

Health and Safety Awareness Opioid Use Disorder (OUD)

Some Important Points

- ❖ Opioids are a controlled class of drug that include prescription pain relievers such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, and morphine.
- ❖ Illegal opioids drugs include heroin, and synthetic fentanyl.
- ❖ Prescription opioids are prescribed to treat pain by a physician.
- ❖ With prolonged use of prescription opioids, pain-relieving effects may lessen and pain can become worse.
- ❖ When used correctly under a health care provider's direction, prescription pain medicines are helpful. However, misusing prescription opioids risks dependence and addiction.
- ❖ When attempting to reduce or stop the use of opioids, some people experience withdrawal symptoms, which makes it difficult for the individual to stop taking them on their own.
- ❖ Treatment for withdrawal symptoms vary but do assist with discontinuing the use of opioid drugs. Medications such as methadone, buprenorphine, suboxone, or naltrexone can help alleviate the symptoms of withdrawal and cravings. Pairing medication management with inpatient treatment or community support programs generally have the most success. Many people find it helpful to attend a 12-step community support group, such as Narcotics Anonymous.

*For more Health and Safety Alerts, visit the
DBHDS/OIH webpage at:*

<http://www.dbhds.virginia.gov/office-of-integrated-health>

Signs and Symptoms of Opioid Use in an Individual

- ❖ They have difficulty staying awake, keeping their eyes open, and/or nodding their heads as if they are falling asleep.
- ❖ They think & move very slowly. They may feel like they are in a dream.
- ❖ They slur their words & have a hard time speaking clearly.
- ❖ The pupils of their eyes (the black center), are very small or pinpoint.
- ❖ Their breathing & heartbeat lowers & their blood pressure drops.
- ❖ People who inject opioids may have visible needle marks on their bodies.

Signs and Symptoms of Opioid Withdrawal



Itching feeling all over their body, sweating, and/or goose flesh



Muscle spasms, along with bone and muscle pain



Stomach cramps, nausea, vomiting, diarrhea



Increase heart beat and blood pressure



Increased anxiety and agitation



Runny nose and watery eyes



Enlarged pupils

Mental Health First Aid (MHFA) Training

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. If you are interested in becoming certified in Mental Health First Aid, please locate a class near you [here](#).



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Virginia Department of Behavioral Health and Developmental Services, Commonwealth of Virginia Government (2019). Suicide Prevention: Mental health first aid training (MHFA). Retrieved from <http://www.dbhds.virginia.gov/behavioral-health/suicide-prevention>



What Does a Wheelchair WC-19 "Transport Safe" Label Mean?



- Wheelchairs with a WC-19 "transport safe" label are designed and manufactured for use as a seat in a motor vehicle.
- A WC-19 compliant wheelchair also has features that make it easier & safer to secure with a 4-point strap-type tie-down.
- A WC-19 compliant wheelchair is designed so that the person securing straps can do so easily.
- Wheelchairs that are WC-19 compliant have passed standardized crash tests that have proven their ability to withstand the forces of a 30-mph/20-g change in velocity.
- **Most folding wheelchairs are not WC-19 "transport safe". They are designed to be folded up and placed in the trunk of a car, while the user is being transported in the vehicle.**
- If you are unsure if a wheelchair meets this standard, look for the WC-19 label on the wheelchair frame or contact the manufacturer for more information about how the wheelchair performed in crash tests.

Rehabilitation Engineering Research Center (RERC) (2000, June 22). A new transit wheelchair standard: ANSI/RESNA WC19. http://www.ercwts.org/RERC_WTS2_KT/RERC_WTS2_KT_Stand/WC19_Docs/WC19_PressRel.html

Rehabilitative Engineering Society of North America (RESNA) (n.d.). RESNA's position on wheelchairs used as seats in motor vehicles. Retrieved from <https://www.resna.org/sites/default/files/legacy/resources/position-papers/RESNAPositiononWheelchairsUsedasSeatsinMotorVehicles.pdf>

Snell, M. A. (1999). Guidelines for safely transporting wheelchair users. *OT Practice* 4(5) 35-38. Retrieved from http://www.wheelchairnet.org/WCN_WCU/Departments/Docs/Snell.html