



Naloxone and the Opioid Epidemic

Naloxone Administration 101

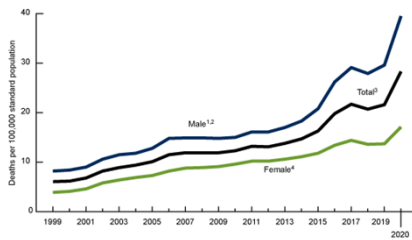


Presented by: Sam Jenkins, MHR
Prevention Field Rep.

Learning Objectives

- Discover the history of the opioid epidemic
- Analyze recent overdose death data
- Describe naloxone's role in preventing overdose deaths
- Recognize the body's signs of an opioid overdose
- Demonstrate how to respond to an opioid overdose and administer naloxone
- Locate naloxone access points throughout the state






2020 Rates

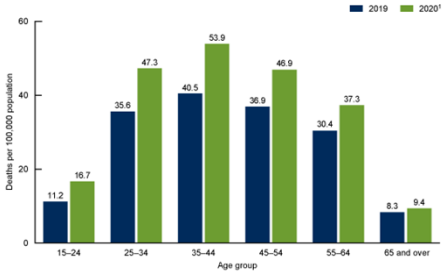
- Overdoses increased by **30%** in 2020
- **81 thousand** people died of an opioid overdose
- Largest annual increase ever seen
- **OD deaths involving:**
 - Synthetic opioids (such as fentanyl) increased **56%**
 - cocaine increased **22%**
 - Methamphetamine increased **50%**






AGE

- Adults ages **35-44** saw the highest rates of DO deaths among all other age groups
- Although people aged 15-24 experienced the largest percentage increase in drug overdose death rates between 2019 and 2020 (49%), they had the second lowest rates in 2019 (11.2) and 2020 (16.7).



Age group	2019	2020 ¹
15-24	11.2	16.7
25-34	35.6	47.3
35-44	40.5	53.9
45-54	36.9	46.9
55-64	30.4	37.3
65 and over	8.3	9.4

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Race

- Rates increased among all races
- Rates were highest for American Indians and Alaska Native people
- Rates were lowest for Asian people

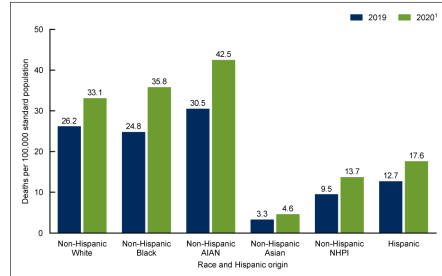



Figure 3. Age-adjusted drug overdose death rates, by race and Hispanic origin: United States, 2019 and 2020

Race and Hispanic origin	2019	2020 ¹
Non-Hispanic White	26.2	33.1
Non-Hispanic Black	24.6	35.8
Non-Hispanic AIAN	30.5	42.5
Non-Hispanic Asian	3.3	4.6
Non-Hispanic NHPI	9.5	13.7
Hispanic	12.7	17.6

†Rates in 2020 were significantly higher than in 2019 for all race and Hispanic-origin groups, p < 0.05.
NOTE: AIAN is American Indian or Alaska Native; NHPI is Native Hawaiian or Other Pacific Islander. Drug overdose deaths are identified using the International Classification of Diseases, 10th Revision (ICD-10) underlying cause-of-death codes M50-M64, X00-X04, X05, and Y10-Y14. Access data table for Figure 3 at: <https://www.oas.gov/ocsp/stat/statinf/0420-tables.pdf>
SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.

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In Oklahoma

- Oklahoma saw a **23% increase** in fatal drug overdoses in 2020 (**798 individuals**)
- Nearly **9 out of 10 (87%)** drug overdose deaths were unintentional and 8% were due to suicide
- In 2020, methamphetamine was involved in nearly 2 out of 3 (**64%**) unintentional drug overdose deaths.
- Some good news:** from 2013-2019, the rate of unintentional prescription opioid related overdose death **decreased by 58%** (501 deaths in 2013; 215 deaths in 2019).

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Opioids

- Most overdoses occur at home and victims are often found by a family member or friend
- Naloxone nasal spray was designed to be used by anyone, anywhere
- Narcan is covered by 99% of insurance companies
- Available over the counter at the pharmacy
- In nearly 40% of overdose deaths, someone else was present.
- Having naloxone available allows bystanders to help a fatal overdose and save lives.

Naloxone

- Naloxone is effective if opioids are misused in combination with other sedatives or stimulants.
- It is not effective in treating overdoses of benzodiazepines or stimulant overdoses involving cocaine and amphetamines
- 911/emergency care should be called immediately when naloxone is administered
- Opioid withdrawal symptoms are serious and medical assistance is an important step in administering naloxone

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Candidates for naloxone are those who

- Take high doses of opioids for long-term management of chronic pain
- Receive rotating opioid medication regimens
- Have been discharged from emergency medical care following opioid poisoning or intoxication
- Take certain extended-release or long-acting opioid medication
- Those who have had a period of abstinence to include those recently released from incarceration
- Pregnant women can be safely given naloxone in limited doses

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No Drug Misuse

Prevention

Post Drug Use/Addiction

Recovery

• For users who attempt to achieve abstinence from drugs, the average time from first treatment to last use is 9 years with multiple episodes of care

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Harm Reduction Strategies

• Harm reduction is any behavior or strategy that helps reduce risk or harm to yourself or others

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HOW TO

Peel

Place

Press

NARCAN (nalmefene HCl)
NASAL SPRAY 4mg

Two Pack

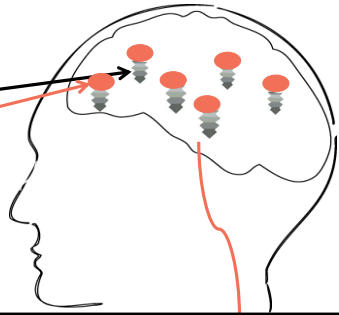
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HOW DO OPIOIDS AFFECT BREATHING

OVERDOSE

Opioid Receptors, brain

Opioid



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HOW DOES NARCAN AFFECT BREATHING?

Restores breathing



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Signs of an Opioid Overdose


- Pupils will contract and appear small
- Muscles are slack and droopy
- They might "nod out"
- Scratch a lot due to itchy skin
- Speech may be slurred
- They might be out of it, but they will respond to outside stimuli like loud noise or a light shake from a concerned friend.
- If you are worried that someone is getting too high, it is important that you don't leave them alone. If the person is still conscious, walk them around, keep them awake, and monitor their breathing.

Breathing will be slow or gone 	Lips and nails are blue 	Person is not moving 	Person may be choking
You can hear gagging sounds or vomiting 	Can't be woken up 	Skin feels cold and clammy 	Pupils are tiny


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Responding to an overdose

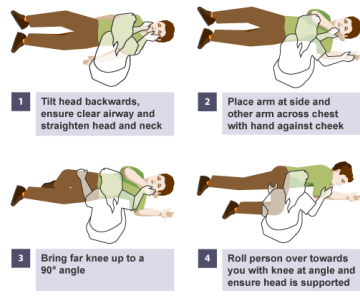





- Check your scene, ensure you are safe from harm
- Stimulate victim with a sternal rub
- If no response, delirious, or altered consciousness **call for 911 support**
- Administer naloxone
- Repeat 3 & 4, if necessary
- Place in recovery position



Overdose Recovery Position





- Because every second counts in emergency situations, Good Samaritan Laws exist to encourage bystanders to help others in emergency situations without fear of getting sued.
- Oklahoma has both a Good Samaritan law and several other laws allowing for civilian naloxone access.



Legend

- Both Good Samaritan and Naloxone Access
- Naloxone Access Only
- Neither type of law

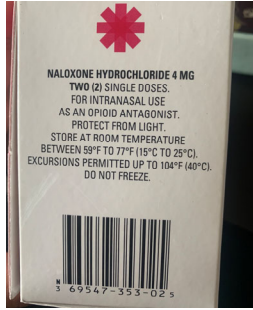
"Where no prior contractual relationship exists, any person who in good faith renders or attempts to render emergency care consisting of artificial respiration, restoration of breathing, or preventing or retarding the loss of blood, or aiding or restoring heart action or circulation of blood to the victim or victims of an accident or emergency, wherever required, shall not be liable for any civil damages as a result of any acts or omissions by such person in rendering the emergency care."

What is a Good Samaritan Law?

"The Good Samaritan Law will help save lives by allowing an individual witnessing an overdose to call proper authorities without fear of prosecution in certain circumstances." – Attorney General Mike Hunter

How do I store it safely?

The ideal storage conditions are listed on the side of the box. However, if your naloxone has been in your hot car, there have been reports of it still maintaining effectiveness after being stored outside the manufacturer's guidelines.



Does naloxone expire?

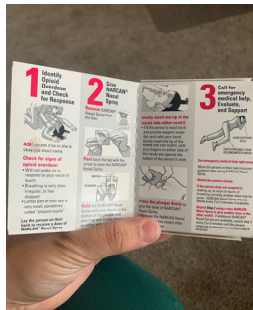
Yes, Naloxone manufacturers do list an expiration date on the top of the box.

If your naloxone expires, contact ODMHSAS or a local naloxone hub and you can get a replacement for free.



Infodump!


- If you forget how to use it, you will have access to this PowerPoint after the training for reference. You may also contact ODMHSAS or a local naloxone hub for a re-training.
- PRO TIP: There is a fold out on the box which explains how to recognize and respond to opioid overdose. This is a great refresher on what to do during an opioid overdose event.



Narcan side effects

- Sudden opioid withdrawal symptoms which can be severe. In someone who has been using opioids regularly, opioid withdrawal symptoms can happen suddenly after receiving NARCAN® Nasal Spray and may include:
 - Some patients may show aggressive behavior upon abrupt reversal of an opioid overdose.
 - In infants under 4 weeks old who have been receiving opioids regularly, sudden opioid withdrawal may be life-threatening if not treated the right way. Signs and symptoms include: seizures, crying more than usual, and increased reflexes.



- Body aches
- Diarrhea
- Increased heart rate
- Fever
- Runny nose
- Sneezing
- Goose bumps
- Sweating
- Yawning
- Nausea or vomiting
- Nervousness
- Restlessness or irritability
- Shivering or trembling
- Stomach cramping
- Weakness
- Increased blood pressure



The Naloxone Project

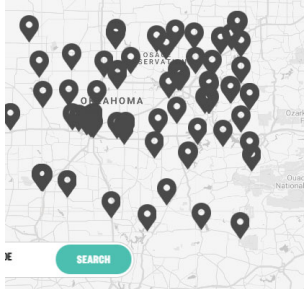
- 640 programs nationally
- Distribute free naloxone to anyone through community behavioral health clinics throughout the state
- Educate each kit recipient on kit use
- Train community and law enforcement agencies on the benefits of carrying naloxone
- Raise awareness of growing overdose epidemic
- Increase understanding of prevention strategies
- Increase awareness of resources for those who use drugs


- In Oklahoma
 - 2.5k naloxone kits distributed via mail in 2021
 - Partners average 2 trainings per month for law enforcement
 - Partners average 3 trainings per month for community groups

NALOXONE AVAILABILITY

- Naloxone is available for free at several locations across the state.
- At any Certified Community Behavioral Health Center in OK
- By mail at www.okimready.org





Discussion

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- <https://www.ada.org/~/media/ADA/Professional%20Care/PDF/031716a.pdf?hash=halvaywq6N2K%20D%20spec%20%20app%20and%20national%20is%20any%20arm%20aff%20>
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