Naloxone/Narcan Training for an Opiate Overdose

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Objectives

- Know the different types of opiate drugs
- Identify the signs and symptoms of an opiate overdose
- Understand the steps to take when someone is experiencing an opiate overdose
- Demonstrate the proper way to administer naloxone (Narcan)
Types of Opioid/Opiate Drugs

- Heroin
- Opium
- Demerol
- Codeine
- Morphine
- Methadone
- Hydrocodone
- Oxycodone
- Percocet
- Vicodin
- Fentanyl
  - Powerful synthetic opioid
  - 100x more potent than morphine
  - Often mixed with or sold as heroin
- Carfentanil
  - 100x more potent than fentanyl
  - Used for large animals
Why Naloxone?

Opiate Overdose
- Affects the part of the brain that regulates breathing.
- High doses of opiates can cause breathing to stop.

Naloxone
- Can restore breathing within 2 minutes.
- Has no effect on drugs that are not opiates & is not toxic.
- ORC 2925.61 protects people who administer naloxone from criminal prosecution.
How Naloxone Works

Image retrieved from www.copeaustralia.com.au
Signs & Symptoms of Overdose

No Response:
- Limp body
- Can’t be woken up; no response to name, shaking or sternal rub

Breathing:
- Slow, shallow or no breathing
- Snoring/gurgling/choking sounds

Bodily Changes:
- Pale, blue or gray coloring (lips/fingernails)
- Weak pulse or no pulse

Evidence of drug use or paraphernalia

(Zwanger 2016)
Assessing the Scene

Before taking any action, make sure to assess the scene. Be aware of:

- **Physical Location** - Be aware of your surroundings at all times. Reactions to overdose and withdrawal can be unpredictable.
- **Dangerous Objects** - Watch for needles, drugs (suspicious powders) and drug paraphernalia.
- **Bodily Fluids** - Vomit, blood, saliva, urine and feces could carry diseases. Use gloves and masks if possible.
What To Do

If you see someone who appears to have taken an overdose:
1. Assess the scene.
2. Check for signs of overdose & breathing.
3. Call 9-1-1 and make sure that help is on the way.
4. Tilt person’s head back or lay them down.
5. Administer naloxone/Narcan.
6. If not breathing, consider starting CPR.
7. If breathing, place into recovery position.
8. Stay with the person until EMS arrives.
Administering Narcan

1. Remove Narcan nasal spray from box & peel back tab
   - Wear gloves if possible
   - Do NOT touch any powdery substances on the person’s body

2. Hold Narcan spray by placing your thumb in the bottom of the plunger and your first and middle finger on either side of the nozzle
   - Never push the spray into the air because you will waste the medication.
Administering Narcan

3. Tilt person’s head back
   – Provide support under the neck with your hand

4. Put nozzle into one side of the person’s nose

5. Press down onto the plunger to administer dose (4mg/0.1ml)

6. Remove from nose, roll person to their side, watch closely

Naloxone/Narcan is not harmful to a person. When in doubt – Give Narcan!
What To Do After Narcan

- Move the person to recovery position.
- Stay with the person until EMS arrives.
- Person should show signs of improvement within 2-3 minutes.
  - Person may become combative and agitated.
  - Reassure person and explain situation.
  - Always protect yourself and the person.
- If no improvement in 2 minutes, repeat dose in other nostril & place back in recovery position.
- If not breathing, consider rescue breathing or CPR.
Signs of Improvement

Regains Response:
- The person begins to wake up.
- Be Alert: The person may become combative.

Breathing:
- Breathing returns to normal.

Bodily Changes:
- Heartbeat becomes regular.
- Skin tone improves, pale or blue color fades.
How to Store Narcan

- Must be kept at room temperature 77°F excursion permitted to 104°F
- 18-24 month shelf life
- Expires at end of dated month
- Keep out of direct sunlight
- Do not store in the car
Questions?

Columbus Public Health
Opiate Crisis Line
614-724-HOPE (4673)

We all can take action to help save a life.
References

- American Heart Association (2015) Basic Life Support
- CPH (2016) Activation of Emergency Response Team Policy and Procedure
- Zwanger, Mark, M.D. (2016) Narcotic Abuse