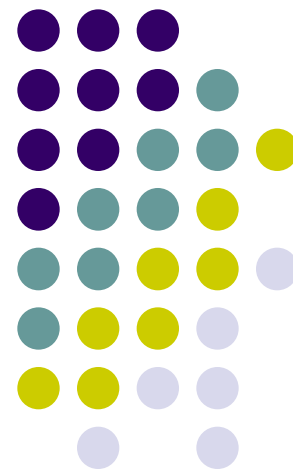


REVIVE!

Opioid Overdose and Naloxone Education (OONE) for Virginia

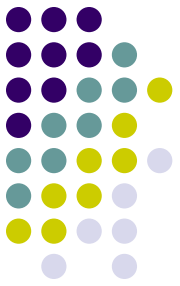
Lay Rescuer Training

Updated July 2017



REVIVE!

Understanding and responding to an opioid overdose emergency using naloxone



REVIVE! – Responding to an Opioid Overdose Emergency



Welcome

- If you did not preregister, please complete a registration form.

Training Objectives

- Understand the REVIVE! program, including lay administration of naloxone, protection from civil liability, and the safe reporting of overdoses law
- Understand Addiction
- Understand how opioid overdose emergencies happen and how to recognize them
- Understand how naloxone works
- Identify risk factors that may make someone more susceptible to an opioid overdose emergency
- Dispel common myths about how to reverse an opioid overdose
- Learn how to respond to an opioid overdose emergency with the administration of naloxone

REVIVE! – Responding to an Opioid Overdose Emergency



REVIVE! Background

- House Bill 1672
 - Initial law authorizing REVIVE
- House Bill 1458
 - Immunity from civil liability
 - Law enforcement and fighters can now carry
 - Provision for oral written, or standing order
 - As of November 2016, Virginia is under a **Public Health Emergency** for our opioid epidemic
 - A **Statewide Standing Order** has been issued for Naloxone as a result
- House Bill 1500 and Senate Bill 892
 - Safe Reporting of Overdoses
 - Allows assertion of affirmative defense

REVIVE! – Understanding Addiction



- ASAM Definition
 - A switch from positive to negative reinforcement
 - Transition from low motivation (wanting to use) to high motivation for use (needing to use)
 - Development of tolerance and physiological dependence
 - A chronic and relapsing disease in which individuals are not able to discontinue use on their own
 - [Nuggets](#)

REVIVE! – Responding to an Opioid Overdose Emergency



How does an opioid overdose happen?

An excessive amount of an opioid, or a combination of opioids and other substances overwhelms the body and causes it to shut down. Drugs such as heroin and prescription pain medications cause the central nervous system to become depressed, leading to breathing and heart rate slowing down and eventually ceasing entirely.

REVIVE! – Responding to an Opioid Overdose Emergency



What are opioids?

| Generic | Trade | Street |
|---------------|--------------------------------------|--|
| Hydrocodone | Lortab, Vicodin | Hydro, Norco, Vikes, Watsons |
| Oxycodone | Oxycontin, Percocet | Ox, Oxys. Oxycotton, Kicker, Hillbilly Heroin |
| Morphine | Kadian, MSContin | M, Miss Emma, Monkey, White Stuff |
| Codeine | Tylenol #3 | Schoolboy, T-3s |
| Fentanyl | Duragesic | Apache, China Girl, China White, Goodfella, TNT |
| Carfentanil | Wildnil | Drop Dead, Flatline, Lethal Injection, Poison, Tango & Cash, TNT |
| Hydromorphone | Dilaudid | Dill, Dust, Footballs, D, Big-D, M-2, M-80s, Crazy 8s, Super 8s |
| Oxymorphone | Opana | Blue Heaven, Octagons, Oranges, Pink, Pink Heaven, Stop Signs |
| Meperidine | Demerol | Dillies, D, Juice |
| Methadone | Dolophine, Methadose | Meth, Junk, Fizzies, Dolls, Jungle Juice |
| Heroin | Diacetylmorphine | Dope, Smack, Big H, Black Tar, Dog Food |
| Buprenorphine | Bunavail, Suboxone, Subutex, Zubsolv | Sobos, Bupe, Stops, Stop Signs, Oranges |

REVIVE! – Responding to an Opioid Overdose Emergency



How can you tell the difference
between someone who is high and
someone who has overdosed?

REVIVE! – Responding to an Opioid Overdose Emergency



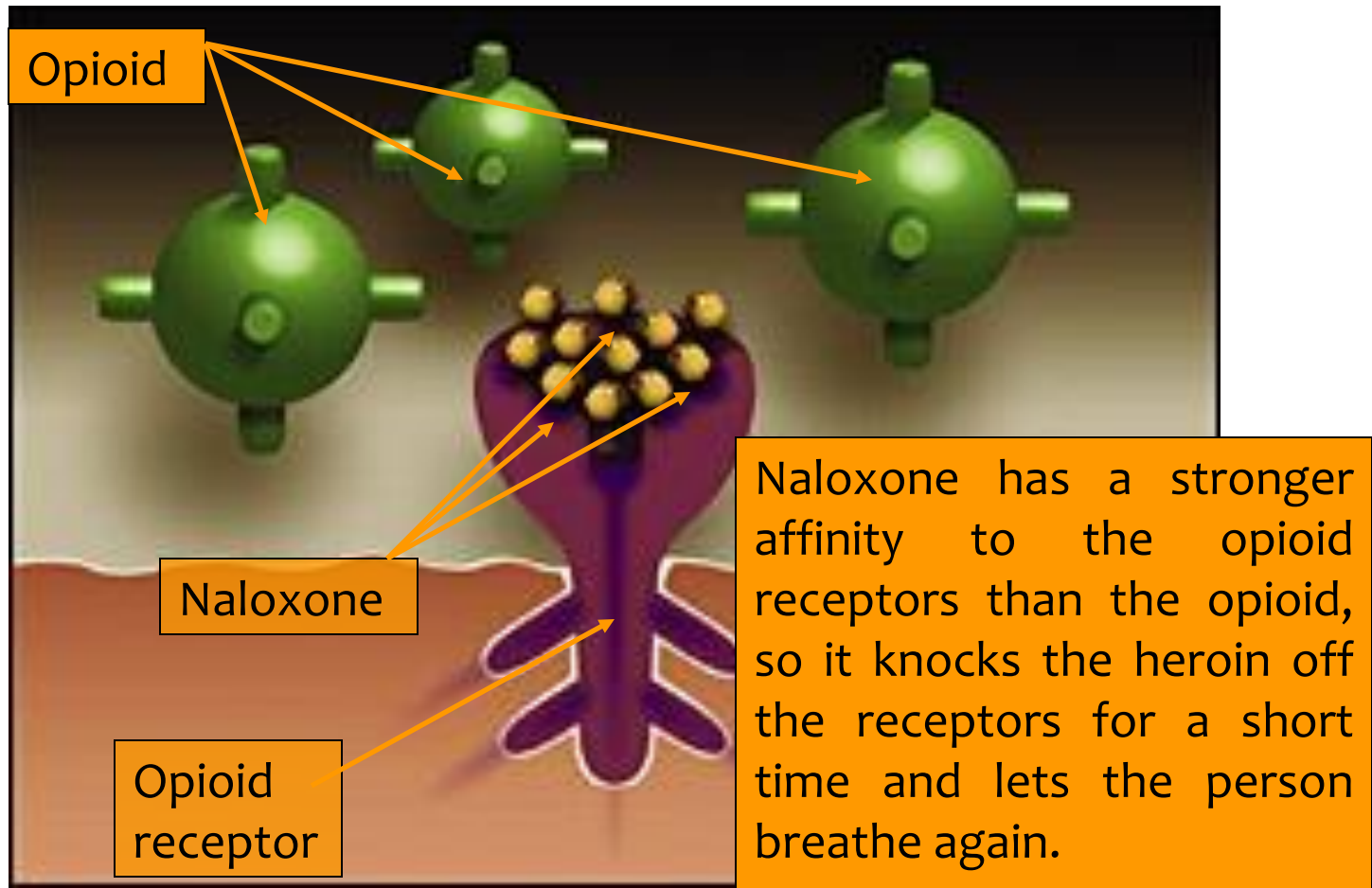
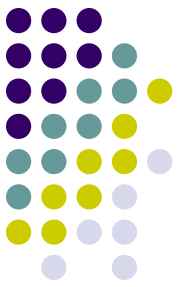
Understanding and Recognizing Opioid Overdose Emergencies:

There are certain signs you can look for to tell if someone is really high or overdosing. These include:

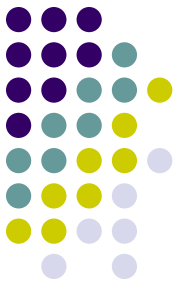
| Really High | Overdosed |
|--|---|
| Muscles become relaxed | Pale, clammy skin |
| Speech is slowed or slurred | Breathing is infrequent or has stopped |
| Sleepy-looking | Deep snoring or gurgling (death rattle) |
| Responsive to shouting, ear lobe pinch, or sternum rub | Unresponsive to any stimuli |
| Normal heart rate and/or pulse | Slow or no heart rate and/or pulse |
| Normal skin tone | Blue lips and/or fingertips |

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How does naloxone work?

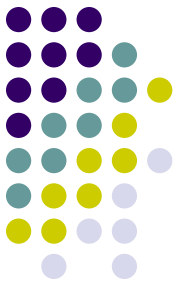


REVIVE! – Responding to an Opioid Overdose Emergency



- Naloxone has no potential for abuse and will have no effect if accidentally administered or self-administered (in the case of a child).
- Its use is supported by many national organizations, including the Office of National Drug Control Policy and the World Health Organization

REVIVE! – Responding to an Opioid Overdose Emergency



What are some of the risk factors that can make someone more likely to overdose on opioids?

REVIVE! – Responding to an Opioid Overdose Emergency



Certain people are at higher risk for opioid overdose emergencies, including:

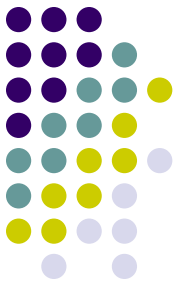
- Prior Overdose
- Reduced tolerance – previous users who have stopped using due to abstinence, illness, treatment, or incarceration
- Mixing drugs – combining opioids with other drugs, including alcohol, stimulants or depressants. Combining stimulants and depressants DO NOT CANCEL EACH OTHER OUT
- Using alone
- Variations in strength or quantity or changing formulations (e.g., switching from quick acting to long lasting/extended release)
- Medical conditions such as chronic lung disease or kidney or liver problems

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What are some myths you have heard about ways to reverse an opioid overdose?

REVIVE! – Responding to an Opioid Overdose Emergency



There are many myths about how to reverse an opioid overdose. Here are some, and why you **SHOULD NOT DO THEM**.

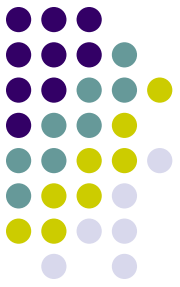
- DO NOT put the individual in a bath. They could drown.
- DO NOT induce vomiting or give the individual something to drink. They could choke.
- DO NOT put the person in an ice bath or put ice in their clothing or in any bodily orifices. Cooling down the core temperature of an individual who is experiencing an opioid overdose emergency is dangerous because it can further depress their heart rate.
- DO NOT try and stimulate the individual in a way that could cause harm, such as slapping them hard, kicking them, or other more aggressive actions that may cause long-term physical damage.
- DO NOT inject them with any foreign substances (e.g., salt water or milk) or other drugs or force them to eat or drink anything. It will not help reverse the overdose and may expose the individual to bacterial or viral infection, abscesses, endocarditis, cellulitis, choking, etc.

REVIVE! – Responding to an Opioid Overdose Emergency



**Naloxone is the only effective
response to an opioid overdose
emergency!**

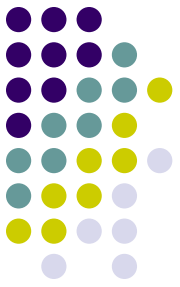
REVIVE! – Responding to an Opioid Overdose Emergency



How to respond to a suspected opioid overdose emergency:

1. Check for responsiveness - if unresponsive or shallow/irregular breathing is present, proceed to step 2
2. ADMINISTER NALOXONE (apply I've received Naloxone sticker)
3. Place individual into recovery position
4. Call 911
5. Initiate rescue breathing/CPR (if certified or as instructed by 911 operator) if the person has not yet started breathing.
6. Assess and respond based on outcome of first naloxone administration

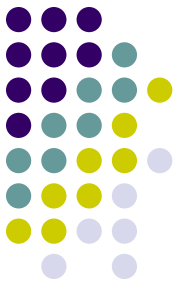
REVIVE! – Responding to an Opioid Overdose Emergency



1. Check for responsiveness

- Try to stimulate them. You can shout their name, tap their shoulder, or pinch their ear lobe.
- Give a sternum rub. Make a fist and rake your knuckles hard up and down the front of the person's sternum (breast bone). This is sometimes enough to wake the person up.
- Check for breathing. Put your ear to the person's mouth and nose so that you can also watch their chest. Feel for breath and watch to see if the person's chest rises and falls.
- If the person does not respond or is not breathing, proceed with the steps listed below.

REVIVE! – Responding to an Opioid Overdose Emergency



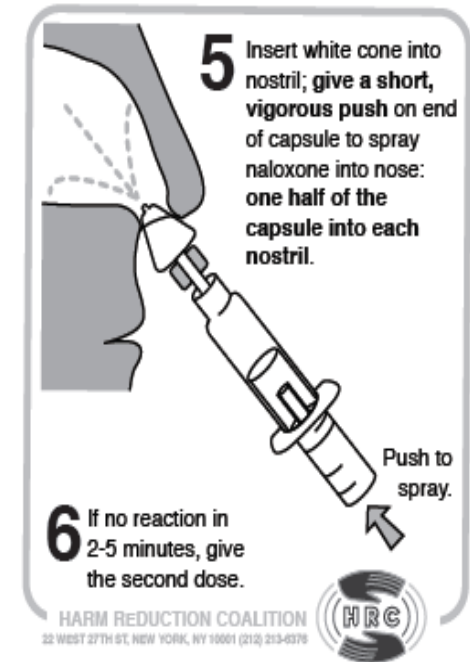
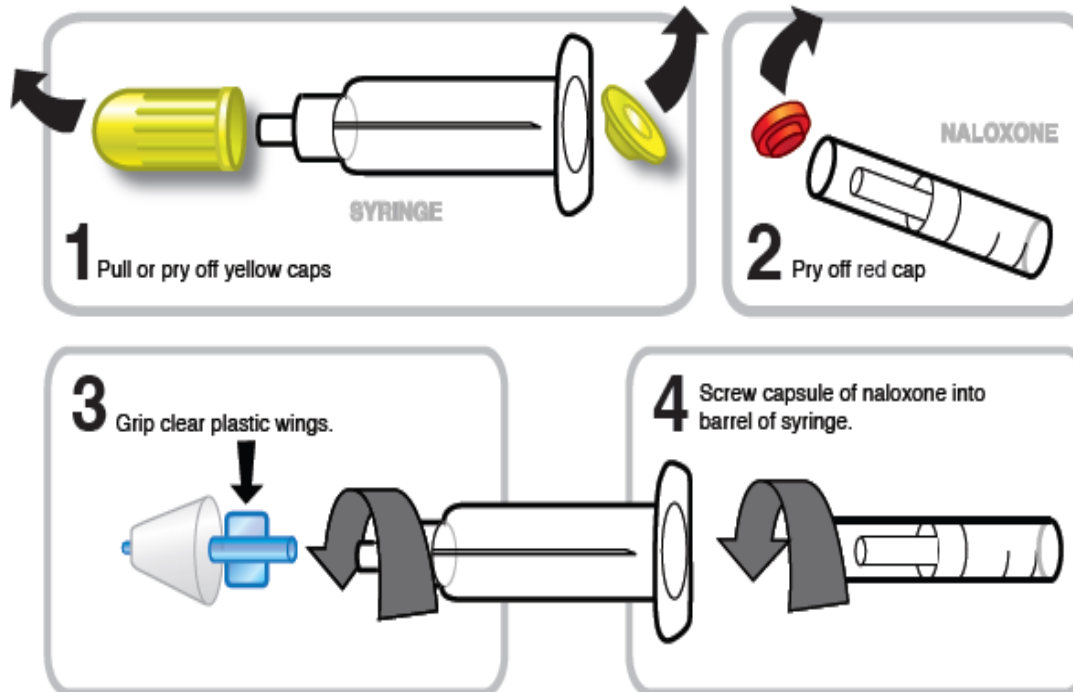
2. Administer naloxone

SYRINGE AND ATOMIZER

1. Pull the yellow caps off the syringe.
2. Pull the purple (may also be red or gray) cap off the naloxone capsule.
3. Screw the atomizer, which looks like a white cone, onto the threaded end of the syringe.
4. Gently screw the naloxone capsule into the syringe, open end first, until you feel it catch.
5. Put the tip of the spray device into one nostril and push on the capsule to spray half of the naloxone into the nostril; immediately switch to the other nostril and spray the other half of the naloxone into the nostril (see diagram below). The capsule has gradient marks to indicate when you have sprayed half of the medication.

Please Note: If someone is dependent on opioids, giving them naloxone may result in temporary withdrawal. This response can include abrupt waking up, vomiting, diarrhea, sweating, and agitated behavior. Withdrawal is extremely unpleasant, but NOT life threatening and will only last until the naloxone has worn off.

REVIVE! – Responding to an Opioid Overdose Emergency



REVIVE! – Responding to an Opioid Overdose Emergency



Video – How to Prepare Naloxone for Administration



REVIVE! – Responding to an Opioid Overdose Emergency



EVZIO has visual and voice instructions that help guide the user through the injection process. Each EVZIO auto-injector contains only one dose of medicine. Caregivers should pinch the thigh muscle when injecting EVZIO into a child under the age of one.

1. **Pull EVZIO from the outer case.**

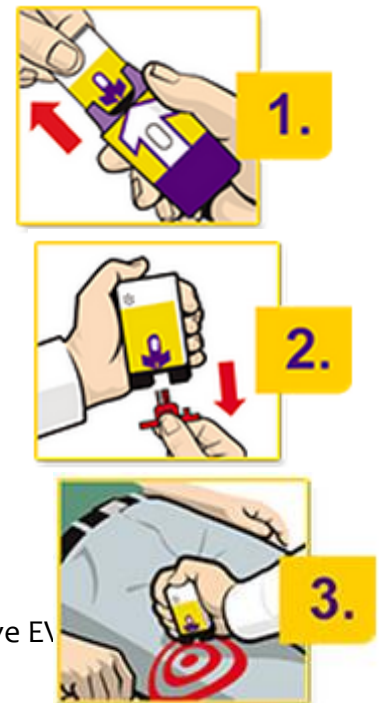
- **Do not** go to Step 2 (Do not remove the **red** safety guard.) until you are ready to use EVZIO.
- **If you are not ready to use EVZIO, put it back in the outer case for later use.**

2. **Pull off the red safety guard.**

- To reduce the chance of an accidental injection, do not touch the **black** base of the auto-injector, which is where the needle comes out. If an accidental injection happens, get medical help right away.
- **Note:** The **red** safety guard is made to fit tightly. **Pull firmly to remove.** **Do not replace the red safety guard after it is removed.**

3. **Place the black end against the middle of the outer thigh, through clothing (pants, jeans, etc) if necessary, then press firmly and hold in place for 5 seconds.**

If you give EVZIO to an infant less than 1 year old, pinch the middle of the outer thigh before you give EVZIO. Pinch while you give EVZIO.



Note: 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.

REVIVE! – Responding to an Opioid Overdose Emergency

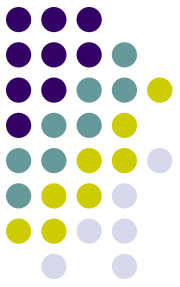


NARCAN Nasal Spray

Product of Adapt Pharma designed for intranasal use. Place the person on their back. Tilt the head. Administer full dose into one nostril. We will view a video demonstrating how to use.



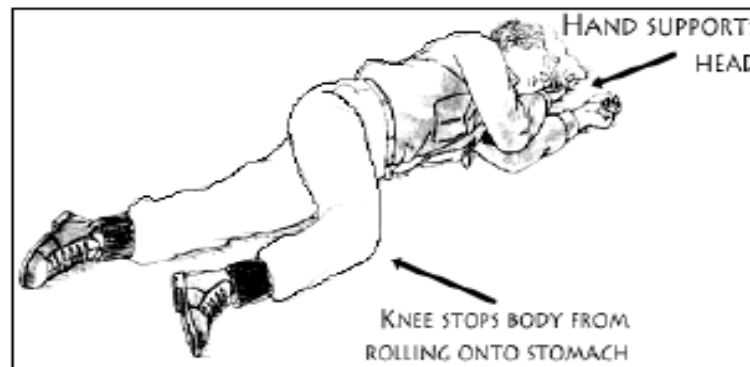
REVIVE! – Responding to an Opioid Overdose Emergency



3. Recovery Position

Once you have administered the medication put the person in the **recovery position** while you call for help.

- If necessary, place the overdose victim flat on their back.
- Roll the person over slightly onto their side.
- Bend their top knee.
- Put the person's top hand under their head for support.
- This position should keep the person from rolling onto their stomach or back and prevent them from asphyxiation in case of vomiting.
- Make sure the person is accessible and visible to first responders; don't close or lock doors that would keep first responders from being able to find or access the person.



REVIVE! – Responding to an Opioid Overdose Emergency



1. CALL 911

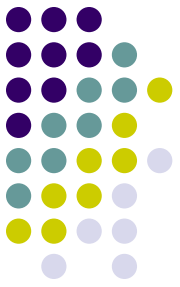
4. Call 911 [be sure to have person in recovery position].

- Quiet down the scene, or move to a quieter location. Speak calmly and clearly. State that someone is unresponsive and is not breathing.
- Give the exact address and location. If you're outside, use an intersection or landmark.
- When first responders arrive, tell them it is an overdose and what drugs the person may have used, and what you have done so far to respond.

PLEASE NOTE: Complications may arise during or as a result of opioid overdose emergencies. Also, naloxone only works on opioids, and the person may have overdosed on something else, e.g., alcohol or benzodiazepines. **Calling 911 to request Emergency medical services is critical.**



REVIVE! – Responding to an Opioid Overdose Emergency



5. Initiate rescue breathing/CPR* if the person has not yet started breathing **

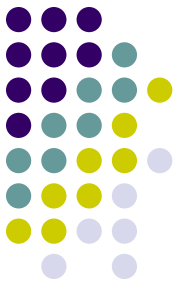
You will need to roll the individual onto their back to start rescue breathing. Administer 1 breath every 5 seconds for three minutes or until EMS arrives

***If you know CPR or are given instructions by 911 operator**

****911 operator may provide more advanced instructions – Always follow 911 operators instruction**

PLEASE NOTE - Brain damage can occur after three to five minutes without oxygen. Rescue breathing gets oxygen to the brain quickly. Once you give naloxone, it may take some time for it to be take effect, so the person may not start breathing on their own right away. Continue rescue breathing/cpr for them until the naloxone takes effect or until emergency medical services arrive.

REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct assessment and respond as appropriate

Most individuals will recover after a single dose of naloxone is administered. When this occurs, the person will be in withdrawal, which may include abrupt waking up, vomiting, diarrhea, sweating, and nausea. They may not remember overdosing. In rare cases, the person may recover into acute withdrawal, which in addition to the above, may include aggressive, combative, or violent behavior. In this case, the Lay Rescuer needs to ensure their own safety.

REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct assessment and respond as appropriate

Assessment and Response after First Administration of Naloxone

If person recovers, monitor until emergency medical services arrive

If person does not recover within three minutes, return to step four and administer second dose of naloxone

If person recovers but relapses into overdose after 30-45 minutes, recheck for responsiveness, then perform rescue breathing/cpr and naloxone administration as appropriate

REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct assessment and respond as appropriate

If person recovers after the first dose of naloxone, continue to monitor them until emergency medical services arrive.

- Do what you can to calm and soothe them
- They may be agitated and will want to take more drugs
- Do not allow them to take more drugs or eat or drink anything
- Emphasize the importance of waiting for emergency medical services to arrive so they can be assessed
- Tell them that opioid withdrawal is not life-threatening and that naloxone will wear off in 30-45 minutes
- Depending on what substances they were taking, they could relapse into overdose once the first dose of naloxone wears off

REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct assessment and respond as appropriate

There are **two cases** in which you may need to administer a second dose of naloxone:

- **SITUATION A:** If the individual has not responded to the initial dose within three minutes
- **SITUATION B:** If the individual has relapsed into an overdose again after having previously recovered with the initial dose.

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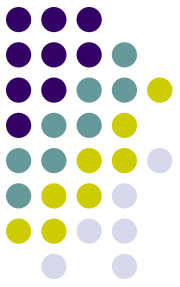
6. Conduct assessment and respond as appropriate

SITUATION A: The individual has not responded to the initial dose within three minutes

When this occurs:

- Naloxone should take effect within 30-45 seconds but may take longer
- Wait three minutes (continue rescue breathing/cpr during this time)
- At three minutes, administer second dose of naloxone
- If person remains unresponsive after the second dose is administered, continue rescue breathing/cpr until emergency medical services arrives.

REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct assessment and respond as appropriate

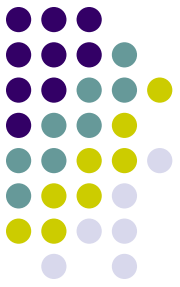
SITUATION B: The individual has relapsed into an overdose again after having previously recovered with the initial dose.

Naloxone has a very short half life – 30-45 minutes. In some cases, there is so much opioid in the system that the person can relapse back into overdose after the naloxone has worn off.

When this occurs:

- Recheck person for responsiveness as described in Step 1 above.
- If unresponsive, administer second dose of naloxone
- Continue rescue breathing/cpr until person recovers or until emergency medical services arrives.

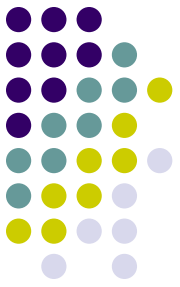
REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct follow-up and next steps – Summary

- Calling 911 immediately after administering naloxone is vital. An individual who has overdosed needs to be assessed by medical professionals.
- The administration of naloxone to an individual **is not the last step in responding to an opioid overdose emergency**. Further attention and action are necessary.
- Withdrawal is awful but not life-threatening. Try to keep them calm, let them know what happened, and explain that help is coming and they need to wait for emergency medical personnel to respond.
- Monitor the individual to see that they start to breathe and become responsive.

REVIVE! – Responding to an Opioid Overdose Emergency



6. Conduct follow-up and next steps – Summary

- Resume rescue breathing/cpr if the person has not started breathing on their own.
- Naloxone takes several minutes to kick in and wears off in 30-45 minutes. The person may relapse into an opioid overdose emergency after the naloxone wears off. Therefore, it is **STRONGLY RECOMMENDED** that you watch the person for at least an hour or until emergency medical services arrive.
- Do not let them ingest food, drinks, or more drugs.
- Apply the “I’ve Received Naloxone” sticker from the REVIVE! kit somewhere visible on the person which can let first responders know that the person has experienced an overdose and received naloxone. If the person is in withdrawal, their skin may be sweaty or clammy. To ensure it stays, apply the sticker to the person's clothing or hair.

REVIVE! – Responding to an Opioid Overdose Emergency



Hands-On Training

Take this chance to practice sternal rubs, rescue breathing, and assembling the naloxone syringe for administration.

REVIVE! – Responding to an Opioid Overdose Emergency



Questions and Answers

Discussion

Complete evaluations and receive card
verifying training.

REVIVE! – Opioid Overdose Prevention Education



Acknowledgements

- ❖ Boston Public Health Commission
- ❖ Bureau of Justice Assistance
- ❖ Chicago Recovery Alliance
- ❖ Delegate John O'Bannon, R-73
- ❖ Joanna Eller
- ❖ Harm Reduction Coalition
- ❖ Kaléo
- ❖ The McShin Foundation
- ❖ Massachusetts Department of Public Health
- ❖ Multnomah County (OR) Health Department
- ❖ New York City Department of Mental Health and Hygiene
- ❖ New York State Division of Criminal Justice Services
- ❖ Ed Ohlinger
- ❖ One Care of Southwest Virginia
- ❖ Project Lazarus
- ❖ SAARA Recovery Center of Virginia
- ❖ San Francisco Department of Health/DOPE Project
- ❖ University of Washington Alcohol and Drug Abuse Institute
- ❖ Virginia Department of Criminal Justice Services
- ❖ Virginia Department of Health
- ❖ Virginia Department of Health Professions

REVIVE! – Responding to an Opioid Overdose Emergency



Please complete your evaluation form and
turn in in order to obtain your card
verifying you have received training.

Thanks for your attendance!

For more information:

REVIVE@dbhds.virginia.gov

804-786-0464

<http://www.dbhds.virginia.gov/individuals-and-families/substance-abuse/revive>