

Harm Reduction and Naloxone Training



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- We will be discussing some sensitive topics related to drug use, overdose, and treatment
- Please feel free to leave at anytime and we can connect later



Course Outline

- Why do we need training?
 - Statistics
 - Real Stories
 - Ending the Stigma
- What do we need to learn about?
 - What is addiction and what is substance use disorder
 - What are opioids
 - What is fentanyl
- How do we address the opioid crisis and substance use disorder?
 - Harm reduction
 - Naloxone training
 - Combat myths



What Do You Know?

OVERDOSE

FENTANYL

OPIOIDS

NARCAN

HARM
REDUCTION



Why Are You Here?

#1 killer for
people age
18-45

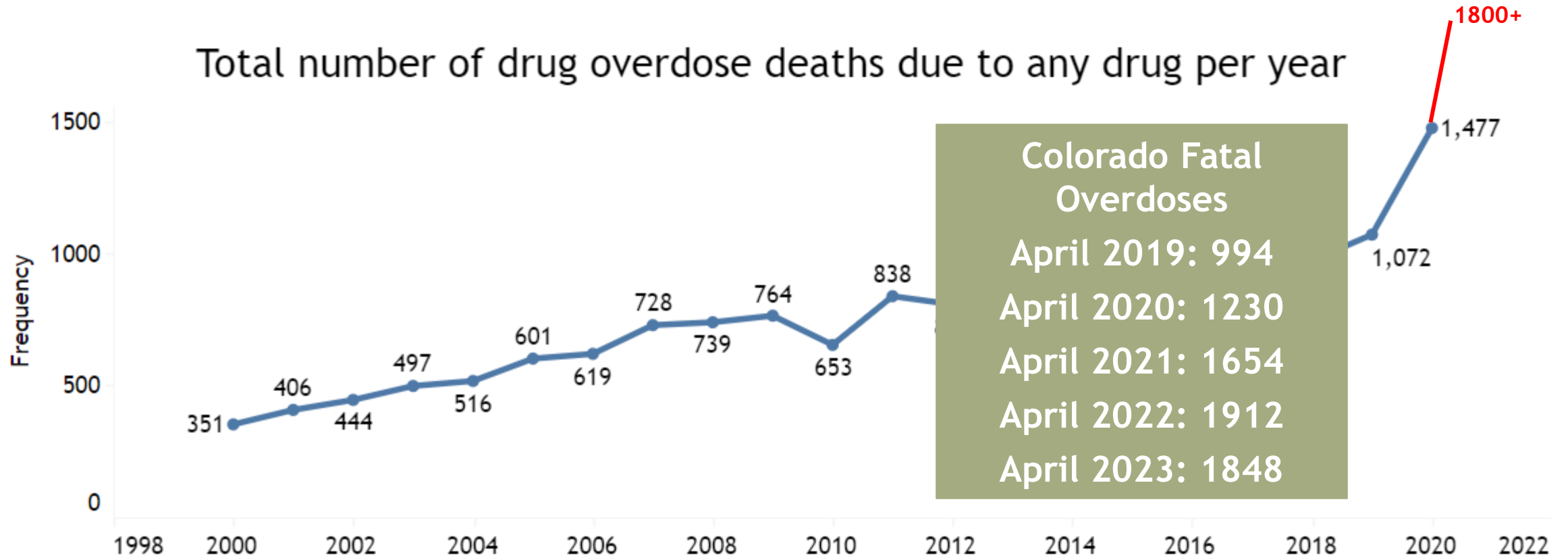
US tops
1 Million
overdose deaths since
1999 during the opioid
epidemic

2022 - over 100,000 deaths





Total number of drug overdose deaths due to any drug per year



<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

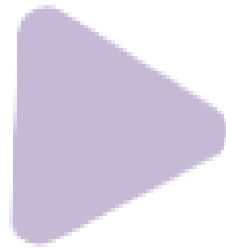
More Numbers

A fatal overdose in Colorado occurs every:



53

Overdose deaths in Weld in 2020



100

Overdose deaths in Weld in 2021

WELD
36 deaths
= ages 15 -
24 years

Hospital Admissions for Overdose
Ages 15 - 24 years
largest group at 28.2%

Weld County
experienced a 47%
Increase in
Overdose Deaths
from 2020 to 2021



Beyond the Numbers: Echoes of the opioid epidemic

- <https://corxconsortium.org/projects/beyond-the-numbers-echoes-of-the-opioid-epidemic/>



Stigma is a mark of disgrace that sets a person apart from others. When a person is labelled by their illness they are no longer seen as an individual but as part of a stereotyped group. Negative attitudes and beliefs toward this group create prejudice which leads to negative actions and discrimination.

- *Western Australia Department of Health*



What is Addiction and Substance Use Disorder?



What if?

- You go to the hospital with chest pain and are diagnosed as having a heart attack...
 - Told it's "your fault" because of your "choices"
 - Denied treatment because you "did it to yourself"
 - Given a list of cardiologists and Cath Labs to call
 - Only given aspirin if you agree to go to counseling
 - Kicked out of the hospital for more chest pain



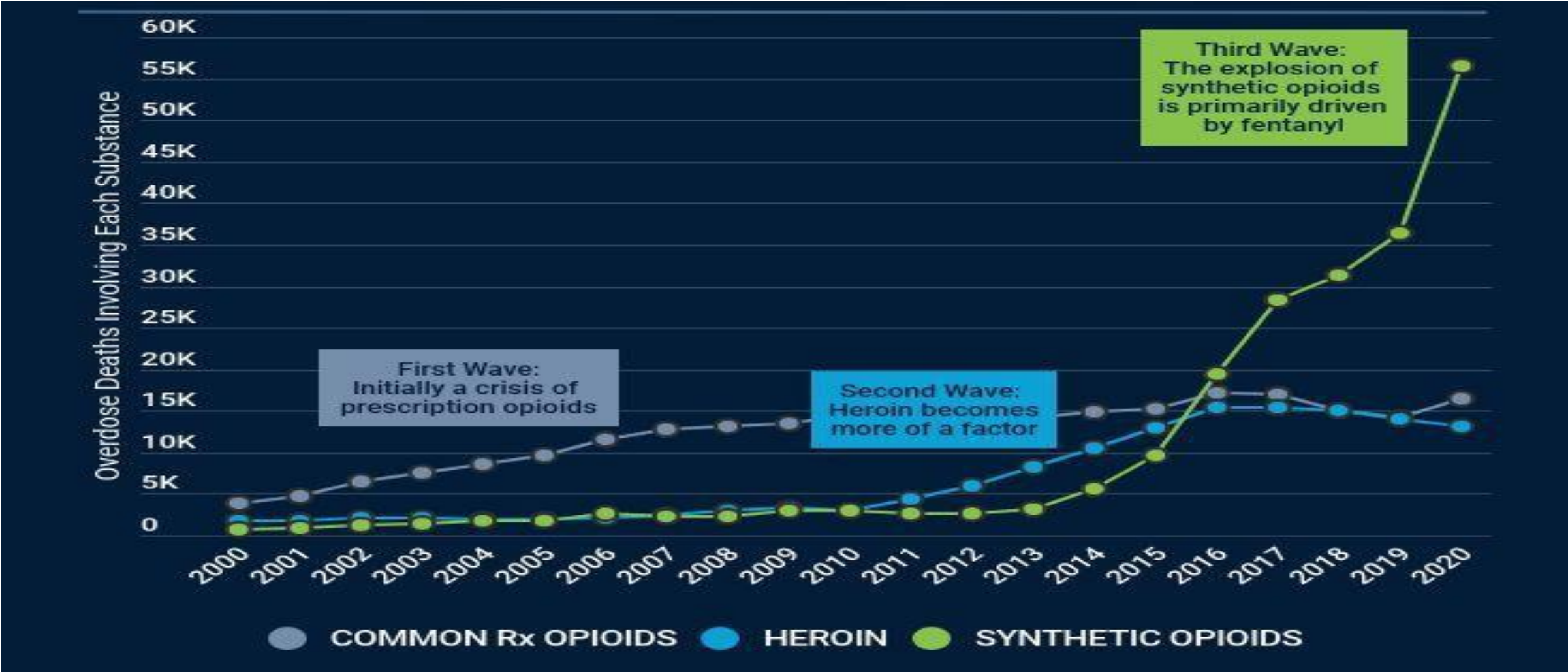
Language Matters



Person who uses drugs	Drug User
Person with a substance use disorder/Person struggling with substance use	Addict, Junkie, Druggie, Alcoholic, Pothead, Drug Abuser, etc.
Treatment	Rehab
Misuse	Abuse
Substance Use Disorder, Addiction*	Drug Habit, Addiction*
Substance-Free, Abstinent, Sober	Clean/Dirty
Person in Recovery	Recovering Addict, Recovery Alcoholic, Former Addict, etc.
Medication-Assisted Recovery	Substitution/Replacement Therapy
Recurrence of Use, Return to Use	Relapse*



The Opioid Wave



What are Opioids?

Opioids can be:

- Natural or synthetic
- Prescription medications or illegal drugs
- Pills, capsules, powder, dermal patches, or liquid
- Swallowed, smoked, snorted, or injected

Opioid use changes the amount and sensitivity of dopamine receptors

Users to need a continuous supply of opioids to feel “normal.”

Changing Minds

The Limbic System

Opioids can create feelings of pleasure, relaxation and contentment

The Brainstem

Opioids can slow breathing, stop coughing and reduce feelings of pain

The Spinal Cord

Opioids decrease feelings of pain, even after serious injuries



Generic Name	Brand Name
Oxycodone	Oxycontin [®] , Percocet [®] , Roxicodone [®]
Oxymorphone	Opana [®]
Hydrocodone	Vicodin [®] , Lorcet [®] , Zohydro [®] , Zortab [®]
Hydromorphone	Dilaudid [®]
Morphine	
Meperidene	Demerol [®]
Codeine	Tylenol [®] 3 & 4
Buprenorphine	Suboxone [®] , Subutex [®] , Zubsolv [®]
Methadone	
Fentanyl	Duragesic [®]



Illicitly manufactured fentanyl (IMF)

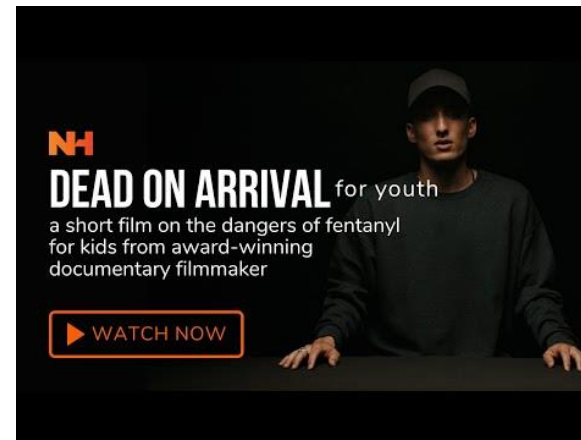
- Counterfeit Pills (Opioids, Stimulants, Benzo)
- Powder form looks like heroin, cocaine, meth
- 100x more potent than morphine
- 50x more potent than heroin

Illicit Fentanyl

Lethal Dose:
2 mg
(5 grains of salt)

66% of all OD deaths

6 out of every 10 pills contain a potentially lethal dose



Factors Increasing Overdose Risk

Reduced tolerance (following detoxification, release from incarceration, cessation of treatment)

Injection drug use

Purchasing from the black market

Using different strains/sources of drugs (majority of all drugs contaminated with fentanyl)

Poor physical health

Drinking alcohol or using other drugs while taking an opioid (benzodiazepines, cocaine, meth, marijuana)

Opioids + benzodiazepines = 10x chance of an overdose (opioids + anti-anxiety drugs and sedatives)

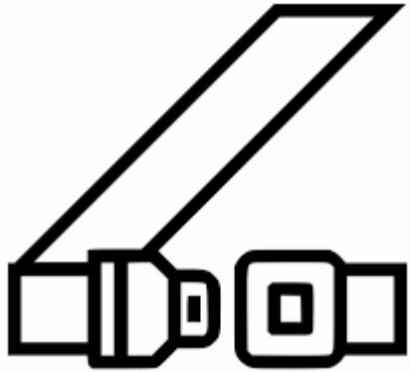
Depression or other psychiatric illness

History of substance use disorder

History of prior overdose



IT BEGINS WITH HARM REDUCTION



Opioid Overdose Prevention Tips

- Keep medicine in a **safe place**, like a locked cabinet.
- **Properly dispose** of expired or unwanted medications.
- Only take medicine **prescribed for you** and **only as directed**
- **Do not share** prescription drugs with others.
- **Do not use opioids alone.**
- Check with your doctor before taking opioids if you have **breathing problems.**
- **Do not mix** pain medication with other drugs, including alcohol.
- Make an **overdose prevention plan**. Share it with someone you trust to give you naloxone if needed.



Fentanyl Testing Strips



Fentanyl test strips ('FTS') are a form of inexpensive drug testing technology that was originally developed for urinalysis, but which have been shown to be effective at detecting the presence of fentanyl and fentanyl-analogs in drug samples prior to ingestion.

FENT-IN-ALL?
HOW TO TEST YOUR DRUGS FOR FENTANYL!

RESIDUE METHOD **OR** **PENNY METHOD**

RESIDUE METHOD
Test the residue in the bag

FINELY CHOP / CRUSH THE SUBSTANCE
Then return it to the bag and shake it

EMPTY THE BAG OUT
Put substance somewhere safe

ADD WATER & SHAKE
1 tsp - Meth & MDMA
1/2 tsp - Everything else

TEST THE WATER
Wavy side goes in the water!

PENNY METHOD
Take a little out

MEASURE 10 MG
No scale? Make Lincoln's hair white to estimate

PLACE 10MG IN A CLEAN & DRY CONTAINER

ADD WATER & SHAKE
1 tsp - Meth & MDMA
1/2 tsp - Everything else

TEST THE WATER
Wavy side goes in the water!

Positive for fentanyl
 Use caution LIKELY NEGATIVE

LIVE LALI



RECOVERY SUPPORT GROUPS



- Medication assisted treatment (MAT) is an evidence-based treatment for addiction. MAT does not provide a cure for addiction/dependence.
- It allows the individual to live a functional life with the assistance of medication, counseling, and behavioral health services.
- Medication gives you the opportunity to “level the playing field” biochemically, so you can create the important psychological, emotional, and social tools necessary to sustain long term recovery.
- The use of medications speaks to our evolved understanding of the science of addiction - which understands addiction as a chronic relapsing brain disease.

Medication Assisted Treatment (MAT)

SUBOXONE/BUPRENOPHINE

- Used to treat opioid addiction
- prevents cravings and makes withdrawal from opioids feel less intense

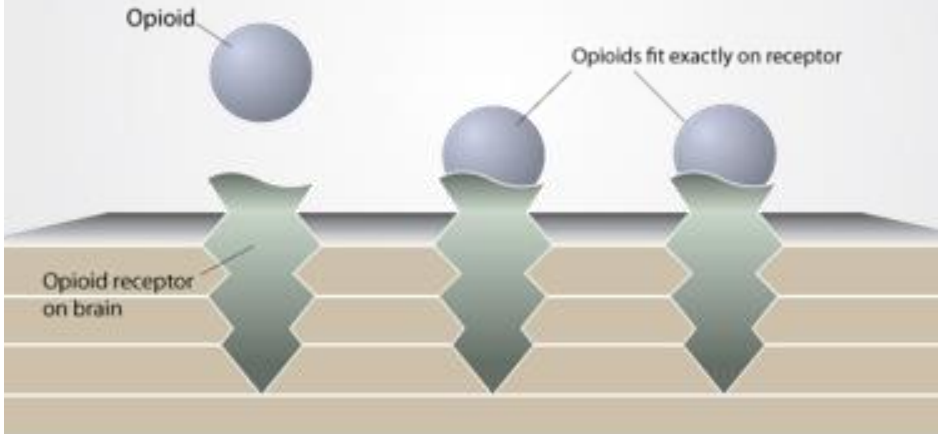
VIVITROL/NALTREXONE

- Used to treat opioid and/or alcohol addiction
- Naltrexone is a monthly injectable medication that is useful for the treatment of opioid addiction and alcohol addiction



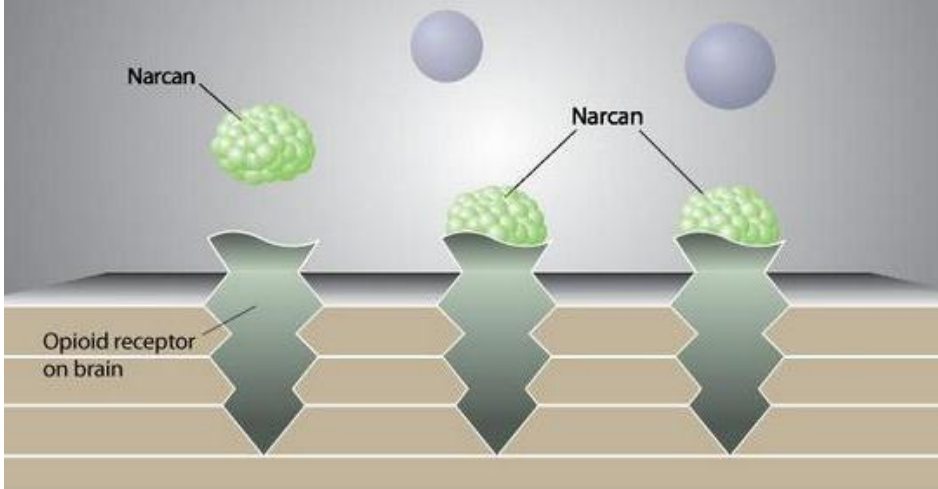
What is an opioid overdose ?

The brain has many, many receptors for opioids. An overdose occurs when too much of any opioid, like heroin or Oxycotin, fits in too many receptors slowing and then stoping the breathing.



Narcan reversing an overdose

Narcan has a stronger affinity to the opioid receptors than opioids like heroin or Percocet, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.



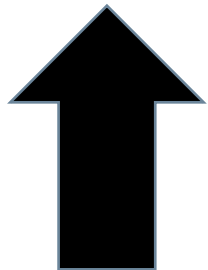
NARCAN (naloxone)



- Narloxone knocks opioids off opioid receptors and binds to receptors for a short time
- This blocks the opioids' effects, quickly restoring breathing



INTRANASAL



AUTO INTRAMUSCULAR



INTRAMUSCULAR



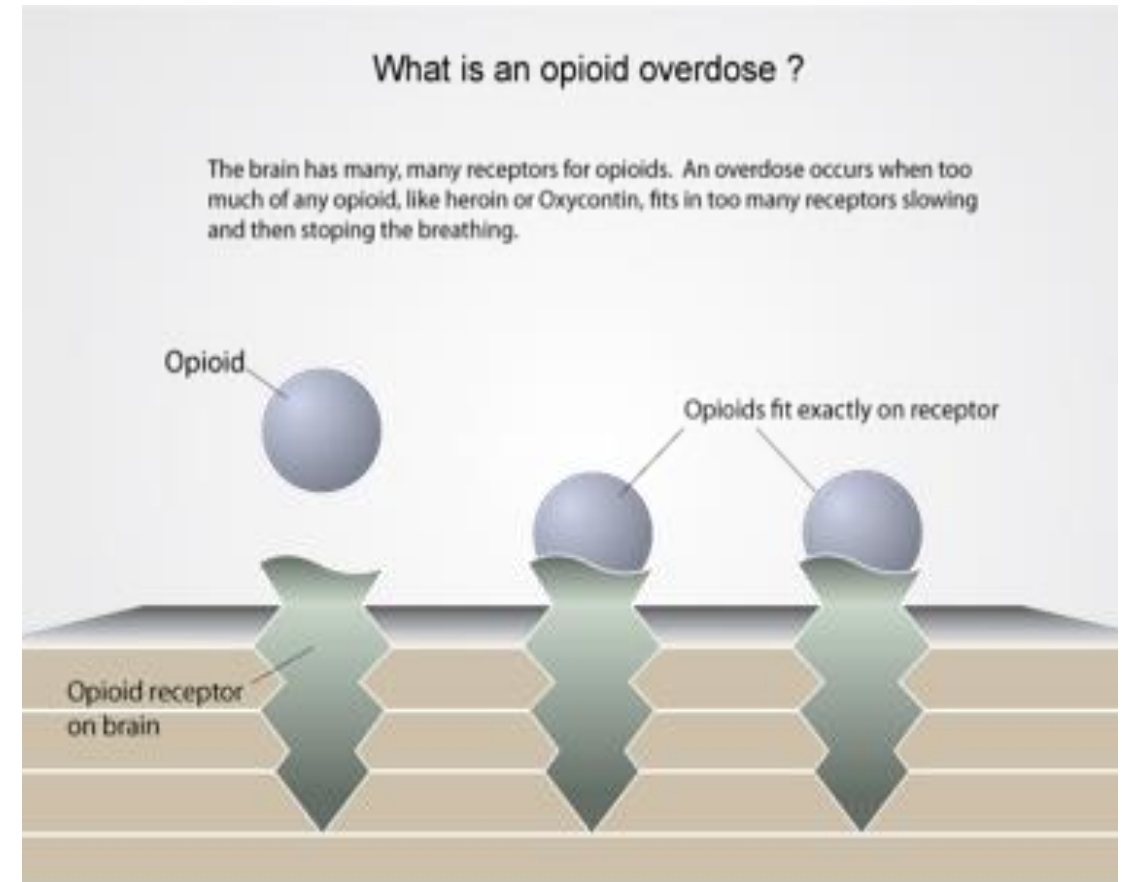
NARCAN (Naloxone)

- Intranasal - 4mg
- **Wears off in 30-90 minutes**
- No significant side effects
- No potential for misuse or getting high
- Safe for children, pregnant women, and pets
- Only effective in reversing **opioid** overdoses
- Storage/Expiration
- Carrying Narcan



An opioid overdose happens when too much of the drug **overwhelms the brain** and **interrupts the body's natural drive to breathe**.

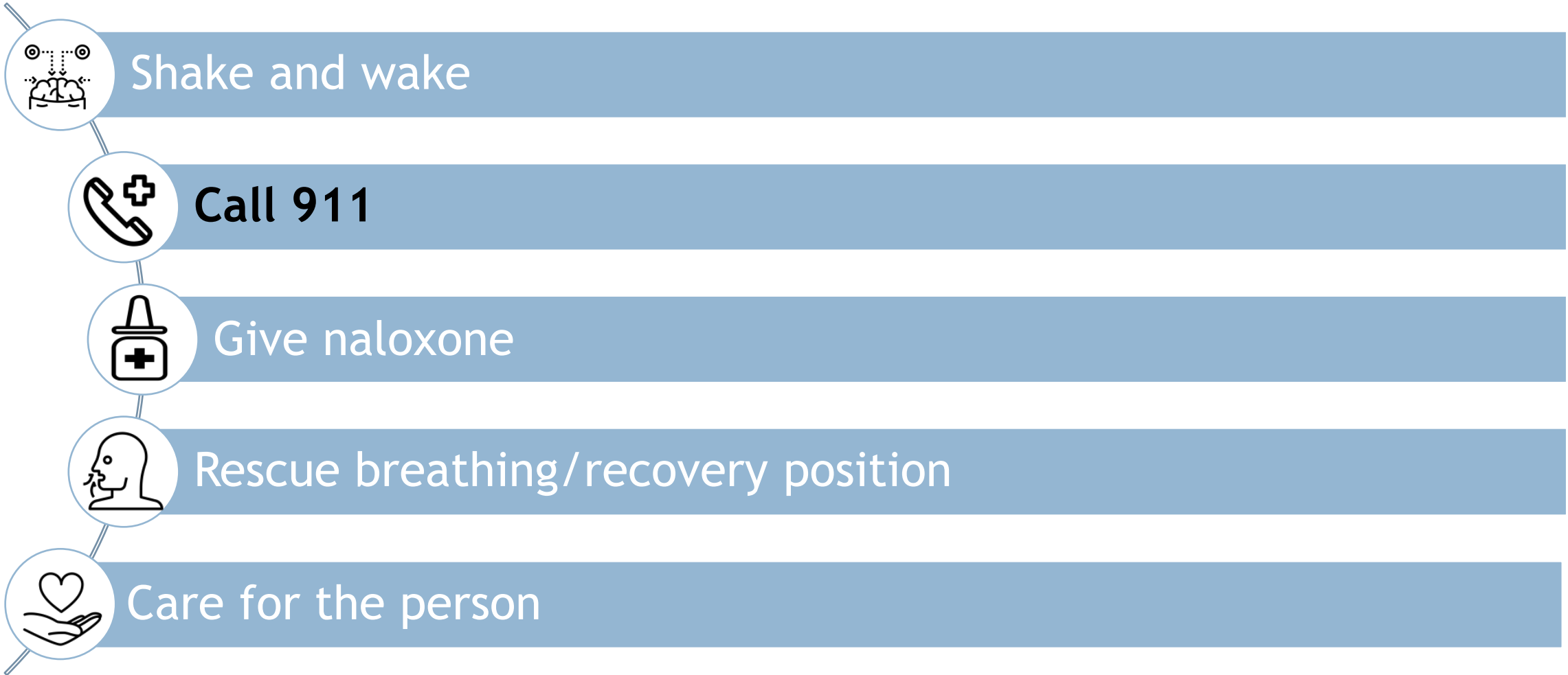
An opioid overdose induces **respiratory depression** that can lead to **anoxic or hypoxic brain injury**— essentially it cuts off oxygen to the brain.



What happens during an opioid overdose?



Responding to an Opioid Overdose



Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or
snoring sounds



Slow, weak
or no breathing



Drowsiness or
difficulty staying awake





1

Remove NARCAN[®] nasal spray from box. **Peel** back tab with circle to open

2

Place NARCAN[®] nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

3

Tilt person's head back and support person under neck.

4

Gently insert tip of nozzle into a nostril until your fingers on either side of the nozzle are against the bottom of the nose.

5

Press plunger firmly to administer.



Allow 2 to 3 minutes for the naloxone to work. Continue resuscitation, as necessary.



If breathing is not restored after 2 or 3 minutes, give another dose of naloxone. Continue resuscitation, as necessary.



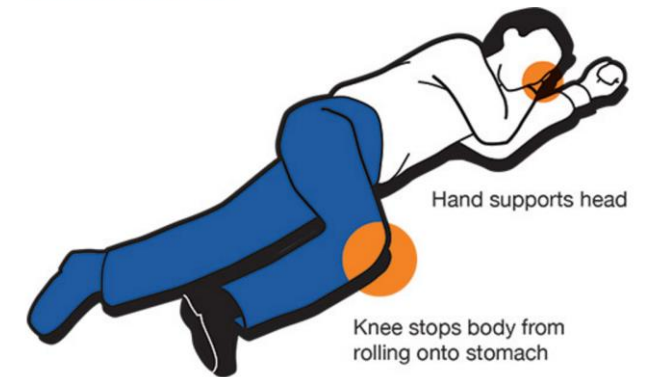
Stay with the person and provide care as directed until medical help arrives.

After receiving naloxone, a person may:

- Feel physically ill or vomit
- Feel withdrawal symptoms
 - unpleasant but not life-threatening
- Become agitated and upset
- Have a seizure (this is rare)
- Overdose again

The Recovery Position


Keep the Airway Clear



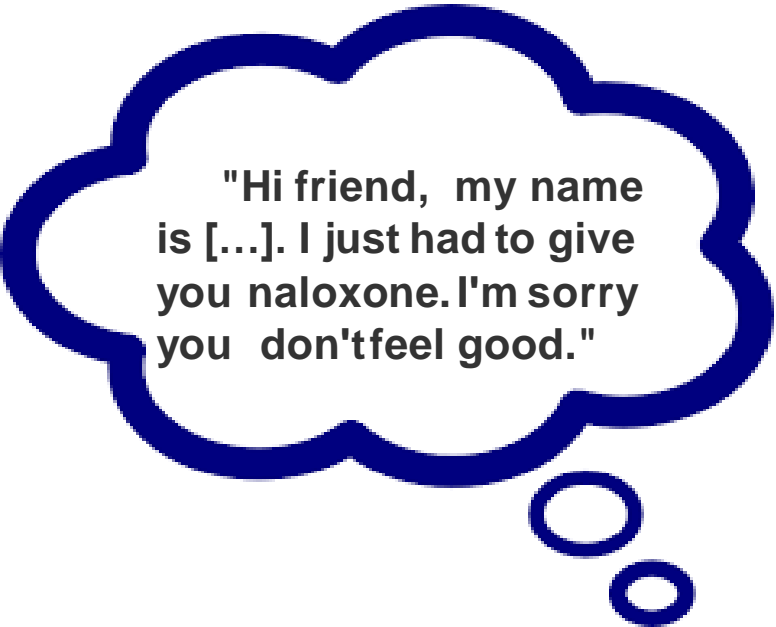
Stay with person. If you must leave them alone at any point, or if they are unconscious, put them in this position to keep airway clear and prevent choking.



AFTERCARE



"Sit up when you're ready. **You're safe.** I've got you, I'm glad you're alive."



"Hi friend, my name is [...]. I just had to give you naloxone. I'm sorry you don't feel good."

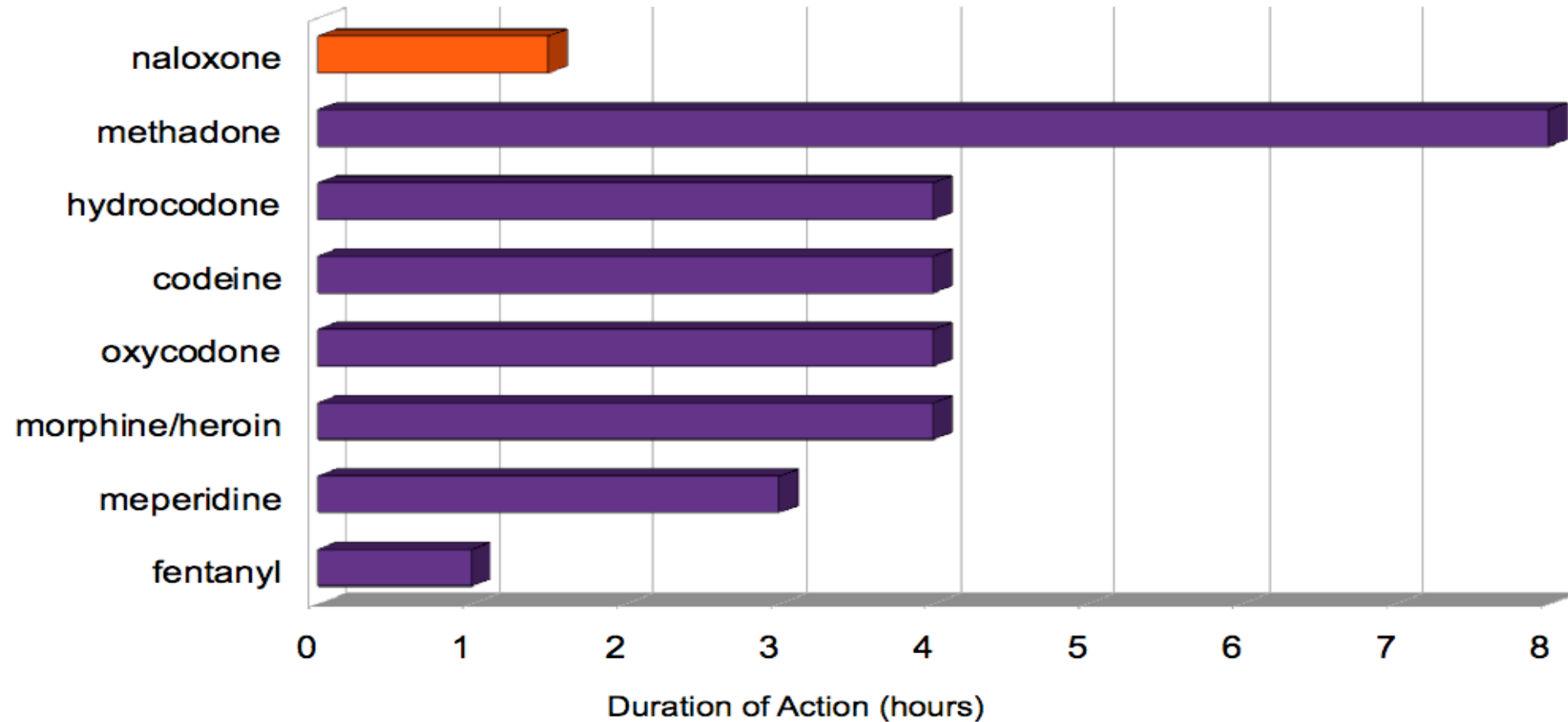
Upon awakening, patient may be in opioid withdrawal:

- Agitation or combativeness, or severe depression
- Nausea/vomiting
- Chills
- Sweating
- Body aches
- Diarrhea
- Goosebumps
- Changes in blood pressure (usually increase)
- Disoriented

Tell the person about the overdose and use of naloxone:

- Emphasize importance of NOT using to combat withdrawal symptoms
- Ensure they have medical care immediately

Why Successful Reversals Need Ongoing Medical Observation



Duration of action of naloxone compared with common opioids

Brenner GM, Stevens CW. Pharmacology. Philadelphia, PA: Saunders/Elsevier; 2010. **Graphic: courtesy of NOPE-RI**





**Times are estimates intended to illustrate magnitude of difference*

Exposure?

- Overdose by contact has been a persistent myth about fentanyl
- Fentanyl is only dangerous when it enters the bloodstream – by ingesting, snorting it, injecting.
- The American College of Medical Toxicology published a position statement finding that “it is very unlikely that small, unintentional skin exposures to tablets or powder would cause significant opioid toxicity



Feldman © 2022 Prehospital and Disaster Medicine

Figure 1. Hand and Wrist Visibly Soiled with Fentanyl.
Note: Larger liquid volumes appear more visible, however nearly full surface area was exposed. Arrow shows abrasion.

GOOD SAMARITAN LAW



A person is immune from arrest and prosecution for an offense if they:

- ✓ Report in good faith an emergency event to a law enforcement officer, to the 911 system, or to a medical provider
- ✓ Remain at the scene
- ✓ Identify themselves and cooperate
- ✓ Offense arises from the same course of events from which the emergency drug or alcohol overdose event arose

2022 Fentanyl Bill:

There is no immunity from arrest and prosecution for an individual who experiences or reports an overdose event and is found by law enforcement to be in possession of 4 grams or less of Fentanyl.

Signed May 2023– revised language sent to Governor for signature to increase immunity protection



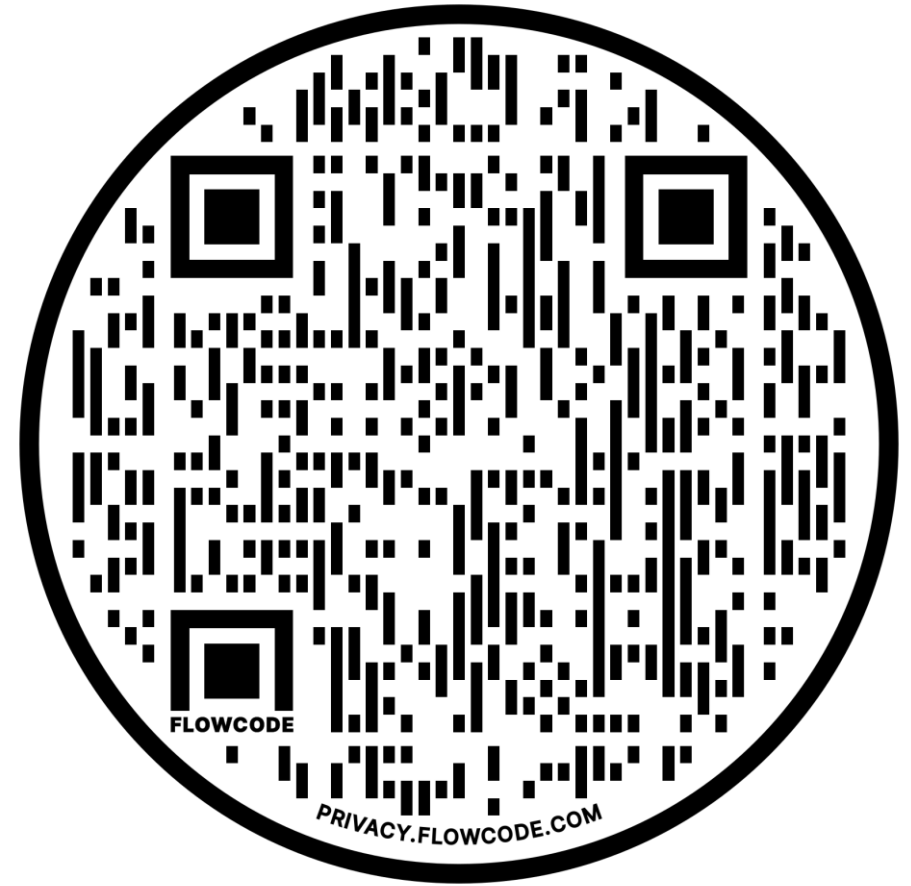
Resources

- Rise Above Colorado
- One Pill Can Kill
- Just Think Twice
- Safe Project
- Harm Reduction
- Opi Rescue
- Colorado Consortium
- Get Smart About Drugs
- Natural High
- Connect Effect



Post Survey





RESOURCES and SLIDES