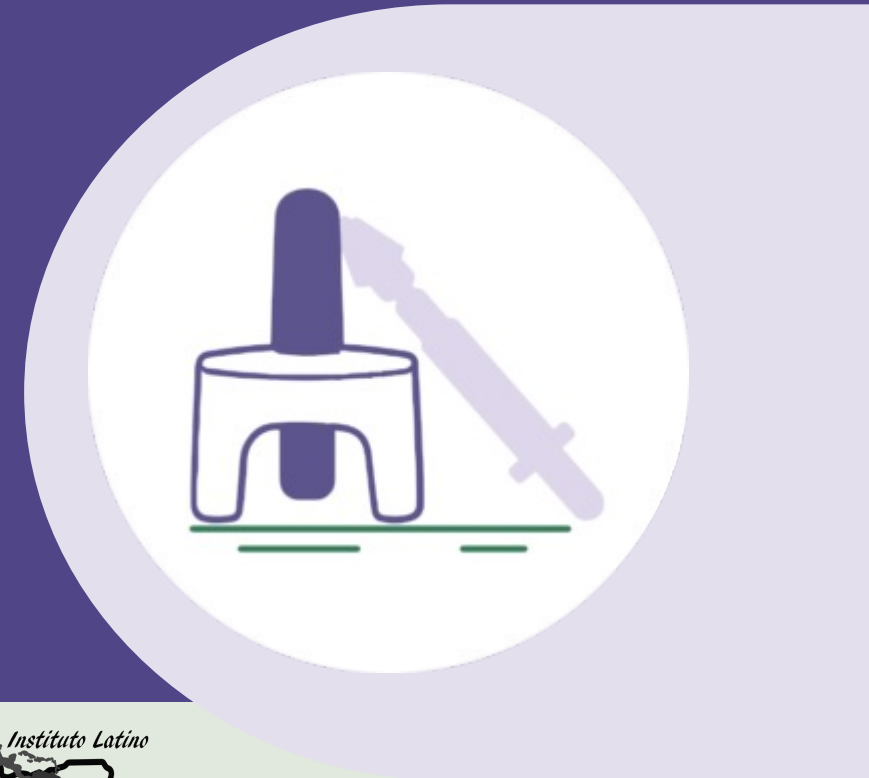


Save Lives Oregon Learning Collaborative

All About Naloxone

A training guide for providers and peers

Updated: March 2024



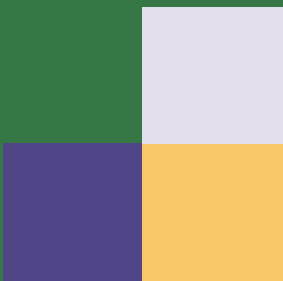
Save Lives
OREGON

Salvando Vidas
OREGON

In partnership with: **HIVAlliance**



Welcome!



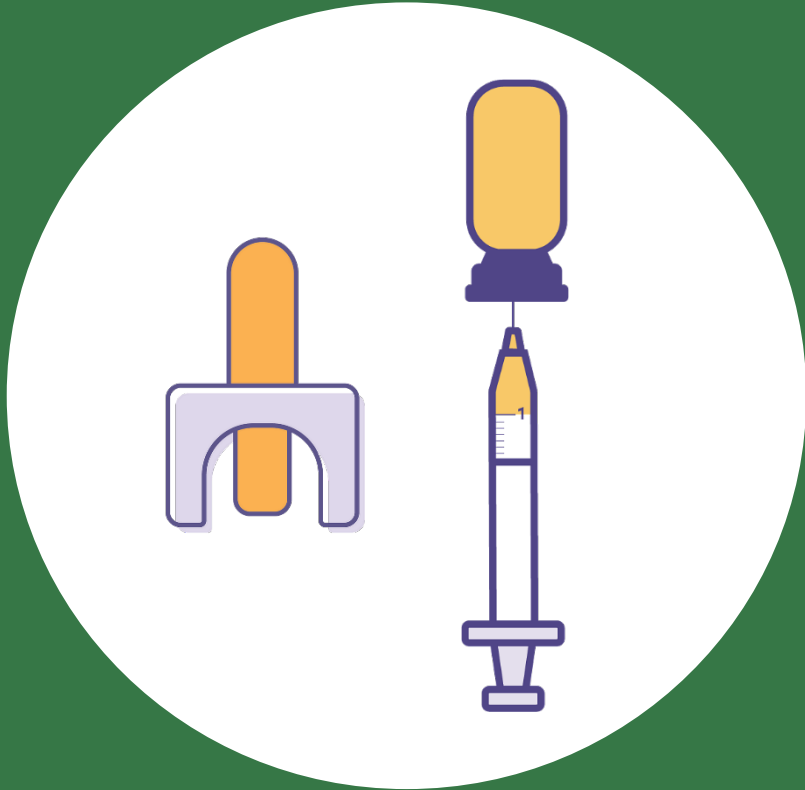
Agenda

- ✓ Background
- ✓ How naloxone works
- ✓ Overdose recognition, response steps and support
- ✓ Taking care of yourself
- ✓ Oregon's Good Samaritan law
- ✓ Naloxone kit examples
- ✓ Ways to access naloxone
- ✓ Questions



Taking care of each other

- In Oregon, as with much of the United States, overdose deaths are not spread evenly across demographic groups. Black and American Indian/Alaska Native individuals experience the highest rates of fatal overdose
- Synthetic opioids and stimulants continue to drive overdose increases across rural and urban communities
- Synthetic opioids, such as fentanyl, can cause breathing to slow to dangerous levels and/or stop rapidly
- The increased overdose risk of synthetic opioids makes community member overdose response vital to saving lives
- People who use substances and who have naloxone save lives

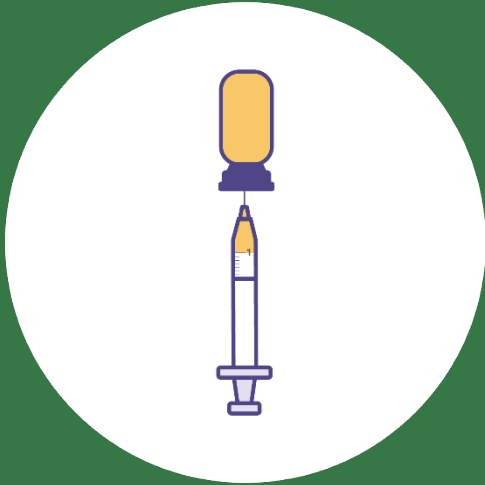


What is naloxone?

Naloxone is a medication that quickly reverses an opioid overdose. Naloxone blocks the effect of opioids in the body

Almost all opioid overdose deaths would be preventable IF naloxone is administered to the person in time

- **Naloxone blocks ALL opioids, including fentanyl**
- **Naloxone restores breathing** to a person whose breathing has slowed or stopped to dangerous levels because of an opioid overdose
- **Naloxone does not worsen substance use.** Multiple studies have shown that naloxone access is not associated with worsening substance use
- **Naloxone saves lives.** The most effective way to prevent fatal opioid overdoses is to distribute to people who use substances as this group is most likely to witness or experience an overdose



Naloxone commonly administered by community members

- **Types**

- Injectable
- Pre-filled nasal naloxone

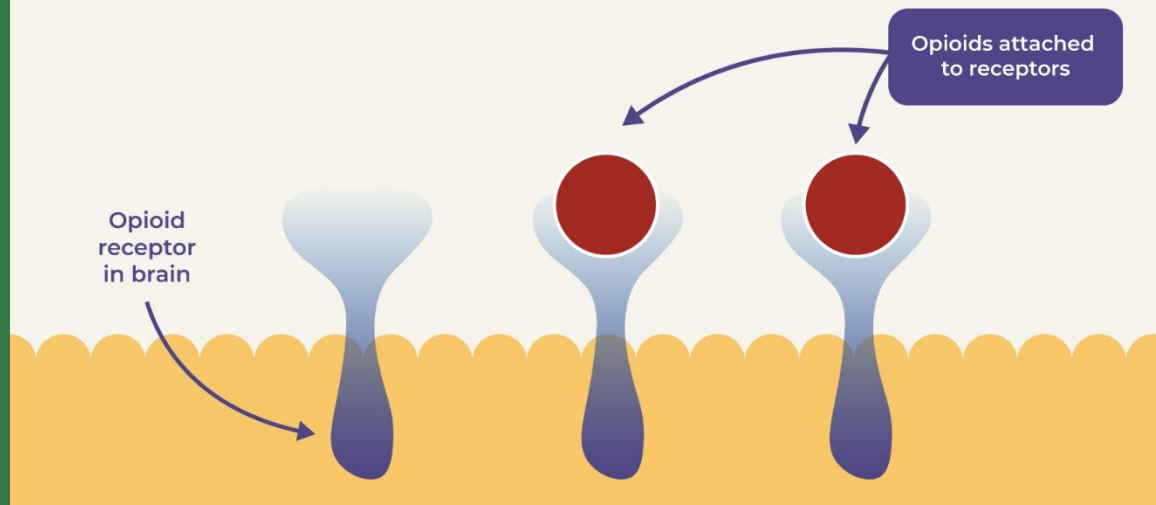
- **Different brands and strengths**

- Agencies may distribute different types of naloxone
- Community members may have different experiences or preferences
- **Recent studies have shown that high-dose (8 mg) pre-filled nasal naloxone given by non-EMS community responders did not increase overdose survival rates [The survival rates were the same]**

The goal when
giving naloxone is
to **restore breathing**



Opioid



What is an opioid overdose?

- There are many opioid receptors in the body
- Opioids (prescription and illicit) fill the opioid receptors
- Some of the opioid receptors located in the brain slow down breathing
- If there are too many opioids, breathing can slow to dangerous levels and stop
- Without oxygen brain damage will occur

1 min

Brain cells begin
to die



3 min

Serious brain
damage
can occur

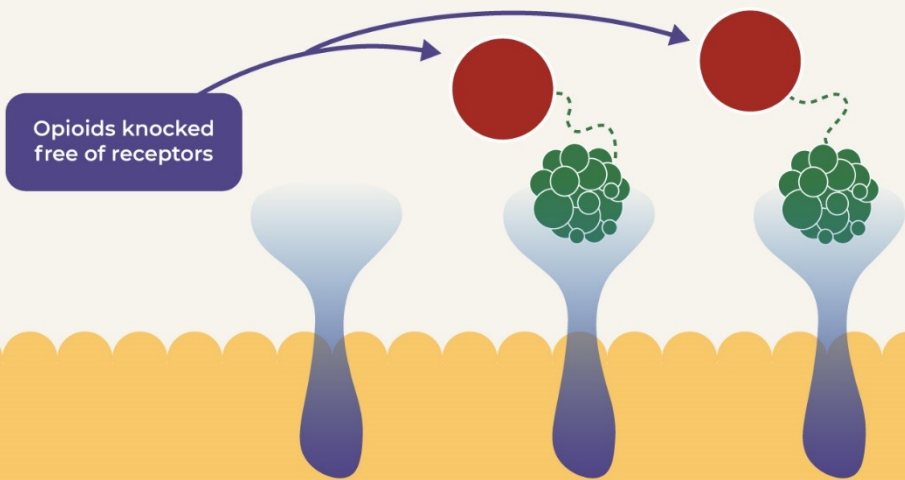


10 min

Recovery
chances lower



Naloxone



How does naloxone work?

- **Opioid antagonist**
- Naloxone has a stronger affinity to the receptors than opioids
- Reversing effects can take 2-3 minutes
- Breathing returns
- Naloxone effect only lasts for 30-90 minutes
- ONLY works for the opioids
- **Does not have effect or harm if there are no opioids**
- **Does NOT reverse overdoses from other drugs like alcohol or benzodiazepines**
- Can help in overdoses with opioids and other drugs by reversing the effects the opioid

Overdose Response Steps



1. Know the signs of an overdose



2. Check for response



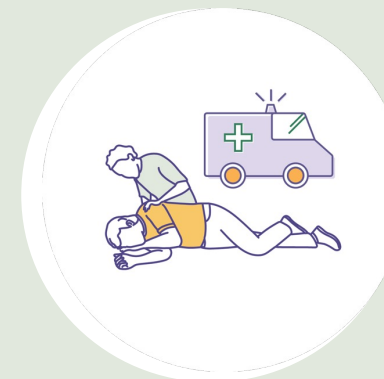
3. Call 911



4. Give ONE dose of naloxone



5. Start rescue breathing*



6. Put person in recovery position and wait for first responders

**If person has not started breathing on their own, it is CRITICAL to start breathing for them*



Step 1: Know the signs of an overdose

- Slow, shallow, or no breathing
- Little or no chest movement or long pauses between breaths.
- Snoring, gurgling or choking sounds
- Skin looks blue or gray
- Lips, fingernails or the inside of mouth looks blue or gray.
- Body limp
- Vomiting
- Pulse is slow, erratic or not there



Step 2: Check for response

- Before going into personal space, ASK the person if they are OK and touch foot-to-foot
- Check to see if the person will respond to yelling or stimulation
 - Rub your knuckles up and down the person's sternum (the flat chest bone)
- Check for breathing
 - Look: Is their chest moving? Are they fogging your phone screen?
 - Listen: Do you hear breathing?
 - Feel: Do you feel breath?



Step 3:

Call 911

- Dial 911 and set the phone to speaker while you move onto next steps
- Tell the 911 operator that someone is not breathing



Step 4: Give one dose of naloxone

- PLACE tip of nasal spray in nostril until your fingers touch the bottom of the nose
- PRESS the plunger firmly to give dose
- CHECK for BREATHING



Step 5: Start rescue breathing

- If person has not started breathing on their own, it is **CRITICAL** to start breathing for them
- Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds
- Recheck breathing and restart cycle if the person is still not breathing
- If not breathing after 3 minutes, give a second dose of naloxone



Step 6: Put in recovery position and wait for first responders

- Roll the person over slightly onto their side, bend the top knee and place outside hand under their head
- When responders arrive, tell them that naloxone has been given



What to do **when** **someone comes** **out** of an overdose

- **The goal of giving naloxone is to restore breathing**
- Person may be experiencing some level of withdrawal
- There are few different reactions that you might see
 - Most commonly person will seem groggy like they are waking up from deep sleep
 - Person may experience a sad emotional response and cry
 - Person may experience fight or flight state and may have an upset response
 - Person may be confused or disoriented
- **Your role: Use a quiet, soothing and reassuring voice telling the person that they are OK**



Caring for **yourself** after responding to an overdose

- Responding to help a person having a medical emergency like an overdose is stressful and can be traumatizing
- Taking care of yourself afterwards is very important
- Talk with someone who can listen deeply, attentively and without judgement
- Go easy on yourself
- Explore support groups
- Do something that is healthy for you



Oregon's Good Samaritan Law

If someone is experiencing an overdose and you seek medical help for them, **neither of you can be arrested or prosecuted** for:

1. Possessing drugs or drug paraphernalia
2. Being in a place where drugs are used
3. Violating probation or parole because of #1 or #2 above
4. Outstanding warrants related to #1 or #2 above

The Good Samaritan Law does not protect you from:

1. Crimes that are not listed above (Including drug dealing, weapons possession, DUI, and others)
2. Outstanding federal warrants, or warrants from other states besides Oregon


Instructional Guides


One-page instructional guides showing how to administer nasal and intramuscular naloxone can be downloaded in English and Spanish at savelivesoregon.org/toolkit


Using Naloxone Nasal Spray to Reverse an Opioid Overdose: — 6 Steps —

- #### 1 Know the signs of overdose


 - Person is unconscious and cannot be woken
 - Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths
 - Snoring or gurgling sounds
 - Lips or inside of mouth are blue or grayish in color
- #### 2 Check for response


 - Shake person and shout "Are you ok?"
 - Grind knuckles into chest bone
 - Check for breathing
- #### 3 Call 911

 - Mark 911 and put the phone on speaker while you go to step 4
 - Tell the 911 operator that someone is not breathing
- #### 4 Give one dose of naloxone

 - Place tip of nasal spray in nostril until fingers touch the bottom of the nose
 - Press plunger firmly to give dose
 - Check for breathing
- #### 5 Start rescue breathing

If person has not started breathing on their own, it is CRITICAL to start breathing for them.


 - Check airway, tilt forehead back, lift chin, pinch nose and give normal breath every 5 seconds for 30 seconds
 - Recheck breathing and restart cycle if the person is still not breathing
 - If not breathing after 3 minutes, give a 2nd dose of naloxone
- #### 6 Position of emergency and wait for rescuers

 - Turn person on their side, double the top arm and place the hand under the head
 - When rescuers arrive, tell them you gave naloxone


Cómo usar la inyección intramuscular de naloxona para revertir una sobredosis de opioide: — 6 Pasos —

- #### 1 Sepa las señales de una sobredosis


 - La persona está inconsciente y no despierta
 - No respira o respira muy lentamente con poco o ningún movimiento del pecho o su respiración tiene pausas largas
 - Ronca o gorgotea
 - Los labios o el interior de la boca están azulados o grises
- #### 2 Compruebe si responde


 - Sacuda a la persona y grítele "¿Estás bien?"
 - Apriete el hueso del pecho con los nudillos
 - Compruebe si respira
- #### 3 Llame al 911

 - Marque 911 y ponga el teléfono en altavoz mientras va al paso #4
 - Dígale al operador del 911 que alguien no está respirando
- #### 4 Administre una dosis de naloxona

 - Quite la tapa de la ampollita y aguja. Dé vuelta a la ampollita e inserte la aguja
 - Llene la jeringa con 1ml. Mire que haya solo líquido y no aire.
 - Inserte la aguja en la parte superior del brazo o muslo y presione el émbolo
 - Revise la respiración
- #### 5 Empiece respiración de boca a boca

Si la persona no comienza a respirar por sí misma, es CRUCIAL ayudarlo a respirar.

 - Revise las vías respiratorias, incline la frente hacia atrás, levante la barbilla, tape la nariz y dé respiración de boca a boca cada 5 segundos, por 30 segundos
 - Revise la respiración y repita el proceso si todavía no respira
 - Si no respira después de 3 minutos, dele una segunda dosis de naloxona
- #### 6 Posición de emergencia y esperar a rescatistas

 - Gire levemente a la persona de costado, doble la rodilla superior y coloque la mano superior debajo de la cabeza
 - Cuando los rescatistas lleguen, dígalos que se le administró naloxona

Save Lives OREGON | [Savelivesoregon.org](https://savelivesoregon.org)

Salvando Vidas OREGON | SalvandoVidasOregon.org

Naloxone Kit Examples



EXAMPLE

Nasal Kits

- Nasal Naloxone
- Good Samaritan Card
- Instructions for Review

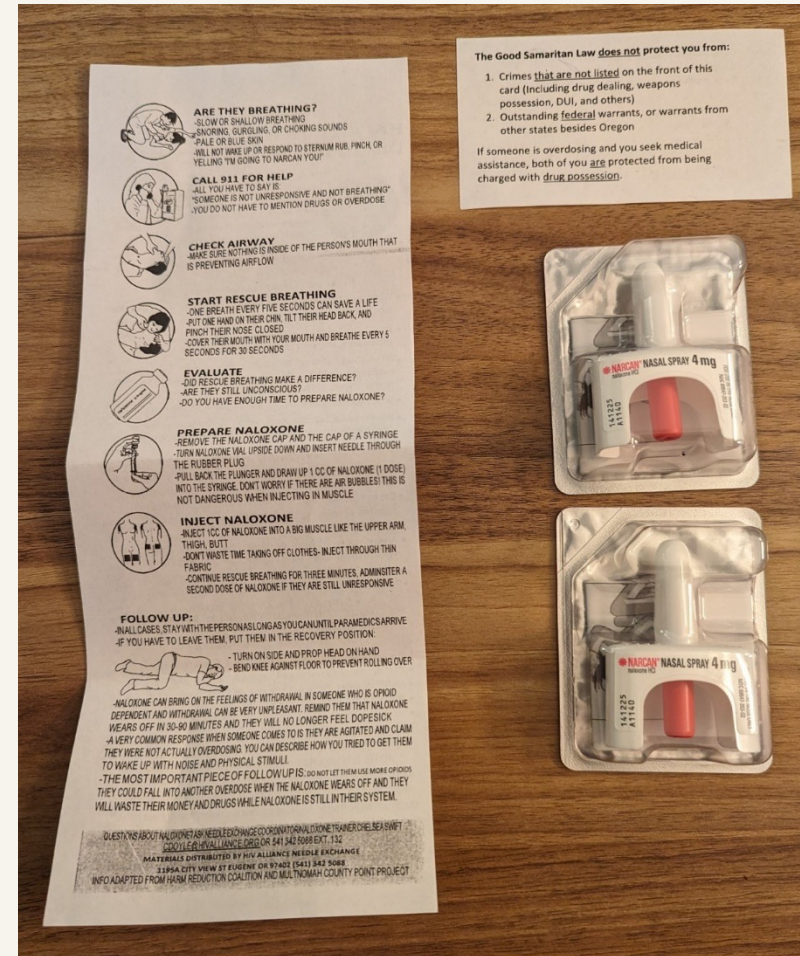


Photo from HIV Alliance

EXAMPLE

Intramuscular (IM) Kits

- Naloxone Vials
 - 1 inch min
 - 3cc preferred
 - 23-27G (25G preferred)
- Band-Aids
- Prep Pads
- Good Samaritan Card
- Instructions for review

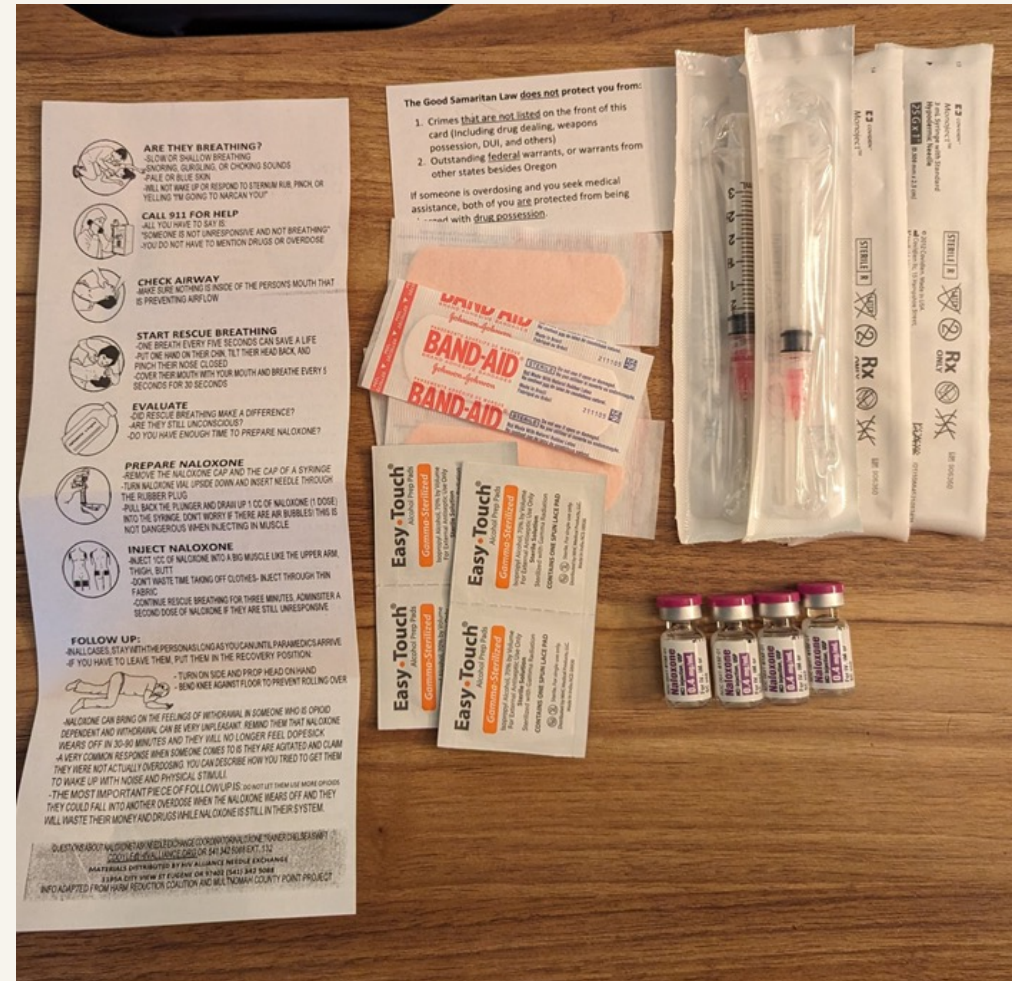


Photo from HIV Alliance

EXAMPLE

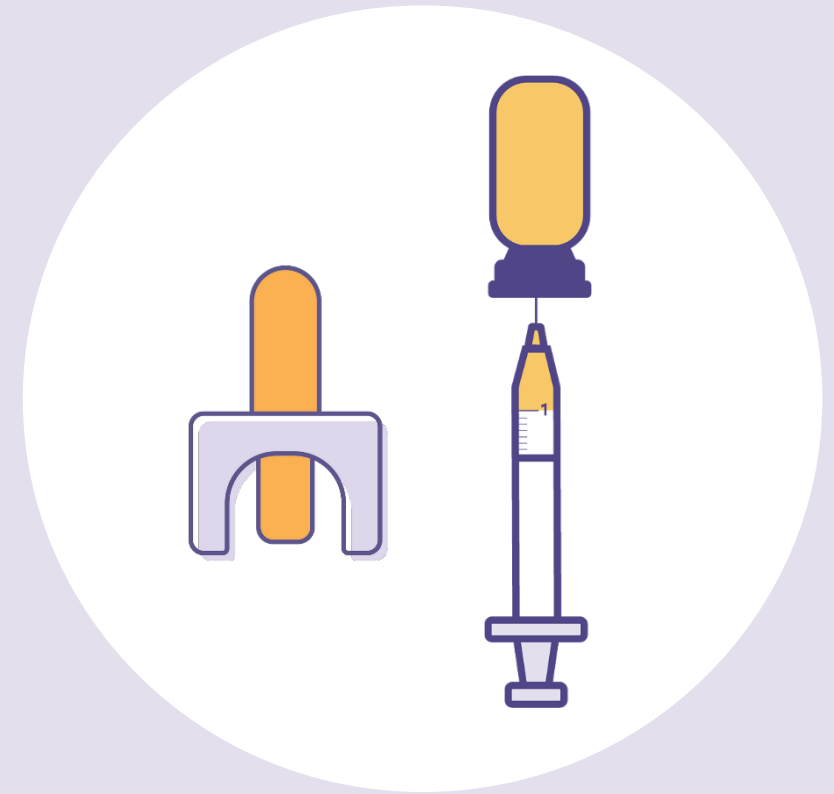
Overdose Response Boxes

- Good for places that respond to client overdoses or serve clients who are at high risk of overdose
- Supplies are organized and in the same spot.
 - IM naloxone vials
 - IM syringes
 - Nasal naloxone
 - Mouth shield
 - Gloves
 - Stopwatch
 - Oximeter
 - Band-Aids
 - Prep Pads
 - Instructions



Photo from HIV Alliance

Ways to Access Naloxone



Ways to Access Naloxone:



Pharmacy

Pharmacists can prescribe and dispense naloxone. Oregon has a statewide standing order. Insurance, including OHP, cover naloxone. VA Pharmacy covers naloxone.

[Oregon's Statewide Standing Order to Dispense Naloxone HCl](#)



Save Lives Oregon Harm Reduction Clearinghouse

State of Oregon supplied naloxone. Eligible entities can apply and access a specified amount. Eligible entities also qualify for their own MMCAP account

www.savelivesoregon.org



Remedy Alliance for the People

Low-cost naloxone for eligible entities

Harm reduction and syringe service programs providing services directly to people who use drugs.

<https://remedyallianceftp.org/>



Direct from Manufacturer

Some manufacturers have public interest pricing for eligible entities.

Questions?



Thank you

Save Lives
OREGON

Salvando Vidas
OREGON

In partnership with: **HIVAlliance**

