



NM SCHOOL
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Program Operations ECHO Institute University of New Mexico





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Naloxone: Overdose Prevention, Recognition and Response

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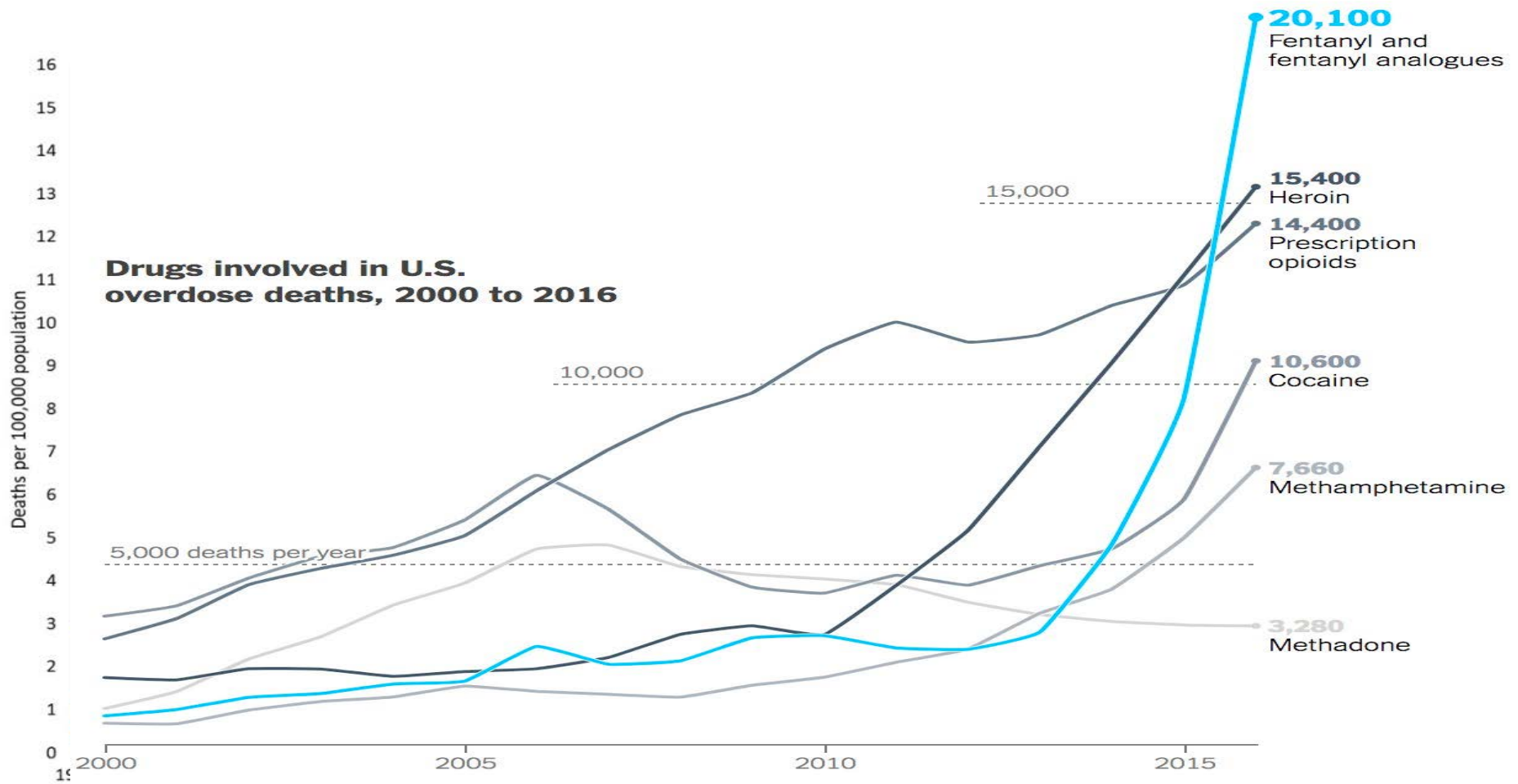
Financial Disclosures

- NO CONFLICTS OF INTEREST

Learning Objectives

1. Explain what opioids are and what they are used for.
2. Identify the key characteristics of an opioid overdose.
3. Review the basic steps required to respond to an opioid overdose.

Overdose Death Rates

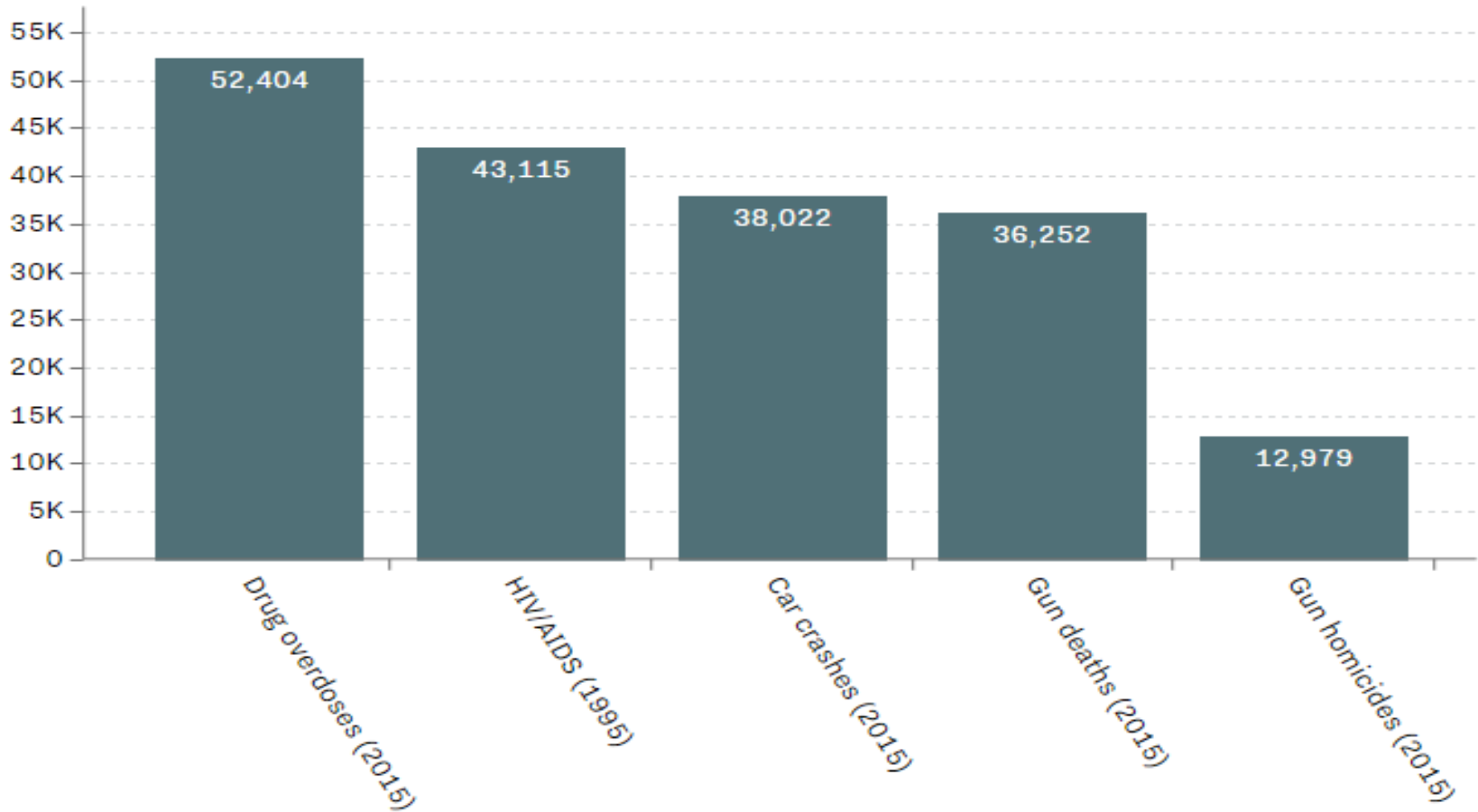


SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2018.
<https://wonder.cdc.gov/>.

www.cdc.gov
Your Source for Credible Health Information

How Bad is this Epidemic?

Total deaths in America by cause and year



Latest data: In 2017, the number of drug overdose deaths in the US was 70,237;
In 2018 = 62, 127.

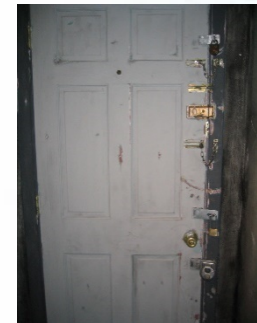
Know the Law!

Laws pertaining to naloxone:

- Overdose Prevention/Naloxone Distribution (2001)
 - 911 Good Samaritan Law (2007)
 - ** New Mexico was the 1st state to pass this law!
 - Opioid Overdose Prevention (2016)
 - a.k.a. the Standing Order
 - Co-Prescribing Naloxone with Opioid Prescriptions (in New Mexico-7/19)
- Gives authorization for a non-healthcare professional to administer naloxone and releases them from criminal or civil liability
 - Protects people who administer emergency care from being held liable for any civil damages as a result of any action or omission of said care.
 - Allows for the possession, distribution and storage of naloxone by individuals or community organizations.
 - Naloxone will be a required co-prescription with 1st time opioid prescriptions, once each year for previous prescriptions, or with prescriptions for 5+ days supply.

Overdose Prevention Tips

- Take opioid medication as prescribed and only for as long as needed for pain.
 - New studies are finding that using acetaminophen and ibuprofen is as effective on ACUTE pain (i.e. surgery recovery)
- Lock up prescription opioids and dispose of excess
 - DEA hosts drug takeback days in April and October
 - APD Substations have drop boxes, as well as the VA hospital
- Do not use opioids alone, if possible.
 - If someone you know is using, tell them to excuse themselves saying they aren't feeling well, and ask someone to check on them in an hour.
 - They should ensure that all doors are unlocked.



What does an overdose look like?

THE FOLLOWING SIGNS AND SYMPTOMS MAY INDICATE AN OPIOID OVERDOSE EMERGENCY:



**UNUSUAL
SLEEPINESS OR NOT
ABLE TO AWAKEN**



**BREATHING
WILL BE SLOW
OR ABSENT**



**SLOW HEARTBEAT
OR LOW BLOOD
PRESSURE**



**SKIN FEELS
COLD AND
CLAMMY**



**PUPILS ARE
TINY**

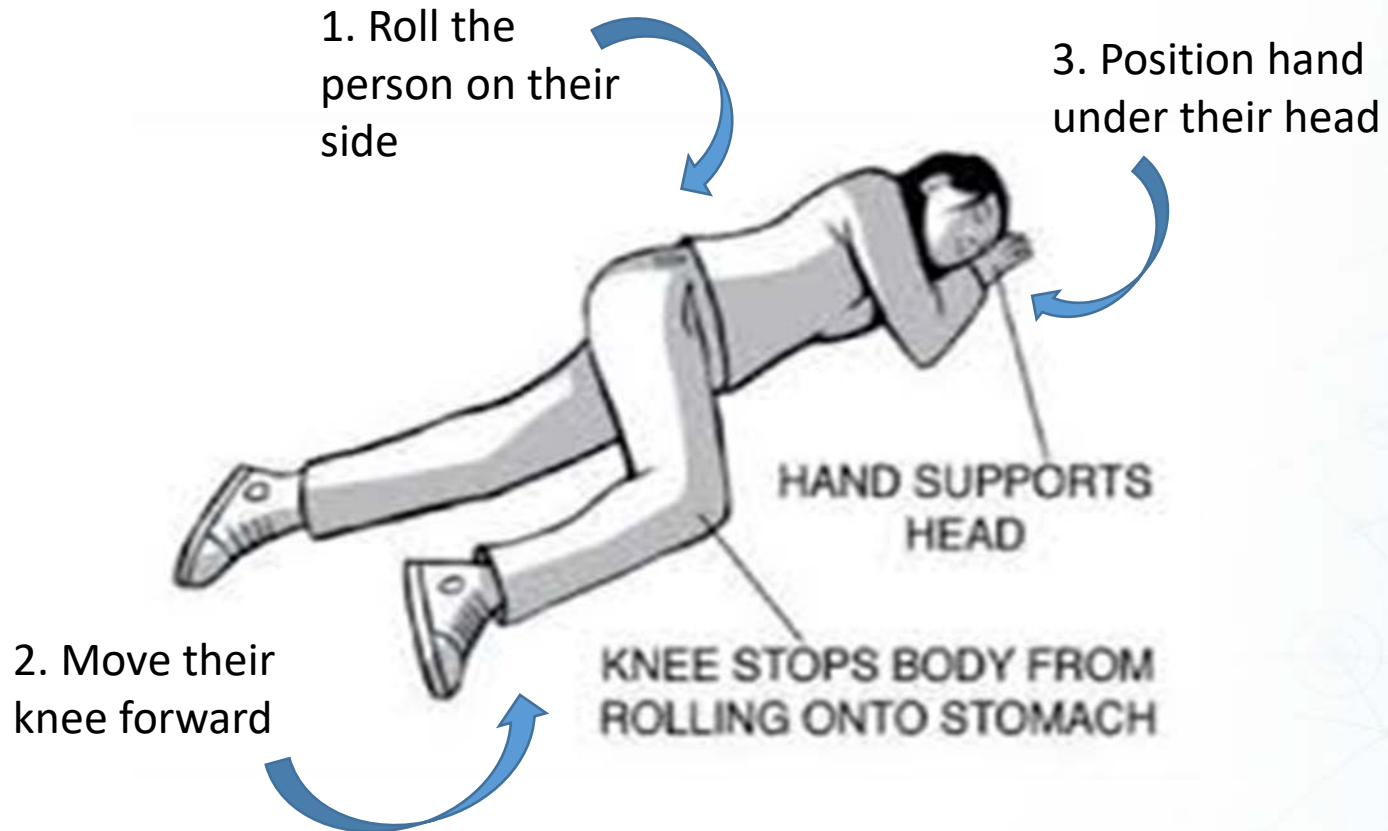


**NAILS AND LIPS
ARE BLUE**

How to respond to an overdose

- 1 • Ask the person “Are you ok?” in a loud clear voice.
- 2 • Gently shake the person’s shoulder to check for responsiveness. If they don’t respond you can forcefully rub the breastbone or upper lip.
- 3 • Listen and look for breathing. You can tilt the head back to help clear the airway
- 4 • Have a person nearby call 911.
- 5 • If you see signs of overdose, administer one dose of naloxone by spraying in one nostril. Put them in the Recovery Position
- 6 • If they are unresponsive after 2 to 3 minutes, administer the 2nd dose.

Assume the Recovery Position



Overdose Prevention with Naloxone Rescue Kits

**STOP
OVERDOSE
GET NALOXONE**

**ASK A
PHARMACIST**



**SAVE A LIFE
GET NALOXONE**

**ASK A
PHARMACIST**



References

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- Addictionary, Recovery Research Institute <https://www.recoveryanswers.org/addiction-ary/>
- *“How the Epidemic of Drug Overdose Deaths Rippled Across America”*, Park, Heyoun and Bloch, Matthew, New York Times, Jan 2016. <https://www.nytimes.com/interactive/2016/01/07/us/drug-overdose-deaths-in-the-us.html>
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