



Naloxone and Managing Opioid Overdose

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What are Opioids?

- › Pain killers mainly
 - Hydromorphone – Dilaudid aka Dillys
 - Morphine
 - Codeine
- › Most famous street opioid is HEROIN!
 - Called “down or H or H-train” on the street
 - No longer in Ottawa
- › Now all FENTANYL and analogs
 - Used mainly in surgery to put you to sleep
 - Now the street supply is manufactured locally – no longer imported





What is an opiate overdose?

- › Opioids are substances that act on opioid receptors to produce morphine-like effects. Opioids are most often used medically to relieve pain
- › Opiate overdoses
 - mu receptors in brain and spinal cord saturated by opioid → depressed breathing → hypoxia → brain death
 - 3-5 mins to die!!!



The Opioid Problem is Getting Worse!

- › 4400 Canadians lost their lives in 2018
 - Increase of 44% over 2016
 - One death every 2 hours
 - Expected to rise until 2025
- › Accidental overdoses deaths caused by fentanyl increased by 81% in 2017
- › 17 Canadians per day were hospitalized for opioid poisoning
 - Increase of 16% over 2016
- › Opioid dispensing by pharmacies **DECREASED** by 10% over 2016
 - Now more street use

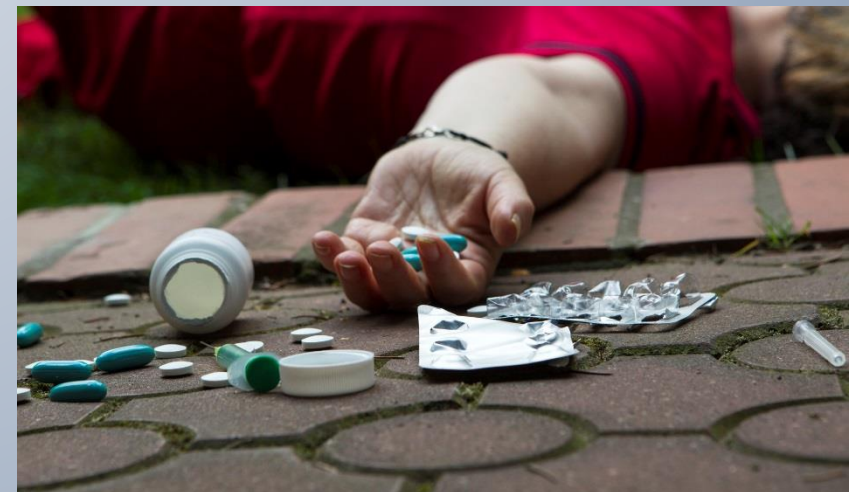
What are the signs?

Physical signs

- › ↓ level of consciousness
- › Pinpoint pupils – “Pinnies”
- › Deep snorting or gurgling sounds
- › Blue lips or fingernails
- › Limp body
- › Vomiting
- › Shaking – neurological response
-“Funky chicken”

Vital signs

- › ↓ respiratory rate
- › ↓ heart rate
- › ↓ blood pressure
- › ↓ O₂ saturation





What is Naloxone?

- › Brand name is Narcan (Narcan Kit)
- › Opiate antagonist
 - Does not clear the drug, it temporarily replaces the drug at the receptor site
- › Reverses the effects of opiate overdose
- › 4mg nasal spray
- › Takes ~2-4 minutes to activate
- › People don't have to be breathing well for it to work!





Effects of Naloxone

- › Is it safe?

YES!

- › Will have NO effect on someone who has not taken an opioid
- › Only contraindicated in people with allergy to Naloxone
- › Pregnancy is NOT a contraindication
- › Duration of effect is only ~ 1 hour
 - Strong opioids last longer so clients may slip back into OD
 - **Call 911-Always go to hospital**



Getting Naloxone

- › Free for everyone from Ontario pharmacies
 - ID no longer required but preferred
- › Criteria
 - Currently using an opioid
 - › Street or prescription
 - Past user of opioids at risk for returning to use
 - A family member or friend of someone at risk of opioid overdose
- › Initial kits vs replacement kits
 - Can get one or two kits
 - Injectable and **nasal spray** both available for free
- › Schedule II
 - Over the counter, not self selection



Questions?

Ask not why the addiction.....
but why the pain?