

Your Health Connection

POD KIT

Naloxone Distribution

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prevent opioid death

OPIOIDS



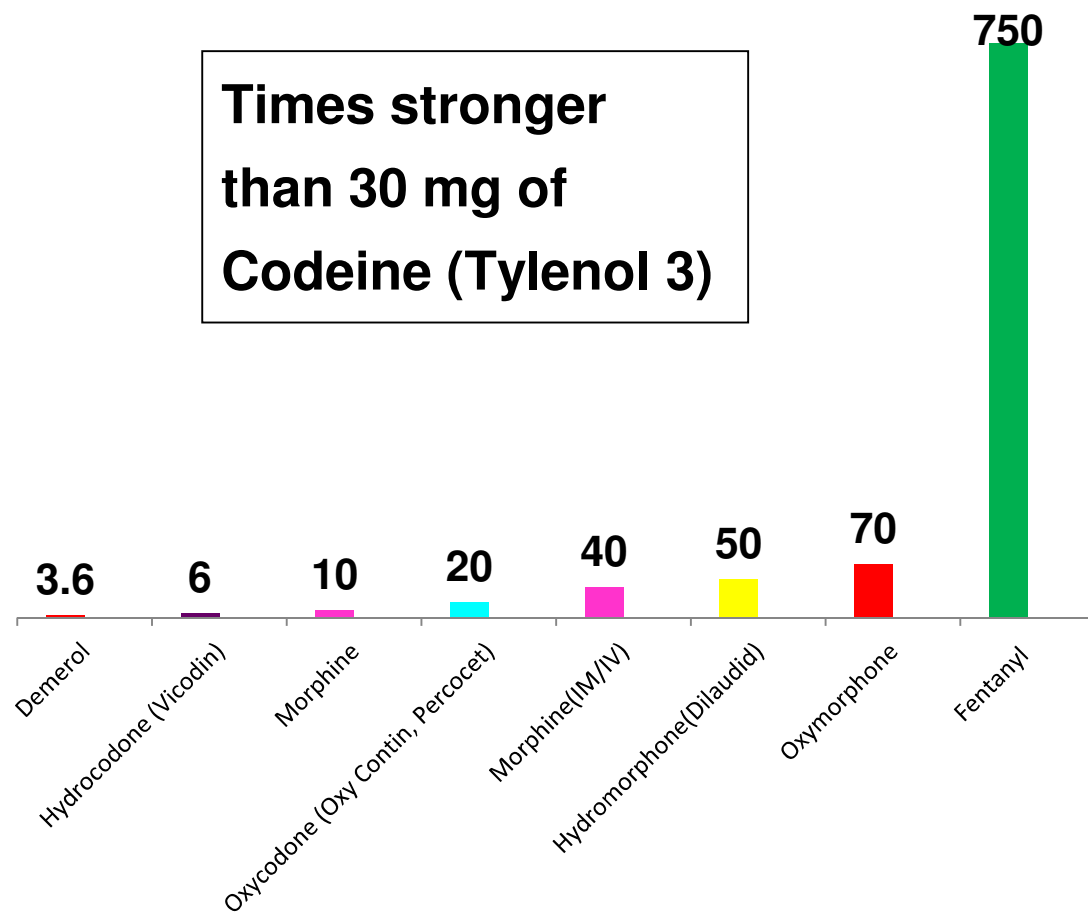
- Public Health Crisis
- Opioids are used to treat and relieve acute and chronic pain and improve quality of life.
- Opioids are a family of prescription drugs classified as central nervous system depressants that include:
 - opium, morphine, codeine, oxycodone (Oxycontin, Percodan, Percocet, OxyNeo), hydrocodone (Vicodin), hydromorphone (Dilaudid), Meperidine (Demoral), Methadone, and Fentanyl, buprenorphine (Suboxone) among others.
- An other opioid is heroin,

OPIOIDS

- Opioids attach to specific receptors in the brain, spinal cord and gastrointestinal tract resulting in a reduction in the perception of pain.
- However, they can produce euphoria and tolerance, and are prone to abuse.
- Come in a variety of forms: skin patch, lozenge, pill and injectable



Opioid Comparison Graph

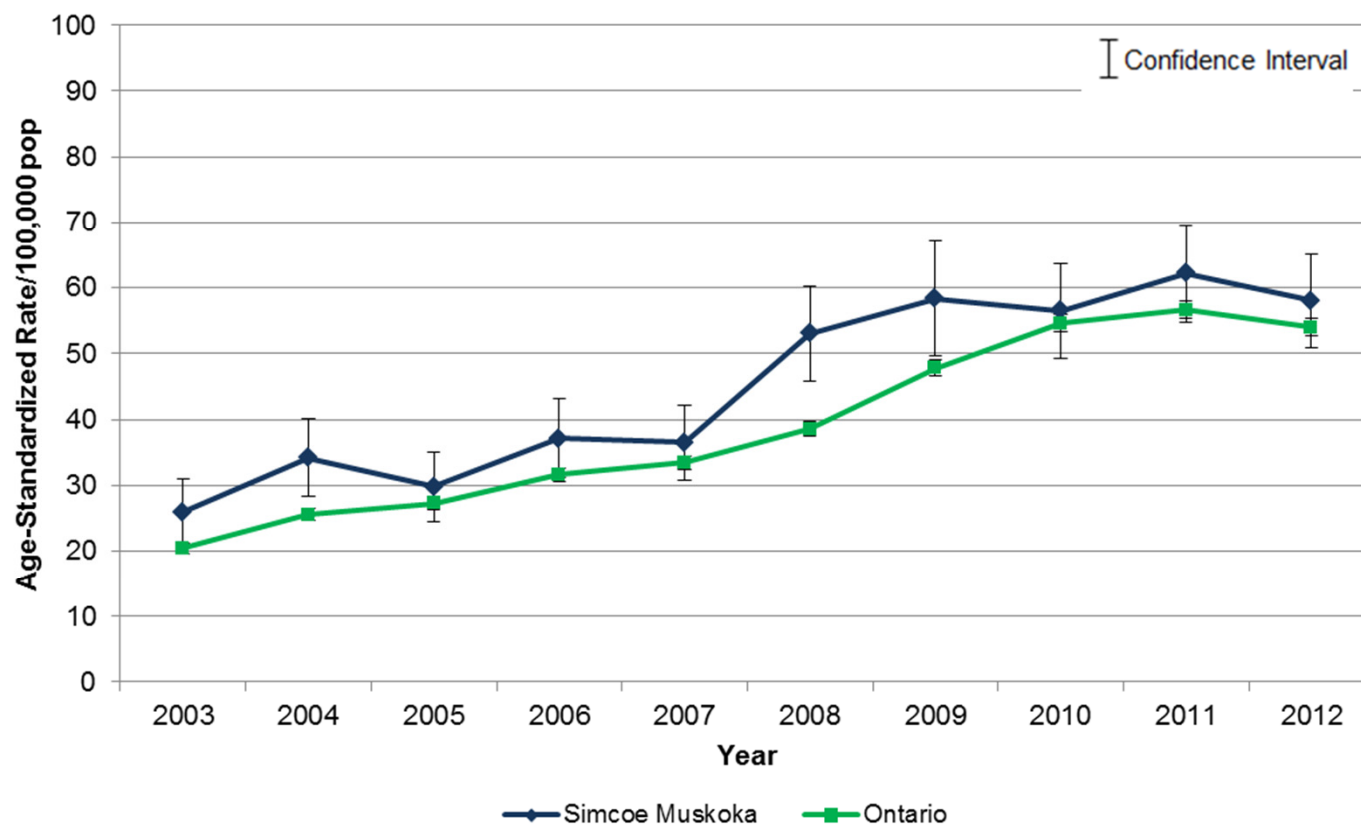


Adapted from: London Pain Clinic – Opiate Conversion Table - 2008

Number of Opioid-Related Acute Drug Toxicity Deaths in Simcoe Muskoka (Coroner)

Year	Muskoka	Simcoe
2012	5	26
2013 (incomplete)	5	11

Emergency Room Visits due to Opioid Use Simcoe Muskoka and Ontario, 2003-2012



Source: Ambulatory care database, IntelliHealth Ontario, MOHLTC,
Extracted July 2013

OVERDOSE

- Overdose often occurs when one of the following happens:
 - someone misuses an opioid
 - a miscalculation is made
 - the client taking misunderstands how to take.
- There is a greater risk of overdose if combined with other drugs or alcohol resulting in reduced breathing, heart rate and other functions of the central nervous system.
- Tolerance



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Mixing

- Avoid mixing drugs
 - Most overdose deaths occur when multiple drugs have been taken
- alcohol, benzodiazepines + opioids

Prevention: Use one drug at a time, or use less of each drug if you are mixing!

Tolerance

- Is one's body's ability to increasingly withstand the effects of the substance being used
- It develops over time
- It can change depending on factors including: weight, size, illness, stress, compromised immune system (HIV, HepC), age.
- It can decrease **rapidly** when someone has taken a break from using a substance (in jail, in treatment, in the hospital)

Prevention: Use less drugs when tolerance is lower

Overdose Prevention

Inconsistent Drug Quality and Potency

- Drug quality can be unpredictable. Illegal drugs are unregulated, therefore their strengths can be unpredictable.

Prevention: try a very small amount at first. Does it taste, smell, look different?

Using Alone

- If you overdose, no one will be there to help you

Prevention: fix with a friend (**Do not Share Needles**), leave door unlocked, call someone before to let them know you are about to use

SIGNS OF AN OPIOID OVERDOSE

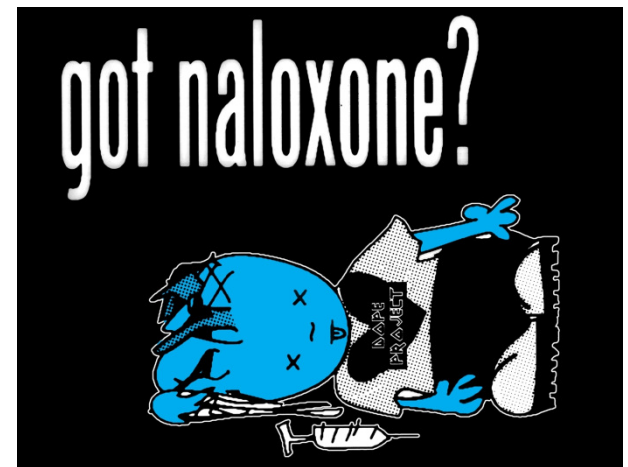
- Breathing is very slow, erratic, or not at all
- Finger nails &/or lips blue or purple
- Body is limp
- Deep snoring or gurgling sounds
- Vomiting
- Loss of consciousness
- Unresponsive to stimuli
- Pinpoint pupils
- Very pale
- Pulse slow, erratic, or not there at all

NALOXONE

- Naloxone is an opiate antagonist which works by displacing opioids from their receptor sites and reverses respiratory depression.
- Naloxone can reverse the effects of overdose if administered intramuscularly in a timely manner.
- Naloxone takes effect in 1-5 minutes and can last between 60-90 minutes. Depending on the amount of opioids the client has taken a second dose of Naloxone may be required.
- Only contraindication to receiving Naloxone would be previous hypersensitivity.
- Naloxone has no effect on non-opioid related overdoses (eg. Cocaine, benzodiazepines, alcohol)
- There are no psychoactive effects from naloxone so there is no potential for abuse

BENEFITS OF NALOXONE

- Naloxone SAVES LIVES by reversing opioid overdoses.
- Naloxone is very safe!
- Side effects: withdrawal symptoms (if taking opioids), skin sensitivity to the injection.
- Contraindications: hypersensitivity (allergic reaction)
- No abuse potential
- Indirect benefits for participants:
 - engagement in health services,
 - involvement in counselling,
 - investment in the community,
 - increase in sense of worth and empowerment



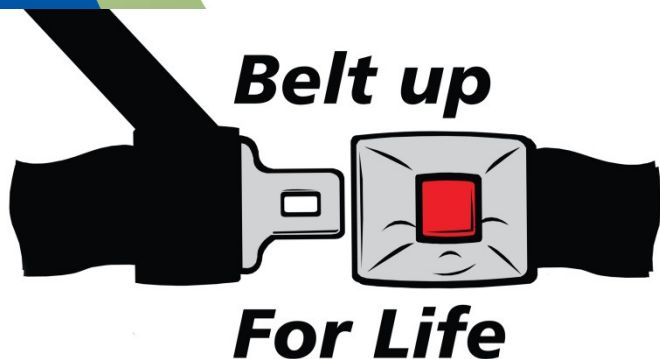
POD Kit



Are we enabling more risky drug using behaviour?

No, Naloxone enables life, not drug use.

- If a person allergic to peanuts has an EpiPen, do they eat more peanut butter sandwiches?
- Do seat belts lead to unsafe driving practices?
- Being injected with Naloxone is unpleasant and ruins the individuals “high” (thus wasting the time and money put into acquiring the drug), and makes them sick with withdrawal

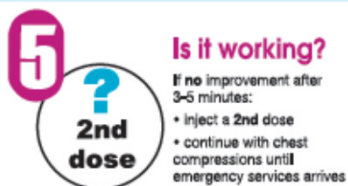




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5 STEPS to save a life



Simcoe Muskoka District Health Unit

705-721-7520
1-877-721-7520
www.simcoemuskokahealth.org

SIGNS of OPIOID OVERDOSE & RECOVERY POSITION

*Naloxone only works for opioids

Opioids include:

OxyContin/OxyNEO, Fentanyl, Heroin,
Percocet, Dilaudid, Codeine,
Morphine, Methadone

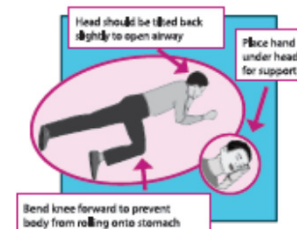
Signs of Opioid Overdose

- Can't wake the person
- Breathing is very slow, irregular or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small

Recovery Position

Put person in recovery position if:

- Unconscious and breathing
- You have to leave the person unattended



This is to acknowledge that:

has been trained in prevention and response to
opioid overdose, including administration of
naloxone.

Signature: _____ Naloxone Edition: _____



This guy
OD'd on
opiates
yesterday.

His friend
acted fast
and
saved his
life with...

the **pod** kit
prevent opioid death



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Tel: 705-721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org
Your Health Connection

Call the health
unit for your kit.

She OD'd on opioids yesterday.

Her friend
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QUESTIONS



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