

QUICK AND DIRTY TAKE HOME NALOXONE TEACHING POINTS CHECKLIST

☑ TOPIC	IMPORTANT DETAILS
<input type="checkbox"/> OPIOID OD RECOGNITION <i>(Naloxone only works for <u>opioid</u> OD – NOT for non-opioid depressants like alcohol or benzos BUT if you don't know what someone took, <u>naloxone won't hurt</u>)</i>	<ul style="list-style-type: none"> e.g. heroin, morphine, fentanyl, oxy, dilaudid, T3, methadone opioid OD = too much drugs, breathing slows, not enough oxygen to the brain (less than 1 breath every 5 seconds) Key feature: UNRESPONSIVENESS May also observe: (1) Slow, shallow breathing; (2) blue lips/ fingernails; (3) snoring/gurgling sound
<input type="checkbox"/> SIGNS & SYMPTOMS OF STIMULANT ODS <i>(or 'overamping')</i>	<ul style="list-style-type: none"> e.g. crystal meth, cocaine, crack, MDMA, caffeine, nicotine Chest pains, dizziness, rapid heartbeat, extreme agitation MEDICAL EMERGENCY – CALL 911 – NALOXONE WON'T WORK
RESPONDING TO AN OPIOID OD	
<input type="checkbox"/> CONFIRM UNRESPONSIVE	<ul style="list-style-type: none"> Stimulate with: Noise (shout, use their name), Pain (ex. sternal rub) – Remember, tell person what you are doing before you touch them
<input type="checkbox"/> CALL 911	<ul style="list-style-type: none"> Put person in the recovery position if you have to leave them alone
<input type="checkbox"/> CLEAR AIRWAY & GIVE BREATHS	<ul style="list-style-type: none"> Clear airway (is there anything in their mouth?), tilt head, lift chin Pinch nose and give 2 breaths. Continue 1 breath every 5 seconds until person is breathing again
<input type="checkbox"/> GIVE INTRAMUSCULAR NALOXONE <i>(demonstrate if possible)</i>	<ul style="list-style-type: none"> Swirl ampoule, snap top off, draw up all of the naloxone, remove most of the excess air Inject into large muscle – THIGH, upper arm or butt Inject at 90°, push plunger until you hear a click (needle will retract)
<input type="checkbox"/> EVALUATE EFFECTS (for 4-5 minutes) & GIVE MORE NALOXONE IF NEEDED	<ul style="list-style-type: none"> Continue to give breaths FOR 4-5 MINUTES (about 40 breaths) OR until they respond (are breathing again on their own). After 5 minutes, if still unresponsive, give a 2nd dose of naloxone Continue breaths until the person is breathing on their own OR until paramedics arrive
<input type="checkbox"/> AFTERCARE	<ul style="list-style-type: none"> Naloxone wears off in 20-90 minutes Person will not remember ODing – explain what happened If person does NOT go to hospital monitor at least 2 hours and do NOT allow them to take more opioids (could OD again)
<input type="checkbox"/> DOCUMENT THE INCIDENT	<ul style="list-style-type: none"> After OD response complete Naloxone Overdose Response Form Contact a THN site to receive a new kit
<input type="checkbox"/> TAKING CARE OF YOUR NALOXONE	<ul style="list-style-type: none"> Naloxone should be stored out of the light at room temperature Be aware of the expiry date – it is on the medication bottle and the ampoule