



Opioid Overdose Response Training

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HEART Initiative*

Purpose of Training

- This training focuses on overdose prevention and harm reduction best practices to help you know the signs and symptoms of an overdose, and feel confident in responding to an overdose.
- The training will last about 45 minutes and we will be collecting de-identified surveys from you to help us determine if this training is effective at educating you about overdose prevention.





Outline

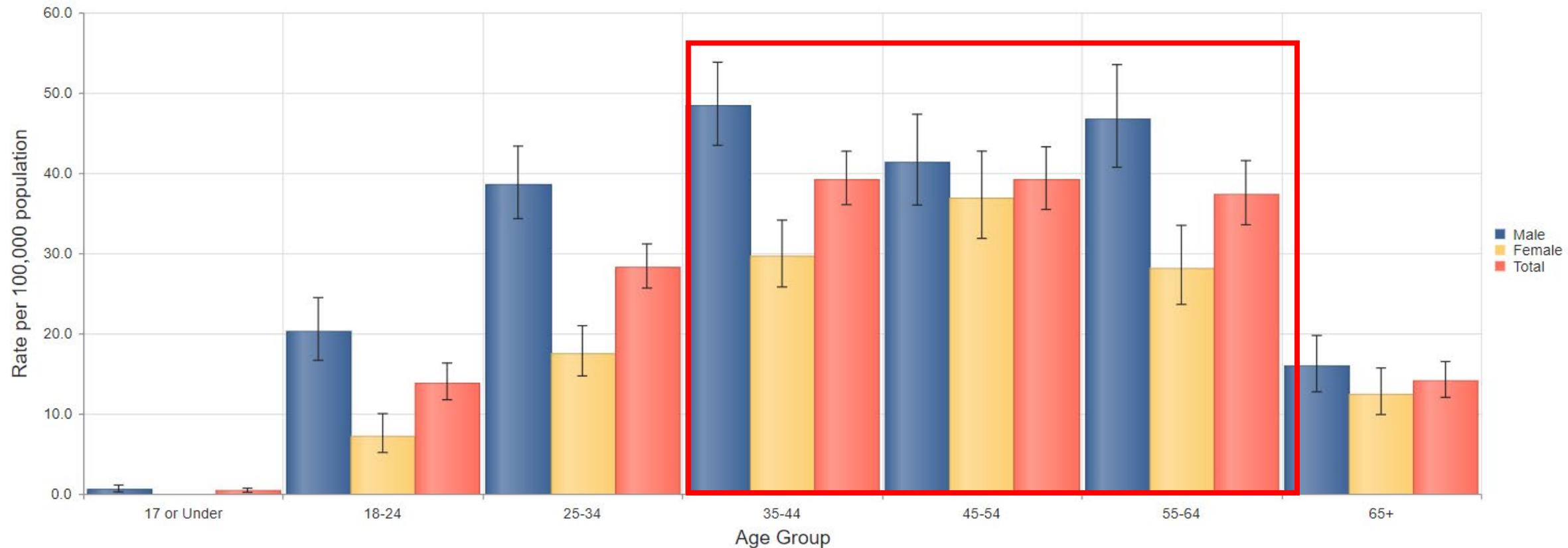
- Informed consent and pre-training survey
- Training
 - Overview of opioids and fentanyl
 - Identifying substance use
 - Signs of and responding to an opioid overdose
 - Legal considerations
 - Think-Pair-Share activity
 - Self-care and treatment resources
 - Post-training survey (if you consented)
- Next steps



Opioid Overdose Epidemic In Utah

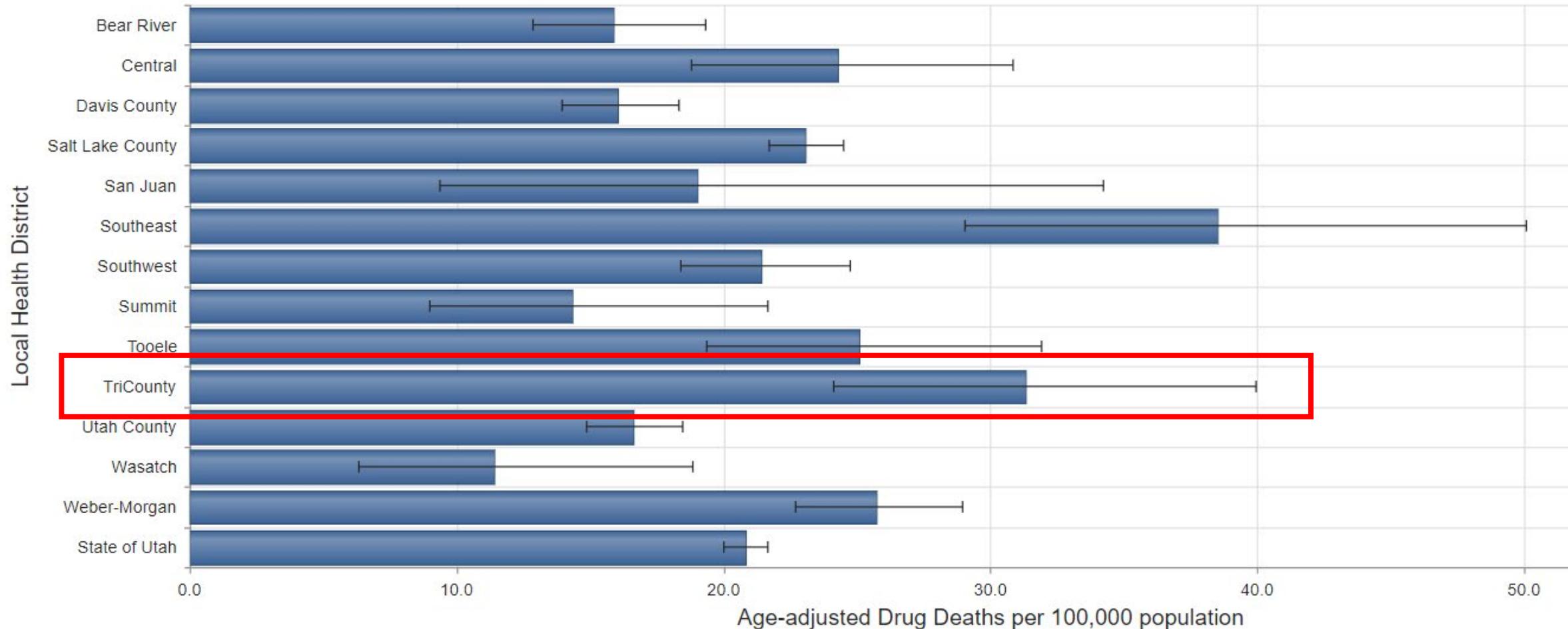
- 34-64 years old have highest risk
- 18-24 still have increased risk, especially among males

Poisoning: drug deaths by age and sex, Utah, 2019-2021



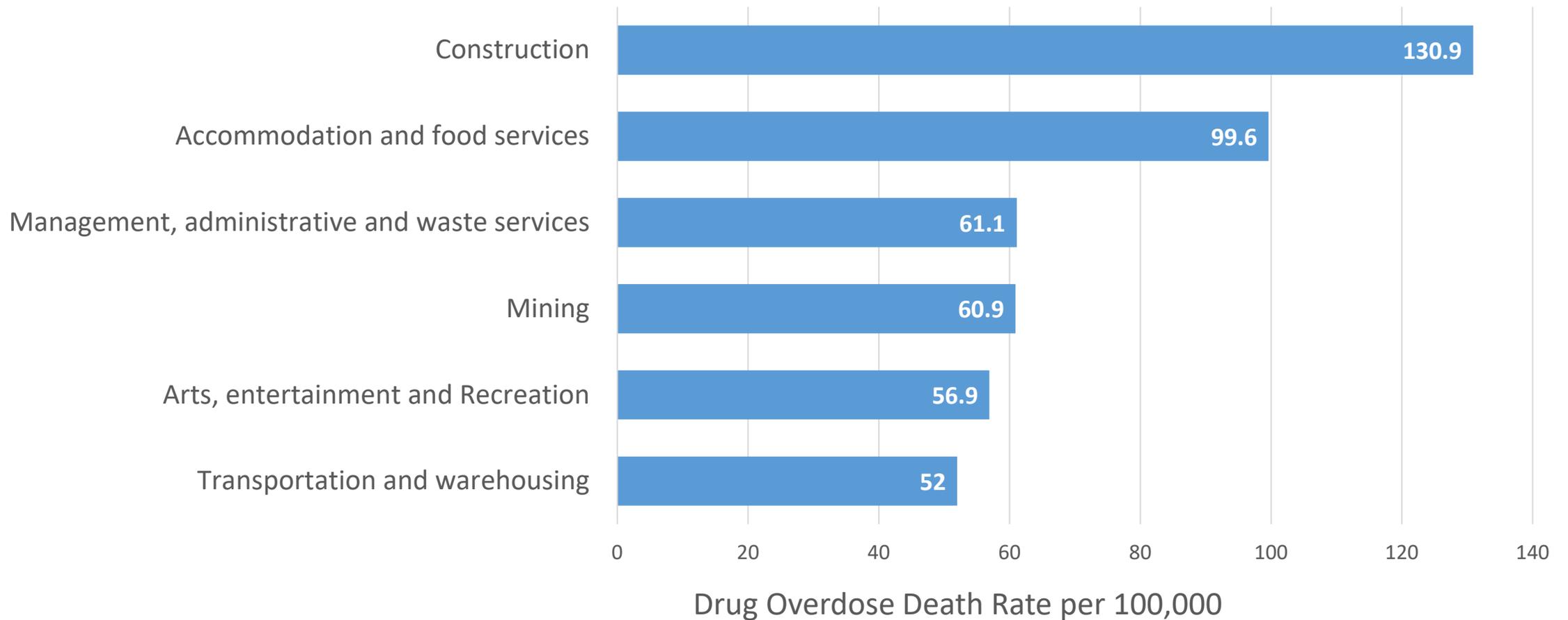
The Landscape in Different Parts of Utah

Poisoning: Drug deaths by Local Health District, Utah, 2018-2021



Highest Risk Occupations

Overdose Death Rate by Usual Industry Group 2020



([Billock et al., 2023](#))

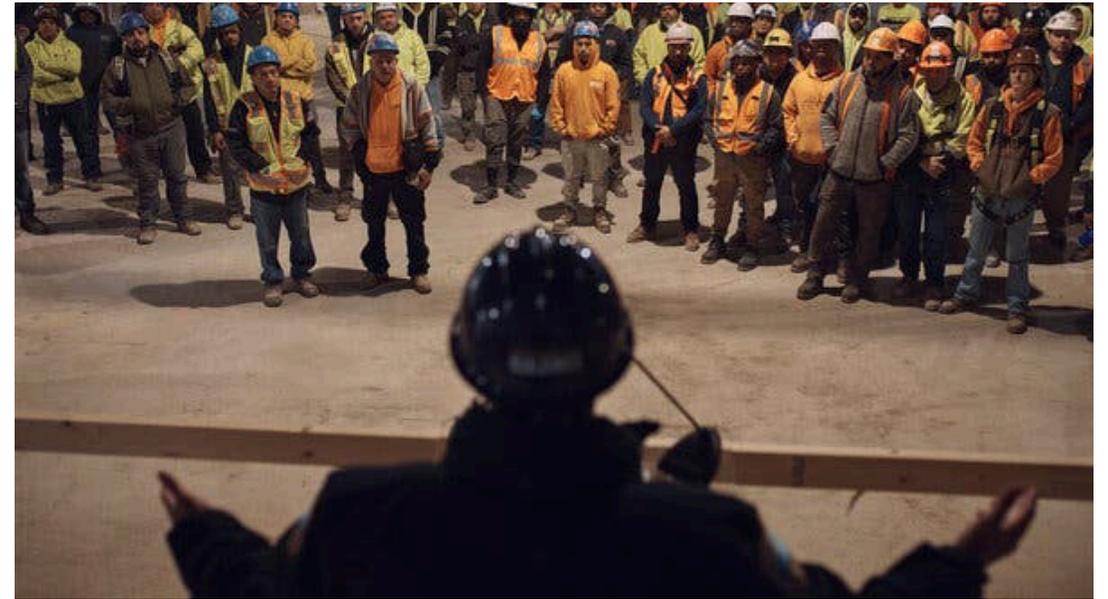
Serve a Drink, Then Save a Life: This Is Restaurant Work During the Opioid Epidemic

As fentanyl overdoses in public spaces spike, the lifesaving drug Narcan is being stocked by more and more bars and restaurants.



Construction Industry Grapples With Its Top Killer: Drug Overdose

Construction workers are more likely to die of overdose than workers in any other occupation, forcing the industry to rethink its approach to safety.



Jump in elderly drug overdoses

A study in *JAMA Psychiatry* indicates that fatal drug overdoses in people 65 and older have quadrupled over the past 2 decades. Using CDC data to calculate the

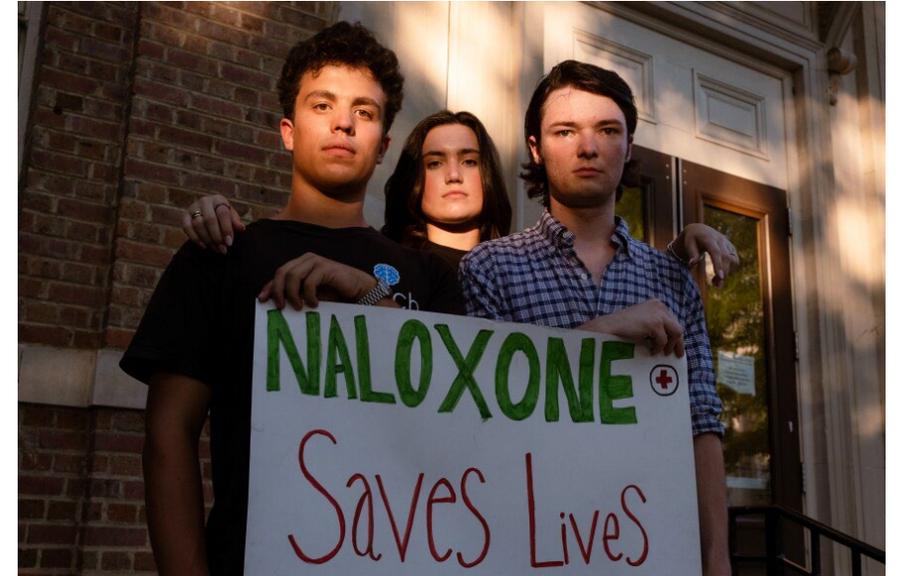


Officials Warn of Fake Adderall Pills After Two College Students Die

Officials said the fake pills could contain fentanyl. Two Ohio State University students died this week in what the police said were apparent overdoses.



After several UNC-Chapel Hill students died from fentanyl, these students are handing out the antidote



DEA warns returning college students to be wary of potential fentanyl-laced pills

Federal officials are visiting Chicago-area campuses to spread the word about fake prescription pills that could be deadly.

What Are Opioids?

- Depressant - Help reduce pain by blocking pain receptors
- Opioids reduce consciousness and **decrease or stop breathing**
- The stronger an opioid, the more likely it is to cause an **overdose**



Oxycodone

OxyContin®, Oxecta®, Roxicodone®



Oxycodone/ Acetaminophen

Percocet®, Endocet®, Roxicet®



Hydrocodone/ Acetaminophen

Lortab®, Vicodin®, Lorcet®, Norco®



Codeine

Only available in generic form



Tramadol

ConZip®, Ultram®



Fentanyl

Actiq®, Duragesic®, Ventura®



Hydromorphone

Dilaudid®, Exalgo®



Meperidine

Demerol®



Methadone

Dolphin®, Methadone®



Morphine

MS-Contin®, Duramorph®, DepoDur®, Astramorph®



Heroin



Fentanyl

- A synthetic opioid that is 50 times more potent than heroin.
- Commonly comes in liquid or powder form.
- 2mg (fits on a pencil tip) causes overdose.
- Can't see, smell, or taste it.
- Unknown amount in and across substances.
- Tolerance is different for everyone.
- Commonly laced into street drugs
 - Not safe to experiment or use substances from drug dealers or online purchases.



DEA warns fentanyl most deadly drug in US and Utah history

By Heather Peterson and Curt Gresseth, KSL NewsRadio | Posted - March 28, 2024 at 8:42 a.m.



The DEA said it is on track to see double the amount of fentanyl in the state this year compared to last year. (Washington County Sheriff's Office)



Identifying Substance Use at Work, School, or Home

- Have you been in a situation where someone used opioids at your workplace, school, home, or someone's house (friend, family member, at a party)?
 - Where did they (or could they) use substances?
- Know how to access these locations
 - Knock loudly and ask for response
 - If unresponsive, use keys or tools to access a locked door
- Do you know what to do if someone experiences an opioid overdose? Do you know what the signs are?



Signs of an Opioid Overdose



Small, pinpoint pupils



Faint Heartbeat



Blue/purple fingernails & lips



Nonresponsive & can't be woken



Shallow or slow breathing



Gurgling, choking noise



Signs of Crystal Overdose

 red face	 very rapid or irregular heartbeat	 sweating heavily
 rapid breathing, and/or eye movement	 aggression, anxiety, extreme paranoia	 hallucinations
 fever	 shaking or trembling (jerky body movements)	 stroke or heart attack

irregular breathing

pale, blue or clammy skin

vomiting

passed out, unconscious

confusion

seizures

ALCOHOL POISONING

save a life.

1.  KNOW THE FACTS
2.  RECOGNIZE AN EMERGENCY
3.  CALL FOR HELP 518-580-5566

COCAINE OVERDOSES: WHAT YOU NEED TO KNOW

SIGNS AND SYMPTOMS OF A COCAINE OVERDOSE

 RAPID BREATHING AND/OR HEARTBEAT	 MUSCLE CRAMPING
 WON'T WAKE UP	 CHEST PAIN
 FOAMING AT THE MOUTH	 SEIZURES OR CONVULSIONS
 DIZZINESS	 DEHYDRATION
 AGGRESSION, ANXIETY OR PARANOIA	 SWEATING, OFTEN WITH CHILLS

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What is Naloxone/Narcan®?

- Naloxone – opioid overdose reversal medication
 - Narcan® - a brand of nasal spray
- Only works for opioid overdose; will not harm if opioids are not present
- No side effects, but watch for acute withdrawal
- Effects wear off in 30-90 minutes so still call 911
- May need to give more than one dose
- People often use multiple substances, so it is recommended to give Narcan® during overdose
- Available over the counter in most pharmacies, on store shelves, or free through public health programs



HOW DOES **NARCAN**[®] NASAL SPRAY WORK?



<https://narcant.com/resources>

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HOW TO USE



 **NARCAN**[®]
NASAL SPRAY

<https://narcan.com/resources>

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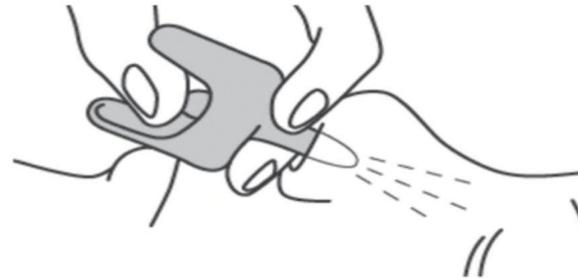
Steps to Responding to an Opioid Overdose

STEP 1: LAY



Check for breathing and responsiveness; lay on back.

STEP 2: SPRAY



Insert device into either nostril and press plunger firmly.

STEP 3: STAY



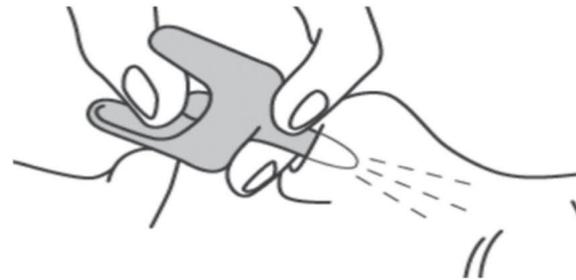
Stay with the individual and call 911 for help.

STEP 4: PROVIDE CHEST COMPRESSIONS



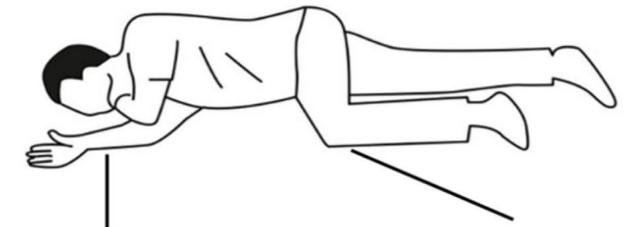
100 to 120 compressions per/minute ~ Stayin' Alive beat.

STEP 5: WATCH AND GIVE*



*If no response within 3 minutes, administer a second dose of naloxone.

STEP 6: PUT IN RECOVERY POSITION AND MONITOR RESPONSE



HAND SUPPORTS HEAD

KNEE STOPS ROLLING

References

Images: www.mass.gov/doc/mdph-oend-program-core-competencies/download

Opioid Overdose Response Information: www.narcan.com

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Advocacy. Research. Teaching.

Will I Get in Trouble If I Call for Help?

“**Good Samaritan Laws**” in Utah protect people who call 911

- **Immunity from arrest for drug possession** when anyone calls 911 or seeks medical attention for an overdose
- BUT Utah does **not** protect people who report opioid overdoses from probation or parole violations



Think-Pair-Share

- **Harm Reduction:** A set of practical strategies and ideas aimed at reducing negative consequences associated with a behavior.
- Work with a partner to identify one way to promote harm reduction to a person who uses opioids.

COMMON EXAMPLES OF HARM REDUCTION



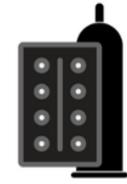
SUN
SCREEN



SEAT
BELTS



SPEED
LIMITS



BIRTH
CONTROL



CIGARETTE
FILTERS



Harm Reduction Strategies

- Carry Narcan or any naloxone product.
- Don't mix opioids with alcohol or other substances.
- Use less than usual.
- Don't use street drugs or substances bought online.
- Don't use alone in case of an emergency.
 - If you're experimenting, ask for a buddy to be with you.
 - If a friend is experimenting, offer to stay with them.
- Store prescriptions safely – locked cabinet that's not easy to access.
- Track your or others' prescription schedule to avoid taking more accidentally.
- Dispose of extras safely – don't keep them “just in case”. Find a safe disposal site at <https://knowyourscript.org/> (scroll down the page).



Self-Care

- Responding to overdose emergencies are stressful situations
- If you need to speak with someone, there are local and national resources you can reach out to, including United Way's 211, and the Suicide and Crisis Lifeline at 988.



Treatment

- There are effective treatments for opioid use disorder.
 - Medications: Suboxone, methadone
 - Counseling/Therapy: Cognitive behavioral therapy and others



Please use this tool to find local substance use treatment providers



Call 211 or use link to be connected to local healthcare and social service resources



Provides recovery support resources for people and families recovering from substance use



Post-Training Survey

- Answer the questions to the best of your ability
- Let us know if you have any questions

https://usu.co1.qualtrics.com/jfe/form/SV_eb919JiPmHkH9QO



Questions and Contact Information

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