



# NALOXONE TRAINING

## WHAT TO DO

### IF YOU THINK SOMEONE IS OVERDOSING

It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, treat it like an overdose—**you could save a life.**

- 1. Call 911** Immediately.\*
- 2. Administer naloxone**, if available.
- 3. Try to keep the person awake** and breathing.
- 4. Lay the person on their side** to prevent choking.
- 5. Stay with the person** until emergency assistance arrives.

## SIGNS OF AN OVERDOSE

Recognizing the signs of opioid overdose can save a life. Here are some things to look for:

- » **Small, constricted “pinpoint pupils”**
- » **Falling asleep or losing consciousness**
- » **Slow, weak, or no breathing**
- » **Choking or gurgling sounds**
- » **Limp body**
- » **Cold and/or clammy skin**
- » **Discolored skin (especially in lips and nails)**

<https://youtu.be/odlFtGNjmMQ>

# Naloxone Administration Training

**Objective:** To equip participants with the knowledge and skills to recognize opioid overdose and administer naloxone effectively.

## I. Introduction to Opioid Overdose

**Definition** and causes of opioid overdose.

**Signs** and symptoms of opioid overdose.

**Importance** of timely intervention.

### 1. Definition and Causes of Opioid Overdose:

**Definition:** An opioid overdose occurs when an individual consumes an excessive amount of opioids, leading to respiratory depression, loss of consciousness, and potentially death.

**Causes:** Opioid overdose can result from various factors, including:

**Misuse** or abuse of prescription opioids (e.g., oxycodone, hydrocodone).

**Use** of illicit opioids such as heroin.

**Accidental ingestion** of opioids by children or others who are not prescribed the medication.

**Mixing opioids** with other substances, such as alcohol or benzodiazepines, can potentiate the effects and increase the risk of overdose.

### 2. Signs and Symptoms of Opioid Overdose:

It's crucial to recognize the signs and symptoms of opioid overdose promptly to provide timely intervention. **Common indicators include:**

**Unresponsiveness:** The person is unconscious and does not respond to stimuli (e.g., shaking, shouting).

**Respiratory depression:** Shallow or absent breathing, or irregular breathing patterns.

**Cyanosis:** Bluish discoloration of the skin, particularly around the lips and fingertips, due to lack of oxygen.

**Pinpoint pupils:** Constricted pupils, often referred to as “pinpoint” pupils, caused by opioid effects on the autonomic nervous system.

**Limpness:** The person's body may feel limp or floppy due to muscle relaxation.

Participants should become familiar with these signs and symptoms through visual aids or descriptions to be able to identify them in real-life situations.



### 3. Importance of Timely Intervention:

**Stress the critical importance** of acting quickly when an opioid overdose is suspected. Time is of the essence in preventing irreversible harm or death.

**Delayed or inadequate intervention can lead to severe consequences**, including brain damage or death due to lack of oxygen.

**Emphasize** the role of bystanders and caregivers in recognizing overdose symptoms and initiating appropriate response measures, such as administering naloxone and calling emergency services.

**Provide examples** or scenarios illustrating how timely intervention can save lives and prevent long-term complications associated with opioid overdose.

By thoroughly understanding these aspects of opioid overdose, participants will be better equipped to recognize overdose situations, respond promptly, and administer naloxone effectively during training and real-life emergencies.

## II. Overview of Naloxone

What is naloxone?

How does naloxone work?

Types of naloxone formulations (injectable, nasal spray, auto-injector).

Legal considerations and Good Samaritan laws.

### 1. What is Naloxone?

Naloxone is a medication classified as an opioid antagonist, meaning it works by blocking the effects of opioids in the brain.

It is commonly referred to as a “rescue” or “reversal” medication because it rapidly reverses the effects of opioid overdose.

Naloxone is available in various formulations, including injectable solutions, nasal sprays, and auto-injectors, making it accessible and easy to administer by laypersons.

### 2. How Does Naloxone Work?

Naloxone works by binding to opioid receptors in the brain, displacing opioids and blocking their effects.

By reversing opioid-induced respiratory depression, naloxone restores normal breathing patterns and consciousness to individuals experiencing overdose.

It has a high affinity for opioid receptors, quickly displacing opioids and exerting its effects within minutes after administration.

Naloxone’s duration of action is shorter than most opioids, necessitating observation and, if necessary, repeat doses or medical intervention to prevent recurrence of overdose symptoms.



### 3. Types of Naloxone Formulations:

**Injectable Naloxone:** Available in vials or pre-filled syringes for intravenous or intramuscular administration. Intramuscular injection is the most common route used by laypersons due to its simplicity and effectiveness.

**Nasal Spray Naloxone:** Packaged in a nasal spray device, allowing for non-invasive administration through the nasal passages. This formulation is user-friendly and does not require special training.

**Auto-Injector Naloxone:** Some naloxone products come in auto-injector devices, similar to EpiPens used for severe allergic reactions. These devices provide step-by-step instructions and are designed for easy administration by laypersons, especially in high-stress situations.

### 4. Legal Considerations and Good Samaritan Laws:

Many jurisdictions have enacted Good Samaritan laws to provide legal protections to individuals who administer naloxone or seek help during opioid overdose emergencies.

These laws typically offer immunity from prosecution for certain offenses, such as drug possession, to encourage bystanders to take action without fear of legal repercussions.

Good Samaritan laws vary by state and may have specific provisions regarding naloxone administration, reporting requirements, and limitations to immunity.

It's important for participants to be aware of the Good Samaritan laws in their jurisdiction and understand their rights and responsibilities when responding to overdose emergencies.

By understanding these aspects of naloxone, participants will gain insight into how naloxone works, its different formulations, and the legal protections afforded to those who administer it during opioid overdose emergencies

## III. Recognizing Opioid Overdose

Review signs and symptoms of opioid overdose in detail.

Discuss scenarios to practice recognizing overdose situations.

### 1. Review Signs and Symptoms of Opioid Overdose:

**Unresponsiveness:** The person is unconscious and does not respond to stimuli (e.g., shaking, shouting).

**Respiratory depression:** Shallow or absent breathing, or irregular breathing patterns.

**Cyanosis:** Bluish discoloration of the skin, particularly around the lips and fingertips, due to lack of oxygen.



**Pinpoint pupils:** Constricted pupils, often referred to as “pinpoint” pupils, caused by opioid effects on the autonomic nervous system.

**Limpness:** The person’s body may feel limp or floppy due to muscle relaxation.

**Gurgling or Snoring Sounds:** Noisy breathing or snoring-like sounds due to airway obstruction.

**Loss of Consciousness:** The person may lose consciousness or become unresponsive.

## 2. Discuss Scenarios to Practice Recognizing Overdose Situations:

Provide hypothetical scenarios or case studies depicting different overdose situations.

Encourage participants to identify signs and symptoms of opioid overdose in each scenario.

Discuss appropriate responses and interventions based on the presented scenarios.

Emphasize the importance of remaining calm, assessing the situation, and taking prompt action to assist someone experiencing an overdose.

## 3. Training on Naloxone Administration:

Introduce participants to the various naloxone formulations (injectable, nasal spray, auto-injector).

Provide step-by-step instructions on how to administer naloxone via each route.

Demonstrate proper administration techniques using training materials or mannequins.

Allow participants to practice administering naloxone using training kits (if available) under supervision.

Provide feedback and guidance to ensure participants feel confident in their ability to administer naloxone effectively during real-life situations.

## 4. Importance of Timely Intervention:

**Stress the critical importance** of recognizing opioid overdose promptly and initiating appropriate interventions without delay.

**Emphasize** that timely administration of naloxone can reverse the effects of overdose and save lives.

**Discuss the potential consequences** of delayed intervention, including irreversible harm or death.

**Encourage participants** to be vigilant and proactive in identifying overdose situations and taking immediate action to assist those in need.



By thoroughly reviewing the signs and symptoms of opioid overdose and practicing naloxone administration techniques, participants will be better prepared to recognize overdose situations and respond effectively to save lives. Encouraging active participation through scenario-based learning can enhance understanding and retention of key concepts

## **IV. Naloxone Administration Techniques**

Step-by-step instructions for administering naloxone via: Nasal spray.

Demonstration of each technique using training materials

## **V. Emergency Response and Follow-up Care**

Importance of calling emergency services immediately after administering naloxone.

Monitoring the individual for signs of overdose recurrence.

Providing information on accessing further medical and support services.

## **VI. Naloxone Storage and Accessibility**

Proper storage of naloxone kits.

Ensuring naloxone availability in high-risk environments.

## **VII. Question and Answer Session**

Open forum for participants to ask questions and clarify any concerns.

Summary of key points covered in the training.

Encouragement for participants to continue learning about opioid overdose prevention and naloxone administration.

