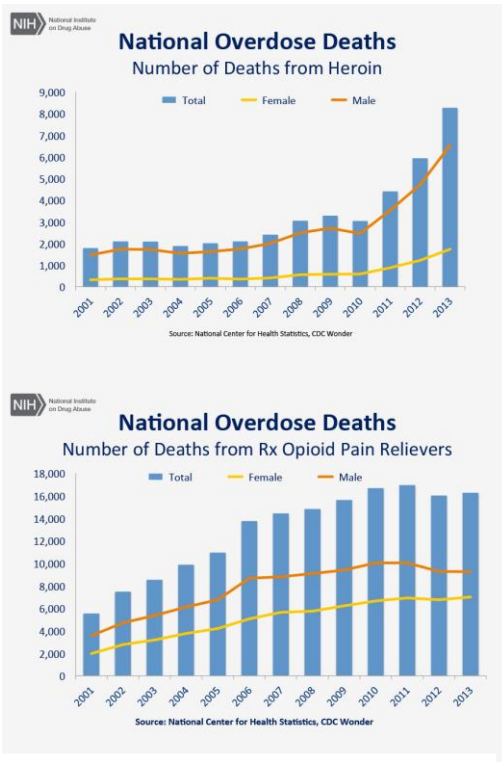


Why is opioid overdose an issue?

According to the CDC, nearly **two million Americans** abused prescription painkillers in 2013

- Of these, 7,000 are treated in the ER every day for using prescription painkillers in a manner other than as prescribed
- People who abuse prescription painkillers are 40x more likely to become addicted to heroin
- Heroin deaths in the United States nearly quadrupled from 2002-2013
- Opioid overdoses can easily be aborted using the opioid antagonist drug **naloxone (Narcan™)**



<http://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

Further Reading

Harm Reduction Coalition. Guide To Developing and Managing Overdose Prevention and Take-Home Naloxone Projects.

<http://harmreduction.org/wp-content/uploads/2012/11/od-manual-final-links.pdf>

North Dakota State Board of Pharmacy.

<https://www.nodakpharmacy.com/laws-rules.asp>

SAMHSA. Opioid Overdose Prevention Toolkit.

<http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2014/SMA14-4742>

References

Guide To Developing and Managing Overdose Prevention and Take-Home Naloxone Projects. Harm Reduction Coalition. New York, NY: Harm Reduction Coalition, 2012.

Naloxone Access: A Practical Guideline for Pharmacists. CPNP. Lincoln, NE: College of Psychiatric and Neurologic Pharmacists, 2015. <https://cpnp.org/guideline/naloxone>

Opioids: Addiction, Overdose Prevention (naloxone) and Patient Education. University of Rhode Island. Kingston, RI: College of Pharmacy, 2012.

Overdose Death Rates. National Institute on Drug Abuse. Bethesda, MD: National Institutes of Health, 2015. <http://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

Prescription Drug Overdose. CDC. Atlanta, GA: Centers for Disease Control, 2015. <http://www.cdc.gov/drugoverdose/epidemic/index.html>

Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 13-4742. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.



TREATING OPIOID OVERDOSE

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TREATING OPIOID OVERDOSE

The Problem
The Signs
The Solution...

NALOXONE

What is an opioid overdose?

An overdose occurs when an individual takes more prescription or illicit opioids than their body can physically tolerate

- This causes respiratory depression, leading to death

Who is at risk of opioid overdose?

- Individuals taking opioids for ≥ 30 days
- People receiving rotating opioid regimens
- Patients with respiratory, hepatic, or renal impairment
- People with a history of mental illness
- Those mixing opioids with alcohol
- People with a history of substance abuse
- Those recently leaving a correctional or rehab facility
- Patients recently discharged from a hospital for opioid intoxication/poisoning
- Concurrent use of medications that could further depress the nervous system or potentiate the effects of opioids
 - Benzodiazepines

What are the signs/symptoms of an opioid overdose?

- Slow breathing, slow heart rate
- Pale or clammy skin
- Blue lips or nails
- Pinpoint pupils
- Gasping, gurgling, or snoring
- Vomiting
- Limp body
- Unconsciousness



<http://harmreduction.org/issues/overdose-prevention/tools-best-practices/od-kit-materials/>

What is naloxone?

Naloxone is an opioid antagonist (blocker) that reverses the effects of opioids within 2-3 minutes of administration

- **It will only reverse opioid overdoses**
- Effects only last 30-90 minutes, so it is important to get the person medical help as soon as possible
- It will send opioid dependent individuals into withdrawal
- It is not abusable, nor controlled
- Available in three dosage forms
 - Subcutaneous injection (\$)
 - Intranasal (\$\$)
 - Subcutaneous auto-injector (\$\$\$)

How do I obtain naloxone?

Speak to your physician to obtain a prescription for **naloxone**

- Starting in 2016, pharmacists will be also able to write prescriptions for naloxone
- Your pharmacist will educate you on how to use the **naloxone**
- Knowledge is power, do not be afraid to ask questions

What can I do if someone overdoses?

One option – **S.A.V.E. M.E.**

- **Stimulate** – Can you wake the person up? If not, call 911 immediately.
- **Airway** – Is the person breathing? Check their airway for obstructions.
- **Ventilate** – Tilt their head back and pinch their nose. Form a seal around their mouth and provide 1 rescue breath every 5 seconds. Make sure their chest rises, not their stomach.
- **Evaluate** – Is the person better? If not, give **naloxone**.
- **Muscular injection** – Administer **naloxone** (any dosage form).
- **Evaluate** – Is the person better? If no response in 2-3 minutes, give the second dose of **naloxone**.

IMPORTANT: Stay with the person and comfort them until help arrives

- If you absolutely must leave the person alone for any length of time, place them in the recovery or rescue position
 - Place them on their side, with their top leg and arm crossed over their body
 - This prevents them from rolling over and choking on their vomit



"Recovery position" by Rama. Licensed under CC BY-SA 2.0 fr via Commons - https://commons.wikimedia.org/wiki/File:Recovery_position.svg#/media/File:Recovery_position.svg