

Please note...

- This is an interactive training and is best viewed as a slide show presentation.
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- Once you are done viewing each slide, use the arrow keys to advance to the next slide or return to review the previous slide.
- If prompted by PowerPoint, be sure to enable content and enable editing.
- Content and sound will play automatically. Videos will need to be started by clicking the play button on the video.
- There will be a short quiz at the end of the presentation.

Opioid Overdose Prevention & Naloxone Training

Drug Overdose Prevention Program (DOPP)
Illinois Department of Human Services
Division of Substance Use Prevention and Recovery (SUPR)

Welcome to the Naloxone Training

You're on your way to learning how to reverse an opioid overdose and save lives. Please follow along carefully through the training module to learn the important techniques that will prepare you in the event of an opioid overdose. Once you have completed the training, there will be a short quiz in order to receive your training certificate.

Thank you for taking the time to complete this training.



Learning Objectives...



Understand the opioid crisis occurring in Illinois and across the United States



Learn how to identify and respond to an opioid overdose



Learn how to administer naloxone

OPIOIDS

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graph LR; A((OPIOIDS)) --- B((What are opioids?)); A --- C((What are opioids used for?)); A --- D((Why are opioids risky?)); B --- B1[• Opioids are natural or synthetic substances that act on the brain.]; B --- B2[• Some opioids may be prescribed for pain, or they can be used illegally.]; C --- C1[• Opioids dull pain and relieve anxiety.]; D --- D1[• Anyone exposed to opioids may then be at risk to become dependent or misuse them.];
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What are opioids?

- Opioids are natural or synthetic substances that act on the brain.
- Some opioids may be prescribed for pain, or they can be used illegally.

What are opioids used for?

- Opioids dull pain and relieve anxiety.

Why are opioids risky?

- Anyone exposed to opioids may then be at risk to become dependent or misuse them.

THIS IS YOUR BRAIN ON OPIOIDS

Click the Play Button to Start the Video



A NATIONAL EPIDEMIC



Each day, more than

1,000
PEOPLE

are treated in **emergency departments** for not using prescription opioids as directed.



Emergency department visits for opioid overdoses increased 30% in the US from July 2016 through September 2017.

Three out of four new heroin users reported misusing prescription opioids prior to heroin.

Heroin-related overdose deaths have more than quadrupled since 2010.

THE OPIOID CRISIS IN ILLINOIS

In 2016...

There were **1.5x** as many opioid overdose deaths as homicides in Illinois

2x as many people in Illinois died from opioid overdoses than died in car accidents

In Cook County

Cook County ranks **first** in the nation for percentage of arrestees testing positive for opioids

The Chicago Metropolitan area ranks **first** nationwide in emergency department mentions for heroin use

WHAT IS AN OVERDOSE?

- An opioid overdose occurs when opioids overwhelm receptors in the brain
 - Respiration is suppressed
 - Person may stop breathing
- Overdose usually occurs over 1-3 hours
- Can be caused by:
 - ✓ Taking more opioids than prescribed
 - ✓ Combining opioids with other depressants, such as alcohol
 - ✓ Taking more opioids than one can tolerate

HOW OVERDOSE WORKS

Slow Breathing



Breathing Stops



Lack of oxygen may cause brain
damage



Heart Stops



Seizure, stroke, or even death

WHAT INCREASES RISK OF OVERDOSE?

Switching between prescriptions

Chronic medical conditions

Discharge from emergency medical care after an opioid overdose

Mixing opioids with other substances

Recent release from a detoxification program or incarceration

WAYS TO PREVENT OVERDOSE DEATH

For people with
an opioid
prescription

Take opioids
only as
prescribed

Do not mix with
other drugs
and/or alcohol

For opioid users
and family
members

Know where to
find naloxone and
how to administer
it

Seek evidence-
based treatment
for substance use
disorders

DISTINGUISH BETWEEN AN OVERDOSE AND SOMEONE WHO IS HIGH

- Someone who is high might not be experiencing an overdose.
- Look for these symptoms to determine if an overdose is occurring.
- **If unsure, call 9-1-1 and administer naloxone.**

REALLY HIGH	OVERDOSE
Muscles becomes relaxed	Pale, clammy skin
Speech is slowed or slurred	Breathing is infrequent or has stopped
Sleepy looking	Deep snoring or gurgling
Responsive to sternal rub, shouting, earlobe pinch	Unresponsive to any stimuli
Normal heart rate and/or pulse	Slow or no heart rate/pulse
Normal skin tone	Blue lips and/or face

RESPONDING TO AN OVERDOSE

SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.

CALL 911 IMMEDIATELY!

Your address: _____

THEN:

Give breaths
1 breath every 5 seconds

Use naloxone
if you have it

fraserhealth fraserhealth.ca/overdose Catalogue # 265247 (August 2016) English
To order: patienteduc@fraserhealth.ca

Step 1: Recognize an overdose

Step 2: Attempt to Arouse – Sternal Rub:
Rub person's sternum with knuckles

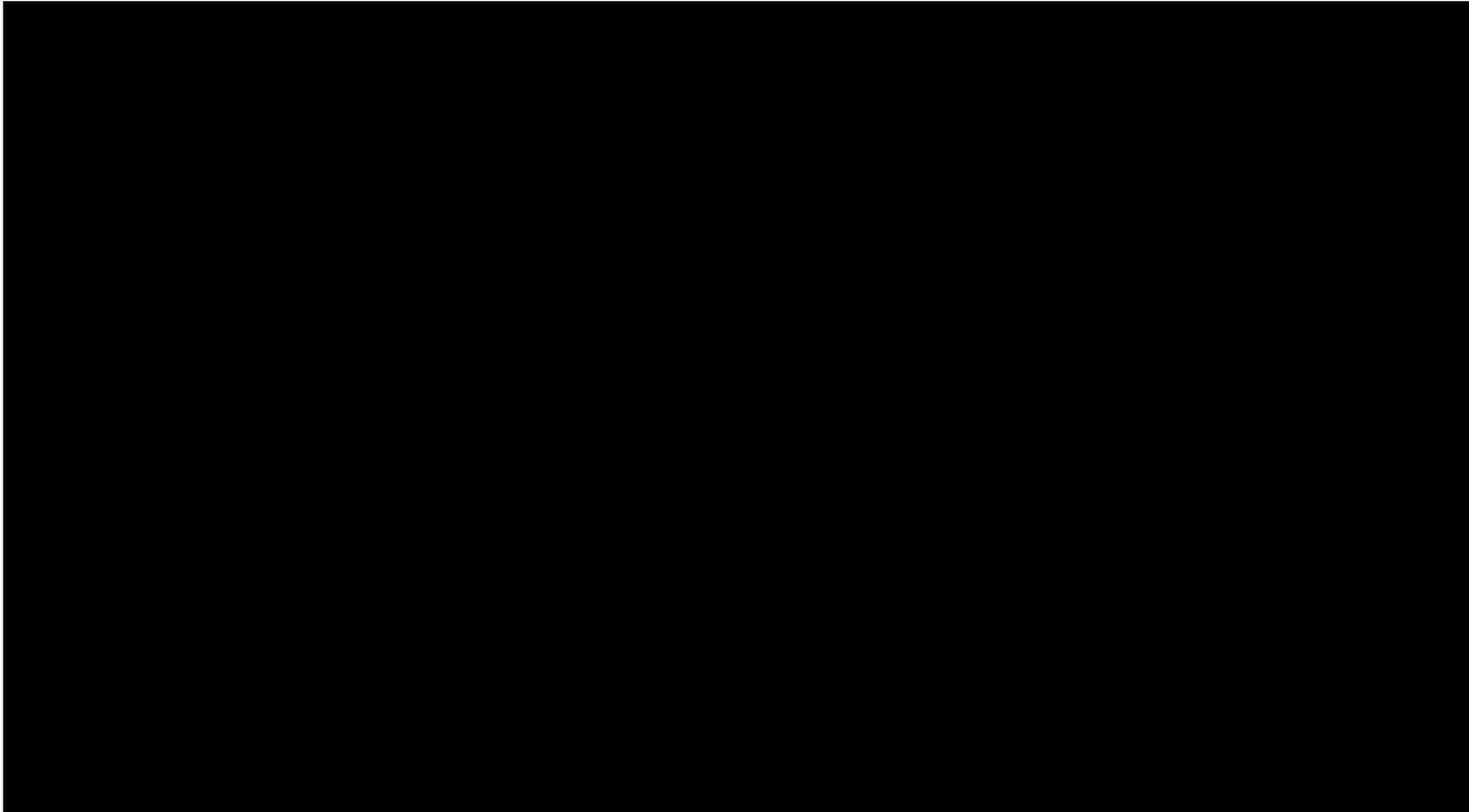
Step 3: Call 9-1-1 (or Step 4, whichever you can do quickest)

Step 4: Administer naloxone, Rescue Breathing

Step 5: Stay Until Help Arrives

OVERDOSE TRAINING VIDEO

Please Pause to Watch This Short Training Video



Source: Chicago Recovery Alliance, Sawbuck Films

WHY Naloxone?

Naloxone is effective

- Naloxone reverses effects of an overdose.
- Anyone in Illinois can be trained to administer naloxone.

Naloxone is safe

- There is no potential for misuse or addiction.
- It is as nontoxic as water.
- It will not hurt someone who has not taken opioids.

Naloxone Facts

Onset of action is about 2-3 minutes

Duration of action is 30-120 minutes depending on method of administration

It only reverses overdoses caused by opioids

May be used in children and pregnant women

Expired naloxone can still be administered

- **It may not be as effective, and a second dose may be required.**

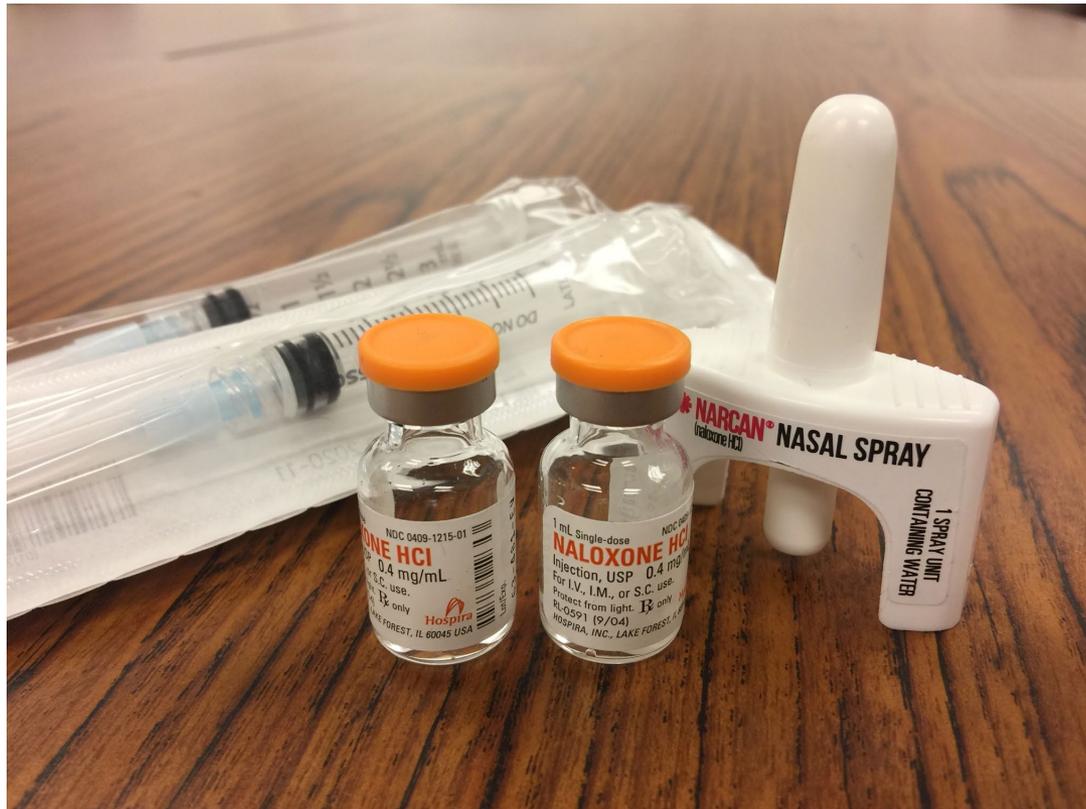
2 Ways to Administer Naloxone

Nasal (intranasal – IN)

- Narcan brand

Injectable (intramuscular – IM)

- Auto injector (Evzio brand)
- Syringes



HOW TO ADMINISTER INJECTABLE NALOXONE

Injectable naloxone

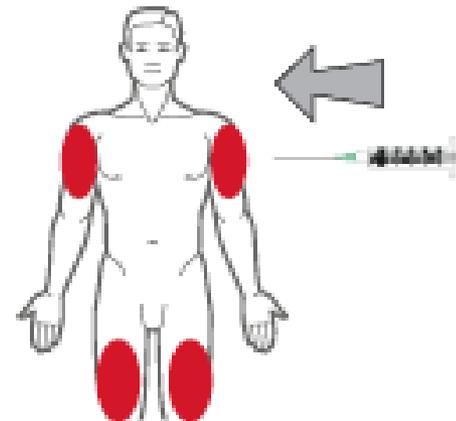
- 1** Remove cap from naloxone vial and uncover the needle.



- 2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.



- 3** Inject 1 ml of naloxone into an upper arm or thigh muscle.



- 4** If no reaction in 3 minutes, give second dose.



How to give nasal spray Naloxone

In the case of a **known or suspected** opioid overdose:

1. Peel back the tab to remove NARCAN® Nasal Spray from its package.



2. Place the device into one nostril.



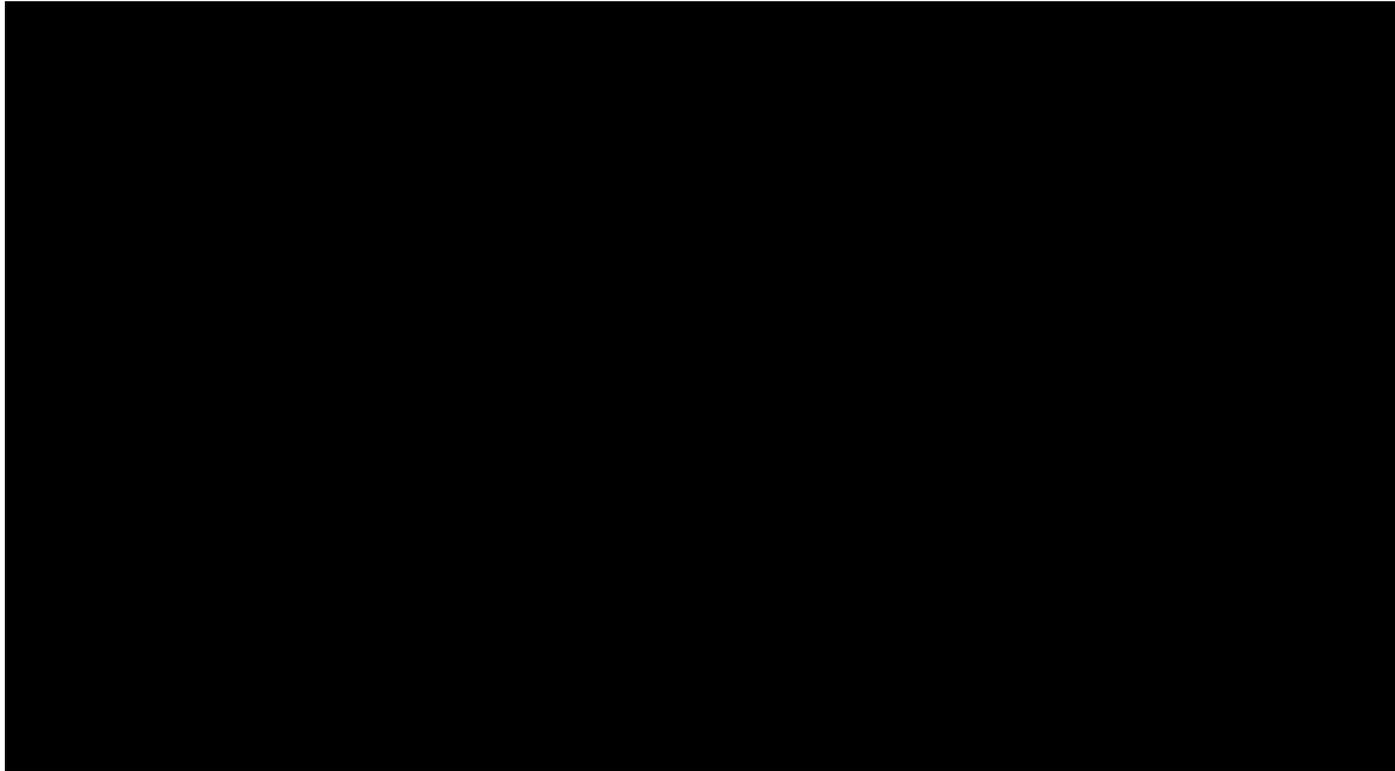
3. Press the device plunger firmly.



4. Get emergency help right away. If no response after 2-3 minutes, give a second dose in the other nostril.

Narcan Training Video

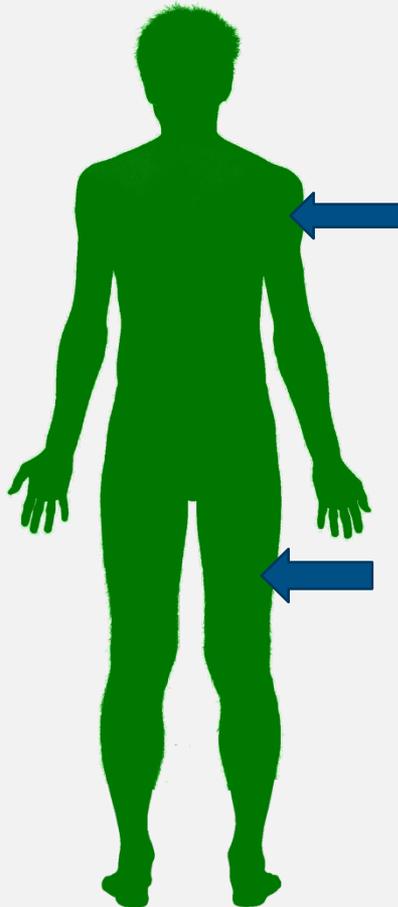
Please pause the training to watch this short video demonstrating how to administer Narcan nasal spray.



Check your learning

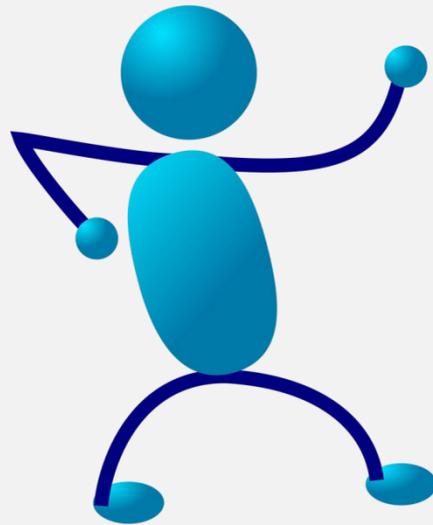
Can you identify where to administer naloxone?

Click on an area of the body where naloxone can be injected into the muscle



Great job!

Naloxone can be injected into a muscle in the person's arm or leg



Remember...



You do not need to remove their clothing to administer naloxone.



If the first dose does not work within 2-3 minutes, give a second dose and begin rescue breathing again.



If the person is still unresponsive, make sure to lay them in the recovery position, on their side, to prevent choking and wait for help.

Rescue Breathing

1 Check that the person's airway is clear

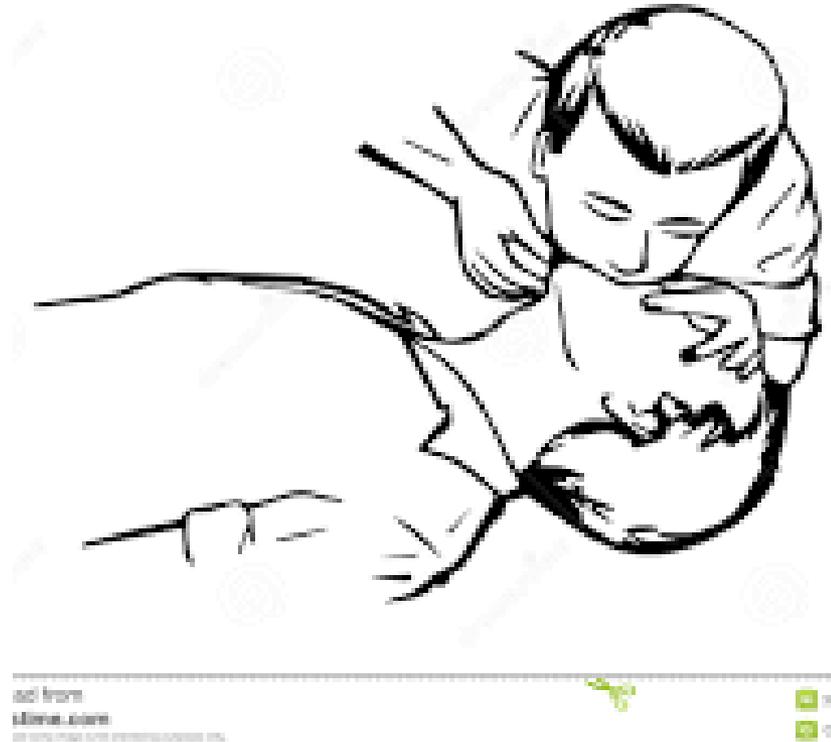
2 Place one hand on the person's chin, tilt the head

3 Pinch the nose closed

4 Place your mouth over the person's mouth to make a seal and give 2 slow breaths.

5 The person's chest should rise (but not the stomach).

6 Follow up with one breath every 5 seconds until the person can breath on their own



While you're waiting for naloxone to kick in...

Start rescue breathing until you see the person start to breathe on their own.

Wait 2-3 minutes to give the medication a chance to work.

If no response after 2-3 minutes, give a second dose of naloxone and begin rescue breathing again.

If still no response, continue rescue breathing until paramedics arrive and let them take over.

Note: naloxone will only work if the individual has taken an opioid.



After administration of naloxone...

Stay with the person for as long as you can or until help arrives.

If the person is still unresponsive, lay them in the recovery position.

If the person is responsive, they will be confused and will probably not remember overdosing.

Explain what has happened

The person may experience withdrawal symptoms

Some people may become agitated or combative

Comfort the person

Summary – Do's and Don'ts

DO...

Support the person's breathing by performing rescue breathing

Administer naloxone

Put the person in the "recovery position", on their side

Stay with the person and keep him/her warm

DON'T...

Slap or try to forcefully stimulate the person

Inject the person with any substance other than naloxone

Put the person into a cold bath or shower

Make the person vomit what he/she may have swallowed

WHERE TO FIND NALOXONE

Illinois Department of Public Health Data Dashboard
Naloxone Distributor Locator:

<https://idph.illinois.gov/OpioidDataDashboard/>

Ask your medical provider or pharmacy: CVS, Walgreens,

Go to

- getnaloxonenow.org

Illinois helpline for opioids and other substances:

- Helplineil.org

Ideally, naloxone should be available in these settings:

- Syringe Exchange Programs
- Jails
- Hospital Emergency Departments
- Free Clinics
- First Responders
- Friends and Family members
- Methadone, Suboxone and Other Treatment Programs

IMPORTANT RESOURCES

Videos Used in This Training:

Your Brain on Opioids (National Geographic)

- https://youtu.be/NDVV_M_CSI

Naloxone Training Video (Chicago Recovery Alliance)

- <https://youtu.be/3epkpT-V6c0>

Narcan Administration Video

- <https://youtu.be/tGdUFMrCRh4>

[Drug Overdose Prevention Program \(DOPP\)](#)

Illinois helpline for opioids and other substances:

- <https://helplineil.org/>

Congratulations!

You have completed the Naloxone Training. Click the link below to test your knowledge and receive your training certificate.

[Training Quiz](#)