

TAKE-HOME NALOXONE FOR OPIATE OVERDOSE

Opioid Overdose
And
5 Steps for First Responders

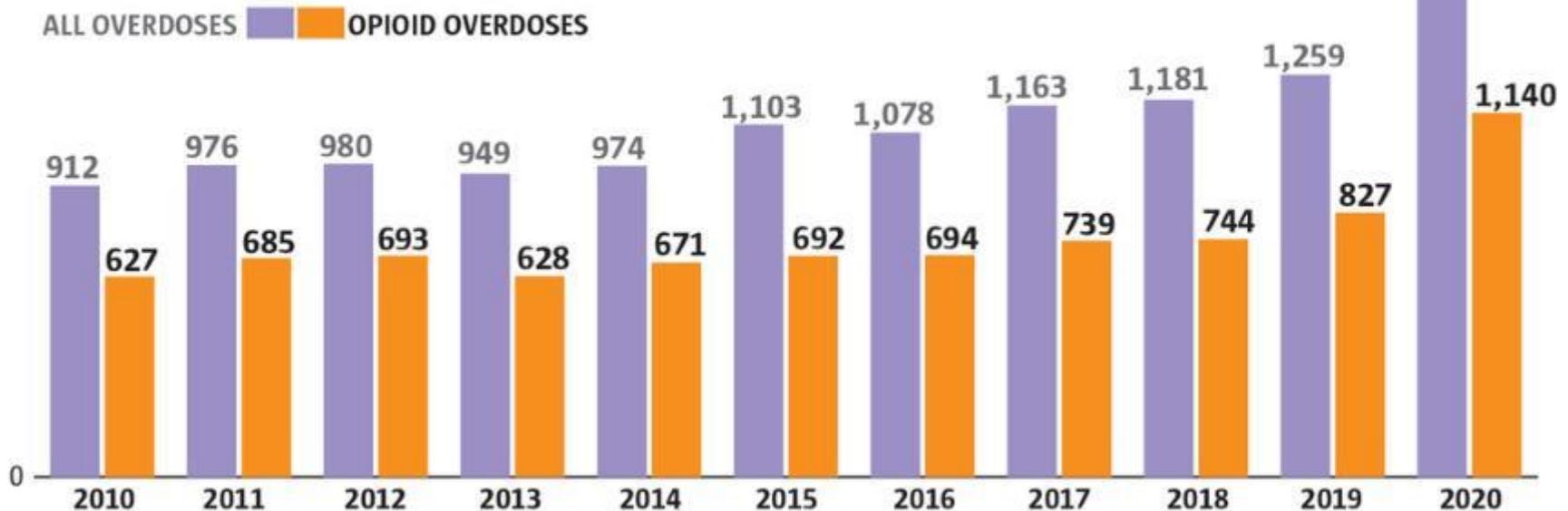
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Adapted from the SAMHSA Opioid Overdose Toolkit

State of the State

Overdose deaths rising in Washington

More people in Washington died of drug overdoses last year than any year in recent memory. Data for 2020 is preliminary and numbers are likely to rise.



Source: Washington State Department of Health: Center for Health Statistics

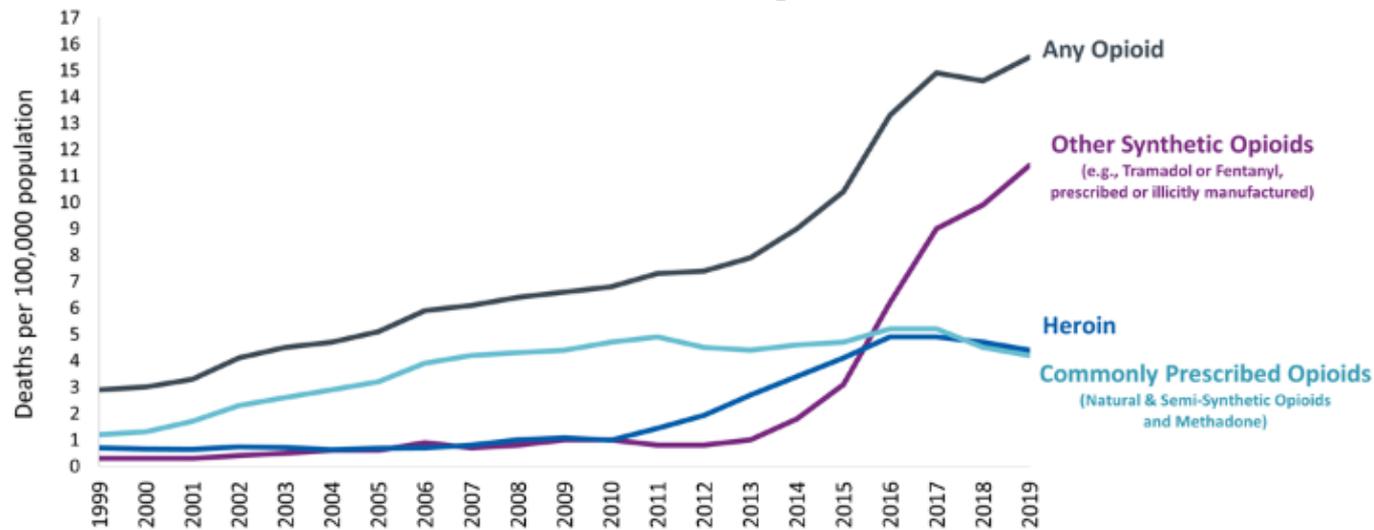
MARK NOWLIN / THE SEATTLE TIMES

Source: Seattle Times; Deadly drug overdoses soared in 2020 as COVID pandemic upended lives in Washington



The new leading cause of opioid overdose deaths: Fentanyl

Three Waves of the Rise in Opioid Overdose Deaths



Wave 1: Rise in Prescription Opioid Overdose Deaths Started in 1999

Wave 2: Rise in Heroin Overdose Deaths Started in 2010

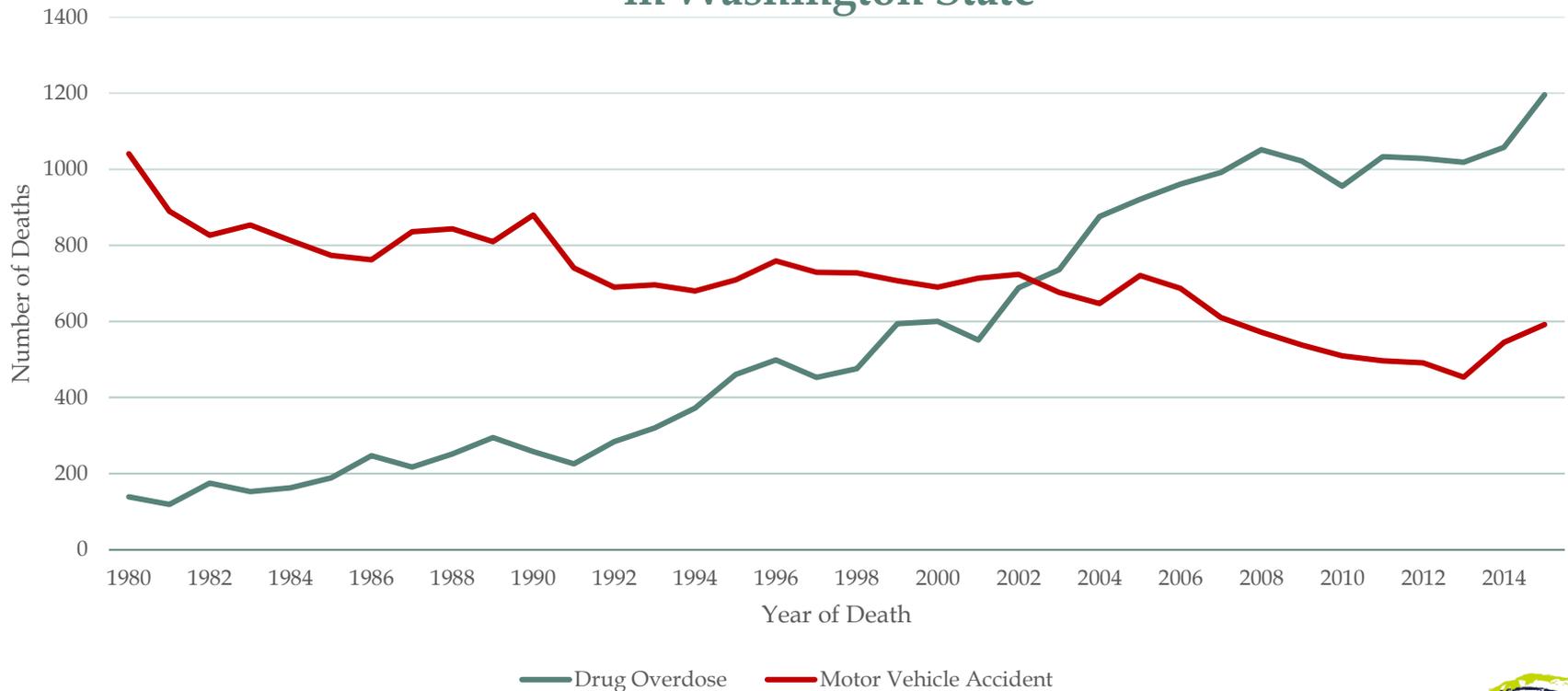
Wave 3: Rise in Synthetic Opioid Overdose Deaths Started in 2013

SOURCE: National Vital Statistics System Mortality File.



State of the State

Deaths Due to Drug Overdoses and Motor Vehicle Accidents in Washington State



Source: Washington State Department of Health, Death Certificates



What is an Overdose?

- Opiate Overdose
 - ▣ Morphine, Heroin, Methadone, Oxycodone, Fentanyl
- Stimulant Overdose
 - ▣ Speed, Amphetamines, Cocaine
- Benzodiazepines
 - ▣ Valium (diazepam), Xanax (alprazolam), Ativan (lorazepam), Klonopin (clonazepam)



Overdose risk factors

- History of previous overdose
- Buying street drugs or use unprescribed substances
- Using large doses
- Using with sedative (e.g. alcohol, benzodiazepine, antidepressant)
- Comorbid illness such as respiratory and psychiatric disease
- Resumption of opioid use after an extended period of abstinence (e.g. following detoxification, release from incarceration, cessation of treatment)



FIVE ESSENTIAL STEPS FOR FIRST RESPONDERS

- **Step 1: Check for Signs of Opioid Overdose**
- **Step 2: Call for Help (Dial 911)**
- **Step 3: Administer Naloxone**
- **Step 4: Support the Person's Breathing**
- **Step 5: Monitor the Person's Response**



STEP 1: Check for Signs of Opioid Overdose

- Signs of **overdose**, which often results in death if not treated include:
 - ▣ **Breathing is very slow or stopped**
 - ▣ Face is extremely pale and/or clammy to the touch
 - ▣ Body is limp
 - ▣ Fingernails or lips have a blue or purple cast
 - ▣ The patient is vomiting or making gurgling noises
 - ▣ He or she cannot be awakened from sleep or is unable to speak
 - ▣ Heartbeat is very slow or stopped



STEP 1: Check for Signs of Opioid Overdose

- Stimulation or Sternal Rub



STEP 2: Call for Help (Dial 911)

- An opioid overdose needs immediate medical attention .
- Dial 911 immediately. All you have to say is: **“Someone is not breathing.”** Be sure to give a clear address and/or description of your location.



STEP 3: ADMINISTER Naloxone

- **Naloxone (Narcan®)** is a strong opioid antagonist, meaning it blocks the effects of opioids in the brain.
- Naloxone should be administered to **any person** who shows signs of opioid overdose, or when overdose is suspected.
- Naloxone injection is **approved by the FDA** and has been used for decades by emergency medical services (EMS) personnel to reverse opioid overdose and resuscitate individuals who have overdosed on opioids.



STEP 3: ADMINISTER Naloxone

Intramuscular (IM)



Intranasal (IN)



Narcan™ Nasal Spray



Evzio™ auto-injector



STEP 3: ADMINISTER Naloxone



STEP 3: ADMINISTER Naloxone

- **Response time:** The response generally occurs within 2 to 3 minutes of naloxone administration.
- **Duration of effect:** The duration of effect of naloxone is 30 to 90 minutes, and patients should be observed after this time frame for the return of overdose symptoms.
- **Repeat Dosing:** More than one dose of naloxone may be needed to revive someone who is overdosing.



Safety of Naloxone

- The **safety profile** of naloxone is **remarkably high**, especially when used in low doses and titrated to effect.
- When given to individuals who are not opioid-intoxicated or opioid-dependent, naloxone produces no clinical effects, even at high doses. Moreover, while rapid opioid withdrawal in tolerant patients may be unpleasant, it is not life-threatening.



Good Samaritan Law

- On June 10, 2010, Washington state enacted the “**911 Good Samaritan**” law (ESB 5516), which provides immunity from drug possession charges in drug overdose situations and expands access to naloxone, a prescription drug that reverses overdoses caused by opioids. The law authorizes any person to obtain and use naloxone, given the fulfillment of certain requirements, and authorizes any person to administer naloxone to a qualifying third party.



STEP 4: Support the Person's Breathing

- Be sure the person's airway is clear (check that nothing inside the person's mouth or throat is blocking the airway).
- Place one hand on the person's chin, tilt the head back and pinch the nose closed.
- Place your mouth over the person's mouth to make a seal and give 2 slow breaths.
- The person's chest should rise (but not the stomach).
- Follow up with one breath every 5 seconds.



STEP 5: Monitor the Person's Response

- Most patients respond by returning to spontaneous breathing .
- Comfort the person being treated, as withdrawal triggered by naloxone can feel unpleasant. As a result, some persons become agitated or combative when this happens and need help to remain calm.



STEP 5: Monitor the Person's Response

- It is essential to get the person to an emergency department or other source of medical care as quickly as possible, even if he or she revives after the initial dose of naloxone and seems to feel better.



Do's and Don'ts in Responding to Opioid Overdose

- DO support the person's breathing by administering oxygen or performing rescue breathing.
- DO administer naloxone
- DO put the person in the "recovery position" on their side, if he or she is breathing independently.
- DO stay with the person and keep him/her warm.



Do's and Don'ts in Responding to Opioid Overdose

- DON'T slap or try to forcefully stimulate the person — it will only cause further injury. If you are unable to wake the person by shouting, rubbing your knuckles on the sternum (center of the chest or rib cage), or light pinching, he or she may be unconscious.
- DON'T put the person into a cold bath or shower. This increases the risk of falling, drowning or going into shock.



Do's and Don'ts in Responding to Opioid Overdose

- DON'T inject the person with any substance (salt water, milk, “speed,” heroin, etc.). The only safe and appropriate treatment is naloxone.
- DON'T try to make the person vomit drugs that he or she may have swallowed. Choking or inhaling vomit into the lungs can cause a fatal injury.



Naloxone Distribution

- From 1996 to 2010: **53,032**, Potential overdose bystanders received overdose education and naloxone. **10,171** subsequent opioid overdose reversals were reported
- In 2014: **152,283** potential overdose bystanders and **26,463** overdose reversals!



How to get naloxone in WA?

- In Washington State, people do not need to get a prescription from health care provider to receive Naloxone



- The Statewide Standing Order to Dispense Naloxone can be used as a prescription



How to get naloxone in WA?

- <https://stopoverdose.org/section/find-naloxone-near-you/>

Find the closest naloxone pharmacy or program to you using the website map or listing by county

Map of Washington State Providers

All pharmacies in Washington are able to provide naloxone to people directly, without a prescription. Call ahead to check availability.

To find naloxone near you, use the + and - buttons below to zoom in and out or search by your zip code.

Your Search Results

location radius

Downtown Emergency Service
515 3rd Avenue
Seattle WA 98104
United States

More info
0.3 mi
[Directions](#)

Virginia Mason Hospital and S
1100 9th Ave
Seattle WA 98101
United States

More info



Map data ©2021 Google Terms of Use

To add your Washington State program to this list, please send an email to stopovd@uw.edu.

Clallam County
Clallam County Syringe Services, Port Angeles and Forks

Clark County
Clark County Needle Exchange, Vancouver Share, Vancouver

Cowlitz County
Cowlitz Family Health Center Syringe Exchange, Kelso

Pend Oreille County
Northeast Tri County Health District, Newport

Pierce County
Dave Purchase Project/Tacoma Needle Exchange, Tacoma
Kirk's Pharmacy, Eatonville and Puyallup
Treatment Services, Tacoma Pierce County Health Department-Tacoma



How to get Naloxone in WA?

□ Pharmacy

Anyone can obtain naloxone directly from pharmacy. People may take the standing order as a prescription for naloxone

□ Community program

Many syringe exchange and other community programs distribute naloxone

Pro tip: always contact the pharmacy or program first check for availability, cost, form of naloxone (intramuscular or intranasal)



Insurance Coverage

- Most commercial health insurance

Cover at least one form of naloxone

Coverage and co-pay vary widely

- Medicaid

No copay for most forms of naloxone

Most plan have no limits on the number of kits that can be obtained in a year



Who should carry naloxone?

- **Anyone** in WA, especially who might experience or witness overdose event
 - People who use drugs
 - Those who interact with people who use drugs, like friends, family, and emergency personnel
 - Anyone receiving opioid medication at higher dosage
 - Anyone using drugs that were not purchased at a pharmacy or cannabis dispensary



Resources: Stopoverdose.org

stopoverdose.org

Helping individuals and communities in Washington State respond to prevent opioid overdose.

[Overdose](#) -

[Naloxone](#) -

[Getting Help](#) -

[For professionals](#) -

[Resources](#) -

[About](#)

Search ...   

STOPOVERDOSE.ORG > SECTIONS > Naloxone

Naloxone

Naloxone is a medication to reverse an opioid overdose. It is legal for anyone in Washington State to obtain, carry and administer naloxone.

LEARN ABOUT NALOXONE

Learn about naloxone, compare products, and read the latest research about...
[more](#)

FIND NALOXONE NEAR YOU

Find the closest naloxone pharmacy or program to you using our map or listing by... [more](#)

START A NALOXONE PROGRAM

In WA, any organization can obtain naloxone for staff or to distribute to others...
[more](#)



Resources: Lacedandlethal.com



LACED & LETHAL IS YOUR SOURCE FOR INFORMATION ON PILLS AND POWDERS LACED WITH FENTANYL

Overdoses caused by fentanyl-laced substances are on the rise in King County. Learn why and how to keep yourself and your friends safe.

START BY TAPPING ANY OF THE TOPICS BELOW:

- **FENTANYL 101**
- **HOW NALOXONE SAVES LIVES**
- **HOW TO SPOT AND STOP AN OVERDOSE**
- **FREQUENTLY ASKED QUESTIONS**
- **RESOURCES**
- **SOURCES**



Resources

- kelley-ross.com/naloxone-program/
 - Training Videos
 - Provider Tool Kits
 - Patient Tool Kits
 - Contact Info



Questions?

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