

Are **YOU** prepared to respond to an opioid overdose?

OVERDOSE PREVENTION TRAINING



WhiteSands
TREATMENT

What is an Opioid Overdose?

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- ❑ Opioids bind to opioid receptors in the brain as well as on vital organs
- ❑ When too much of an opioid is taken, body functions can shut down
- ❑ Breathing is slowed down or stopped
- ❑ The victim is not receiving vital oxygen to his/her brain

Overdose Risk Factors

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- ❑ Using an opioid after not using it for a period of time after detox, jail, etc.
- ❑ Using street drugs with unknown strength or purity
- ❑ Using an abusive method such as snorting or injecting
- ❑ Mixing with other drugs or with alcohol
- ❑ Using drugs without anyone around

Signs of an Opioid Overdose

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- ❑ Slow breathing, gurgling sounds, or no breathing
- ❑ Cold and clammy skin
- ❑ Blue lips or fingertips
- ❑ Confusion, seizure, unconsciousness
- ❑ Pinpoint pupils

How Does Naloxone Work?

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- ❑ Displaces opioids from the opioid receptors
- ❑ Only effective for overdoses related to opioids
- ❑ Works for about 30 to 90 minutes
- ❑ Even if victim responds to treatment, must still seek emergency services



NARCAN is the brand name

Steps in an Opioid Overdose

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KNOW WHERE NALOXONE IS WITHIN THE FACILITY.

1. ASSESS AND STIMULATE
2. CALL 911
3. ADMINISTER NALOXONE
4. PERFORM RESCUE BREATHING
5. STAY AND ASSIST

ASSESS AND STIMULATE

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- Attempt to wake the victim by yelling his/her name or using your knuckle to rub his/her sternum
- Check the individual's breathing
- If the individual is breathing, place him/her in the recovery position
- If there is no breathing or pulse, CALL 911
IMMEDIATELY!

ADMINISTER NALOXONE (NARCAN)

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[Click Here for Administration Training Video
\(NARCAN\)](#)

AFTER NALOXONE ADMINISTRATION

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- Observe for any signs of breathing or the victim awakening
- If there is no response in 2 to 3 minutes, a second full dose of naloxone can be given
- If the 2nd administration was unsuccessful start rescue breathing.

PERFORM RESCUE BREATHING

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Two fingers under the chin and one hand on the forehead.



Tilt the head back gently and open the mouth.



Pinch the nose and create a seal with your mouth around the other person's mouth.



Give the person 2 SMALL breaths first. Then, continue by giving one breath every 5 seconds.

STAY AND ASSIST

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- Stay with victim and monitor:
 - ▣ Observe for withdrawal symptoms (agitation, sweating, vomiting, etc.)
 - ▣ Observe for return of overdose symptoms
 - ▣ Prevent choking or aspiration
- Place the victim on their side in the recovery position

The Recovery Position

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- Ensures safety of someone who is unconscious, but breathing
- Prevents choking or aspiration



Staying with the Victim

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- Naloxone is only a temporary reversal agent and only works for about 30 minutes so overdose can happen again.
- If a victim is going through withdrawal symptoms, he/she may try to immediately use again
- It helps to explain to paramedics exactly what happened in the overdose situation

The Aftermath of an Overdose

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- You may be in the position to have a conversation with the victim about recovery options
- Make sure to replenish your supply of naloxone in case of an emergency
- Resources can be found at [samhsa.gov](https://www.samhsa.gov). Educate friends and families of individuals at risk the importance of having naloxone and where to get it.