


Community Education & Naloxone Training

Franklin County Opiate Action Plan



City of Columbus & Franklin County

A Community Partnership











City of Columbus & Franklin County

Objectives

- Know the different types of opiate drugs.
- Understand the impact of opiate addiction on individuals and our community.
- Identify the signs and symptoms of an opiate overdose.
- Understand the steps to take when someone is experiencing an opiate overdose.
- Demonstrate the proper way to administer naloxone (Narcan).



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What is Addiction?

Addiction is defined as a
chronic, relapsing brain disease
 that is characterized by compulsive drug seeking and use,
 despite harmful consequences.

National Institute on Drug Abuse

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Types of Opiate Drugs

- Heroin
- Fentanyl
 - Powerful synthetic opioid
 - 100x more potent than morphine
 - Often mixed with or sold as heroin
- Carfentanil
 - 100x more potent than fentanyl
 - Used for large animals
- Demerol
- Codeine
- Hydrocodone
- Morphine
- Methadone
- Opium
- Oxycodone
 - Percocet
 - Tramadol
 - Vicodin

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Video Slide

- Link: <https://www.addictionpolicy.org/what-is-addiction>

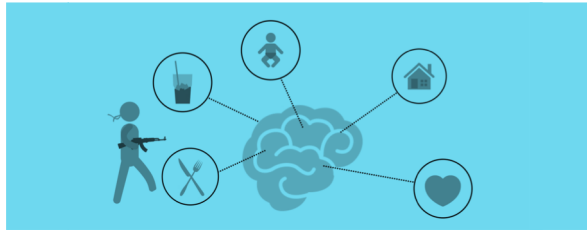
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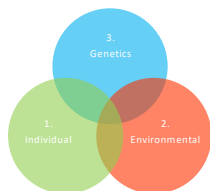
Millions Affected



Hijacking Survival Wiring



Why not everyone?



01

At the **individual level**, risks include lack of parental monitoring, unstable home, lack of attachment to your community or school, and early onset use of alcohol, marijuana or other drugs.

02

Environmental factors include high drug availability, normalizing alcohol and drug use so adolescents feel like it's normal behavior, poverty and crime.

03

Family studies suggest that as much as half of a person's risk of becoming addicted to nicotine, alcohol or other drugs depends on his or her **genetic makeup**.

Understanding Risk & Protection

Risk Factors

- Genetic disposition
- Prenatal alcohol and/or drug exposure
- Parents who use drugs and/or alcohol or who suffer from mental illness
- Child abuse and maltreatment
- Inadequate supervision
- Neighborhood poverty and violence
- Norms and laws favorable to substance use
- Adverse Childhood Experiences

Protective Factors

- Parental involvement
- Health peer involvement
- Availability of faith-based resources
- After-school activities
- Policies limiting the availability of alcohol
- Attachment to community
- Pro-social engagement
- Connectedness to adults outside of family

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Opioid Use During Pregnancy

Using opioids during pregnancy may cause:

- Miscarriage
- Preterm labor and premature birth
- Birth defects, including heart defects and spina bifida
- Fetal growth restriction (a baby doesn't develop properly before birth)
- Low birthweight
- Neonatal abstinence syndrome (Baby is exposed to a drug before birth and goes through withdrawal from the drug after birth.)

Women who are not pregnant and use opioids should **consider using effective birth control.**

Quitting opioid use suddenly during pregnancy can cause severe problems for the baby. If you're pregnant and taking opioids, talk to a health care provider.

March of Dimes, Sept. 2017
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Addiction is Treatable

- Assessments
- Treatment Programs
- Recovery Supports
- Medications



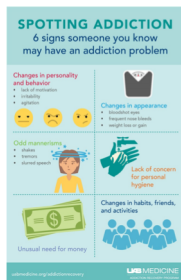
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Signs of Addiction

Shifts in Behavior

- Decreased interest in personal hygiene and appearance
- Showing up late (or not at all) with little to no explanation
- Spending all sources of income
- Lashing out at family members
- Agitation and restlessness, particularly in the morning
- Stealing money from loved ones
- Stealing prescription pills out of medicine cabinets
- "Doctor shopping"



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Where to Turn for Help

Resources for Families

Treatment Options:

- Inpatient: Involves length of stay with detox and counseling
- Outpatient Counseling: Involves individual and group therapy
- Medical Intervention: Using medications to alleviate withdrawal symptoms and physical dependence combined with counseling
- Support Groups: 12-step, peer-driven meetings for social support

For more information, visit:

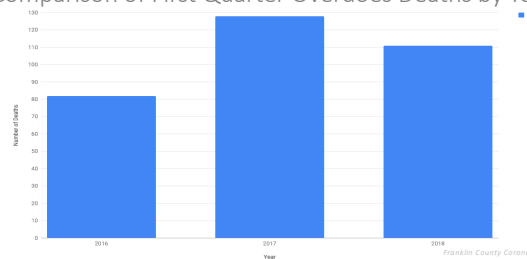
- adamhfranklin.org
- netcareaccess.org
- equitashealth.com
- columbus.gov/harm
- maryhaven.com

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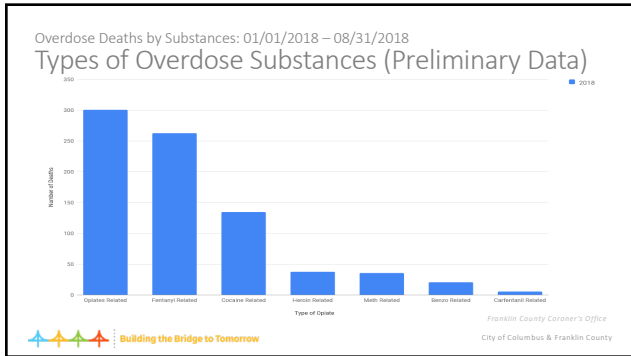
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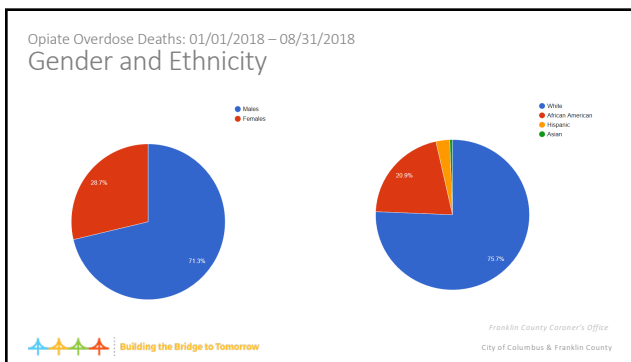
Franklin County Overdose Deaths

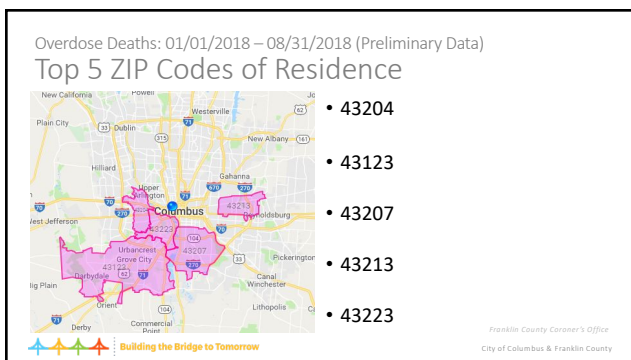
Comparison of First Quarter Overdoses Deaths by Year



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Naloxone (Narcan®) Training



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Objectives:

- ☐ Review names of different types of opioids
- ☐ Identify the signs and symptoms of an opiate overdose
- ☐ Discuss how the 911 dispatcher can support you
- ☐ Learn how to perform hands only CPR and rescue breathing
- ☐ Learn how to administer naloxone

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Key Terms

- Opioid/opiate
- Naloxone/ Narcan

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Types of Opioids

- Heroin
- Opium
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- Oxycodone
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- Vicodin
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Why Naloxone?

Opiate Overdose

- Affects the part of the brain that regulates breathing
- High doses can cause breathing to stop

Naloxone

- Administered nasally or intramuscularly
- Restore breathing in 2-5 minutes
- Has **no** effect if opioids are not present



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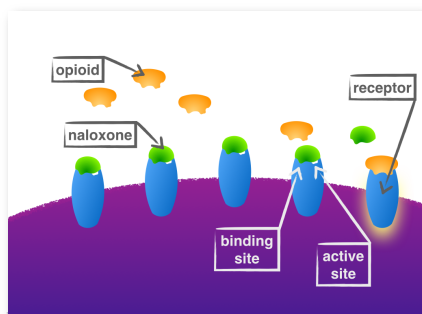


Photo Credit: National and Statewide Prevention Education Program at Ohio State

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Why Naloxone?

- Naloxone **only** works on **opioids**
- **Not harmful** if opiates are not present
- Will **not reverse** effects of:
 - Cocaine
 - Benzodiazepines (Xanax, Klonopin, Valium)
 - Methamphetamines
 - Marijuana
 - Alcohol



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Proper Storage

- Must be kept at room temperature **59-77°F**
excursion permitted to **up to 104°F**
- 18-24 month shelf-life expires at end of dated month
- Keep out of direct sunlight
- Do not store in the car



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Signs of Opioid Overdose

Breathing

- Slow and shallow
- No breathing

Blue color

- Lips and nails are blue, gray



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Signs of Opioid Overdose

Pupils

- Tiny, pin point
- 3mm in diameter



Noises

- Choking
- Loud snoring
- Gurgling



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Signs of Opioid Overdose

Clammy skin

- Skin feels cool and sticky
- May be pale



No Response

- Weak or no pulse
- No response to name, shaking, sternal rub



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Scene Safety – Bodily Fluids

- Safety is #1, be aware of surroundings
- Bodily Substances
 - Use gloves or masks
 - Users often at high risk for Hepatitis B, C, or HIV
 - Blood, vomit, saliva, urine, and feces can transmit different diseases
 - May find powder on body

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Scene Safety- Needles

- Safety is #1, be aware of surroundings
- Needles
 - **NEVER** recap a needle
 - EMS will dispose of properly
 - Take caution to prevent needle sticking
 - Users often at high risk for Hepatitis B, C, or HIV



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Scene Safety - Physical

- Safety is #1, be aware of surroundings
- You may be:
 - alone
 - on the ground
 - close quarters
 - loss of tactical advantage
- Reactions are unpredictable
- Victims **do not** react the same
- Intense situational awareness at all times



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Call 9-1-1

- Call for emergency medical services
- Do not wait for EMS to arrive before giving naloxone/Narcan
- Dispatcher will help calm you down
- Dispatcher can walk you through CPR and how to give naloxone



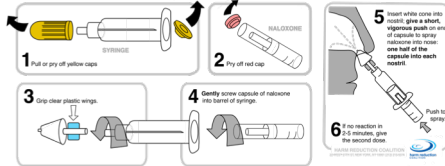
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Administer Naloxone



Administer Naloxone

How to Give Nasal Spray Naloxone



Administer Naloxone



Signs of Improvement

- Respiratory
 - Normal or returned breathing
- Circulation
 - Pulse present and normal
 - Skin tone improving, paleness and bluish color fade
- Consciousness and alertness



Recovery Position

- Lying on side
- Mouth facing downward
- Head resting on arm
- Knee bent to support body
- Prevents choking on vomit



Opiate Withdrawal

- | | |
|----------------------|----------------------|
| • Muscle aches | • Tearing eyes |
| • Excessive sweating | • Runny nose |
| • Anxiety | • Rapid pulse |
| • Agitation | • Seizures |
| • Insomnia | • Combative behavior |

What if it doesn't work?

- Seek professional medical assistance after administering naloxone
- Naloxone is temporary (**30-90 min**), give extra dose(s)
- Consider rescue breathing or CPR



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Rescue Breaths

- No normal breathing but has a pulse
- Provide 1 rescue breath **every 5-6** seconds
 - Use a barrier device such as pocket mask
- Recheck pulse about every 2 minutes
- Ensure 911 has been called
- If no pulse begin CPR



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CPR

- Begin CPR (if trained) if victim does not have a pulse
- 30 compressions : 2 breaths
- Option to do **hands-only** CPR if barrier device is not available
 - Rate of **100-120** compressions/minute
- Use an AED if available (and trained)



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Ohio Laws

- **Dispensing of Naloxone** without a prescription.
- **Lawful Administration of Naloxone** not subject to criminal prosecution if you give naloxone to an individual who is apparently experiencing an opioid-related overdose.
- **9-1-1 Good Samaritan** protects the caller and overdose victim from arrest and/or prosecution for minor drug and/or paraphernalia possession. Victim must obtain a referral to treatment within 30 days after overdose.



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Drug Disposal Options

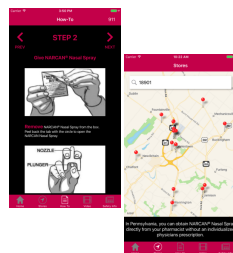
- Alcohol, Drug and Mental Health Board (ADAMH) of Franklin County is providing free drug disposal bags for training participants
 - The bags dissolve medications to deactivate the drug.
- The Dterra Bag can dissolve up to:
 - 45 pills OR 6 ounces of liquid OR 6 patches
- Disposing of medications at home:
 - Mix medicines at home with substances such as dirt, kitty litter, or used coffee grounds
 - Place mixture in sealed plastic bag and dispose of in the trash



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Narcan Now App

- Free, up-to-date product and safety information for NARCAN® Nasal Spray
 - Usage guide
 - Pharmacy Locator
 - Training videos



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Thank you!

