

FEB - 4 2019

ITEM: C2019-0123 12.1.1  
Distr. Bulletin  
CITY CLERK'S DEPARTMENT

### NALOXONE CLIENT KNOWLEDGE CHECKLIST

This checklist is a guideline to be used to provide education about opioid overdose prevention, recognition and response. Ensure each knowledge objective is covered in the training and confident that the client understands each of the objectives.

**\*\*Administration of naloxone is not a substitute for Emergency Medical Care\*\***

*This resource tool has been adapted for use with permission from the B.C. Centre for Disease Control Harm Reduction Program Toward the Heart*

KNOWLEDGE	OBJECTIVE
Overdose Prevention	Demonstrates clear knowledge of causes, contributing factors and prevention strategies to overdose Demonstrates understanding about what is <i>NOT</i> helpful when responding to an overdose
Signs of an Opioid Overdose	Understands the signs and symptoms of an overdose: <ul style="list-style-type: none"> <li>• Unresponsive to stimulation/sternal rub</li> <li>• Breathing is very slow, erratic or not there at all</li> <li>• Fingernails/lips blue or purple</li> <li>• Body is limp/person is unconscious</li> <li>• Snoring/gurgling</li> <li>• Pupils are tiny</li> <li>• Seizures</li> <li>• Cold and clammy skin</li> </ul> Understands naloxone does not work for non-opiate overdose
Call 911	Demonstrates understanding of why it is important to call 911 and how to communicate with the dispatcher and EMS when they arrive Understands the need to continue to provide rescue breaths until the person begins breathing on their own or EMS arrives Understands how and when to place person in the recovery position
Stimulation & Application of Breaths	Demonstrates understanding of stimulation (sternal rub, calling name) and rescue breathing using 1-way-face mask. Aware that 911 operator may ask them to start compressions with instruction. CPR technique is based on the rescuer level of training.
Administer Naloxone Intramuscular (IM) Intranasal	Demonstrates understanding of how to administer naloxone 1ml IM injection into the thigh Demonstrates understanding of how to administer Narcan® Nasal Spray 4mg using the intranasal route If no change in condition in 2 minutes give another dose
Evaluation and aftercare	Demonstrates knowledge that the effects of naloxone only lasts 30-60 minutes and the overdose may return Understands why it is important to stay with the person - to communicate about what happened, encourage them not to use again and provide relevant information to EMS when they arrive Knows to watch for OD symptoms returning
Care of Naloxone, Program Evaluation, Refill	Demonstrates knowledge to store naloxone or Narcan® Nasal Spray at room temperature (15-30°C) and away from light Check expiry date and store where it can be easily found in an emergency If a kit is used, complete the THN Kit User Questionnaire form with the client and send it to <a href="mailto:naloxone.kit@ahs.ca">naloxone.kit@ahs.ca</a> Clients are directed to call Health Link at 811 for information about: <ul style="list-style-type: none"> <li>• Where and how to get a replacement kit</li> <li>• Where to access support and resources including debriefing</li> </ul>

# Take Home Naloxone Kit Training

**OPIOIDS** (downers), including Fentanyl, are nervous system depressants that result in decreased heart rate, drowsiness, slow/slurred speech, constricted pupils and a decreased breathing rate which can lead to an **OVERDOSE**

## FACTORS THAT CAN INCREASE YOUR RISK OF OPIOID OVERDOSE

Mixing drugs	Tolerance
Quantity and potency	Individual health status
Other medications	Routes of administration

## SYMPTOMS OF AN OPIOID OVERDOSE

- |  |                                 |  |
|--|---------------------------------|--|
| • UNRESPONSIVE to stimulus   | • Fingernails and lips are blue | • Choking or snore-like gurgling noises          |
| • Breathing is slow (less than 12 breaths/min), erratic or there are no breaths at all | • Skin is cold and/or clammy    | • Heartbeat is slow, erratic or not there at all |
| • Body is very limp  | • Pupils are tiny               | • Seizure  |
| • Vomiting   |                                 | • Loss of consciousness                          |

## OVERDOSE PREVENTION

- Do not use alone
- Use safer routes
- Do a test hit first
- Know the signs and symptoms of an OD
- Do not mix drugs
- Carry Naloxone
- Know where to find community support & resources

**If you ever have to leave someone alone that you think might be overdosing, put them in the recovery position**





# Take Home Naloxone Kit Training

Follow the **SAVE ME** steps  
to respond to an overdose




If the person must be  
left unattended at any  
time, put them in the  
recovery position.



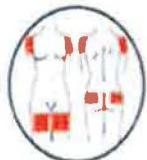
**Stimulate**  
Unresponsive? **CALL 911**

**Airway**  
1 breath every 5 seconds

**Ventilate**


**Evaluate**



**Muscular Injection**  
1 mL of naloxone



**Evaluate**  
2nd dose?

**Stimulate:** Sternal rub, if unresponsive **call 911**

**Airway:** Are they breathing? No -> open airway, begin rescue breathing

**Ventilation:** 1 breath every 5 seconds for 2 min, chest should rise with each breath

**Evaluate:** Are there any changes after 2 min? Are they responsive or adequately breathing?  
No -> inject naloxone

**Muscular injection:**

- Expose thigh as much as possible, divide into thirds, plan to inject into the middle section
- Clean injection area with alcohol swab
- Take cap off vial, clean vial with alcohol swab
- Connect needle to syringe and draw up entire vial (1 mL of liquid)
- Remove air bubbles in syringe
- Hold needle like a dart and insert into middle of the thigh at 90°
- Push down on the plunger slowly and steadily
- Remove needle at 90° and dispose safely (back into kit container)

**Evaluate again**

- Naloxone will take 2 – 5 min to kick in
- Continue rescue breathing for another 2 min, if no change or person still not responsive draw up and inject 2<sup>nd</sup> naloxone dose
- Continue rescue breathing after 2<sup>nd</sup> injection until person breathes on their own or help arrives
- If the individual starts to breathe on their own, place in the recovery position

If you need to replace the kit, please call Health Link at 811