Program Operations
ECHO Institute
University of New Mexico
Naloxone: Overdose Prevention, Recognition and Response

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- 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

Drugs involved in U.S. overdose deaths, 2000 to 2016

- **20,100** Fentanyl and fentanyl analogues
- **15,400** Heroin
- **14,400** Prescription opioids
- **10,600** Cocaine
- **7,660** Methamphetamine
- **3,280** Methadone

Deaths per 100,000 population

https://wonder.cdc.gov/
How Bad is this Epidemic?

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

1. Roll the person on their side
2. Move their knee forward
3. Position hand under their head
Overdose Prevention with Naloxone Rescue Kits

STOP OVERDOSE
GET NALOXONE

ASK A PHARMACIST

SAVE A LIFE
GET NALOXONE

ASK A PHARMACIST

Send your name and address to CHWECHO@salud.unm.edu to request your free kit.
References

- New Mexico Dept. of Health Substance Abuse Epidemiology
  (https://nmhealth.org/publication/view/marketing/2117/)
- National Institute on Drug Abuse (NIDA)
  (https://www.drugabuse.gov/drugs-abuse/opioids)
- “Overdose Prevention, Recognition & Response Education Train-the-Trainer” by Joanna Katzman, MD, MSPH and Monica Moya, MS
- Addictionary, Recovery Research Institute https://www.recoveryanswers.org/addiction-ary/