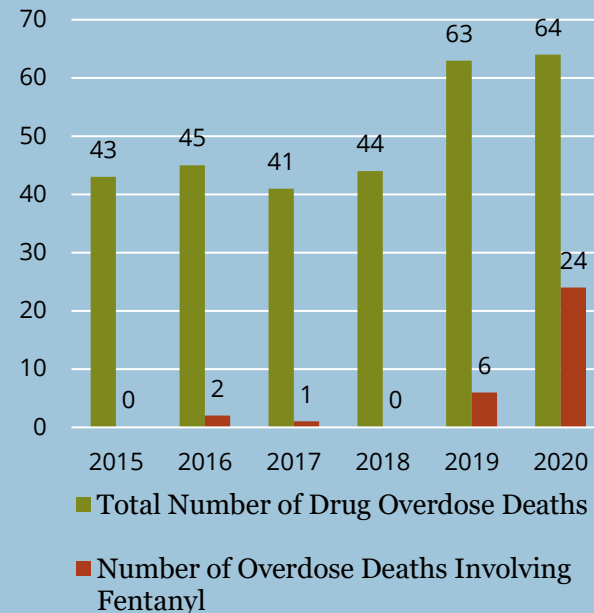
(AS OF DECEMBER 2021)

NATIONAL

- From April 2020 – April 2021, 100,000+ Americans died of overdoses, up almost 30 percent from previous year, according to provisional figures from the National Center for Health Statistics.
- First time US overdose deaths exceeded 100,000 a year, more than the toll of car crashes and gun fatalities combined.
- Overdose deaths have more than doubled since 2015.
- Primary cause of death: opioids

LOCAL

Drug Overdose Deaths 2015
- 2020 (Placer County Residents)



- Placer County had highest level of Naloxone utilization in the 10 County region of the S-SV EMS Agency from
- Jan-July 2021 with 169 OD reversals.

Risk Factors for Overdose

- Use of multiple substances
- Variation in strength and content of substances used (purity or potency)
- Tolerance level especially recent changes
- Switching from sniffing/eating to injection
- Physical Health (liver functioning, weight loss, etc.)
- Psychological health
- Using alone
- Transient living – new dealers/new product
- Thinking you “know everything”

Assess for Risk of Suicide or Harm

What are the signs/symptoms of an overdose

Symptoms of a person being really “HIGH”

- Muscles become relaxed; slow movement and reactions
- Speech is slowed/slurred
- Sleepy looking but will respond to stimulation (yelling, sternal rub, pinching, etc.)
- Nodding

Symptoms of a potential OVERDOSE

- Slow heartbeat/pulse; pale, clammy skin; fingernails or lips turning blue
- Deep snoring or gurgling (death rattle); very infrequent or no breathing
- Extreme sleepiness, inability to awaken verbally or upon sternal rub (rubbing knuckles on center of chest or ribcage)
- Heavy nod, not responsive to stimulation

Naloxone for Overdose

- **Temporarily** reverses opioid effects
- Requires medical attention even with positive response
- Safe to administer—**check your state's Good Samaritan laws to confirm what is covered**
- Can be used with anyone who may be at risk (prescribed opioids and/or substance use disorders)

**If Naloxone is administered,
you MUST CALL 911**

How to Help

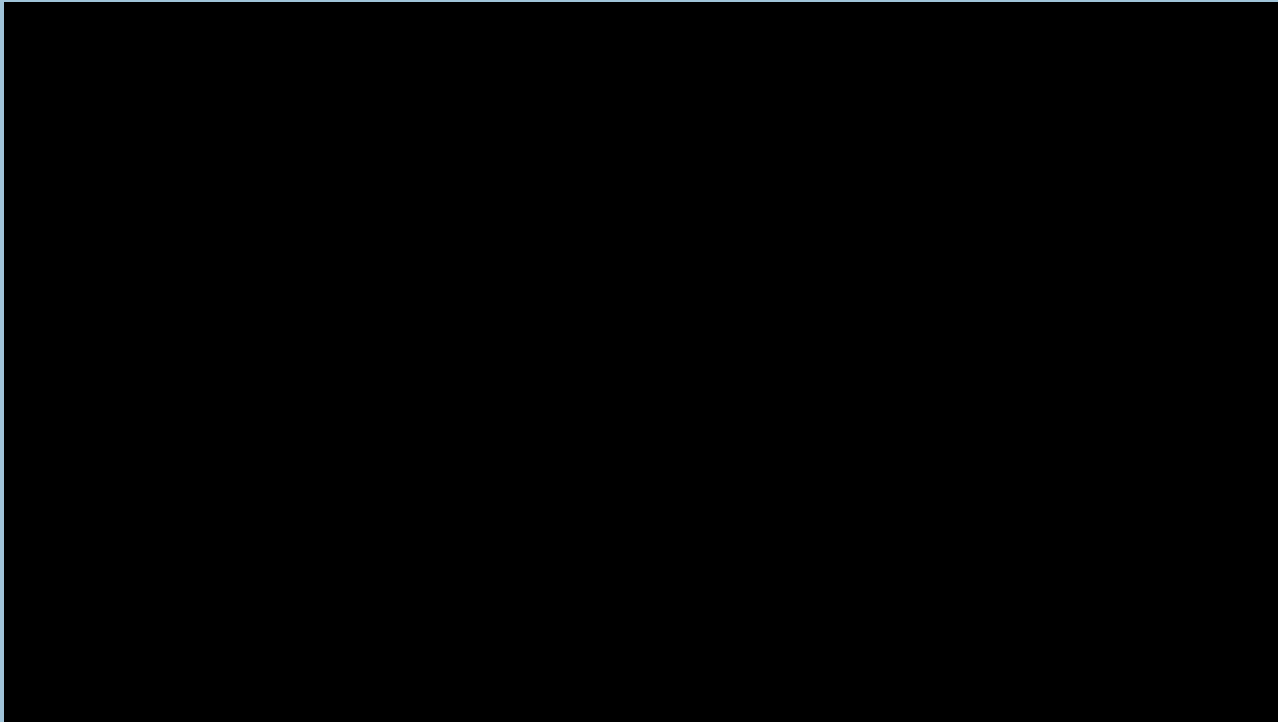


- 1. Check for signs of an overdose**
- 2. Call 911**
- 3. Administer naloxone**
 - Injectable naloxone (syringe and vial)
 - Auto-injector (e.g. Evizio™)
 - Assembly required nasal spray
 - Ready-to-use nasal spray (e.g. Narcan™)
 - **Place the individual in the recovery position**

How to Use NARCAN® naloxone HCl Nasal Spray

[VIEW VIDEO](#)

https://www.youtube.com/watch?v=ktd_q9sDnZ0



HOW TO RESPOND TO POSSIBLE OPIOID OVERDOSE:

- **Try to wake the person** (shake, push, pinch)
- If can't wake them...**Call 911**
- Give your location-put them on speaker
- If they are NOT breathing – give 2 rescue breaths
- Administer 1 dose of Narcan Nasal Spray
- Wait...3 minutes. If no response, you can administer another dose in other nostril

YOU ARE PROTECTED BY GOOD SAMARITAN LAWS
when trying to help someone who has overdosed

Narcan is Safe

- NO harm EVEN if person is not on opioids (no serious side effects)
- Blocks the opiate receptors
- You can give to any age or weight
- Can use Narcan with... pregnant women, babies, and toddlers (even pets!)
- Easy to use nasal spray (squirt 1 dose inside one nostril)

RESCUE BREATHING:

- Watch chest for breathing
- Listen: your ear over their mouth or nose
- If no breathing...start rescue breathing
- Tilt head back-open airway
- Pinch nose
- Seal your mouth over their mouth
- Breathe into their mouth (Watch Chest Rise-Fall)
- 1 breath every 5 seconds
- Keep breathing for them until help arrives
- If no pulse....can do CPR if you know how
- otherwise... just keep rescue breathing

GOOD TO KNOW:

- Narcan works quickly – 5 seconds or less
- Stand back – when revived they could thrash
- Tell them what happened – that you gave Narcan and called 911
- Narcan is TEMPORAY – it wears off
- Someone who has overdosed needs to go the hospital, they made need more Narcan to prevent overdose
- They can also get Suboxone at hospital

STORE IT SAFELY

- Narcan Nasal Spray can freeze
- DON'T leave in car over night here in winter
- TIP: Wrap in bubble wrap to help prevent freezing
- When kit expires or if you use it: ask for a new kit

MEDICATION ASSISTED TREATMENT (MAT) WITH SUBOXONE:

- Bupernorphine and Naloxone
- Partial opioid agonist-blocks opiate receptors
- Naloxone-helps reverse effects of opioids
- Doesn't get you high or higher the more you take-just stops withdrawal
- Pill form, can take it at home 2-3x a day
- MAT includes counseling to help you deal with emotional pain/anxiety/fear
- Suboxone is legal and safe to use (when prescribed in an MAT program)
- Suboxone may help ease chronic pain

THANK YOU!