

Giving breaths, face shield vs bag-valve-mask, and when to do compressions:

In a witnessed overdose, it is likely that the client's heart is still beating. Towards the Heart (BCCDC) recommends prioritizing giving breaths because the person is lacking oxygen due to depressed activity of the central nervous system. Breaths should be given every 5 seconds while preparing to administer naloxone.

If you come across someone who is unresponsive and suspect overdose:

- check the scene for safety, clear uncapped rigs or other hazards
- confirm level of consciousness with a firm trapezoid pinch or by rubbing your knuckles on their sternum
- check for breathing and carotid pulse (10 seconds max) while looking for signs of cyanosis or insufficient blood oxygen, like bluishness around the lips and eyes
- in addition to breaths, if the person has been oxygen deprived for a long or unknown amount of time and you are CPR trained, give chest compressions in addition to breaths while preparing to administer naloxone

Simple Face Shield or Bag-Valve Mask (BVM)?

- A face shield with a one-way valve is easy to use and recommended by the BCCDC for those trained in the SAVE ME steps to respond to an overdose
- Management of ventilations with a BVM is a high-skilled intervention that should only be use by trained professionals. Problems that can arise from improperly using a BVM are:
 - inadequate ventilations due to improper seal
 - over-ventilating
 - difficulty maintaining airway while using the BVM
 - complications arising from forcing air down the esophagus (vomiting)

[Breaths are crucial to an overdose response, and keep the brain alive]

Would you give rescue breaths, chest compressions, or both, in the following scenarios (4 marks):

a. Clients observed their friend overdosing and come find you immediately	
b. You are doing a room check and come across a resident who is unconscious and not breathing	
c. You watch a client slump over and stop breathing	
d. On your scheduled bathroom check you find a client unconscious but gurgling and taking shallow breaths	

*Although liability related to administering naloxone is a common concern, there are no known legal action cases. Bystanders are protected under the BC Good Samaritan Act.

References:

- Pozner, C. M. (2016, April) Basic life support (BLS) in adults. Retrieved December 12th from https://www.uptodate.com/contents/basic-life-support-bls-in-adults?source=search_result&search=basic%20life%20support%20in%20adult%20bls&selectedTitle=1~40
- Wittels, A. K. (2016, January) Basic airway management in adults. Retrieved December 12th from https://www.uptodate.com/contents/basic-airway-management-in-adults?source=search_result&search=basic%20airway%20management%20in%20adults&selectedTitle=3~150
- BCCDC (2016, November) Retrieved December 12th from http://towardtheheart.com/assets/uploads/THN%20Training%20Manual%20Final_2016.11.30.pdf