

Naloxone Training

Updated November 6th, 2024



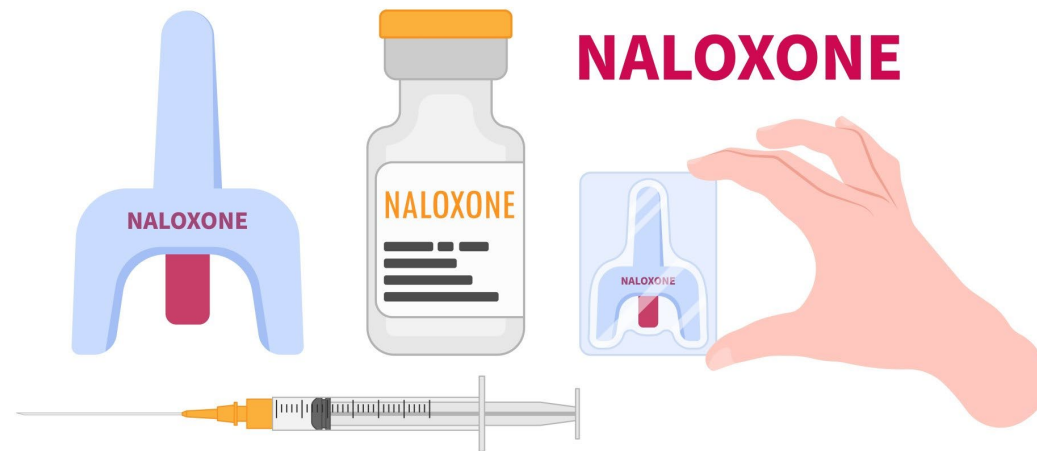
Land Acknowledgement

I acknowledge that I live and work on Treaty 6 Territory and the Homeland of the Dakota and Métis. I pay my respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another.



WHAT IS NALOXONE (NARCAN)?

"Naloxone is a medicine that rapidly reverses an opioid overdose. Naloxone can quickly restore normal breathing to a person if their breathing has slowed or stopped because of an opioid overdose. But, naloxone has no effect on someone who does not have opioids in their system". – *National Institute of Drug Abuse, Jan 2022*



WHAT ARE OPIOIDS?

- Opioids are a class of drugs that derive from, or mimic, natural substances found in the opium poppy plant. Opioids work in the brain to produce a variety of effects, including pain relief.
- Opioid drugs include prescription pain medicine and illegal drugs. Some people use opioids because of the euphoria (“high”) they can produce. Opioid drugs can cause addiction, also known as opioid use disorder (OUD).



OPIOIDS VS STIMULANTS

Opioid examples:

- Morphine
- Dilaudid
- Fentanyl
- Oxycodone
- Heroin
- Methadone
- Codeine (T1, T2, T3's)

Stimulant examples:

- Methamphetamine/Crystal Meth (powder, crack)
- Cocaine (powder, crack)
- Pseudoephedrine (e.g. Sudafed)
- Adderall
- Ritalin
- Etc....



FENTANYL - QUICK FACTS

- 100x stronger than Morphine
- It can be mixed in with other street drugs
- Has been found in counterfeit pills that are made to look like prescription drugs
- Provinces like BC, AB and Ontario have seen high rates of overdose due to Fentanyl in drug supply



It's Hard to spot a fake

Tablets seized by RCMP, can you spot the fake?



Fentanyl sold as "Heroin"

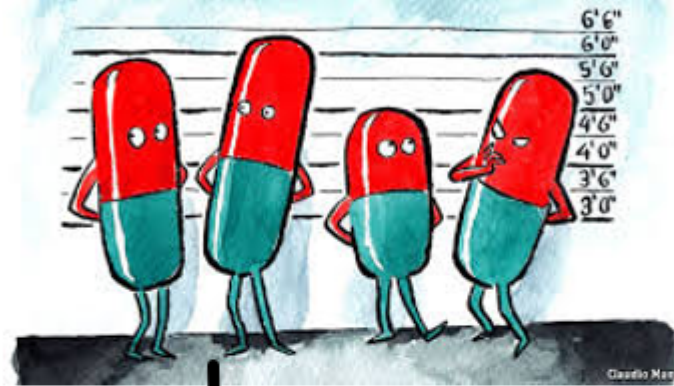


Fentanyl sold as "Xanax"

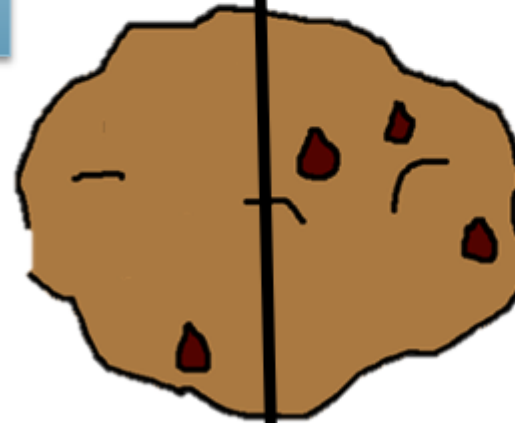
Strength and Content Varies



Inconsistency of dose from one tablet or powder to the next increases the risk of overdose!



VS.



Making street drugs is a bit like making chocolate chip cookies not all the cookies have the same amount of chocolate and not all street drugs have the same amount of fentanyl.



OVERDOSE RISK – THINGS TO KEEP IN MIND

Tolerance

- This builds over time and regular exposure to drugs. BUT it can be lost quickly, even over just a few days.
- High risk populations include people who are in abstinence based treatment and people who are incarcerated.

Health Status

- Age
- Overall Health – ex. COPD, Asthma, other breathing issues present

How to decrease risk of overdose for people who use drugs?

- 1) Know your Tolerance
- 2) Use Less
- 3) Pace yourself – “start low and go slow”
- 4) If you have not been using for a while, start with much less of the drug
- 5) Never use alone and carry a naloxone kit



OVERDOSE RISK - ROUTE

The way someone takes the Drug



VS



VS



SIGNS AND SYMPTOMS OF AN OVERDOSE

Opioids affect how your brain controls your breathing.

If you take more opioids than your body can handle, you will start to show signs and symptoms of an overdose.



Slow, weak or no breathing



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or snoring sounds



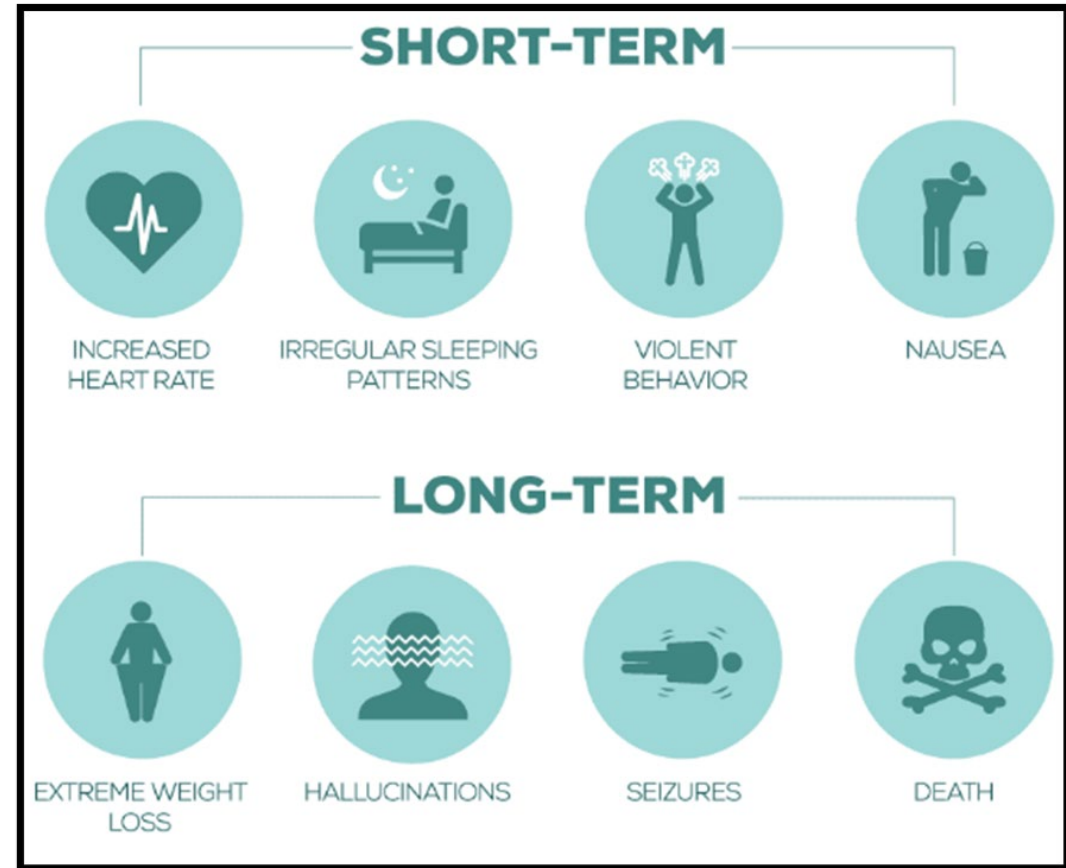
Drowsiness or difficulty staying awake

SYMPTOMS OF OPIOID VS CRYSTAL METH OVERDOSE

Opioids



Crystal Meth

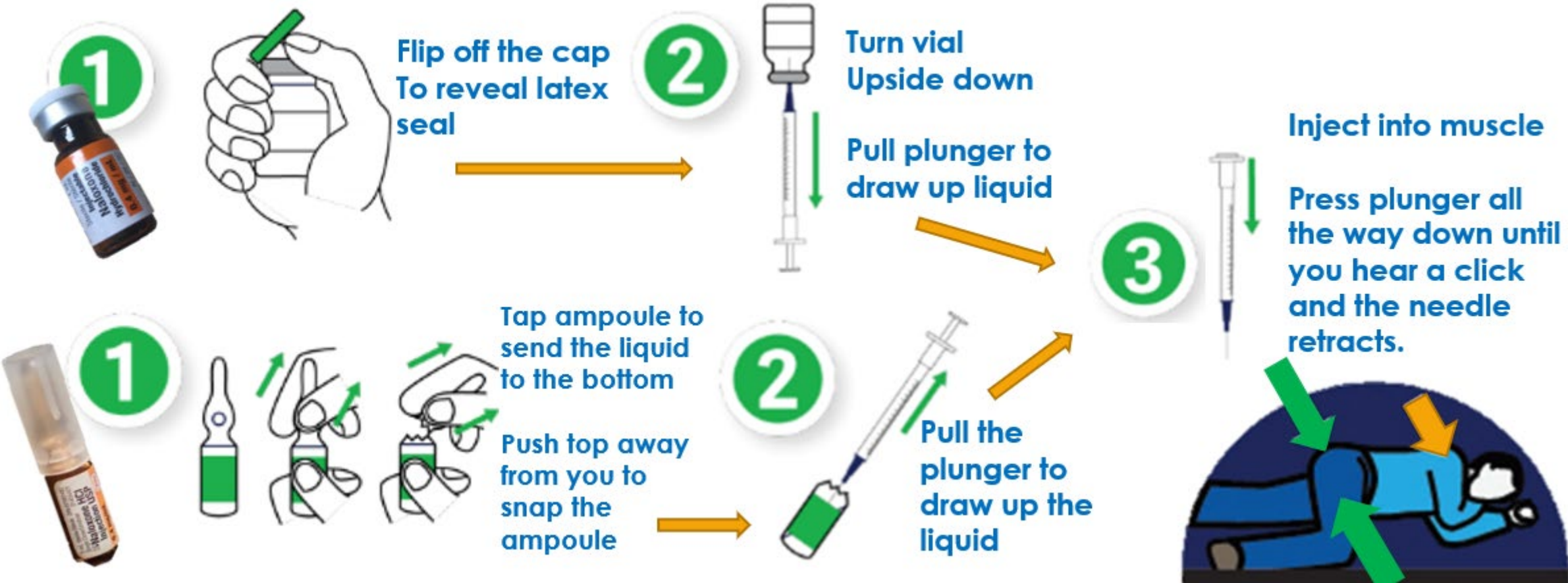


NALOXONE IS A “OPIOID REVERSER”

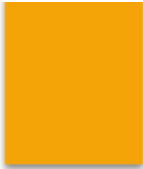
- Takes 3-5 mins to kick in
- Lasts 30-90 mins
- Only works if you have opioids in your body
- Safe for all ages
- Is not a controlled substance



INJECTABLE NALOXONE



Medication – Nasal Spray



1. Lay the person on their back.
2. Tilt the person's head back providing support under their neck with your hand.
3. Gently insert the tip of the nozzle into one nostril. Your fingers should be right up against the nose. If giving to a child, make sure the nozzle seals the nostril.
4. Press the plunger firmly with your thumb to give the dose.

Alternate nostrils with each dose

Do not test the device



SAVE ME



SAVE ME Steps

Follow the **SAVE ME** steps below to respond



STIMULATE

Unresponsive?
Call 911



AIRWAY

Check and open



VENTILATE

1 breath every
5 seconds



EVALUATE

Breathing?



MEDICATION

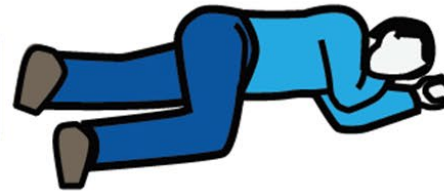
1 dose of
naloxone



**EVALUATE
& SUPPORT**

Wait 5 minutes.
Another dose?

**If the person must be left
unattended at any time, put them
in the recovery position**



AFTERCARE

- Remember they may be agitated or angry – give them space and stay calm
- Stay with them, if possible
- Tell them your name, what happened and that you gave Naloxone
- Remind them that Naloxone will wear off (30-90 mins) and the overdose could return which could put them right back into a critical situation.
- This individual should not use more opioids until after they are assessed/cleared by Health Care Professionals to ensure the overdose state is over (usually approx. 2 hours).
- Tell Paramedics, Nurses, or other Healthcare Professionals what happened and what you administered when they arrive.



TRAINING VIDEO – “TOWARDS THE HEART”

- <https://www.naloxonetraining.com/training/save-me-steps>



NALOXONE KIT MAINTENANCE

- Keep out of the sunlight and at room temperature. Do not leave in a vehicle.
- Check the expiry dates of the naloxone periodically; it usually lasts about 2 years.
- It is good to have multiple doses/kits at your disposal. Many times an overdose requires more than one dose of Naloxone to be administered.



THE GOOD SAMARITAN ACT

Suspect an
OVERDOSE?
Stay and

CALL 911
or your local emergency number

The Good Samaritan law can protect you from simple drug possession charges.

Together we can **#StopOverdoses**

KNOW MORE
BRIBES SET THE FACTS. KNOW THE RISKS.

Learn more at Canada.ca/Opioids

Government of Canada

- Provides some legal protection for people who experience or witness an overdose.
- The Good Samaritan Drug Overdose Act applies to anyone seeking emergency support during an overdose, including the person experiencing an overdose.
- The act became law on May 4, 2017.

WHERE TO GET A KIT?

1. At your local Health Clinic in all NITHA communities
2. At the Pharmacy – No Doctors prescription needed*
 - Naloxone is 100% covered by NIHB and there are no limits at this time for kits per person.
 - May be requested for personal use or to protect an at-risk person
 - The client requesting Naloxone does not have to specify who it is for but it is billed to the person requesting it.

Remember it is a good idea to let others know you carry a naloxone kit in your home or in your bag so that it can be used/accessed if a suspected overdose occurs. It is also a really great idea to have more than 1 kit available to use as many overdoses require multiple doses of Naloxone.



STIGMA

How does stigma affect people who use opioids?

- Major **impact** on the **quality of life of people** who use drug, people who are in recovery, and their friends and families.
- **Creates barriers** to accessing health and social services for substance use.
- **Makes people feel ashamed** of their drug use **preventing them from receiving help** if they need or want it.
- Sadly, this often leads people to use drugs alone, which can in turn lead to overdosing and dying alone.



STIGMA CONTINUED...

We can all do our part to help end Stigma...

1. Listen with compassion and without judgment so that people feel heard and understood
2. Speak up with someone is being treated disrespectfully because of substance use
3. Words Matter. Be kind and thoughtful with the words you choose. Example. Don't say addict, junkie, instead say "relative that uses drugs, or person who uses drugs". Its as simple as that.
4. Education is available through the CATIE website and the Towards the Heart website that increases our understanding of addiction.



REFERENCES

Take Home Naloxone PowerPoint - Katy Windl, Sask Regional Pharmacist, 2021

<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/opioids>

<https://www.redcross.ca/training-and-certification/course-descriptions/opioid-harm-reduction>

<https://www.catie.ca/resource/how-to-use-naloxone>

<https://www.catie.ca/responding-to-an-overdose-in-a-toxic-drug-supply#:~:text=Focus%20on%20keeping%20the%20airway,injury%20can%20happen%20in%20minute>
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<https://nida.nih.gov/publications/drugfacts/naloxone>





THANK YOU,
Tiniki,
Merci cho'