Maryland Overdose Response Program

Educational Training Program

CORE CURRICULUM
Program Overview

A. Defining opioid, naloxone, and overdose
B. Identifying an overdose
C. How to respond
D. Good Samaritan Laws
E. How to obtain naloxone
Figure 3. **National Drug Overdose Deaths Involving Any Opioid, Number Among All Ages, by Gender, 1999-2017**

Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018
Number of overdose deaths involving opioids in Maryland, by opioid category.
Source: CDC WONDER.
He overdosed six times but Narcan saved his life
Opioids are...

- Any drugs that contain opium (or its derivative)
- Natural or synthetic
- Prescription medications or illegal drugs
- Pill, capsule, powder or liquid
- Swallowed, smoked, snorted or injected
Opioids...

- Manage pain, suppress coughs and treat opioid-use disorders
- May cause feelings of euphoria, contentment and/or detachment
- Effects can last from 3 - 24 hours
- In excessive amounts, they may suppress a person’s urge to breathe
# Common Prescription Opioids

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Brand Name</th>
<th>Street Name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxycodone</td>
<td>Oxycontin</td>
<td>512s, OC, Oxy, 80s, Oxcotton, Hillbilly Heroin, Killers, Roxis</td>
</tr>
<tr>
<td></td>
<td>Percocet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roxicodone</td>
<td></td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>Vicodin</td>
<td>Vikes, Hydro, Norco, Fluff, Scratch, Watson 387</td>
</tr>
<tr>
<td></td>
<td>Lorcet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zohydro ER</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lortab</td>
<td></td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opana</td>
<td>Mrs. O., Pink/Blue Heaven, The O Bomb, Octagons, Stop Signs</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid</td>
<td>D, Juice, Dust, Footballs, Hospital Heroin, H Bomb, Smack</td>
</tr>
</tbody>
</table>
## Common Prescription Opioids (continued)

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Brand Name</th>
<th>Street Name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morphine</td>
<td>-</td>
<td>M, Miss Emma, Monkey, White Stuff, Dreamer</td>
</tr>
<tr>
<td>Codeine</td>
<td>Tylenol 3 and 4</td>
<td>Captain Cody, Schoolboy, Pancakes and Syrup, T-3s, Doors and Fours, Purple Drank</td>
</tr>
<tr>
<td>Meperidine</td>
<td>Demerol</td>
<td>-</td>
</tr>
<tr>
<td>Methadone</td>
<td>-</td>
<td>Jungle Juice, Fizzies, Chocolate Chip Cookies</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>Suboxone Subutex</td>
<td>Bupe, Boxes, Subs, Subbies, Orange Guys</td>
</tr>
</tbody>
</table>
Prescription
Fentanyl
Approved for treating severe pain (typically advanced cancer pain).
What Is an Opioid Overdose?

- Opioid overdose happens when a toxic amount of an opioid—alone or mixed with other opioid(s), drugs, and/or substances—overwhelms the body’s ability to handle it.

- How much is “too much” depends on the person and can change over time.

- Most overdose deaths happen when mixing opioids and other drugs.
Illegal Opioids: Non-Pharmaceutical Fentanyl

Heroin
Lethal Dose
10-12mg

Fentanyl
Lethal Dose
1-2mg

Carfentanil
Lethal Dose
.02mg

NOTE: Information is based on DEA data. Every person reacts differently. Heroin in doses as little as 3mg or less have been known to cause death.
Recognizing the Signs & Symptoms of an Opioid Overdose

- Loud snoring or gurgling noises
- Body very limp
- Unresponsive
- Skin pale/gray, clammy
- Lips/fingertips turn blue(ish)
- Pulse slow or erratic
- Breathing very slow, shallow, or not at all
- Unconscious
**What is Naloxone?**

- Naloxone is a medicine that effectively reverses an **OPIOID** overdose, and is safe—even for children and pregnant women.
- It’s not addictive.
- Doctors and paramedics have been using it for decades.
- It can be injected into a muscle or vein, or sprayed up the nose, **but it wears off in 30-90 minutes.**
Responding to an Opioid Overdose - 5 STEPS

1. Rouse and stimulate
2. Call 911
3. Give Naloxone
4. Further resuscitation
5. Care for the person
STEP 1: GET THEIR ATTENTION

Shake the person’s shoulders and yell, “Wake up! Are you alright?” Firmly rub your knuckles up and down the middle of the person’s chest.
STEP 2:
CALL 9-1-1

Give your location and the person’s symptoms.

WHY CALL FOR HELP?
The person may have complications or other health problems.

Naloxone is only temporary.

Additional doses of naloxone might be needed.

This may be a non-opioid overdose situation
STEP 3: GIVE NALOXONE
How to administer Narcan Nasal Spray

1. **Hold the nozzle**

2. **Press the plunger**

3. **Insert the nozzle into the nostril**

4. **Spray the medication into the nostril**
Administering Nasal Narcan -

✓ Allow 1-3 minutes for the naloxone to work. Continue resuscitation as necessary.

✓ Give a second dose if the first dose does not work within 1-3 minutes. Continue resuscitation as necessary.

✓ Stay with the person and provide care as directed until medical help arrives.
Assess breathing: If the person is not breathing, or if breath is shallow or short:

**STEP 4:**
FURTHER RESUSCITATION

- Give rescue breaths.
- If trained, administer CPR.
- Follow the 911 dispatcher’s instructions.
Rescue Breathing - Step by Step

✓ Lay the person on his/her back.

✓ Tilt the chin back; remove anything blocking the airway.

✓ Pinch the person’s nose closed and cover his/her mouth with your mouth.
✓ Blow 2 regular breaths, then give 1 breath every 5 seconds.

✓ Do chest compressions if trained in CPR and there is no pulse.
STEP 5: CARE FOR THE PERSON

✓ Stay with the person until medical help arrives.
✓ They may feel sick, agitated, or even vomit.
✓ Place the person in the recovery position: face and body turned to the side, top hand placed under the head, and top knee bent to support the body.
Recovery Position

- Bent knee supports body
- Hand supports head
- Face & body turned to side

A
B
C
D

Bent knee supports body
Hand supports head
If You Administer Naloxone . . .

Call the Poison Center
1-800-222-1222

Within 1-2 hours

Or contact the entity that provided training.
Your reports help us make naloxone available to others in need.
Maryland’s “Good Samaritan” laws protect you from liability for a good faith effort to help someone.

AND

If you seek help for someone having an overdose, neither you nor the person needing help, can be arrested, charged, prosecuted, or have parole or probation status violated for illegally:

• possessing drugs or drug paraphernalia, or
• providing alcohol to minors.
Obtaining Naloxone

❖ Any individual may receive a prescription for naloxone from any licensed health care provider with prescribing authority.

❖ You can obtain naloxone from an authorized ORP entity that dispenses naloxone.

❖ Any individual can obtain naloxone at a participating pharmacy through the statewide standing order.

❖ As of June 1, 2017, there is no training or certificate requirement to obtain naloxone from a pharmacy under the statewide standing order.

❖ For a list of pharmacies that stock naloxone visit bha.dhmh.maryland.gov/naloxone.
Naloxone Storage

Storage:
✓ Store naloxone in original package at room temperature; avoid exposure to light
✓ Keep in a safe place away from children & pets, but easy to access in case of emergency

Expiration:
✓ Naloxone loses its effectiveness over time
✓ Check expiration date on label
NEED HELP FINDING INFORMATION OR RECOVERY SERVICES?

- Call 211 (Confidential & Multi-Lingual Information and Referral 24/7)
- National Treatment Referral Helpline: 1-800-662-HELP (4357)
- National Substance Abuse Treatment Facility Locator: [https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)
- Project Lazarus: [http://projectlazarus.org](http://projectlazarus.org)
- Directory of Opioid Response Program Entities: [https://bha.health.maryland.gov/NALOXONE/Pages/Approved-Entities.aspx](https://bha.health.maryland.gov/NALOXONE/Pages/Approved-Entities.aspx)
Beating Opioid Addiction - Joy’s Story