



Maryland Overdose Response Program Educational Training Program CORE CURRICULUM

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Department of Health & Mental Hygiene
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Program Overview

- I. What Is an Opioid?
- II. Recognizing an Opioid Overdose
- III. Responding to an Opioid Overdose
- IV. Important Information for Trainees
- V. *[Opt.]* Tips for Preventing Opioid Overdose
- VI. *[Opt.]* Suggested Resources for Family Members, Friends & Loved Ones

What is an Opioid?



Opioids . . .

- Any drugs that contain opium (or its derivative)
- Natural or synthetic
- Prescription medications or illegal drugs
- Pill, capsule, powder or liquid
- Swallowed/drank, smoked, snorted or injected



Opioids . . .



- Manage pain, suppress coughs and treat opioid-use disorders (addictions)
- Cause feelings of euphoria, contentment and/or detachment
- Effects last from 3 to 24 hours

In excessive amounts, opioids can suppress a person's urge to breathe.

Examples of Common Prescription Opioids

Oxycodone – 512s, OC, Oxy, 80s, Oxycotton, Hillbilly Heroin, Killers, Roxis



OxyContin®

Percocet®

Roxicodone®



Hydrocodone – Vikes, Hydro, Norco, Fluff, Scratch, Watson 387



Vicodin®

Lorcet®

Zohydro™ ER

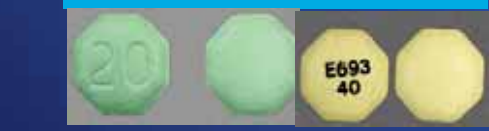


Lortab®

Oxymorphone - Mrs. O, Pink/Blue Heaven, The O Bomb, Octagons, Stop Signs



Opana®



Hydromorphone – D, Juice, Dust, Footballs, Hospital Heroin, H Bomb, Smack



Dilaudid®

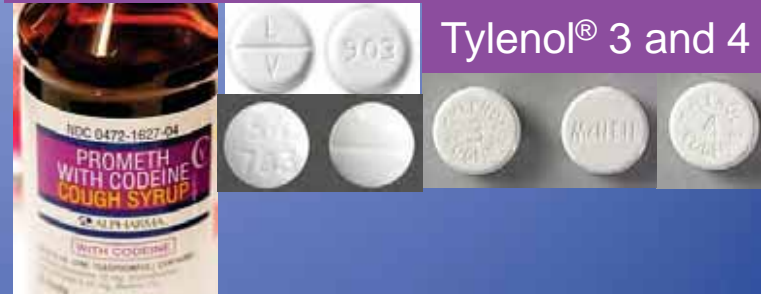


Morphine - *M, Miss Emma, Monkey, White Stuff, Dreamer*



Examples of Common Prescription Opioids

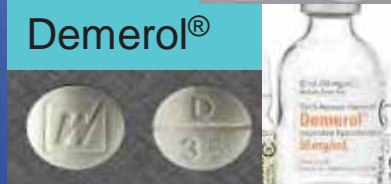
Codeine - *Captain Cody, Schoolboy, Pancakes & Syrup, T-3s, Doors & Fours, Purple Drank*



Meperidine



Demerol®

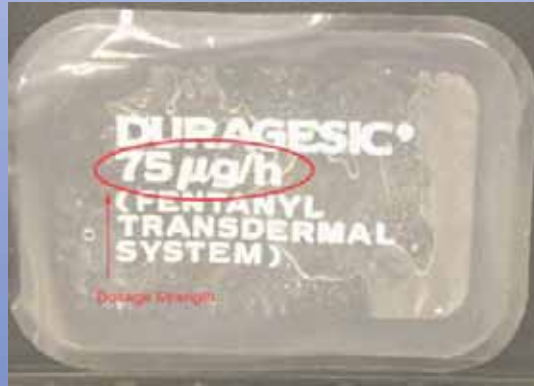


Methadone - *Jungle Juice, Fizzies, Chocolate Chip Cookies*



Buprenorphine – *Bupe, Box(es), Subs/Subbies, Orange guys*





Prescription Fentanyl

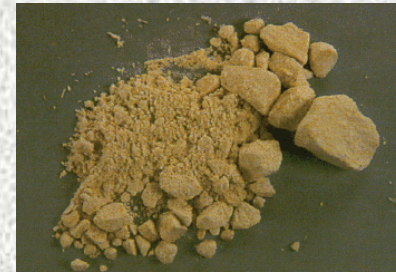


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Illegal Opioids: Heroin



Slang terms:



H, Dope, (Hell) dust, Hammer, Smack, Junk, Skag, Horse, Henry, Elephant, Rock, Brown Sugar, Slow, Hero, Black Tar, Poison, Homebake, Thunder, (China) White, Chinese, H, Train, White Dynamite, Dragon



Illegal Opioids: Non-pharmaceutical Fentanyl

- ❖ Illicitly produced, synthetic drug
- ❖ Pill form packaged to look like prescription medications
- ❖ Powder form looks similar to heroin



Packets of fentanyl-laced heroin

Fentanyl + heroin can be a deadly combination →
fentanyl is hundreds of times more potent than heroin

Recognizing an Opioid Overdose

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What Is an Opioid Overdose?

- Opioid overdose happens when a toxic amount of an opioid—alone or mixed with other opioid(s), drugs and/or substances—overwhelms the body's ability to handle it.
- Many opioid-related overdoses result from mixing prescription painkillers or heroin with benzodiazepines (benzos), cocaine and/or alcohol.

What Leads to Overdose Death?

- **Respiratory failure** – lack of sufficient oxygen in the blood
- Vital organs like the heart and brain start to fail
- Leads to unconsciousness, coma, death

Surviving an opioid overdose =

BREATHING and OXYGEN

Recognizing the Signs & Symptoms of an Opioid Overdose

- Loud snoring or gurgling noises
- Body very limp
- Unresponsive
- Skin pale/gray, clammy
- Lips/fingertips turn blue(ish)
- Pulse slow or erratic
- Breathing very slow, shallow, or not at all
- Unconscious

Responding to an Opioid Overdose

1. Rouse and Stimulate

2. Call 9-1-1

3. Give Naloxone

4. Further Resuscitation

5. Care for the Person

Step 1: Rouse & Stimulate

Noise: Shake person's shoulders and yell:

"[Name!] Are you all right? Wake up!"

Pain: If no answer, do a **sternal rub**:

Make a fist, rub your knuckles firmly up and down the breast bone.

Sternal (Sternum) Rub



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Step 2: Call 9-1-1: Why?

*Get emergency medical help
for someone experiencing an overdose!*

1. May have complications or other health problems.
2. Naloxone is only temporary.
3. May need to give additional doses of naloxone.
4. May be a non-opioid overdose situation.

Call 9-1-1: What to Say

- Tell 9-1-1 operator:
 - ✓ Where you are
 - ✓ What you observe about the person in distress:
e.g., gurgling noises, turning blue, won't wake up
- Tell emergency responder on site:
 - ✓ Drugs/substances the person used
 - ✓ Naloxone administered – how much/when.

Step 3: Give Naloxone



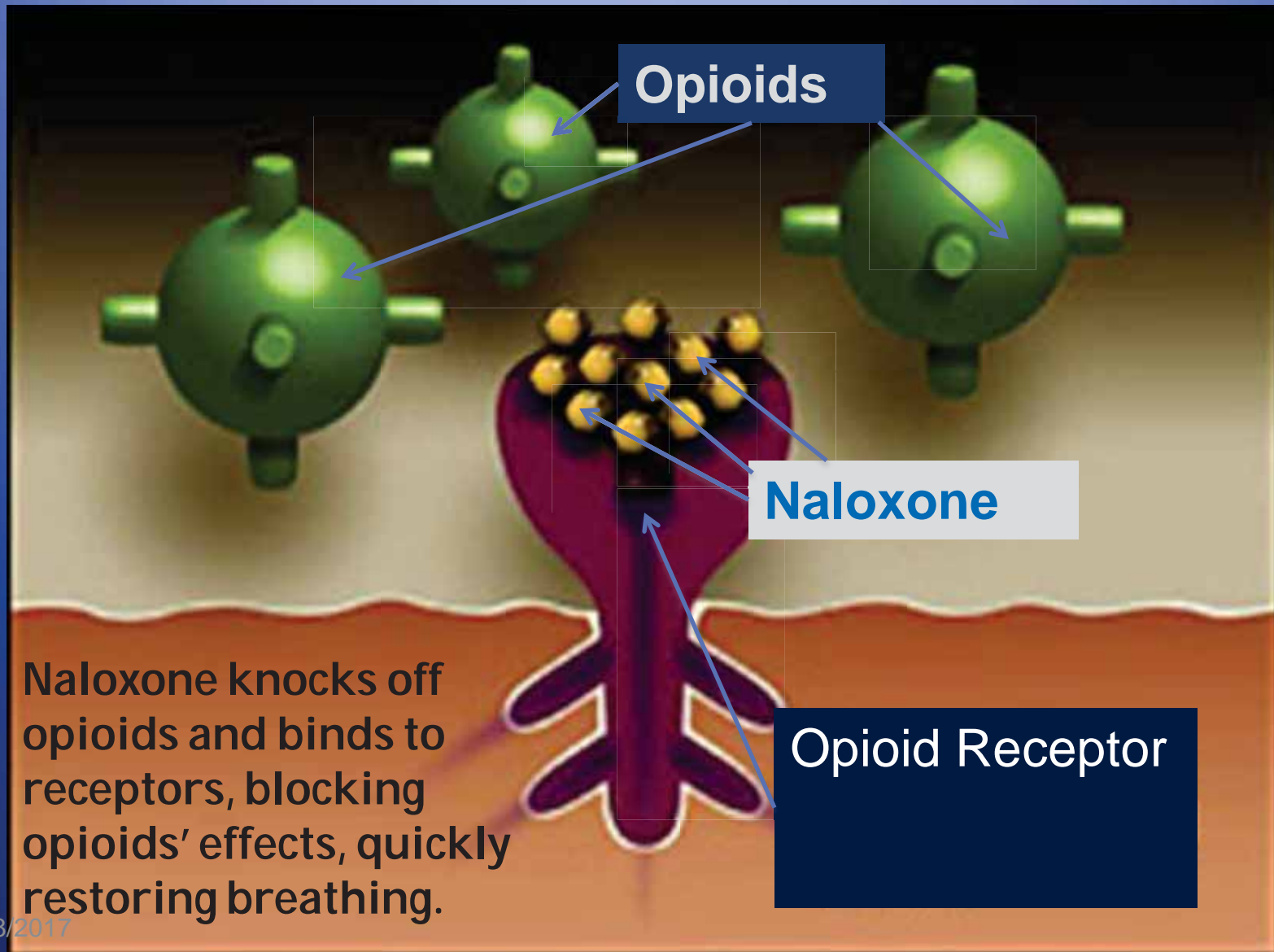
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What is Naloxone?

- Reverses opioid overdose by **restoring breathing**
- No potential for abuse or getting high
- No effect on someone who hasn't taken opioids
- Side effects are minimal and rare
- Safe for children and pregnant women
- Intramuscular, intranasal or intravenous
- Wears off in 30 - 90 minutes

***Naloxone is only effective in reversing
opioid overdoses***

How Does Naloxone Work?



Naloxone knocks off opioids and binds to receptors, blocking opioids' effects, quickly restoring breathing.

Naloxone Storage & Disposal

Storage:

- Do not attach naloxone to delivery device until ready to use
- Store naloxone in original package at room temperature; avoid exposure to light
- Keep in a safe place away from children & pets, but easy to access in case of emergency

Expiration:

- Naloxone loses its effectiveness over time
- Check expiration date on label

Disposal:

- Check with a local health department or pharmacy about properly disposing of expired naloxone

Intranasal Naloxone

Amphastar:



Narcan:



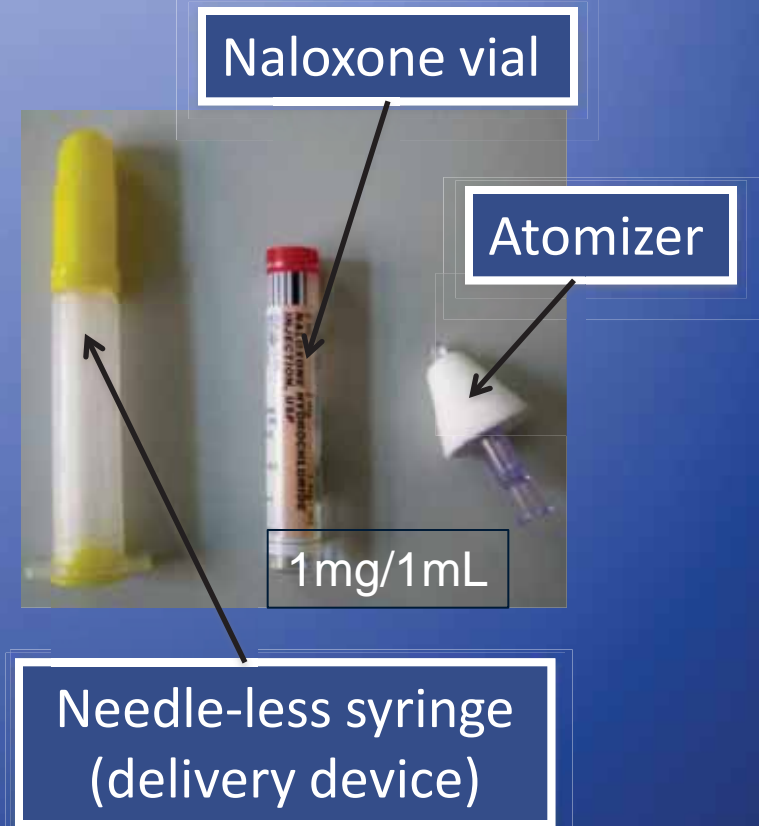
Administering Amphastar Nasal Naloxone – Step by Step

Step 1: Remove caps from
needle-less syringe.

Step 2: Screw nasal atomizer
into top of syringe.

Step 3: Remove cap from
prefilled vial of naloxone.

Step 3: Gently twist naloxone
vial into delivery device
until you feel it “catch.”



Administering Amphastar Nasal Naloxone – Step by Step

Step 5:
Tilt back the head
so the naloxone will
not run out of the
person's nose.



Step 6: Spray one-half (1cc) of
the naloxone up each nostril.

Administering Amphastar Nasal Naloxone – Step by Step

Step 7: Allow 1-3 minutes for the naloxone to work.
Continue resuscitation as necessary.

Step 8: If breathing is not restored after 2-3 minutes,
give another dose of naloxone (see Steps 5 & 6).
Continue resuscitation as necessary.

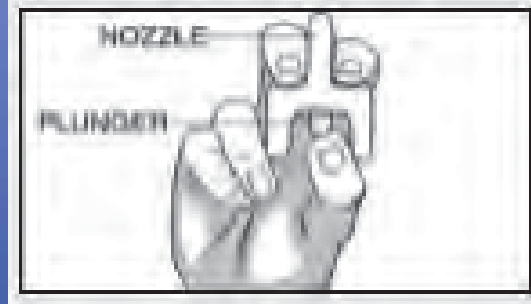
Step 9: Stay with the person and provide care as
directed until medical help arrives.

Administering Narcan – Step by Step

Step 1: Remove NARCAN Nasal Spray from the box. Peel back the tab with the circle to open the NARCAN Nasal Spray



Step 2: Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Administering Narcan – Step by Step

Step 3: Gently insert the tip of the nozzle into either nostril. Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.

Step 4: Press the plunger firmly to give the dose of NARCAN Nasal Spray. Remove the NARCAN Nasal Spray from the nostril after giving the dose.



Administering Narcan – Step by Step

Step 5: Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

Step 6: If breathing is not restored after 2-3 minutes, *give another dose* of naloxone. Continue resuscitation as necessary.

Step 7: Stay with the person and provide care as directed until medical help arrives.

Note individual Narcan cannot be reused.

Intramuscular/Injectable Naloxone



Administering Injectable Naloxone – Step by Step:

Step 1: Pop off the flip-top from naloxone vial.

Step 2: Insert needle into vial and draw up 1cc of naloxone into syringe.

Step 3: Use alcohol wipe to clean injection site – shoulder, thigh or buttocks.

Step 4: Inject needle straight into muscle (through clothes, if necessary), then push in plunger.

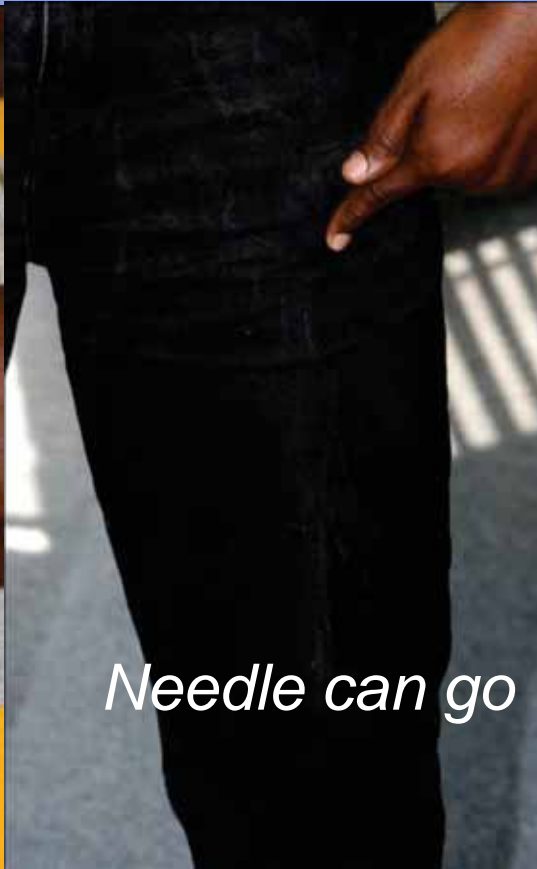


Do not inject naloxone into the person's heart, chest or back!

Naloxone Injection Sites



Shoulder



Thigh



Buttocks (upper, outer quadrant)

Needle can go through clothing

Administering Injectable Naloxone – Step by Step

Step 5: Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

Step 6: If breathing is not restored after 2-3 minutes, *give another dose* of naloxone (see Steps 1 - 4). Continue resuscitation as necessary.

Step 7: Stay with person and provide care as directed until medical help arrives.

Administering Evzio – Step by Step



Administering Evzio – Step by Step

Step 1: Pull off the red safety guard.

- Note: The red safety guard is made to fit tightly. Pull firmly to remove.



Administering Evzio – Step by Step

Step 2: Place the **Black** end of EVZIO against the outer thigh, through clothing, if needed.

Press firmly and hold in place for 5 seconds.

EVZIO makes a distinct sound (click and hiss) when it is pressed against the thigh. This is normal and means that EVZIO is working correctly. Keep EVZIO firmly pressed on the thigh for 5 seconds after you hear the click and hiss sound.

The needle will inject and then retract back up into the EVZIO auto-injector and is not visible after use.



Administering Evzio – Step by Step

Step 3: Allow 1-3 minutes for the naloxone to work.
Continue resuscitation as necessary.

Step 4: If breathing is not restored after 2-3 minutes,
give another dose of naloxone.
Continue resuscitation as necessary.

Step 5: Stay with person and provide care as directed
until medical help arrives.

Note individual Evzio cannot be reused.

Step 4: Further Resuscitation

Assess breathing: if the person is not breathing, or if breath is shallow or short,

Give rescue breaths.

OR

If you are trained in cardiopulmonary resuscitation (CPR), administer traditional CPR, chest compressions with rescue breaths.

OR

Follow the 9-1-1 dispatcher's instructions.

Continue until the person wakes up or medical help arrives.

Assess Breathing



Look,
Listen &
Feel

If shallow or short breaths,
or not breathing →
start rescue breathing right away

Rescue Breathing Instruction

Rescue breathing is the quickest way to get oxygen into the body and one of the most important things you can do to prevent someone from dying from an opioid overdose.

Rescue Breathing – Step by Step

Step 1: Lay the person on his/her back on a flat surface.

Step 2: Tilt the chin to open the airway.

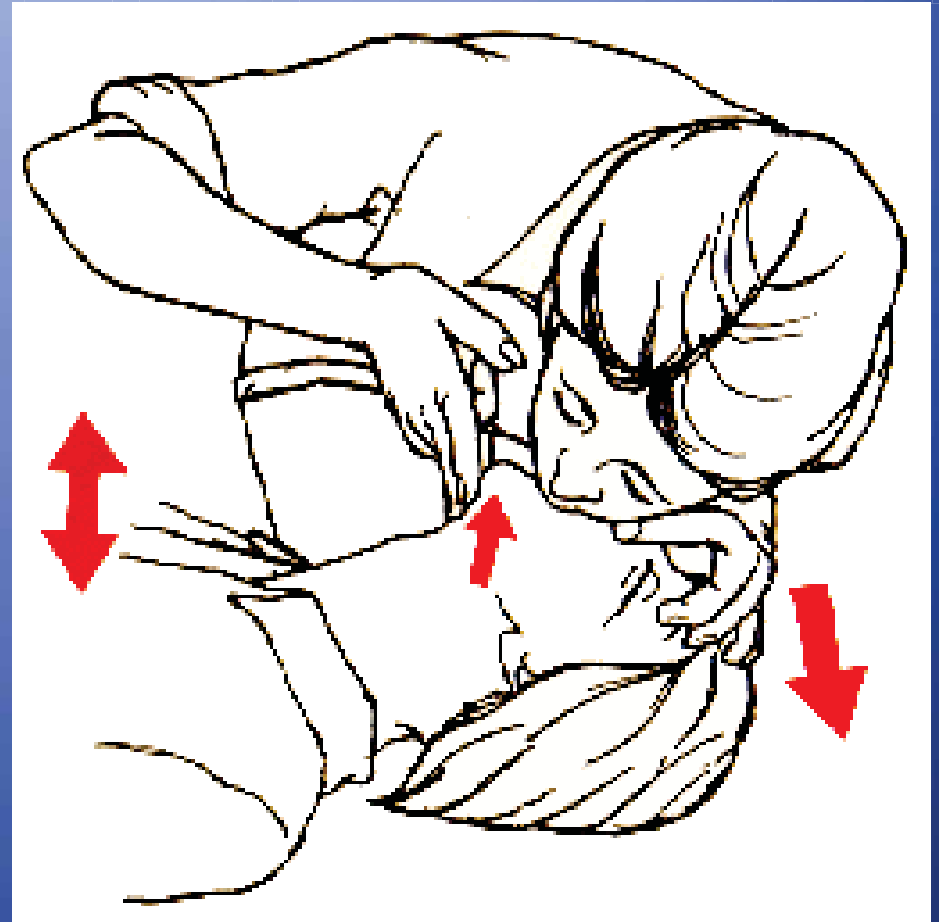
Step 3: Remove anything blocking the airway.



Rescue Breathing – Step by Step

Step 4: Pinch the person's nose closed completely.

Step 5: Cover his/her mouth with your mouth and blow 2 regular breaths about 1 second each.



Rescue Breathing – Step by Step

Step 6: Breathe again.
Give **1 breath** every **5 seconds**.

Step 5: Care for the Person

- Stay with the person until medical help arrives.
- If s/he is unable to sit up, put person in recovery position.
- Keep person **calm** and encourage him/her not to take more opioids.
- If overdose re-occurs, give another dose of naloxone.

Care for the Person

After receiving naloxone, a person may:

- Feel physically ill/vomit.
- Experience withdrawal symptoms, which can be unpleasant, but not life-threatening.
- Become agitated and upset due to withdrawal symptoms or coming off high.
- Have a seizure, though this is rare.

Recovery Position

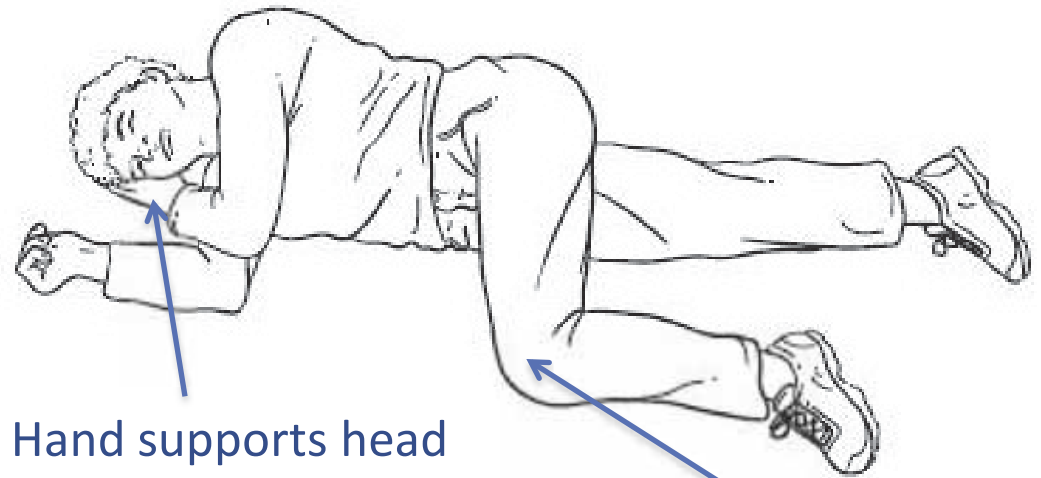
If you have to leave the person—*even briefly*—put him/her into the **recovery position.**

This keeps the airway clear and **prevents choking/aspiration** if vomiting occurs.

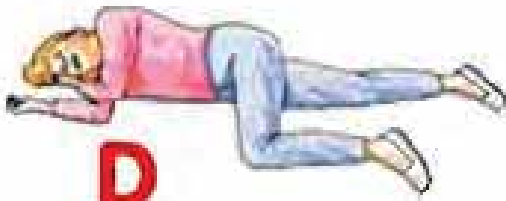
Recovery Position



Face & body turned to side



Bent knee supports body



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If You Administer Naloxone . . .

**Call the
Poison Center
1-800-222-1222
*Within 1-2 hours***

Or contact the entity that provided training.

Important Information for Trainees

Good Samaritan Laws

CODE OF MARYLAND, CRIMINAL PROCEDURE ARTICLE, § 1-210

A person who seeks, provides or assists with medical assistance for another person experiencing an alcohol- or drug-related medical emergency cannot be arrested, charged, or prosecuted for:

- Possession of a controlled dangerous substance
- Possession or use of drug paraphernalia
- Providing alcohol to minors

Calling 911 WILL NOT affect your PAROLE or PROBATION status

Code of Maryland, Health General § 13-3110

An individual who administers naloxone to an individual believed to be experiencing and overdose shall have immunity from liability under § § 6-603 and 5-629 of the Courts and Judicial Proceedings Article

You cannot be held liable for a good faith attempt to help someone.

Obtaining Naloxone

- ❑ Any individual may receive a prescription for naloxone from any licensed health care provider with prescribing authority
- ❑ You can obtain naloxone from an authorized ORP entity that dispenses naloxone
- ❑ Any individual can obtain naloxone at a participating pharmacy through the statewide standing order.
 - ❑ As of June 1, 2017, there is no training or certificate requirement to obtain naloxone from a pharmacy under the statewide standing order.
 - ❑ For a list of pharmacies that stock naloxone visit bha.dhmmh.maryland.gov/naloxone.

[Opt:] How NOT To Respond to an Opioid Overdose

Anecdotal Remedy	Possible Consequence(s)
Use ice to cool down body	→ Slowed heart rate, arrhythmia
Put person in bath/shower	→ Drowning
Hit/slap or burn fingers/feet	→ Bruising, broken bones, infection, amputation
Give drink/induce vomiting	→ Choking to death
Inject person with cocaine, salt water, milk, epinephrine	→ High blood pressure, infection

[Opt.] Opioid Overdose Prevention Tips

- ❖ Keep all medicine in a safe place, such as a locked cabinet. (*Naloxone should be kept readily available.*)
- ❖ Properly dispose of expired or unwanted medications.
- ❖ Take only medicine prescribed for you and only as directed.
- ❖ Never share your prescription drugs with anyone else.
- ❖ If you have breathing problems (e.g. asthma, sleep apnea), check with your doctor before taking opioids.
- ❖ Never mix pain medication with alcohol, benzos, sleeping pills, muscle relaxants, anti-nausea drugs, other opioids or illegal drugs.

[Opt.] Opioid Overdose Prevention Tips

- ❖ Do not use alone.
- ❖ Make an **overdose prevention plan** and share it with someone you trust to give you naloxone if needed.
- ❖ If you have not used opioids in a while, your tolerance will be lower and risk for overdose greater, so use less opioids than you normally would.
- ❖ You are also at greater risk for overdose if you have overdosed before.
- ❖ **Always keep naloxone on hand.**
 - ❖ Get treatment for drug dependence or addiction.
 - ❖ Seek professional help if you are depressed.
 - ❖ Call a crisis hotline [*insert #*] or 9-1-1 if you are suicidal.

Suggested Resources for Family, Friends & Loved Ones of Opioid Users

- ❖ *Entities: Use this slide to list information about local resources for things such as:*
 - ❖ Self-care
 - ❖ Support groups
 - ❖ Grief/trauma counseling
 - ❖ Advocacy groups for involvement
 - ❖ Treatment & recovery services.
- ❖ Recovering from Opioid Overdose – *Resources for Overdose Survivors & Family Members*, part of the Substance Abuse and Mental Health Services Administration's (SAMHSA's) 2014 OPIOID OVERDOSE TOOLKIT, available at <http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2014/All-New-Products/SMA14-4742>.

Maryland Overdose Response Program Core Curriculum

**Health-General Article,
Title 13, Subtitle 31,
Annotated Code of Maryland
Sections 13-3101 – 3109**

**Code of Maryland Regulations,
Title 10, Subtitle 47, Chapter 08,
Regulations .01-.11**

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