



**Nevada Opioid
Center of Excellence**
School of Public Health

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NEVADA OPIOID CENTER OF EXCELLENCE PRESENTS

Overdose Education and Harm Reduction Training

Reducing risks of accidental overdose

Using naloxone

“The purpose of the Nevada Opioid Center of Excellence (NOCE) is to develop and disseminate evidence-based and research informed training and offer technical assistance to address opioid use, misuse, abuse and overdose affecting Nevada communities.”

The Nevada Opioid Center of Excellence (NOCE) is administered by the Center for the Applications of Substance Abuse Technologies, a grant-funded center located within the School of Public Health at the University of Nevada, Reno. Funding for this project was made possible in whole or in part by the Nevada Division of Public and Behavioral Health (DHHS) through the Fund for a Resilient Nevada (FRN).



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Learning Objectives

Nevada’s
Good
Samaritan Act
and
Limitations

How to
reduce
accidental
overdose
risks and how
to speak to
others about
reducing risks

Be prepared
to recognize
and respond
in an opioid
overdose
situation



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Overdose Legislation 2015

SB 459

2015 Legislative Session

Signed into Law by Governor Brian Sandoval

Effective Date: October 1, 2015



- Allows laypersons to administer Naloxone
- Provides criminal and civil protections for all of those who intervene on someone’s behalf in life threatening situations as well as the individual in a crisis



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Good Samaritan Overdose Act - SB 459



SB 459 is a bill that was signed into law in Nevada that encourages those present at an overdose to call for help and stay with the overdosed person



Provides immunity for all drug offenses for the person who calls for medical help during an overdose (when not in conflict with drug enforcement laws)



Immunity from prosecution does not extend to prior warrants, probation and parole violations or non-drug related crimes



Opioids

- Opioids are psychoactive substances derived from the opium poppy, or their synthetic analogues
- Act on the central nervous system to relieve pain
- Due to their pharmacological effects, opioids in high doses can cause respiratory depression and death



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Opioid Categories

Natural Opiates	Semi-synthetic/manmade opioids	Fully synthetic/manmade opioids
Morphine	Oxycodone (OxyContin)	Fentanyl
Codeine	Hydromorphone (Dilaudid)	Methadone
Opium	Hydrocodone (Vicodin)	Tramadol
	Heroin	Meperidine (Demerol)



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Xylazine (Tranq)

- Is a large animal tranquilizer
- Is a depressant on the Central Nervous System
- Effects of Xylazine include:
 - sedation
 - difficulty breathing
 - dangerously low blood pressure
 - slowed heart rate
 - wounds that can become infected and spread
 - severe withdrawal symptoms
 - death
- Not an opioid but can lengthen the effects of opioids and increase the likelihood of an overdose
 - Opioid antagonists will not reverse effects of Xylazine



"To help states, organizations, students, and the existing workforce apply research based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors. This mission is achieved through university based coursework; clearinghouses and libraries; continuing education workshops; product development and dissemination; conferences; and consultation and technical assistance activities."

Naloxone

Naloxone is an opioid antagonist- it works by knocking the opioid off the receptors for 30-90 minutes-when naloxone wears off the overdose can return

Naloxone only works to reverse opiate overdoses and will not work for stimulant, benzodiazepine, or any other drug or medication

A second dose can be given within 2-3 minutes, if the first dose does not help
Naloxone cannot be over administered



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Naloxone Storage

- Make sure it is accessible
- To make sure it lasts as long as possible, naloxone should be kept in a dark and dry place between 59°F to 77°F (15°C to 25°C) if possible
- Do not freeze
- Spray before the expiration date on the box





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Factors that Increase the Risk of Overdose

Reduced tolerance

- Individuals are at increased risk after a period of abstinence, change in dose, release from prison

Actively Using Alone

- Individuals are at increased risk when they use illicit substances in the absence of others who can intervene if an overdose occurs

Mixing substances

- For example-mixing opioids with alcohol, benzodiazepines, stimulants (cocaine), prescription medications
 - Majority of opioid overdose deaths involve at least one other drug (CDC, 2013)

Medical

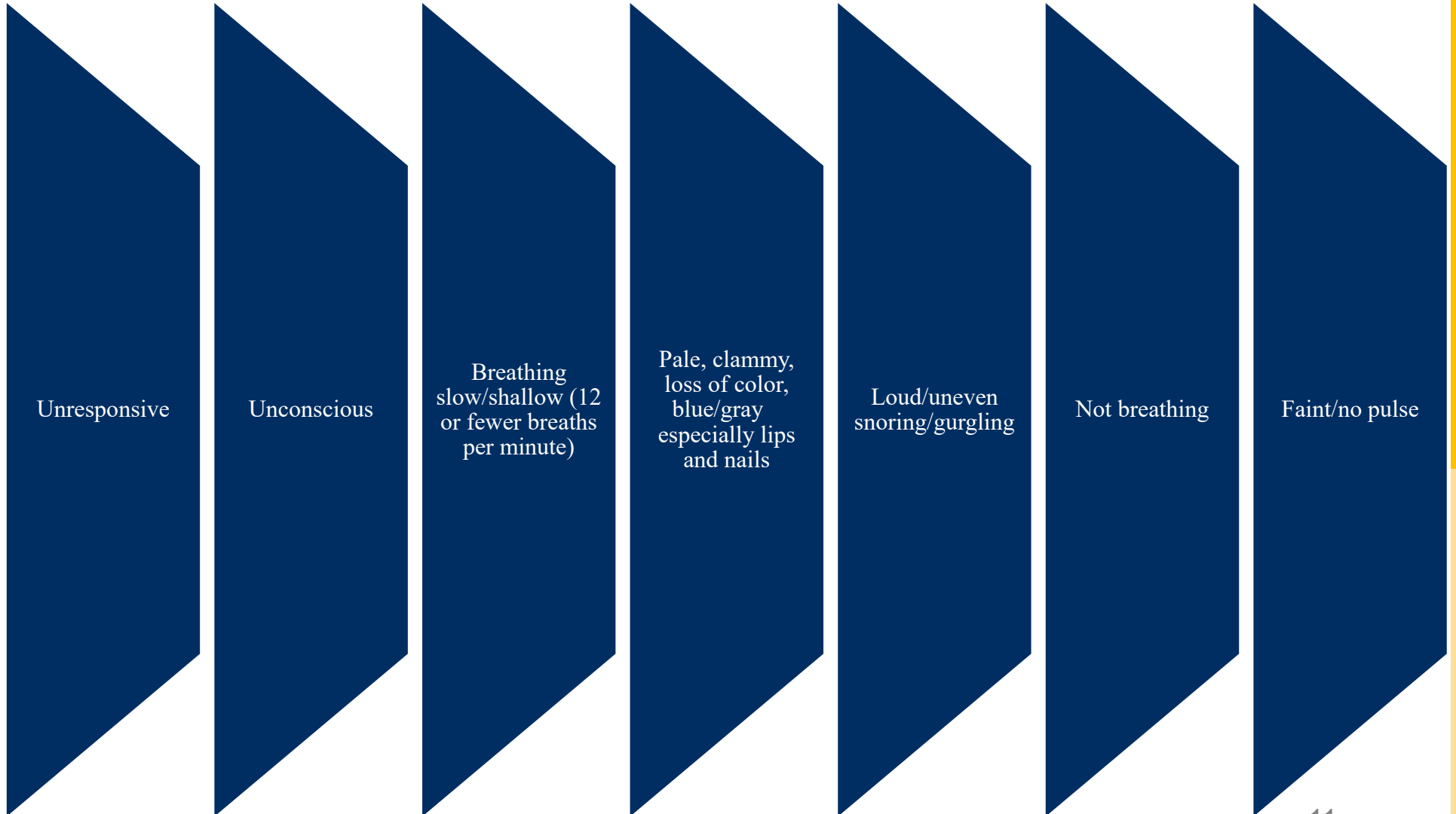
- Acute medical conditions such as HIV, liver or lung disease or suffer from depression (WHO, 2014)



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Signs of an Overdose





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Assess the Situation



Is the person breathing?



Is the person able to respond to stimulation?



Can the person speak?



How is the skin color on their lips and fingertips?
Blue= lack of oxygen



How do their pupils look?
Pinpoint = possible opioid overdose



Ask the person to wake up while shaking their shoulders. If no answer, do a sternum rub.



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Intervention Steps

1

Call 911

2

Start rescue breathing and CPR
Perform CPR only if trained

3

Give naloxone
Give 2nd dose if 1st dose does not work within 2-3 minutes

4

Resume rescue breathing and CPR
Perform CPR only if trained

5

Monitor the person until help arrives



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Overdose Myths

Some people have experience using these methods. However, these can cause harm.

Do Not: Slap or punch and individual to resuscitate, it may lead to the bruising or breaking of the nose/jaw.

Do Not: Place an unconscious individual in cold water or use ice, this makes the body cold, slow even more, and can lead to hypothermia

Do Not: Provide an individual with any milk product. Milk increases mucus production further compromising lung function



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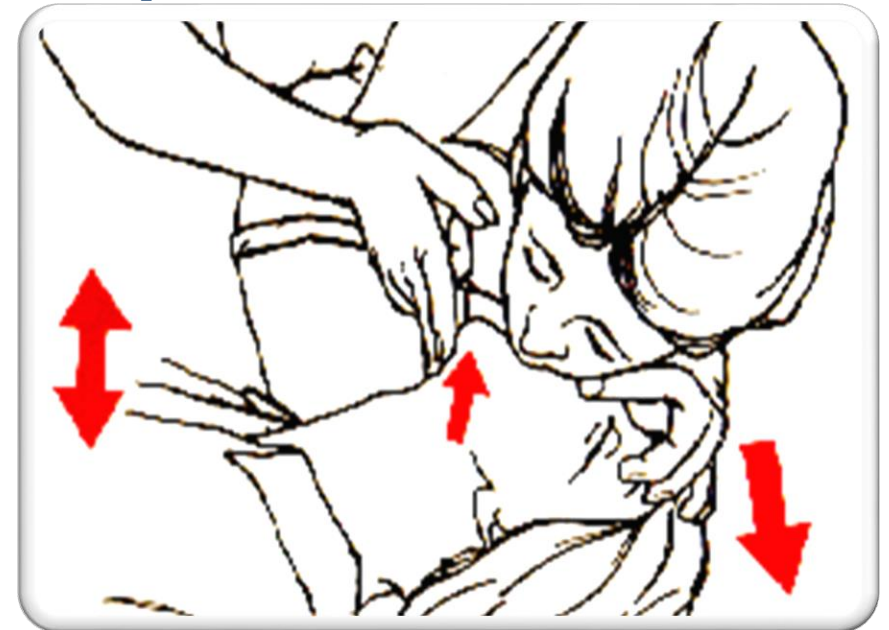
Rescue Breathing

Tilt head back and pinch nose
Give 2 regular breaths



Look, listen and feel

If still not breathing give 1 breath
every 5 seconds until person revives or
help arrives



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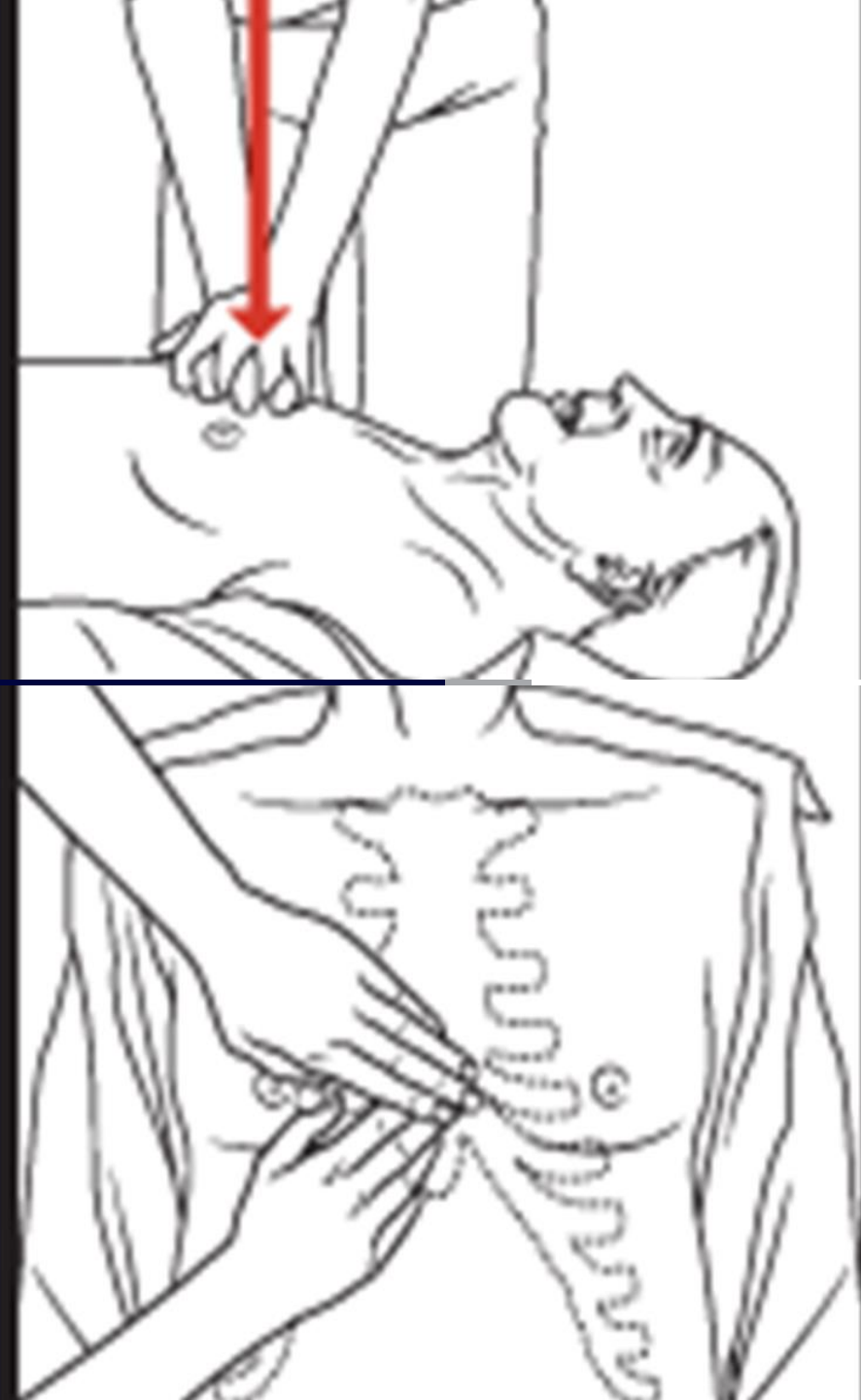
Chest Compressions

If trained in CPR:

Step 1: Place the heel of your hand on the breastbone at the center of the person's chest.

Step 2: Place your other hand on top of your first hand and interlock your fingers.

Step 3: Using your body weight to press straight down on their chest



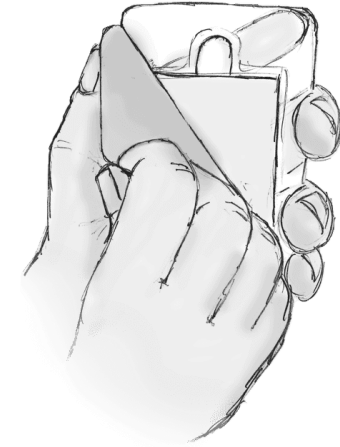


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Narcan Nasal Spray Instructions

Peel back the package to remove the device.
Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose

Press the plunger firmly to release the dose into the patient's nose



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Responses after Naloxone Administered

People may respond differently after naloxone has been administered

Things to consider:

- Individuals may become agitated when they regain consciousness
- Ensure that there are no objects that are within immediate reach of the individual
- If you see any powder present, cover with wet cloth
- Wash skin with soap and water, not

with hand sanitizer

- **Not all individuals** will regain consciousness

and may remain unconscious

- **Includes Xylazine exposure**
- Monitor that they continue breathing
- Place in rescue position to keep airways open

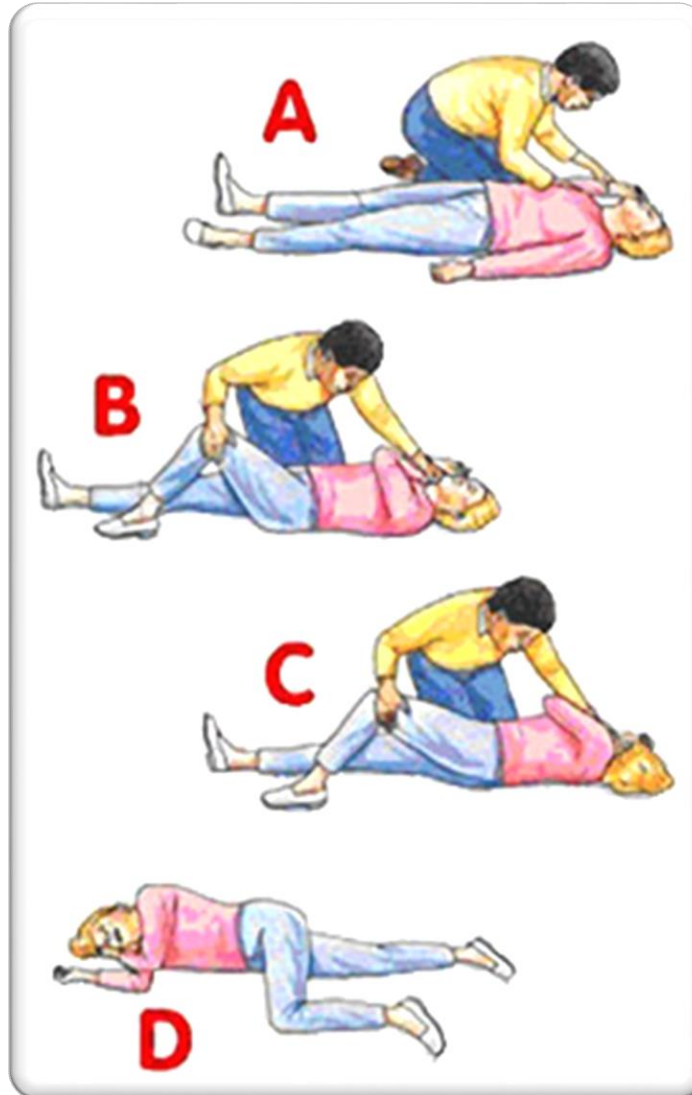




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Rescue Position



If the person revives, place them into a safe recovery position and wait for EMS to arrive

Comfort them as withdrawal can feel unpleasant

Some people can become agitated

They should be discouraged from using more opiates



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THANK YOU.

References

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