



# Calvert County Health Department Overdose Education and Naloxone Training



Maryland Overdose Response Program

January 2015

Behavioral Health Administration  
Department of Health & Mental Hygiene  
[dhmh.naloxone@maryland.gov](mailto:dhmh.naloxone@maryland.gov)

# Program Overview

- A. Defining opioid, naloxone, and overdose**
- B. Identifying an overdose**
- C. How to respond**
- D. Good Samaritan Law**
- E. How to use your certificate**



# What is an Opioid?

- Any drugs that contain **opium or its derivative**
- Natural or synthetic
- **Prescription** medications or **illegal** drugs
- Pill, capsule, powder or liquid
- Swallowed/drunk, smoked, snorted or injected
- Prescription:
  - Oxycodone
  - Hydrocodone
  - Oxymorphone
  - Morphine
  - Codeine
  - Methadone
- Heroin
- Fentanyl



# 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.
- Many opioid-related overdoses result from **mixing** prescription painkillers or heroin with benzodiazepines (benzos), cocaine and/or alcohol.

# What Leads to Overdose Death?

- One of the side effects of opioids is that they suppress a person's urge to breathe - this is why opioid overdose can be more dangerous than other types of overdose
- **Respiratory failure** = lack of sufficient oxygen in the blood
- Vital organs like the heart and brain start to fail, leads to unconsciousness, coma, death

***Surviving an opioid overdose =  
BREATHING and OXYGEN***

# Risk Factors

i.e. what impacts likelihood of overdose:



## Period of not using

- Even short periods of abstinence lower **tolerance**
- So: high risk after detox, rehab, jail, prison

**Mixing** opioids, esp. w/ benzos or alcohol

**Using Alone**

**Quality of the drug(s)**

**How one takes a drug**

- Injecting in vein or smoking are higher risk than swallowing or injecting in muscle

**Medical History & Physical Health problems**

- Due to age; recent illness; chronic conditions
- **Previous Overdose**

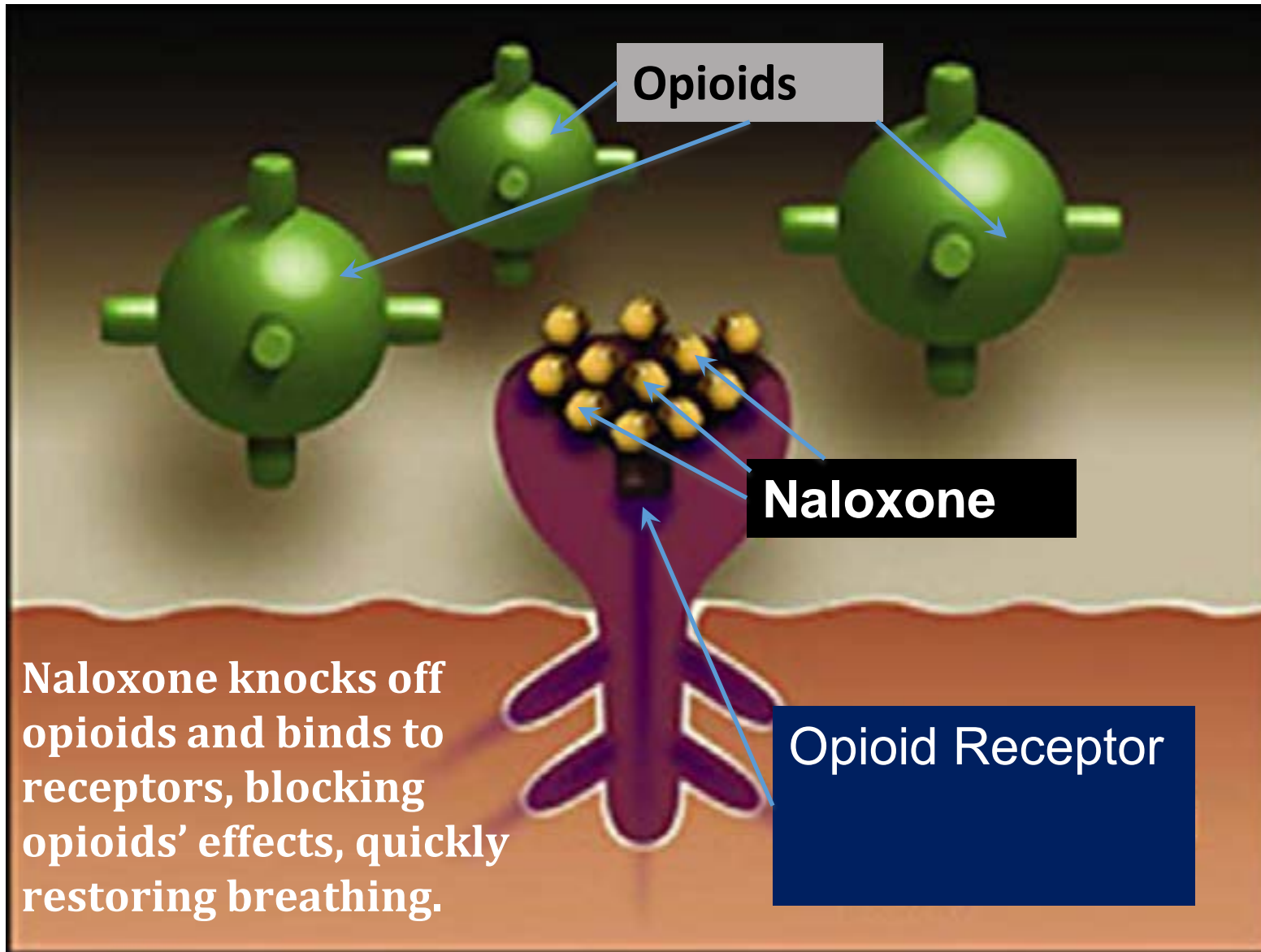


# What is Naloxone?

- Reverses opioid overdose and restores breathing
- No potential for abuse or getting high
- No effect on someone who hasn't taken opioids
- Side effects are minimal and rare
- Safe for children and pregnant women
- Intramuscular, intranasal or intravenous
- Wears off in 30 - 90 minutes

***Naloxone is only effective in reversing  
opioid overdoses***

# How Does Naloxone Work?





# 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

# Responding to an Opioid Overdose

- 1. Get their attention**
- 2. Call 9-1-1**
- 3. Give naloxone**
- 4. Further resuscitation**
- 5. Care for the person**



# Step 1: Get their attention

Noise: Shake person's shoulders and yell:  
*"[Name!] Are you all right? Wake up!"*

Pain: If no answer, do a **sternal rub**:  
**Make a fist, rub your knuckles firmly up  
and down the breast bone.**

# Step 2: Call 9-1-1: Why?

*Get emergency medical help  
for someone experiencing an overdose!*

- 1. May have **complications** or other **health problems**.
- 1. Naloxone is only **temporary**.
- 1. May need **additional doses** of naloxone.
- 1. May be a **non-opioid overdose** situation.



# Call 9-1-1: What to Say

- Tell 9-1-1 operator:
  - ✓ **Where you are**
  - ✓ **What you observe** about the person in distress:  
*e.g., gurgling noises, turning blue, won't wake up*
  
- Tell emergency responder on site:
  - ✓ **Drugs/substances** the person used
  - ✓ **Naloxone** administered – how much/when.

# Good Samaritan Law

## H.B. 416 – Criminal Procedure – Limited Immunity – Alcohol- or Drug-Related Medical Emergencies

A person who seeks assistance for another person experiencing an alcohol- or drug-related medical emergency shall be immune from **arrest, charge, and prosecution for minor crimes**, such as:

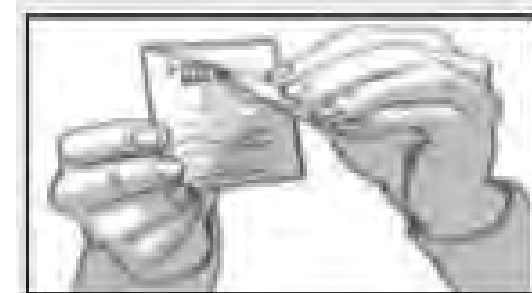
- Drug possession;
- Use of/intent to use drug paraphernalia;
- Underage possession of alcohol;
- Obtaining alcohol for underage consumption; and
- Furnishing alcohol for underage consumption.

# Step 3: Give Naloxone

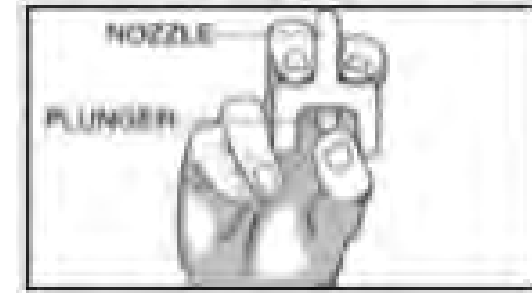


# Administering Narcan – Step by Step

**Step 1:** Remove NARCAN Nasal Spray from the box. Peel back the tab with the circle to open the NARCAN Nasal Spray



**Step 2:** Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.





# Administering Narcan – Step by Step

**Step 3:** Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.



**Step 4:** Press the plunger firmly to give the dose of NARCAN Nasal Spray. Remove the NARCAN Nasal Spray from the nostril after giving the dose.



# Administering Narcan – Step by Step

**Step 5: Allow 1-3 minutes** for the naloxone to work. Continue resuscitation as necessary.

**Step 6:** If breathing is not restored after 2-3 minutes, ***give another dose*** of naloxone. Continue resuscitation as necessary.

**Step 7:** Stay with the person and provide care as directed until medical help arrives.

Note: individual Narcan cannot be reused.

# Step 4: Further Resuscitation

Assess breathing: if the person is not breathing, or if breath is shallow or short,

**Give rescue breaths.**

OR

If you are trained in cardiopulmonary resuscitation (CPR), administer **traditional CPR**, chest compressions with rescue breaths.

OR

**Follow the 9-1-1 dispatcher's instructions.**

*Continue until the person wakes up or medical help arrives.*

# Rescue Breathing – Step by Step

**Step 1:** Lay the person on his/her back on a flat surface.

**Step 2:** Tilt the chin to open the airway.

**Step 3:** Remove anything blocking the airway.

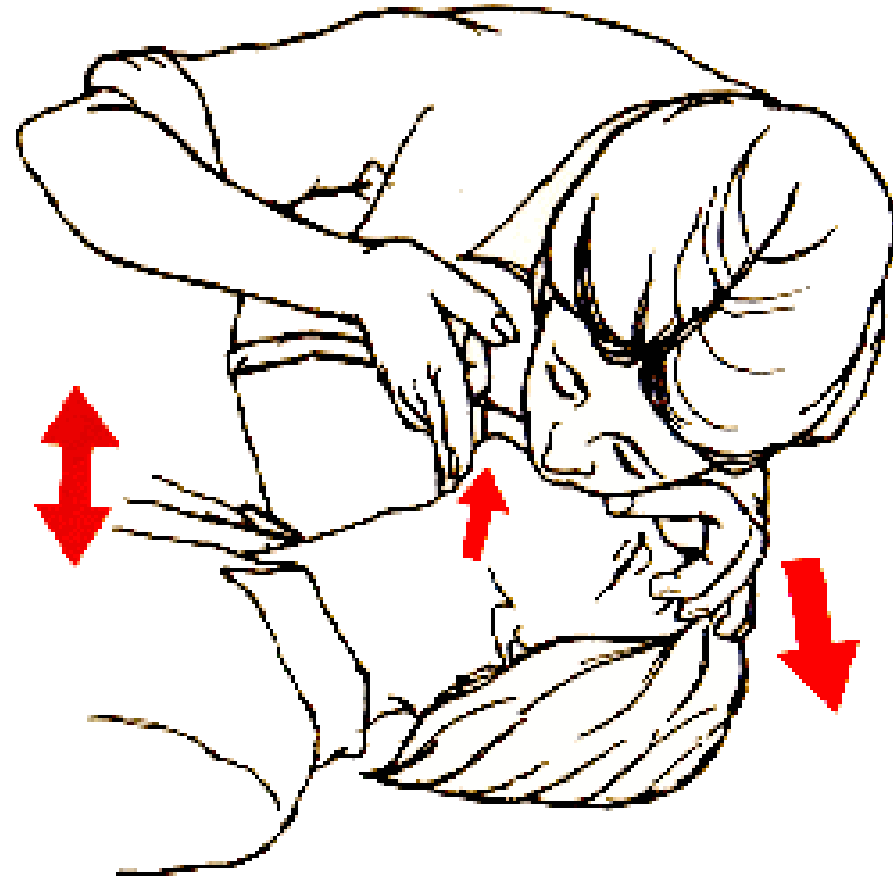


# Rescue Breathing – Step by Step

**Step 4:** Pinch the person's nose closed completely.

**Step 5:** Cover his/her mouth with your mouth and **blow 2 regular breaths** about 1 second each.

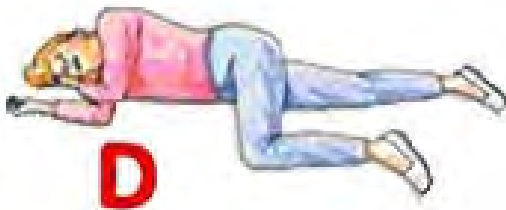
**Step 6:** Breathe again.  
Give **1 breath every 5 seconds**



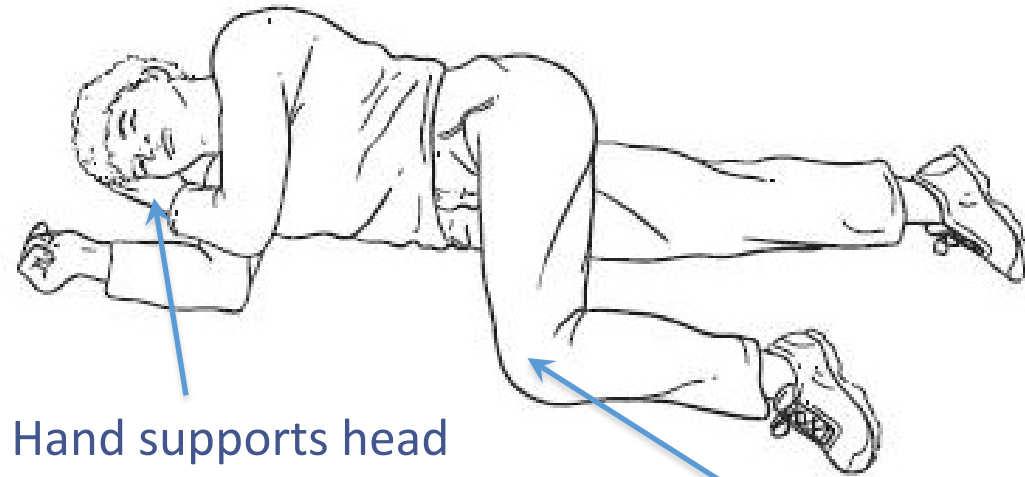
# Step 5: Care for the Person

- **Stay with the person until medical help arrives.**
- Naloxone may cause a person to go into **withdrawal**. They may feel sick, agitated or even vomit.
- If s/he is unable to sit up, or if you have to leave for any period of time, put person in **recovery position**.
- Keep person **calm** and encourage him/her not to take more opioids.
- If overdose re-occurs, give **another dose** of naloxone.

# Recovery Position



Face & body turned to side



Bent knee supports body

# If You Administer Naloxone . . .

- Call the Calvert County Health Department to report that you used it and get a **new, free** kit.
  - You can also ask your **doctor** for a naloxone prescription, but will have to fill it at a pharmacy and pay a co-pay (Medicaid covers naloxone).
- \* **Any** licensed prescriber in MD can write a prescription for naloxone to **ANYONE** who may be at risk of overdose or in a position to witness an overdose



# Naloxone Storage & Disposal

## 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

## Disposal:

- Check with a local health department or pharmacy about properly disposing of expired naloxone

# How NOT To Respond to an Opioid Overdose

## Anecdotal Remedy

## Possible Consequence(s)

- |   |   |   |
|---|---|---|
| Use ice to cool down body                                 | → | Slowed heart rate, arrhythmia                 |
| Put person in bath/shower                                 | → | Drowning                                      |
| Hit/slap or burn fingers/feet                             | → | Bruising, broken bones, infection, amputation |
| Give drink/induce vomiting                                | → | Choking to death                              |
| Inject person with cocaine, salt water, milk, epinephrine | → | High blood pressure, infection                |

# Talking to Others about Overdose

- Let them know you have naloxone
- Make an **overdose prevention plan**
- **Educate** on the signs & symptoms of overdose
- **Educate** on the risk factors for overdose
  - Tolerance
  - Mixing opioids with benzodiazepines or alcohol
- Where they use: Leave door open, unlocked; Use with a friend; Tell you or someone else where they will be
- **The importance of contacting 911** during an overdose



# Resources

❖ *Crisis Intervention*

❖ *JSAP*

❖ *Mental Health Treatment*

# Calvert County Health Department Overdose Education and Naloxone Training



## Maryland Overdose Response Program

**Health-General Article,  
Title 13, Subtitle 31,  
Annotated Code of Maryland  
Sections 13-3101 – 3109**

**Code of Maryland Regulations,  
Title 10, Subtitle 47, Chapter 08,  
Regulations .01-.11**