

# Community Education Series

The Recovery Village and Advanced Recovery Systems





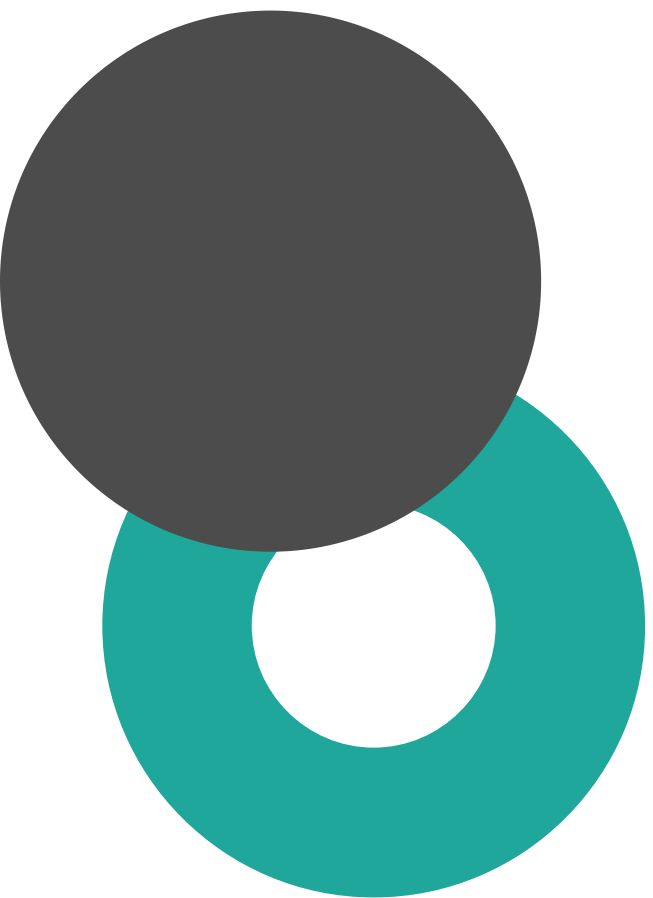
# **Presentation Topic:**

## **Narcan 101:**

How to Save a Life in an Emergency

## **Speakers:**

Dr. Denise Josey MS, MPH & Allison Walsh, JD



# About the Speaker:

## Dr. Denise Josey

MD, MS, MPH



Dr. Denise Josey has dedicated her career to social justice, studying mental health and chronic pain and mitigating the opioid crisis in suburban and urban areas. She holds board certifications in Public Health and Preventative Medicine and Addiction Medicine. As an active member of the medical community, Dr. Josey represented the International Society of Doctors for the Environment at the United Nations for the 61st Session of the Commission on the Status of Women. She also serves as a board member for the Hillsborough County FACT Team that addresses mental health issues in the community, and is a faculty member of the American Society of Addiction Medicine Pain and Addiction Planning Committee.

Dr. Josey holds multiple degrees, including a Bachelor of Science in Biology from Atlantic Union College, a Master of Science in Human Nutrition from Columbia University College of Physicians and Surgeons, and a Master of Public Health from the University of Medicine and Dentistry of NJ School of Public Health – now Rutgers University. She earned her Doctorate of Medicine from Howard University College of Medicine.



What is the public health importance of presenting this Webinar on Naloxone at this time?

# What is Naloxone? How does it work?

Who are the individuals that should receive it?

Can Naloxone be given to pregnant women?

When is Naloxone necessitated?



What are the signs of opioid overdose? What exactly would an observer notice?

# How exactly is Naloxone given?

Naloxone HCl (LUER-JET)

(2)\* 2mg/2mL



(2) Nasal Atomizer included

[FDA DRUG INFO](#)

Narcan® (Naloxone HCl)

(2)\* 4mg/0.1mL



[FDA DRUG INFO](#)

Evzio® (Naloxone HCl)

(2)\* 0.4mg/0.4mL



[FDA DRUG INFO](#)

If one does notice these signs of overdose, what are the discrete steps to take?

Peterborough  
Overdose  
Prevention  
Program

# 5 steps to save a life

1



**Shake**

at shoulders

**Shout**

their name

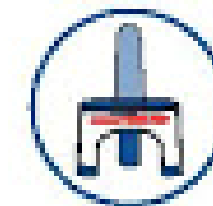
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**Call 911**

if unresponsive

3



**Naloxone Spray**

Give 1 spray in nostril  
PEEL, PLACE, PRESS

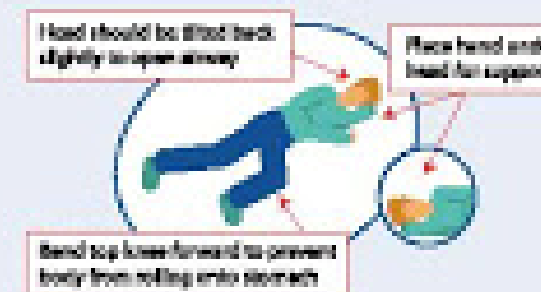


4

**Check Breathing**

If **YES** - put person  
into recovery position

If **NO** - give chest  
compressions and/or  
rescue breaths



5



**Is it working?**

If **no** improvement after 2-3 minutes:

- Give the 2<sup>nd</sup> dose of naloxone,
- Continue to check breathing – if person is not breathing, continue chest compressions and/or rescue breaths until help arrives.

# How to Give **Naloxone Nasal Spray**

If you suspect an opioid overdose:

**1 CALL 911**



**2 LAY PERSON ON BACK**  
Support neck and tilt head back



**3 GIVE NALOXONE**

**PEEL** the package open and hold the device. Do not press until ready to give naloxone.



**PLACE** the tip in the nostril



**PRESS** firmly



Naloxone is for the nose. It works, even if the person is not breathing.

**4 PUT PERSON IN RECOVERY POSITION**

Hand supports head  
Knee stops body from rolling onto stomach



**5 MONITOR**

Give a second dose in **5 minutes** if they don't wake up or aren't breathing properly.



Use a new spray every time.

**Ask your pharmacist for naloxone**



CANADIAN  
PHARMACISTS  
ASSOCIATION

ASSOCIATION DES  
PHARMACIENS  
DU CANADA

For more information visit  
[www.pharmacists.ca/naloxone](http://www.pharmacists.ca/naloxone)



Remember to check the product's expiry date regularly.

# Emergency Response for Opioid Overdose



nasal naloxone



## Try to wake the person up

- Shake them and shout.
- If no response, grind your knuckles into their breast bone for 5 to 10 seconds.



## Call 911

If you report an overdose, New York State law protects you and the overdosed person from being charged with drug possession, even if drugs were shared.



## Administer nasal naloxone

- Assemble nasal naloxone.
- Spray half up each nostril.
- Repeat after 2 to 5 minutes if still not conscious.



## Check for breathing

Give CPR if you have been trained, or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.
- Continue until help arrives.



## Stay with the person

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.

Does Naloxone have side effects? If so, what are they?

# How can we prevent opioid overdose?

#EndOverdose

## Save a Life!

How You Can Stop an Opioid Overdose:  
A Step-by-Step Guide to Using Naloxone

We are the Drug Policy Alliance.

### Administering Nasal Naloxone (Narcan®)

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**1** First, do **rescue breathing** – tilt the person's head back, remove anything that might be in their mouth, plug their nose with one hand, and blow air into their lungs through their mouth. Give **two regular breaths** and then **one breath every 5 seconds**.
- 

**2** Pull **yellow cap** from needleless syringe and **red/purple cap** off naloxone.
- 

**3** Attach the **soft white piece** (nasal atomizer) to the needleless syringe and **screw naloxone capsule** into barrel of syringe.
- 

**4** Tilt the person's head back, insert the **white cone** into their nostril and **spray approximately half the naloxone** into each nostril.
- 

**5** If the person isn't breathing, **continue to perform rescue breathing** until the naloxone takes effect.
- 

**6** Wait for **3 minutes**. If there is no change, give the person **another dose of naloxone** and **continue to do rescue breathing**.

**NOTES**

- If there is still no change after the second dose, it could mean the opioids are **exceptionally potent** and require more naloxone. It could also mean it's been too long since their heart stopped, there are no opioids in their system, or that opioids aren't the primary cause of overdose.
- Naloxone has no psychoactive or adverse physical effects.

Source: Harm Reduction Coalition, *Administering Nasal Naloxone (Narcan®)*

**QUESTIONS?**



**THANK YOU**

