

REVIVE!

OPIOID OVERDOSE REVERSAL FOR VIRGINIA

May 2018



2018 has started off with a bang! Across the state, we have added **2959** Lay Rescuers , **338** Lay Rescuer Trainers, **1662** Law Enforcement Rescuers, and **2** new Master Trainers! While this has been quite an accomplishment, the number of opioid overdoses in Virginia continues to rise, making our efforts more important now than ever. The combined efforts of volunteers and stakeholders who carry this program out into the communities that need it most is humbling to witness.

I look forward to continuing to lead the REVIVE! efforts and am interested in any feedback, comments, or news from our readers. Please send your information to Amira Turner at amira.turner@dbhds.virginia.gov.

Amira Turner
REVIVE! Coordinator

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Fentanyl and Carfentanil

Over the past few years, fentanyl has become increasingly involved in overdose deaths. Fentanyl is 50-100 times more potent than morphine and carfentanil, a fentanyl analogue, is 100 times as potent as the same amount of fentanyl, 5,000 times as potent as a unit of heroin and 10,000 times as potent as a unit of morphine. These drugs are making their way into illicit street drugs and it was recently identified that nearly 50% of all opioid related overdose deaths include fentanyl or fentanyl analogues! Fentanyl comes in many different forms and has been increasingly contaminated illicit street drugs.

If fentanyl exposure is suspected, prevent further contamination and notify first responders. Do not touch your eyes, mouth, nose or any skin after touching any potentially contaminated surface. Wash skin thoroughly with cool water, and soap if available. Do NOT use hand sanitizers as they may enhance absorption. Wash your hands thoroughly after the incident and before eating, drinking, smoking, or using the restroom.

Signs of exposure include slow or no breathing, drowsiness or unresponsiveness, and constricted or pinpoint pupils. If you believe you have come in contact—If inhaled, move to fresh air, If ingested, wash out mouth with water provided the person is conscious and seek immediate medical attention.

Narcan (Naloxone), an overdose-reversing drug, is an antidote for opiate overdose and may be administered intranasally, intramuscularly, or subcutaneously. Immediately administering Narcan can reverse an accidental overdose of fentanyl exposure to officers. Continue to administer multiple doses of Narcan until the exposed person or overdose victim responds favorably.

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Naloxone (Narcan) Availability

Health Department In an attempt to make naloxone more accessible in our communities, the Virginia Department of Health will be dispensing Narcan Nasal Spray at no cost to those in need through the local health departments. There are two ways this is being accomplished:

- 1- In conjunction with REVIVE! trainings: This requires REVIVE! trainers to **collaborate with their health departments on scheduling the training** at a time when someone from the health department is available to dispense the medication at the event. See the REVIVE! website for the list of community training sites that are offering Narcan Nasal Spray to training participants.
- 2- On a walk-in basis: For this option, individuals should **call the health department in advance** to make sure a staff member who is able to dispense the medication is on-site when the individual at need plans on going in.

RAM 2018

This year, Virginia's Remote Area Medical (RAM) clinics will be incorporating REVIVE! trainings into their events, thanks to the hard work of Michele Thomas, Pharmacy Services Manager at the Department of Behavioral Health and Developmental Services, Sarah Melton with OneCare of Southwest Virginia, and all of the volunteers that make these trainings possible. Last year, 800 individuals were trained in the REVIVE! Lay Rescuer Training, 571 units of Narcan Nasal Spray were dispensed, and 146 Deterra Drug Disposal Pouches were distributed. THANK YOU to everyone who is assisting with this project and the important work that is being done to make trainings and naloxone available to those in need!

National Drug Take Back Day 2018

Prescription drug take backs are an important step in reducing access to prescription drugs that are no longer needed. National data cites prescription drug abuse as the fastest growing drug problem in the U.S. This is reflected in unprecedented numbers of accidental poisonings and overdoses. Many people are unaware that prescription drugs are susceptible to diversion, misuse... and abuse and are easily obtained from home medicine cabinets for improper use. Flushing this medication down the toilet presents public safety and public health concerns, such as entering the drinking water supply. In the event that you are unable to participate on this day, here is a list of resources to assist with discarding medications: <http://safety.nsc.org/stop-everyday-killers-suppliespharmacy>. You will also find information on how to become notified when you are receiving opioid medications from the pharmacy.

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Trainings are Being Scheduled NOW!

If you're interested in becoming a Lay Rescuer Master Trainer, Lay Rescuer Trainer, or Lay Rescuer as part of REVIVE!, please email amira.turner@dbhds.virginia.gov. Plans are being made to host trainings across Virginia, so don't miss out! Please pass along the word to all your family members, friends and colleagues who may be interested. Training events and other information are posted on our website. Click [HERE](#) to visit our website. We also now have a list of Master Trainers who are certified to provide training of training events. If you do not see any events in your area, contact the trainer nearest you to find out if anything is being scheduled.

Anonymous Naloxone Administration Survey

In an attempt to demonstrate program success and help in securing funding in the future for REVIVE!, we have a link available for lay rescuers to report administration of Naloxone. This survey is completely anonymous and is only shared in aggregate form. Please use this link any time you administer Naloxone and encourage others to do the same: <https://www.surveymonkey.com/r/REVIVEVA>.

Keep DBHDS Updated!

We are working on increasing our online presence, including keeping a current listing of all upcoming training events. Once a training event is scheduled, please email amira.turner@dbhds.virginia.gov so we can add it to the website.