

Overdose Prevention and Reversal Training



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Community
College
of Philadelphia

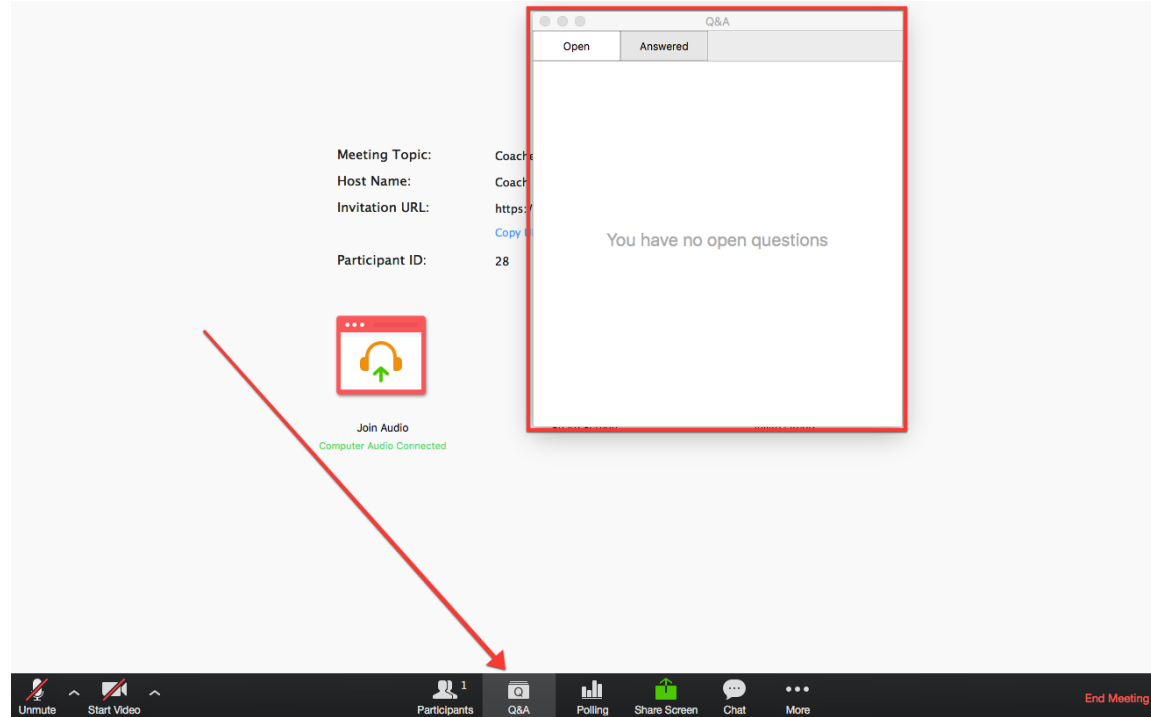
National Nurse-Led Care Consortium & Public Health Management Corp



Zoom Webinar

Please enter any questions into to Q&A chat feature

We will have time for questions at the end of the presentation



What to Look for After the Webinar

Slides from presentation – helpful links and resources included

Please complete the NNCC survey after the presentation today

Once you complete the survey, NNCC will send your Narcan Training Certificate for your records

COVID-19 Emergency Response

Philadelphia Resources

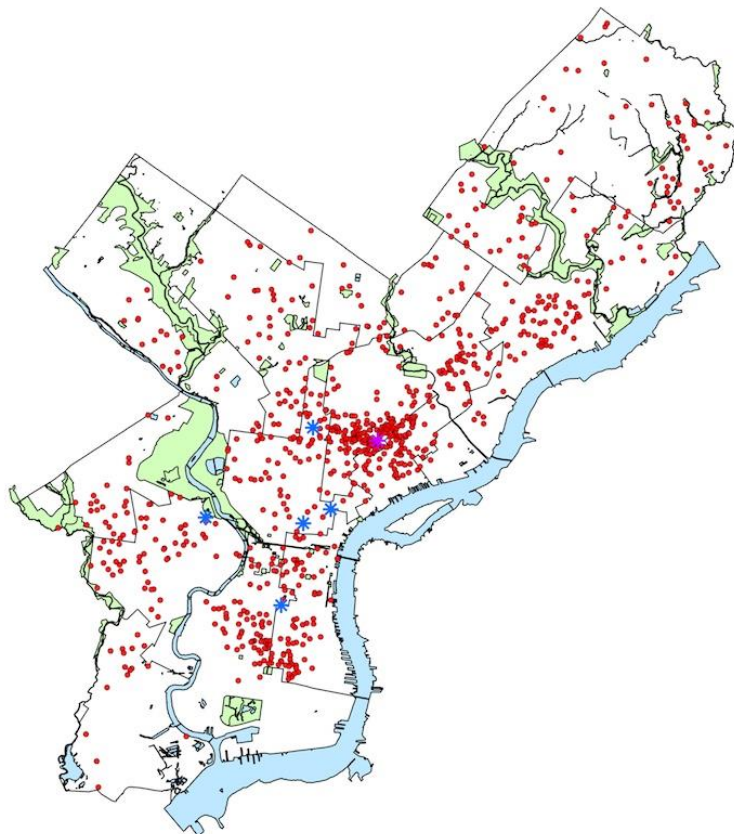
- Community Behavioral Health Hotline (1-888-545-2600)
- [Current Risk in Philadelphia](#)
- [Coronavirus Helpline Info](#)
- [Student Meal Distribution](#)
- [Free Nutritious Food](#)

Pennsylvania Resources

- [PA Updates](#)
- [24 Hour Crisis Number for All Counties in PA](#)
- [NAMI HelpLine](#)

Learning Objectives

- 1 Opioids & Overdose 101
- 2 The State of the Crisis
- 3 How Did We Get Here?
- 4 Where to Get Help



Opioids & Overdose

101

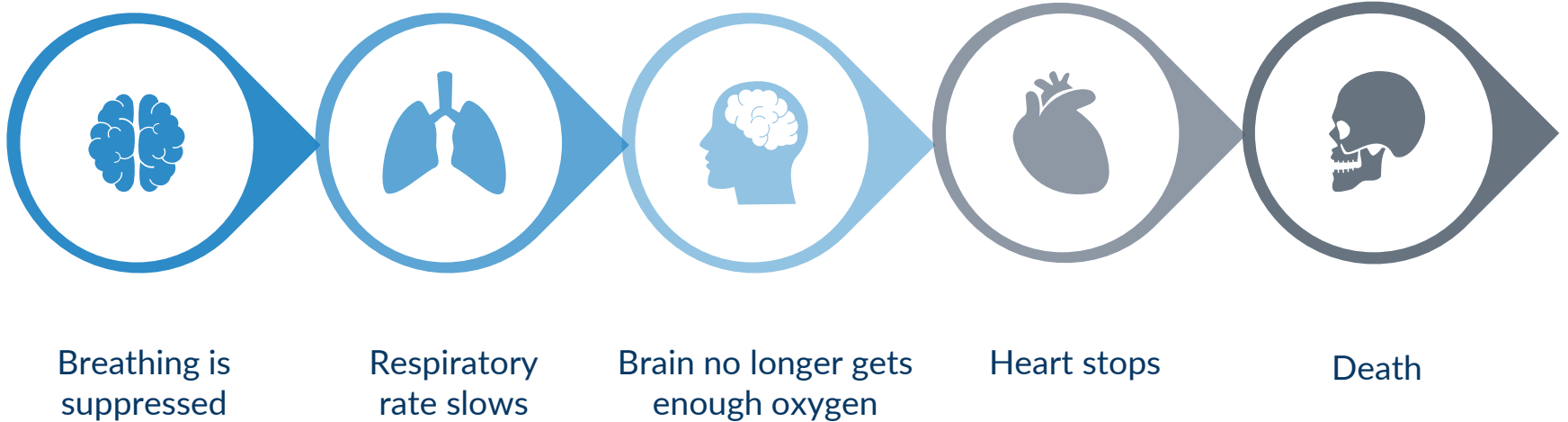
Opioids are drugs that are used to control pain



Fentanyl now accounts for the majority of opioid-related deaths

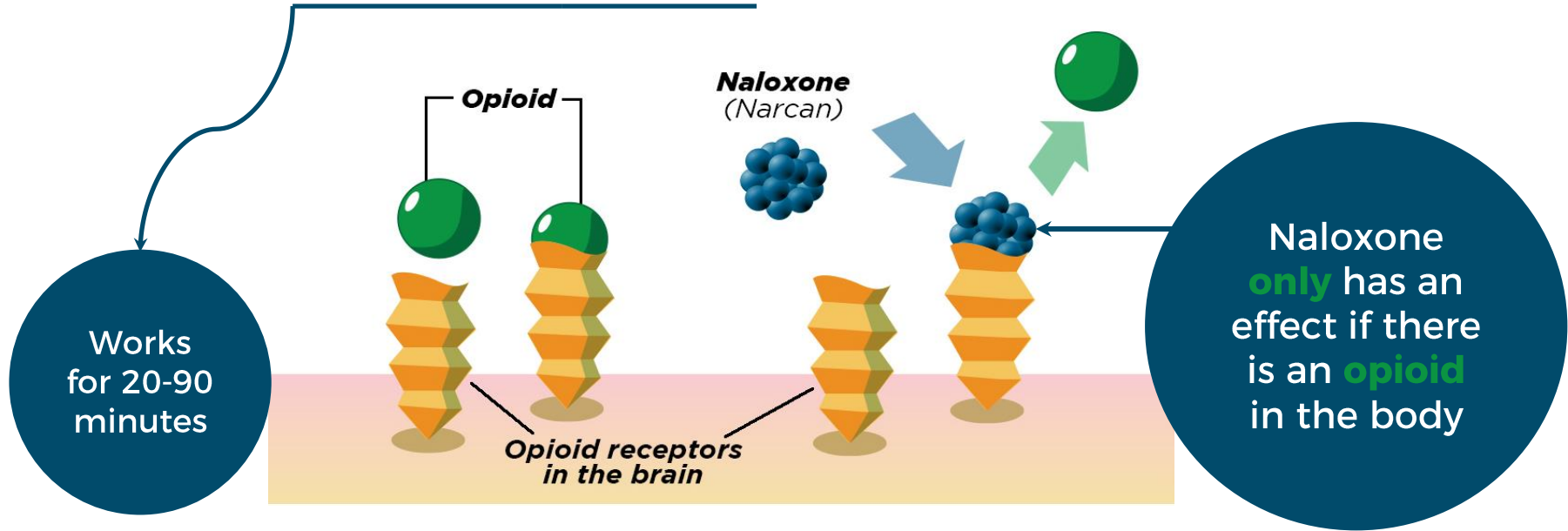


Opioid overdose *can* be deadly...

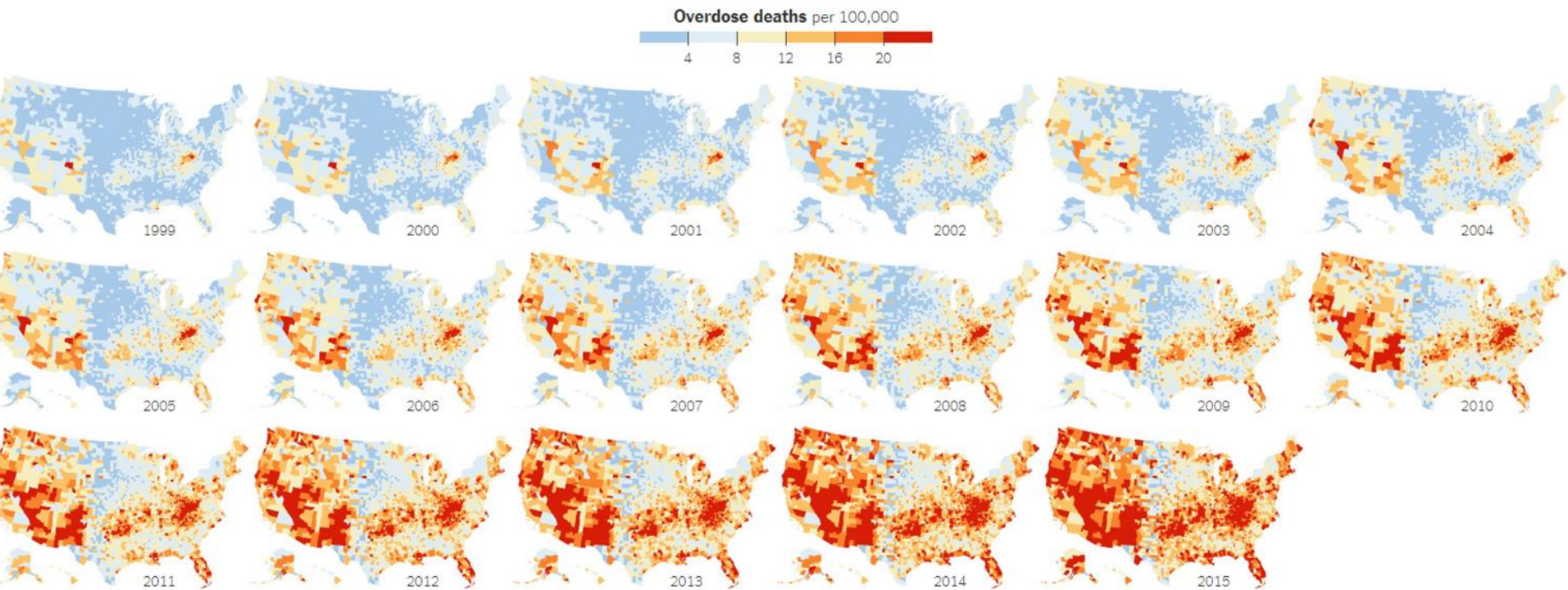


...but can be prevented with **naloxone**.

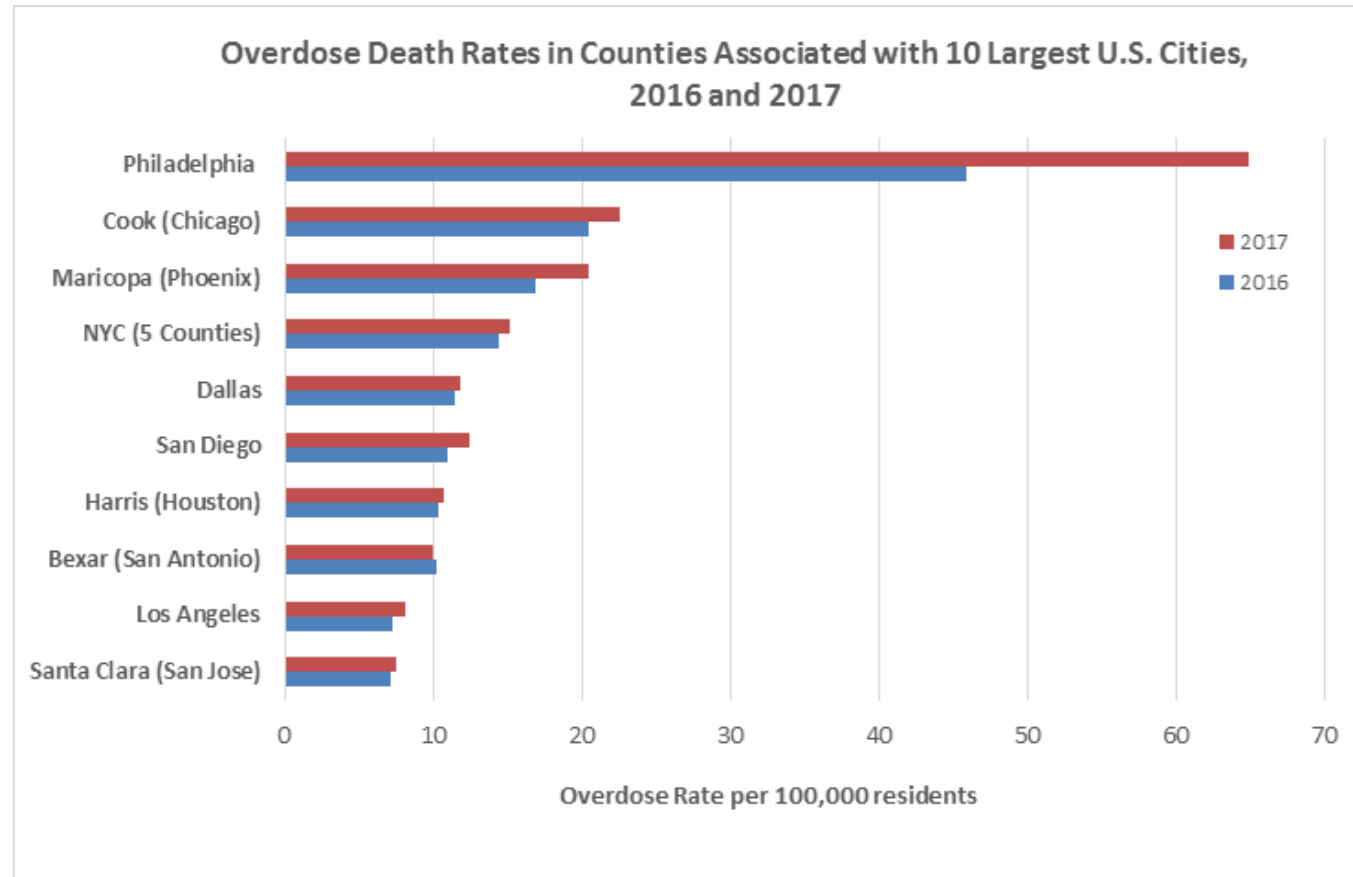
Naloxone, or Narcan®, temporarily reverses the effects of an opioid overdose



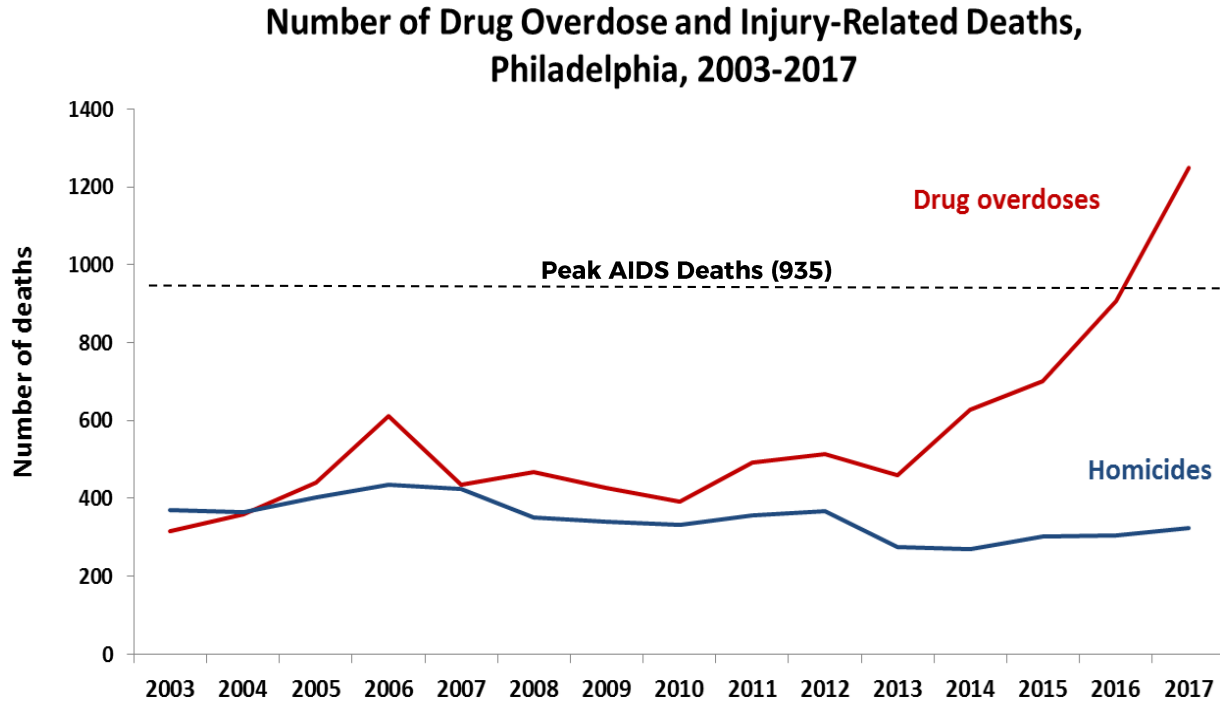
The State of Crisis



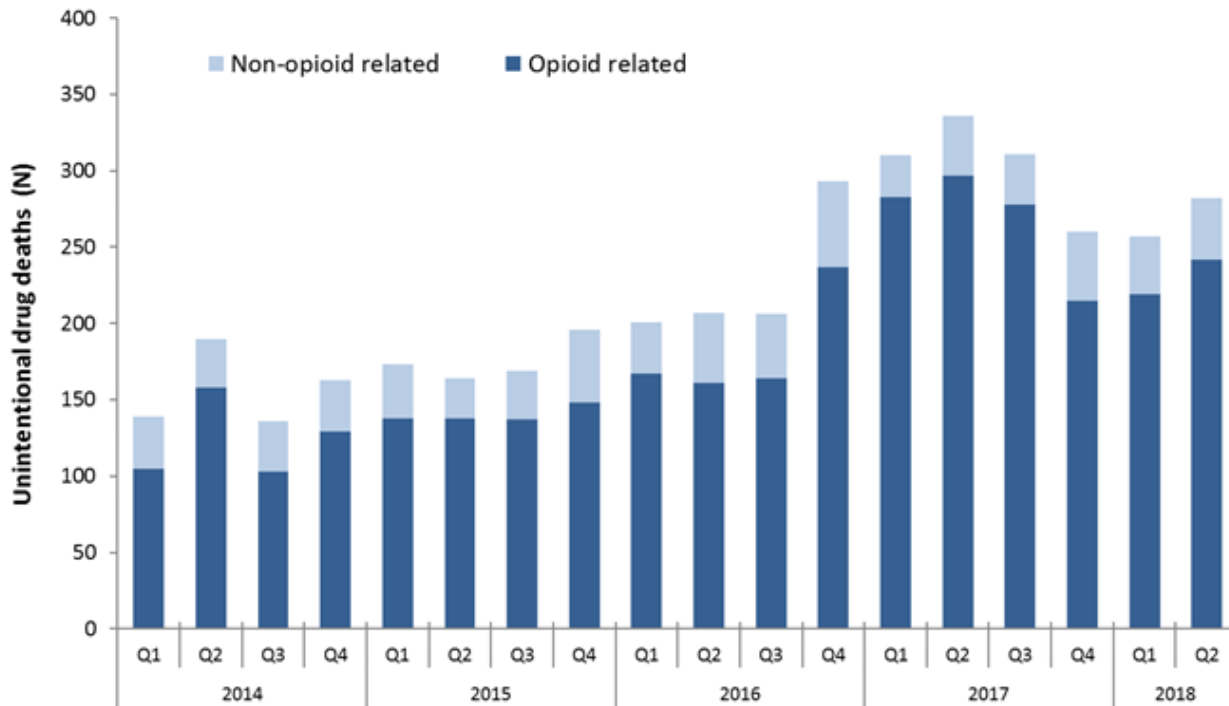
Philadelphia
had the
highest
overdose
death rate of
the top 10
largest U.S.
cities in 2016
and 2017



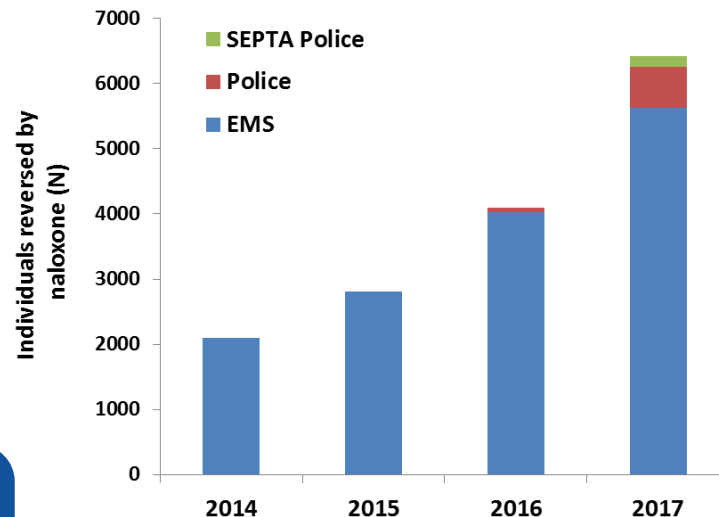
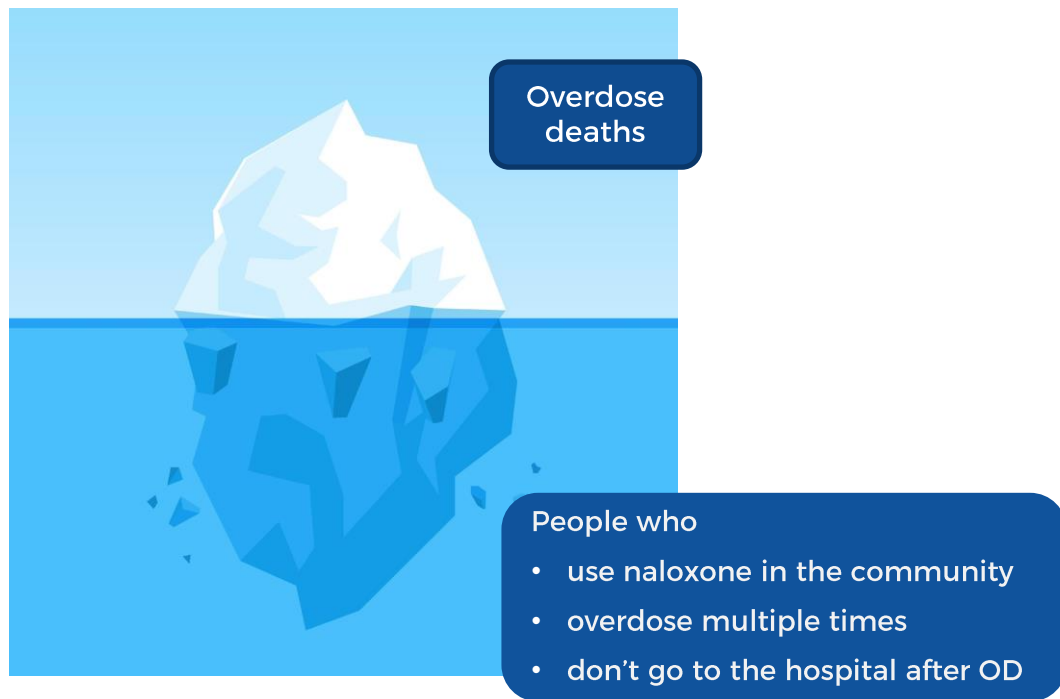
Drug overdoses caused 4x as many deaths as homicides in 2017



1,217 people died from drug overdoses in 2017

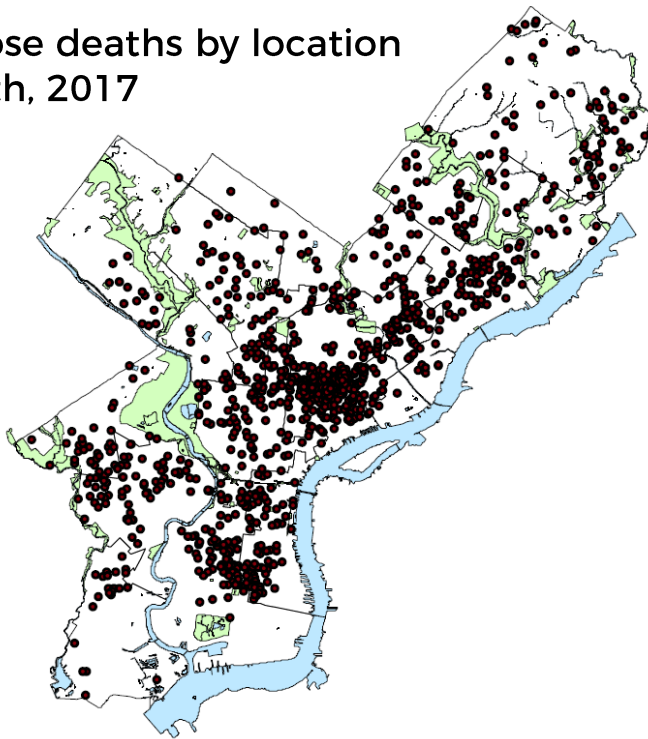


Fatal overdoses are the tip of the iceberg

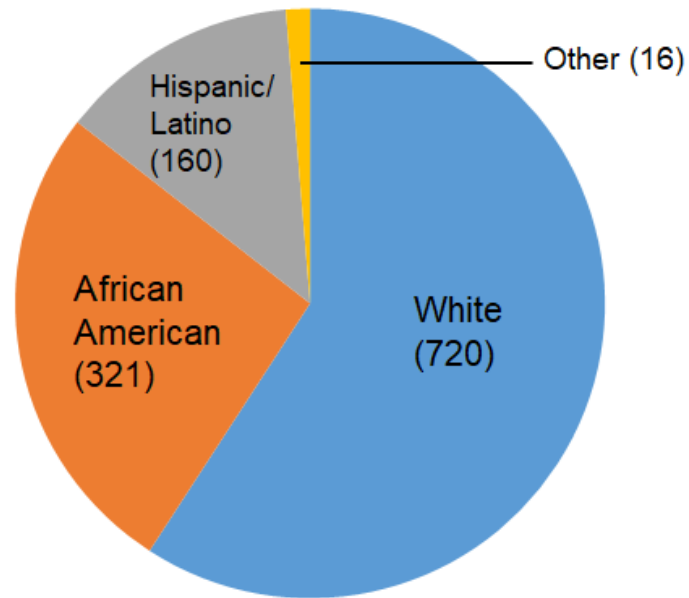


All geographic regions and demographics are affected

Overdose deaths by location of death, 2017

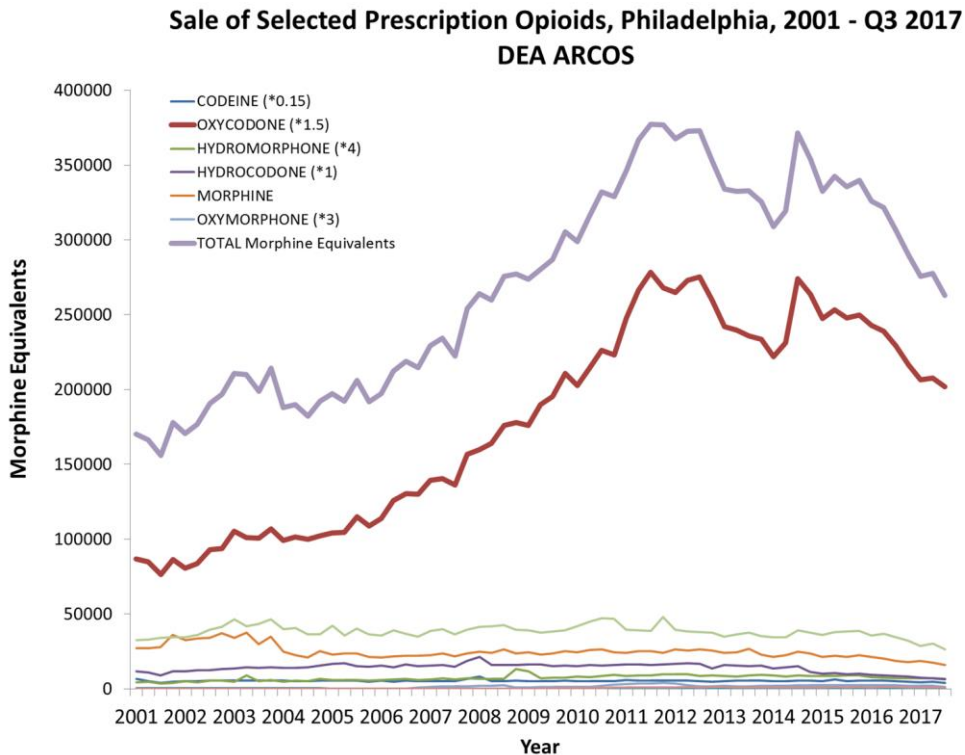


Overdose deaths by race/ethnicity, 2017



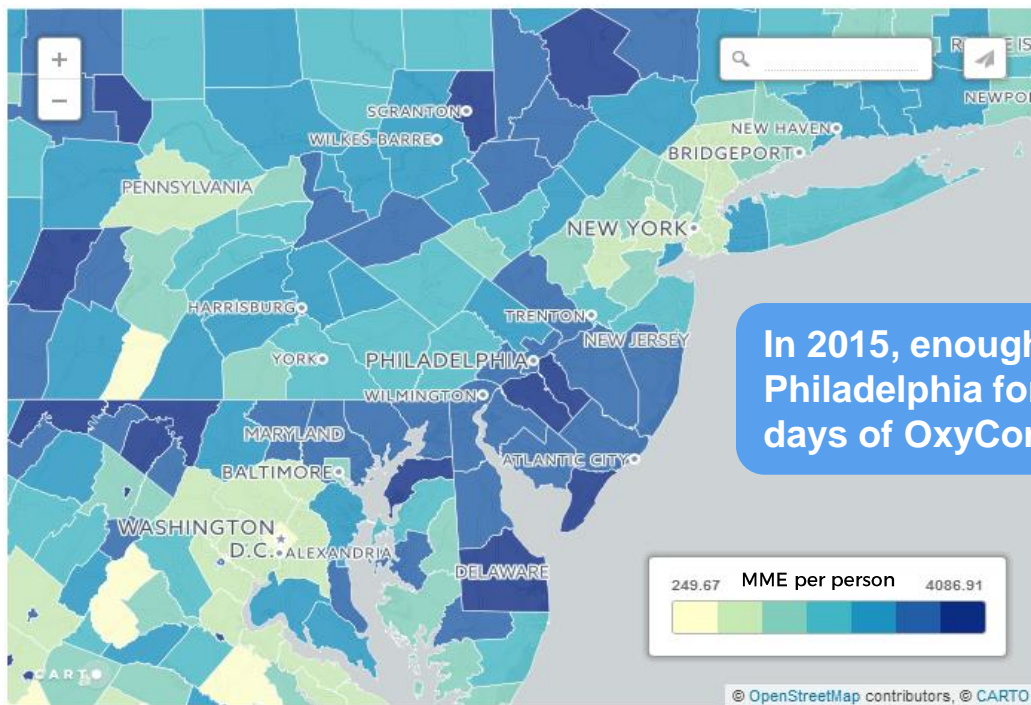
How Did We Get Here?

Increase in prescription opioid sales



Opioid sales more than doubled in Philly between 2000 and 2012.

High rates of opioid prescribing regionally



In 2015, enough opioids were prescribed in Philadelphia for every person to have 29 days of OxyContin

For those who are addicted, heroin is cheaper



\$25

30mg Roxicodone,
street price in Philadelphia

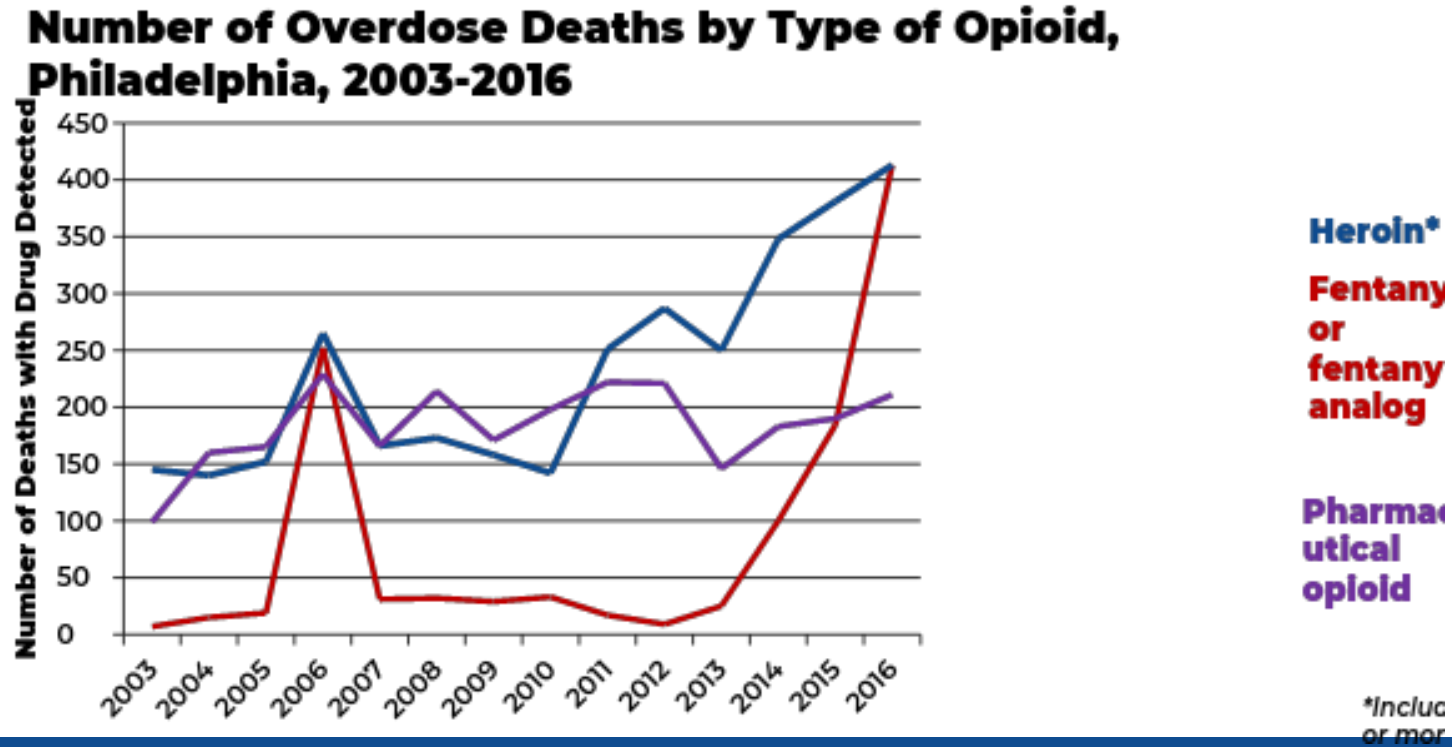


\$14

30mg heroin

People who have misused opioid pain relievers are 19 times more likely than others to start using heroin

Fentanyl was involved in 50% of opioid-related deaths



What You Can Do

What puts people at risk for overdose?

- Mixing drugs
- Variation in strength and content of 'street' drugs or pharmaceuticals
- Switching mode of administration (taking pills, snorting, injecting)
- Tolerance changes
- Using alone
- Physical health (liver functioning, weight loss, immune system, dehydration, etc.)



Recognizing the signs of an overdose could save a life

- Relaxed muscles
- Normal skin tone
- Slowed/slurred speech
- Drowsy appearance
- Responsive to stimuli
- Normal heartbeat

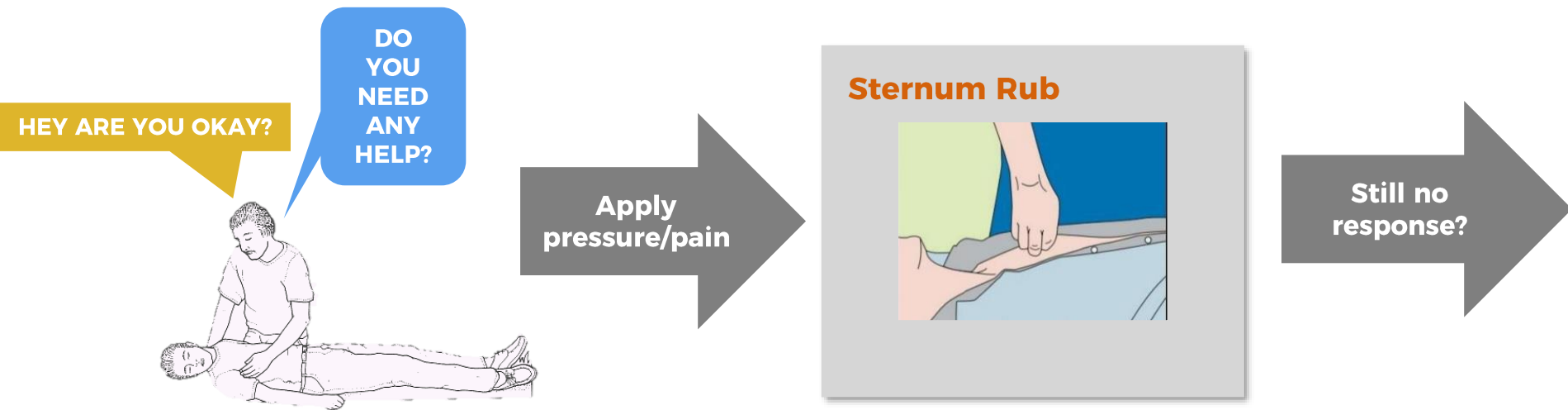
“HIGH”



OVERDOSE

- Unresponsive or unconscious
- Shallow or no detectable breathing
- Very pale or blue skin
- Vomiting
- Slow or irregular heartbeat
- Stiffened body or seizure-like activity
- Strange behavior prior to becoming unconscious

If you see someone who may be overdosing
First, try to wake the person up.



Consent

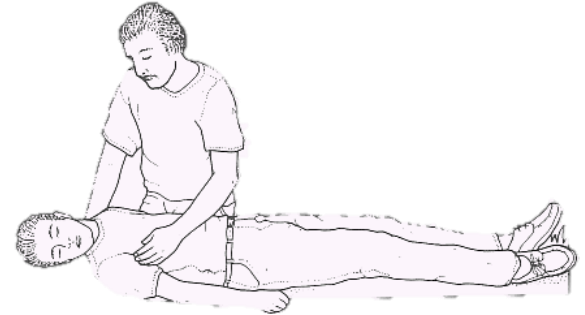
Remember: Emergency situations can be very disempowering to the person experiencing it.

It is **our** responsibility as the responder to treat the person with dignity and respect.

- ▷ **Always ask for consent before attempting to help a person**
 - Even if they appear to be unconscious, they may still be able to hear you!
 - The person may refuse - that is ok!
- ▷ If the person is unresponsive, you may then act to help them under the principle of **implied consent**

We recommend saying,

“Since you are not responding, I am going to give you naran.”

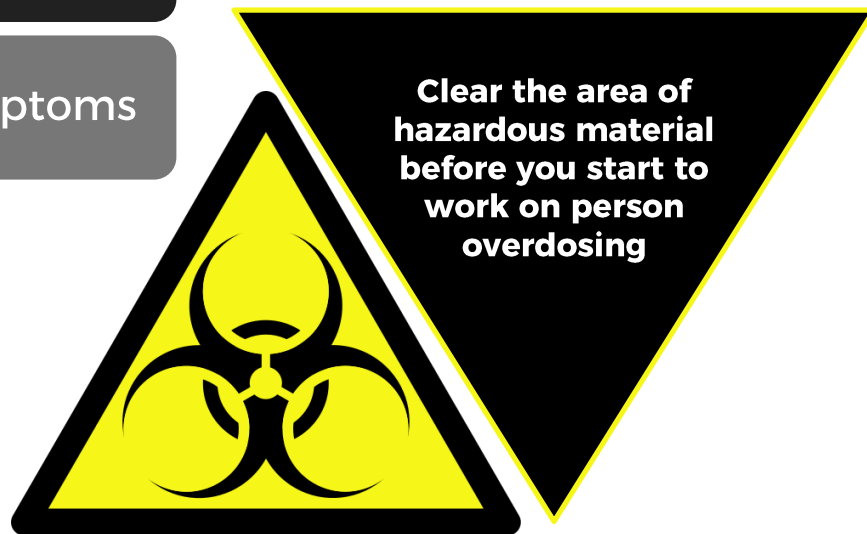


Call 911 & Check the area



Give the exact location

Describe the symptoms

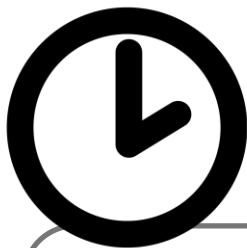


Take Action

Giving naloxone



Works for 20-90 minutes



**CHECK
THE
TIME**

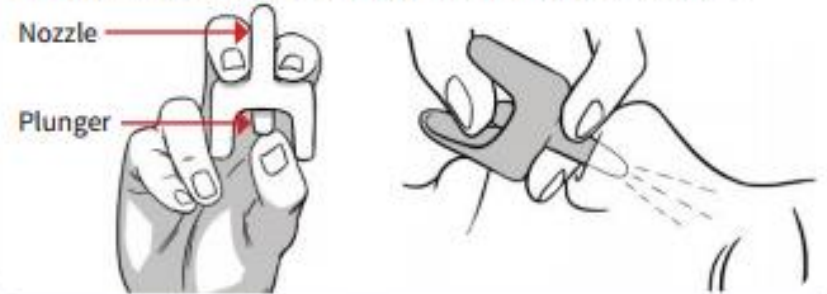
If the person
does not
respond within
3-5 minutes,
give a 2nd dose

Take Action



Nasal spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

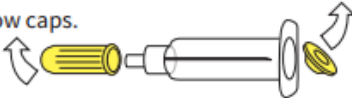
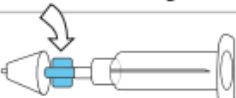
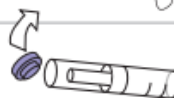
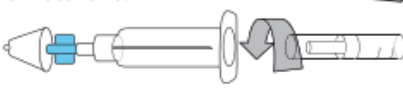



Take Action



Nasal spray with assembly

This requires assembly. Follow the instructions below.

- 1** Take off yellow caps. 
- 2** Screw on white cone. 
- 3** Take purple cap off capsule of naloxone. 
- 4** Gently screw capsule of naloxone into barrel of syringe. 
- 5** Insert white cone into nostril; **give a short, strong push** on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.** 
Push to spray.
- 6** If no reaction in 3 minutes, give second dose.

Take Action



Injectable naloxone

This requires assembly. Follow the instructions below.

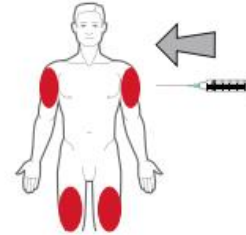
- 1** Remove cap from naloxone vial and uncover the needle.



- 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.

Take Action



EVZIO is the first and only intelligent take-home naloxone auto-injection system with voice and visual guidance—designed to help caregivers take fast, confident action administering naloxone in an opioid emergency.



Each EVZIO prescription comes with a black-and-white Trainer that can be used for practice

Auto-injector

The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.



Even if naloxone is not available,
rescue breathing will buy time.

Clear the airway

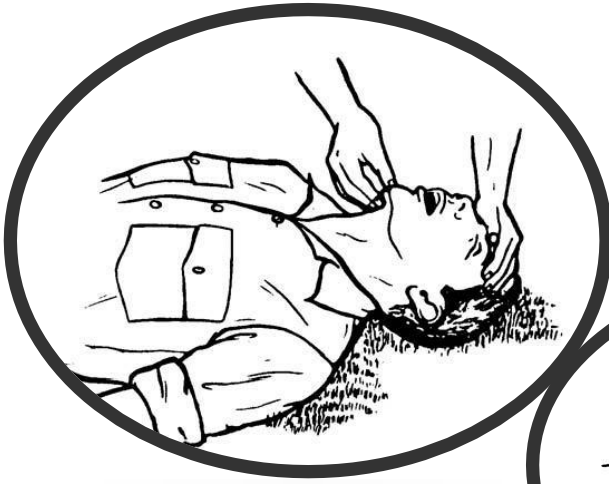
Tilt head back

Lift chin

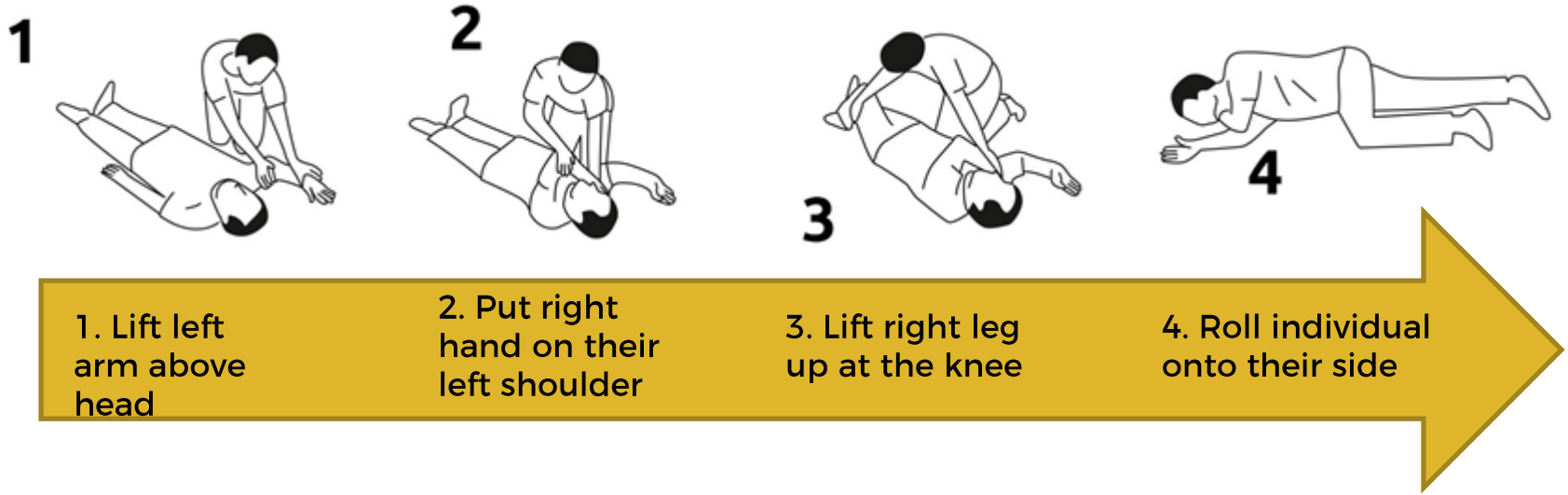
Pinch nose

Give 2 breaths every 5 seconds

**Do not give compressions unless
the heart has stopped**



If the person starts breathing on their own, *but has not yet become conscious*- put them in the **recovery position**.



After overdose

Explain what happened

Explain what naloxone is

Encourage individual to go with emergency personnel

**If they refuse, monitor them
or encourage them to stay with others**

Advise them not to use again for at least 4 – 6 hours

PA's Standing Order is a prescription for any PA resident



Updated: 01/10/2018

STANDING ORDER DOH-002-2018

Naloxone Prescription for Overdose Prevention

XI. KEY INFORMATION

1. If you believe, someone is experiencing an opioid overdose, call 911!
2. Remain with the person until first responders arrive. Act 139 provides that you will not be arrested or charged with parole violations or drug offenses if you call 911, provide all necessary information and remain with the person in distress.
3. Become familiar with how to use Naloxone before someone needs it, through the pharmacist, your medical provider, or online training.
4. If you have questions about the proper use of Naloxone, ask the pharmacist, contact your health care provider, or go to the DOH website at <http://bit.ly/NaloxoneinPA>

XII. REVIEW

This standing order will automatically expire on the date that the physician whose signature appears below has ceased acting as Physician General or until a health care professional otherwise authorized to prescribe Naloxone to the Eligible Person does so as authorized under Act 139-2014, whichever occurs first. This standing order will be reviewed, and may be updated, if there is relevant new science about Naloxone administration, or at least in 4 years.


Physician General's Signature and License Number


Effective Date


Physician General's Name (Print)

This standing order may be revised or withdrawn at any time.



ANYONE can walk into a pharmacy and get naloxone *without* a doctor's prescription.



It is covered by most insurance plans.



Provides immunity for those who report and/or respond to an overdose.



In other words, you cannot get in trouble for calling for help

Talk to your pharmacist today about getting naloxone!



**Philadelphia
Pharmacy**
(215)425-2800
FRONT AND LEHIGH
WWW.PHILARX.COM

Community
A Walgreens PHARMACY

Uninsured? High copayment?

Prevention Point
has kits for
\$40 donation



Services are available: <https://ppponline.org/coivd-19-service-changes>



Testing, Treatment, and Medical Clinics

PPP regularly provides HIV and HCV testing and linkage to care. Free medical clinics are also available multiple times per week. Click on Streetside Health Project to find out more.



Drop-In Center

The John Paul Hammond Drop-In Center provides participants with a safe place to find shelter from the street and become linked to social and medical services.



Syringe Exchange Program

As the longest-running service provided by PPP, the Syringe Services Program has been a major factor in reducing the number of new HIV infections in Philadelphia.

Medication Assisted Treatment

MAT pairs nondrug therapies, such as counseling and with an FDA-approved medication to treat OUD. These drugs—buprenorphine and naltrexone

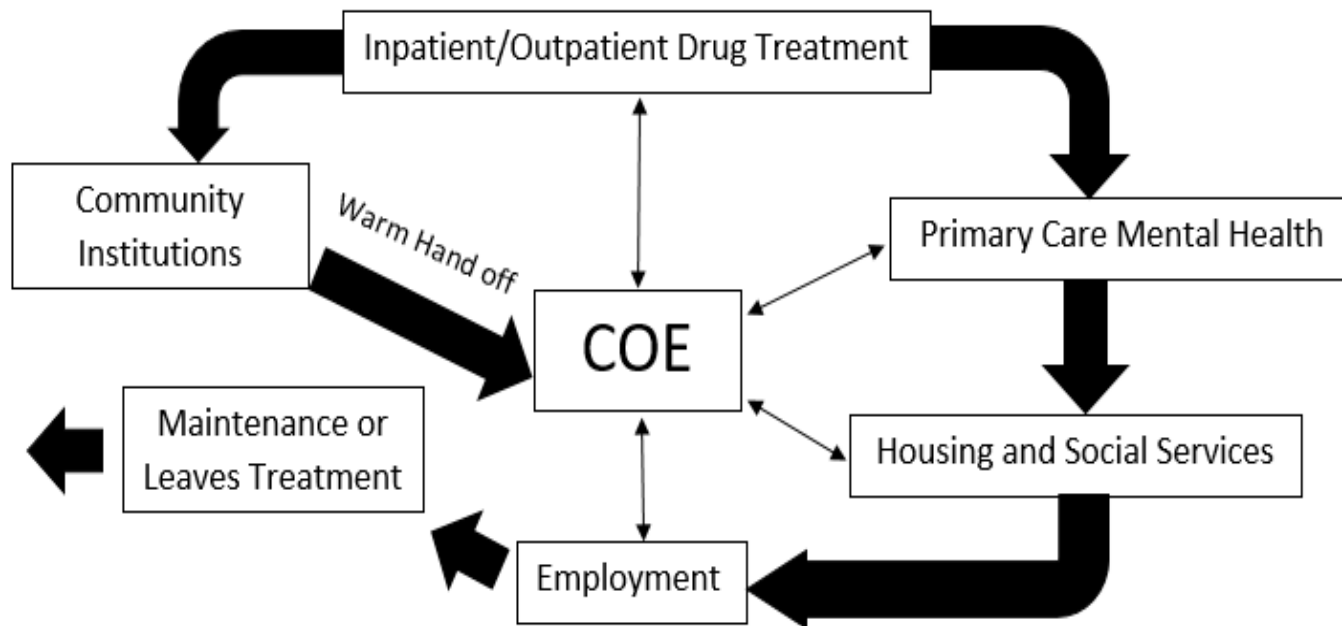
Research shows that MAT significantly increases a patient's adherence to treatment and reduces illicit opioid use compared with nondrug approaches. By reducing risk behaviors such as injection of illicit drugs, it also decreases transmission of infectious diseases such as HIV and hepatitis C.

Additional Health Care Services are available: Medication Assisted Treatment (MAT) at PHMC Care Clinic

- Vivitrol, Suboxone, and Narcan
- Interdisciplinary Team Approach
 - Psychiatrist
 - Primary Care Providers
 - Nurses
 - Behavioral Health Consultants
 - Certified Recovery Specialists
 - Center of Excellence Community Based Care Management
 - A public health response to the opioid crisis teams of professionals that engage people with opioid use disorder in the community for the purpose of treatment engagement.



Community Warm Handoff



Combating the opioid epidemic

Fighting back against the opioid crisis in Philadelphia.

www.phila.gov/opioids



For resources and additional information, please contact
PHMC's Center of Excellence at **267-205-2921 or 215-990-0327**

For health care services and Medication-Assisted Treatment options contact
PHMC Care Clinic (215) 825-8220

Thank you!

Please complete the survey emailed after the presentation

We will send the slides with resources from today

NNCC will send a Narcan Training Certification once the survey has been completed

Feel free to reach out with Questions

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