

Naloxone in Schools

Training for School Staff



*National
Association of
School Nurses*

Objectives

- Learn the trends in the Opioid Epidemic
- Learn the signs and symptoms of opioid drug overdose
- Have the skills to administer naloxone
- Review the use of naloxone protocol in your school to respond to an opioid drug overdose

The Opioid Epidemic

- A trend exists for adolescents using prescription opioid agents to substitute heroin because it is significantly cheaper than pills (approximately half of the cost) and is often more readily available



Source: (Fogger & McGuinness, 2015)



The epidemic is also hitting young people hard. In 2017, about **75 percent** of drug overdoses among 15–24-year olds were related to opioids.

Source: <https://gsaddev.dea.gov/news-statistics/2018/06/12/preventing-youth-opioid-abuse>

Data on Opioid Overdose Deaths

Number and Age-adjusted Rates of Drug Overdose Deaths by State, US 2020

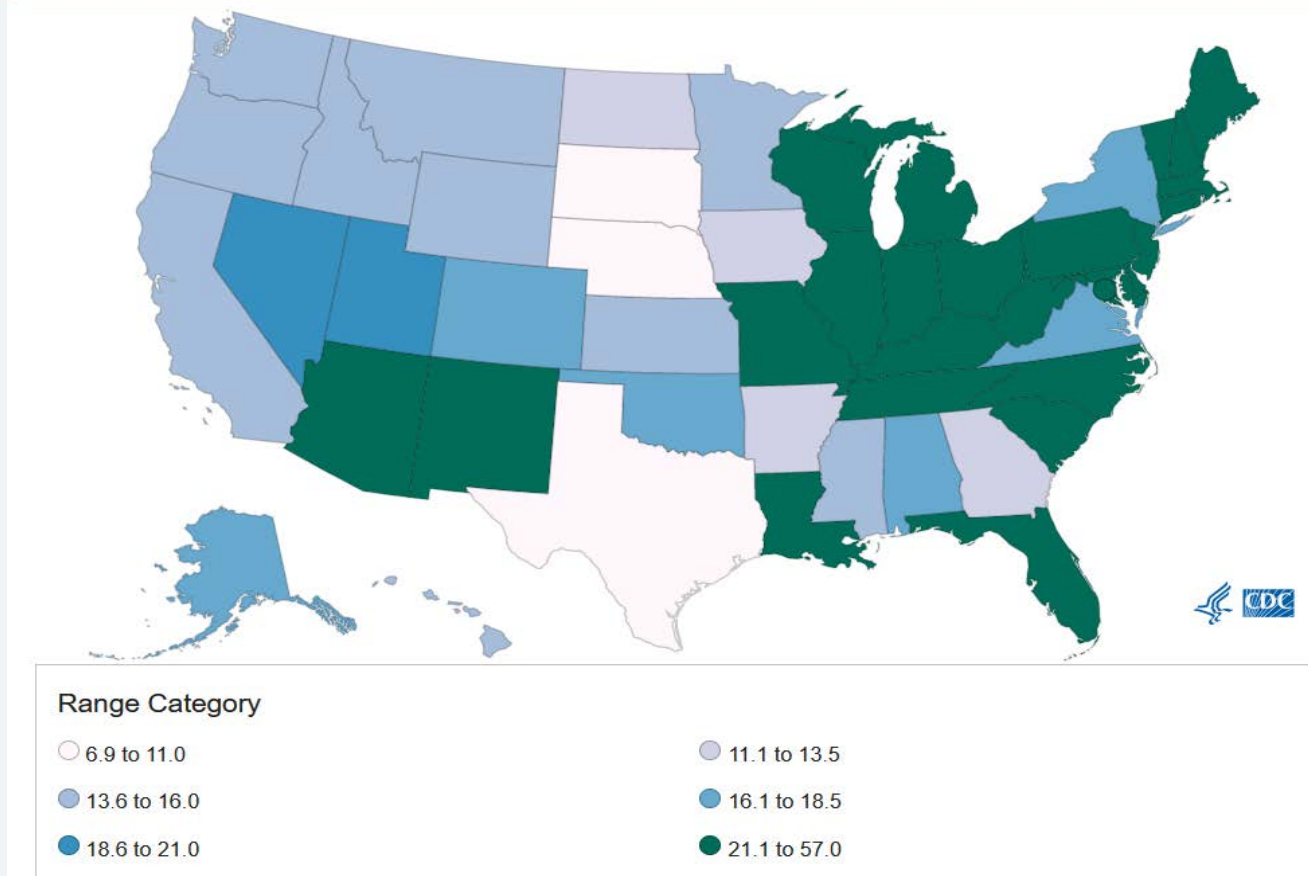
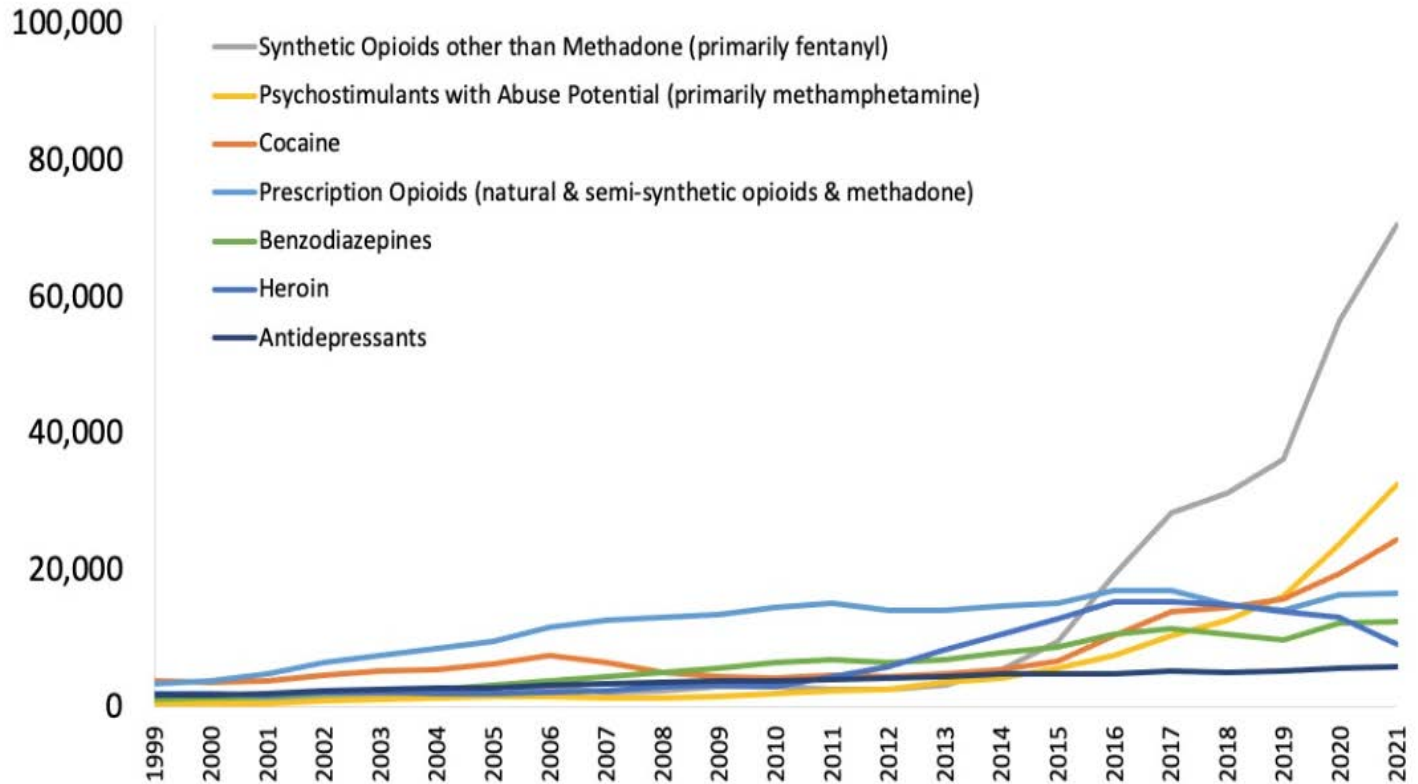
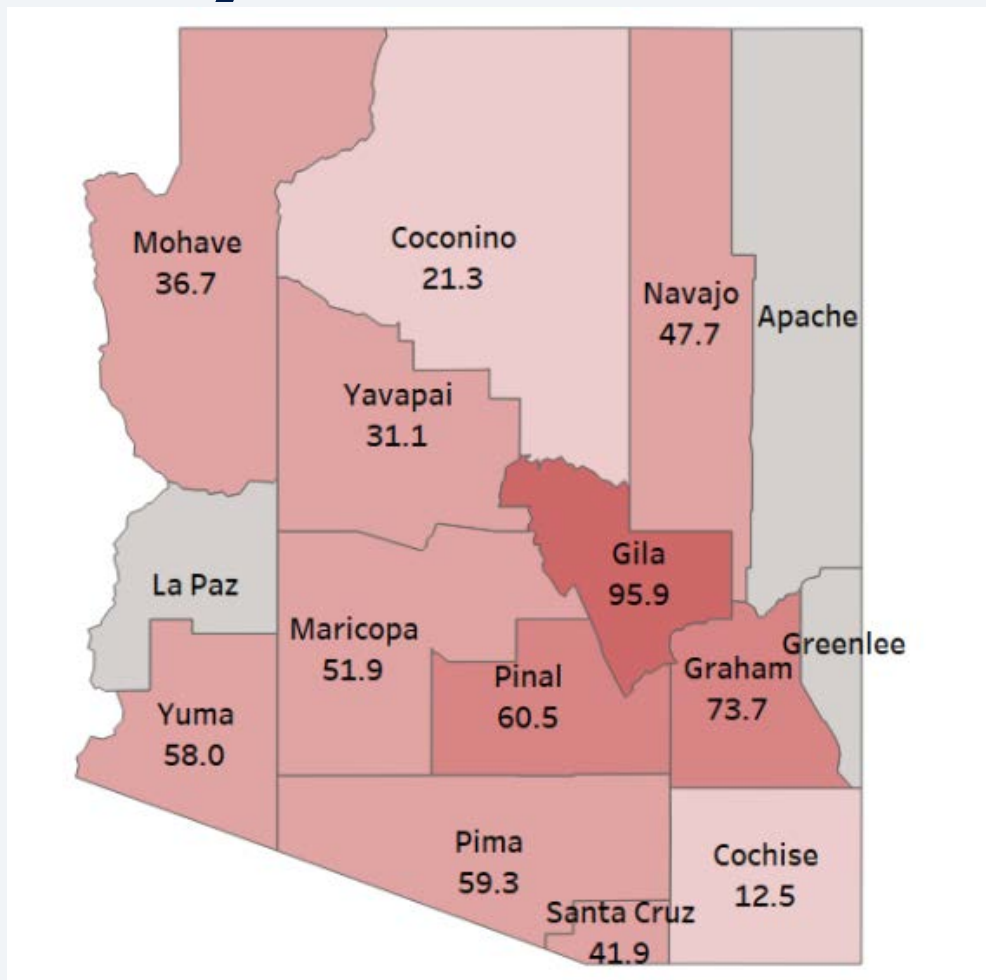


Figure 2. National Drug-Involved Overdose Deaths*, Number Among All Ages, 1999-2021



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention. National Center for Health Statistics. Multiple Cause of Death 1999-2021 on CDC

Rate per 100,000 of Non-Fatal Opioid Overdose Events by County, Arizona, 2020-2021

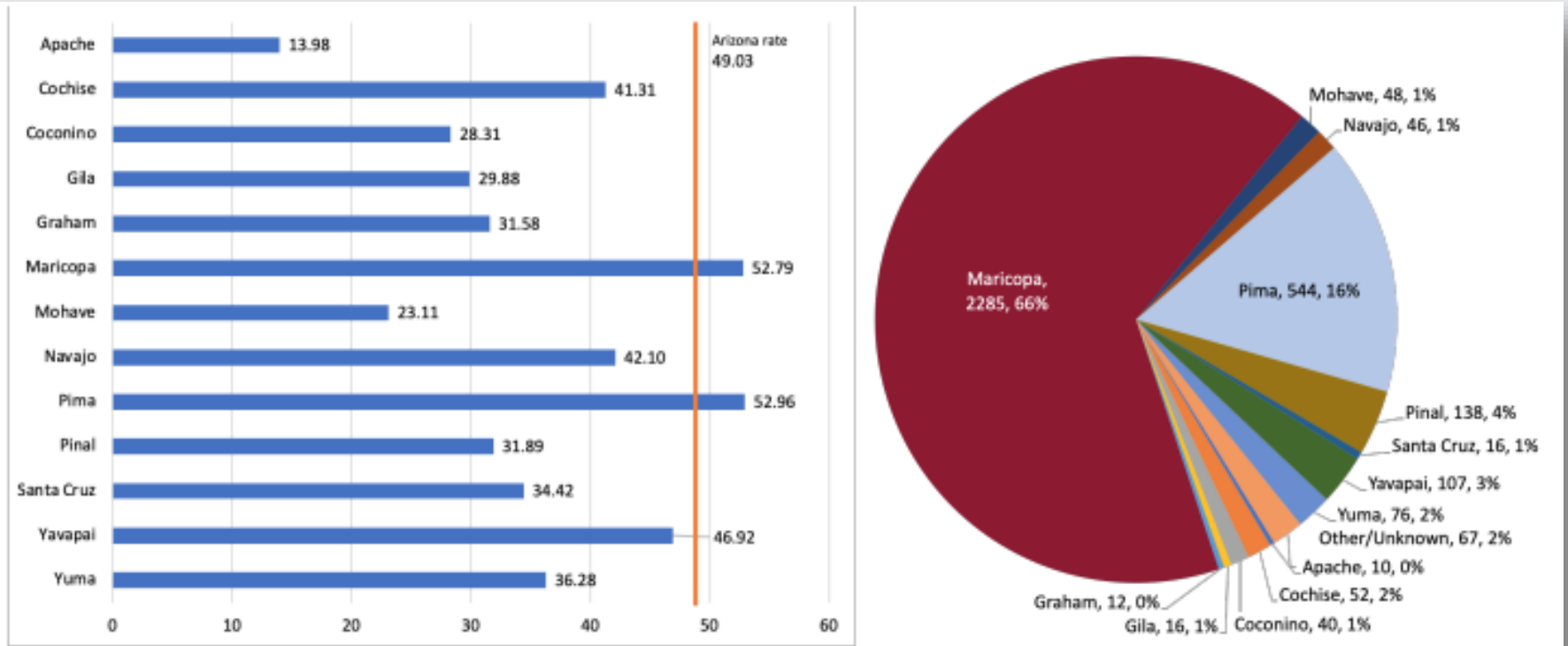


Arizona overall combined average annual (2020-2021)
Was 51.1 per 100,000.
Data Source: MEDSIS;

Notes: To prevent the public disclosure of personally identifying information, data points based on fewer than 10 counts are not displayed (indicated in gray). Data table in Appendix; County reflects person place of residence.

Source: <https://www.azdhs.gov/opioid/index.php#dashboards-nonfatal-overdoses>

Number and Rate of Overdose Deaths by County, All Quarters



Number and Rate of Overdose Deaths by County by Quarter

Source: [2021-april-sudors.pdf \(azdhs.gov\)](#)

2021 Impact in Maricopa County

64% of all overdose deaths
involved Fentanyl

18.5% of Opiate overdose deaths
were individuals ≤ 19 y/o old

Fentanyl is

- 50 times stronger than Heroin
- 100 Times stronger than Morphine

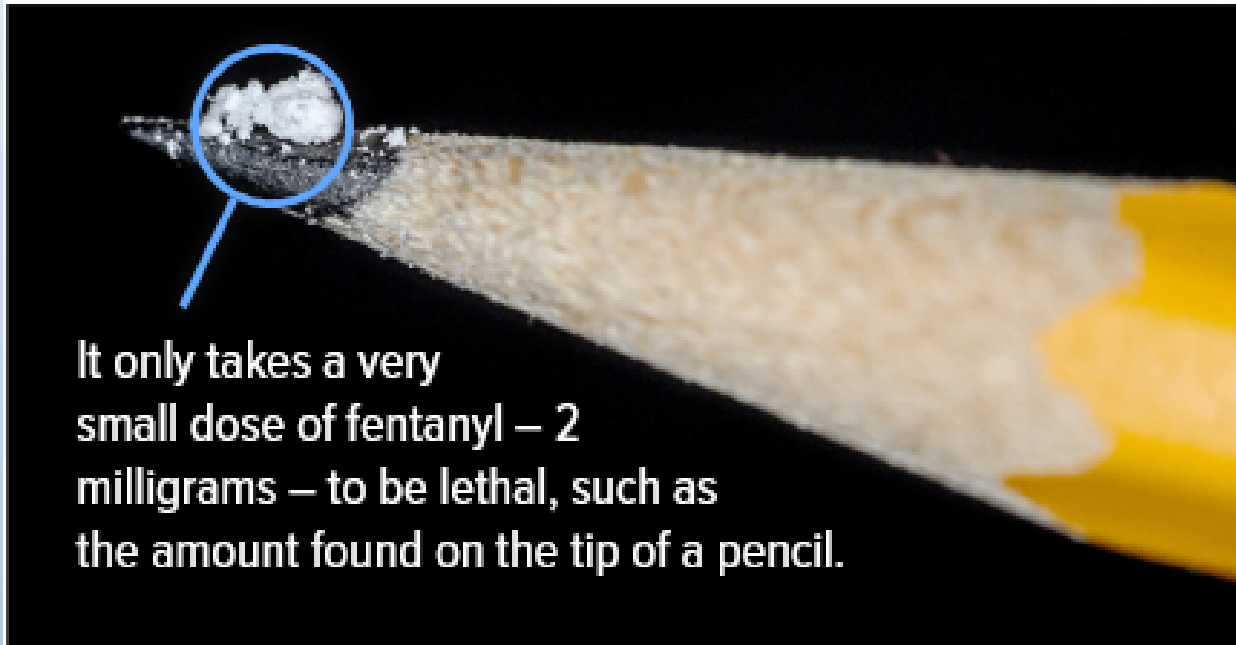
— Fentanyl is also made in a rainbow of colors so it looks like candy.



***FAKE**
rainbow oxycodone M30 tablets containing fentanyl

Source: https://www.dea.gov/sites/default/files/2022-09/DEA-OPCK_Parent%20flyer.pdf

Why is fentanyl so dangerous?



DEA lab testing reveals that **four out of every ten fake pills** with fentanyl contain a potentially lethal dose

Overdose

Oxygen starvation leads to:
Unconsciousness



Coma



Death

Within 3-5 minutes without oxygen, brain damage starts to occur, soon followed by death

(Harm Reduction Coalition, n.d.)



National
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High versus Overdose

REALLY HIGH	OVERDOSE
Muscles become relaxed	Pale, clammy skin
Speech is slow/slurred	Very infrequent or no breathing
Sleepy looking	Deep snoring or gurgling (death rattle)
Responsive to stimuli (such as shaking, yelling, sternal rub, etc.)	Not responsive to stimuli (such as shaking, yelling, sternal rub, etc.)
Normal heart beat/pulse	Slow heart beat/pulse
Normal skin tone	Blue lips and / or fingertips

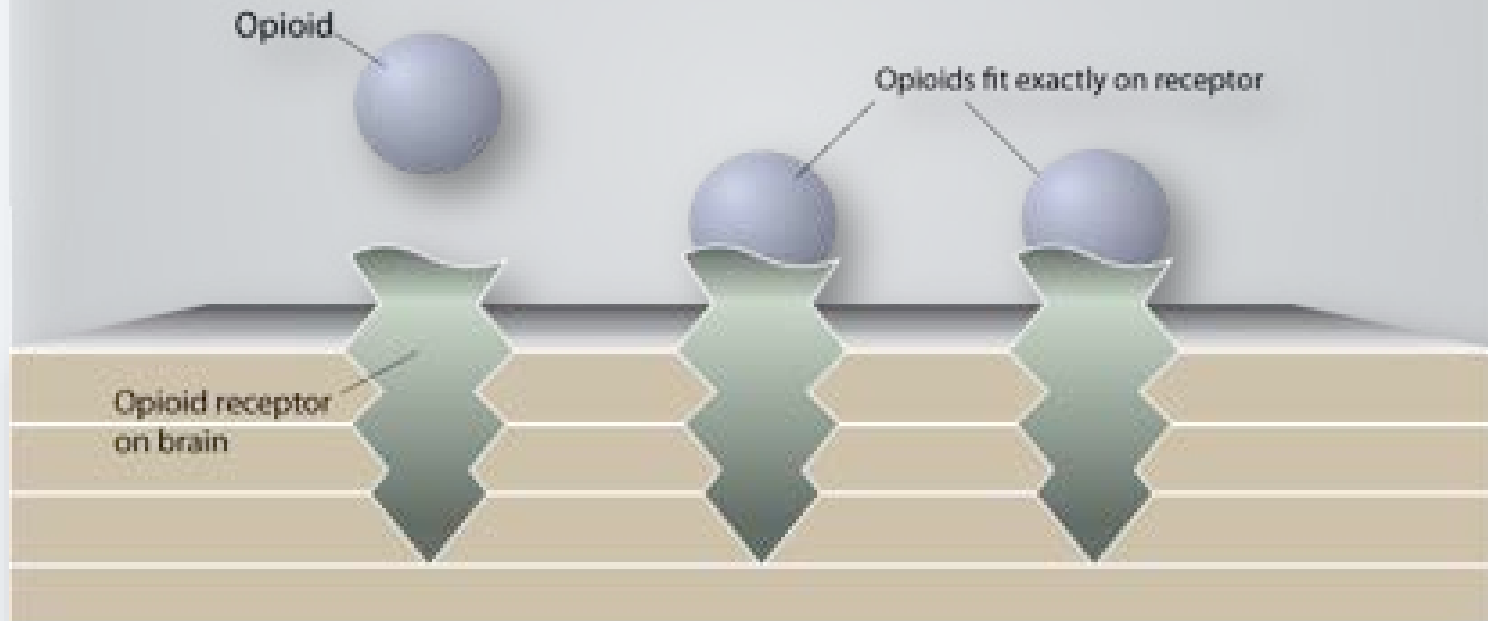


ARIZONA DEPARTMENT
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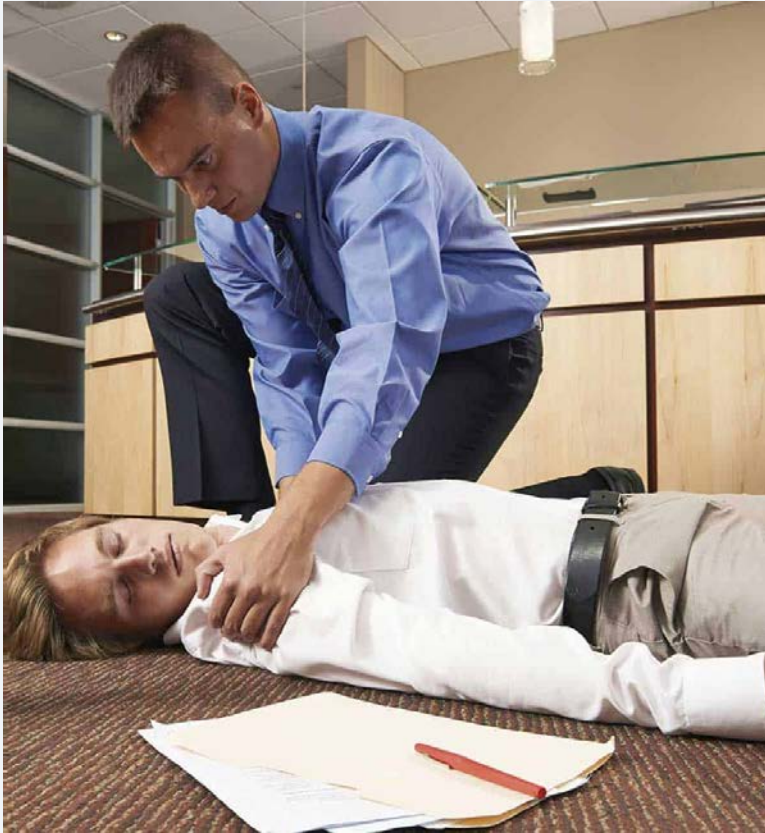
What is an opioid overdose ?

The brain has many, many receptors for opioids. An overdose occurs when too much of any opioid, like heroin or Oxycontin, fits in too many receptors slowing and then stopping the breathing.



Graphic credit: Maya Doe-Simkins

Responding to an Opioid Overdose



Check
Responsiveness



Call 911



Administer
Naloxone



Rescue Breathe

Image Source: <https://www.realresponse.com.au/first-aid-courses/sydney/cpr/>

The 4 Rs

Recognize

Respond

Reverse

Refer



RECOGNIZE

Suspicion of Overdose

MARICOPA COUNTY STOCK NALOXONE PROTOCOL & ACTION PLAN EMERGENCY OPIOID OVERDOSE RESPONSE

Signs of an Overdose

B BREATHING	Breathing is shallow, gurgling, erratic, or completely absent
L LIPS	Lips and fingertips are blue due to decreased oxygen throughout the body
U UNRESPONSIVE	The victim will not respond to verbal or physical stimuli
E EYES	Pupils are pinpoint

How to Respond to an Opioid Overdose

1. Try to wake up the person
2. CALL 911 and GIVE NALOXONE
3. Rescue breathing or chest compressions
4. STAY with person until EMS arrives
5. Be prepared to administer additional doses if needed

1—Remove naloxone nasal spray from the box.



2—Peel back the tab with the circle to open the naloxone nasal spray.



3—Hold the naloxone nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

4—DO NOT PRIME OR TEST THE SPRAY DEVICE. 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.

5—Press the plunger firmly to give the dose. Remove the spray device from the nostril.



6—If no reaction in 2-3 minutes or if person stops breathing again, give the second dose of naloxone in the OTHER nostril using a NEW spray device.

Arizona's **Good Samaritan Law** protects those giving emergency medical care at the scene of a medical emergency, including giving naloxone.

Image from naloxone-template-educational-pamphlet ADHS Rev 6/2023

- Presenting Symptoms
- History of use
- Report of use from bystanders
- Nearby medications, illicit drugs, or drug paraphernalia
- **ANYONE** who use high doses of opioid pain medication or uses opioids recreationally is at risk of overdose.



RESPOND

Respond

- Immediately call for help
- Call for help
 - Dial 911
 - Request Advanced Life Support
 - Instruct someone to get the naloxone
 - Never leave person alone.



Reverse



Naloxone is sold as brand name: **Narcan**

Photo source: Adapt Pharma, 2016

Narcan Packaging



Photo source: Adapt Pharma, 2016

Prepackaged Intranasal Naloxone Administration

Instructions for Use

- Open Package
- Remove Foil Backing
- Insert in Person's Nose
- Depress the plunger on the underside.



Source: <https://www.narcan.com/home#resources>

How to Administer Narcan

Remove NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



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.



Gently insert the tip of the nozzle into either nostril.

- 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.



Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



Graphic source: ADAPT Pharma, 2015

School Stock Medication Program (SSMP) Naloxone Protocol

MARICOPA COUNTY STOCK NALOXONE PROTOCOL & ACTION PLAN EMERGENCY OPIOID OVERDOSE RESPONSE

Signs of an Overdose	
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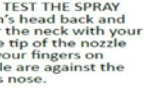


- 1—Remove naloxone nasal spray from the box. 
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- 5—Press the plunger firmly to give the dose. Remove the spray device from the nostril. 
- 6—If no reaction in 2-3 minutes or if person stops breathing again, give the second dose of naloxone in the OTHER nostril using a NEW spray device.

Image from naloxone-template-educational-pamphlet ADHS Rev 6/2023

MARICOPA COUNTY SSMP Naloxone Protocol and Action Plan Post-Incident Documentation

This protocol is intended for use by trained personnel to respond to opioid overdose.

Possible signs/symptoms of opioid overdose may include **ANY** of the following symptoms:

- Breathing is absent, breathing is slow or shallow, gurgling, or erratic, slow heartbeat/pulse, unresponsive, unable to wake with verbal or physical stimuli (shaking, yelling, sternal rub, etc.) deep sleep, deep snoring, gurgling or choking sounds, clammy sweaty skin, vomiting, tremors, pale, blue, gray lips, fingernails, and/or pinpoint pupils.

STEPS FOR POST-INCIDENT DOCUMENTATION & FOLLOW UP:

1. Document the incident in the Naloxone Documentation Log found on the School Surveillance & Medication Program (SSMP) within 24 hours of incident.
2. Follow-up with the health office staff/ school nurse and/or principal/administration per school policies.
3. Follow-up with parent/guardian/family with the SSMP Naloxone Resources found on your SSMP school account.
4. Consider a plan of care for the student's or staff member's safe return to school.

Image from naloxone-template-educational-pamphlet ADHS Rev 6/2023

If Additional Narcan Doses are Needed

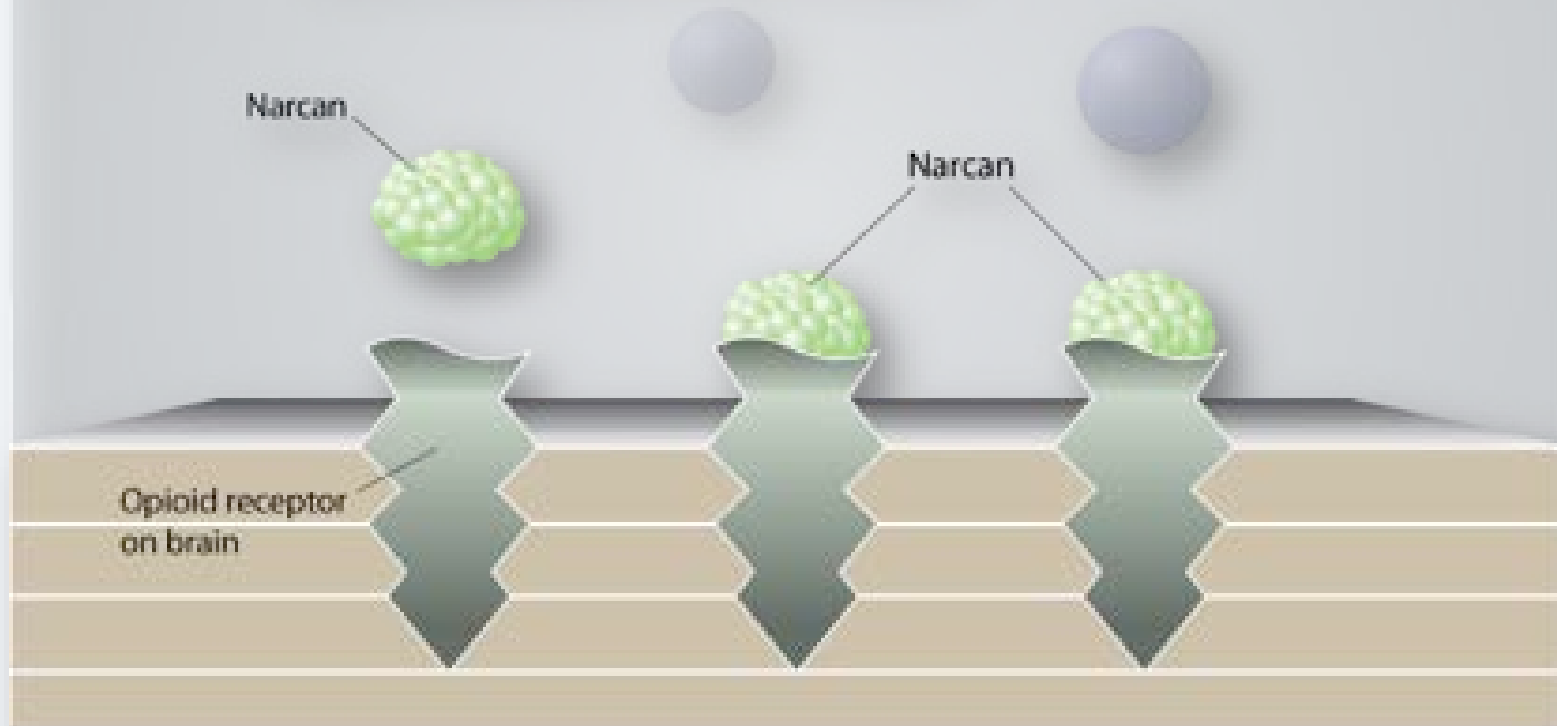
- Use a new Narcan nasal spray in the other nostril. Every 2-3 minutes until person responds or emergency medical help arrives.



Photo source: Adapt Pharma, 2016

Narcan reversing an overdose

Narcan has a stronger affinity to the opioid receptors than opioids like heroin or Percocet, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.



Graphic credit: Maya Doe-Simkins

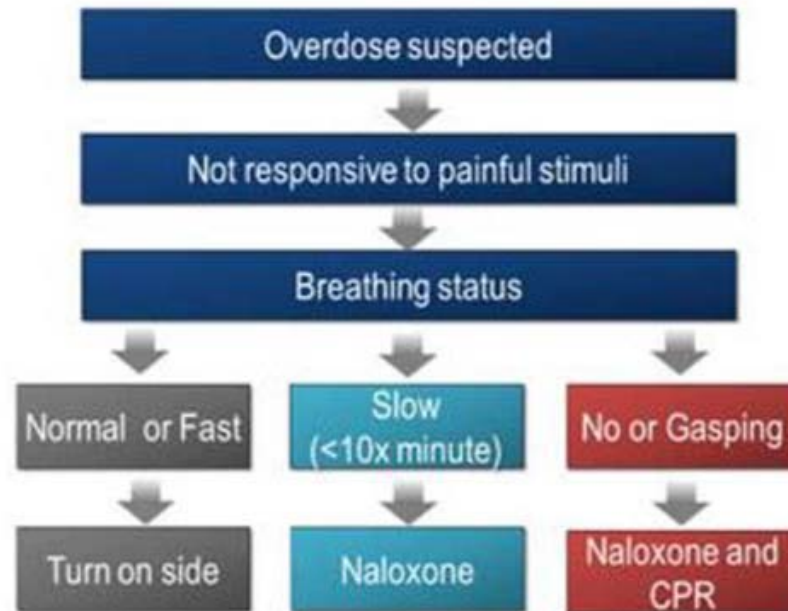
Naloxone Video



Source: https://youtu.be/zWe_IPniEq4

Simple Naloxone Algorithm

When to Use Naloxone



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Rescue Breathing (If Needed)

1. Perform rescue breathing
2. Place the person on their back
3. Tilt their chin up to open the airway
4. Check to see if there is anything in their mouth blocking their airway, such as gum, toothpick, undissolved pills, syringe cap, cheeked Fentanyl patch
 - If present, remove it



Rescue Breathing with Barrier



1. If using mask or barrier, place and hold mask over mouth and nose
2. Give 2 even, regular-sized breaths
3. Blow enough air into their lungs to make their chest rise

Rescue Breathing with Barrier (Cont.)



4. If you are using a mask or barrier and don't see their chest rise, out of the corner of your eye, tilt the head back more and make sure the seal around the mouth and nose is secure

5. Breathe again

6. Give one breath every 5 seconds

Rescue Breathing Without Barrier



1. If not using mask, pinch their nose with one hand and place your mouth over their mouth
2. Give 2 even, regular sized breaths
3. Blow enough air into their lungs to make their chest rise
4. If you are not using a mask and don't see their chest rise, out of the corner of your eye make sure you're pinching their nose

Remain with the Person



1. Place person in recovery position (lying on their side)
2. Stay with the person until help arrives
3. Seize all illegal and/or non-prescribed opioid narcotics found on victim and process in accordance with school district protocols

Recovery Position

1. Grab one hand



2. Place above the head



3. Place the other hand across the cheek



4. Grab the knee and the elbow



5. Roll over the side



That's it!



Image Source:
<https://disastersurvivalskills.com/blogs/preparedness/first-aid-training-haines-recovery-position>



REFER

Refer

- Have the individual transported to nearest medical facility, even if symptoms seem to get better
- Contact parent/guardians per school protocol
- Complete your schools' Naloxone Administration Report Form and SSMP documentation log
- Follow up with treatment referral recommendations, resources may be found on SSMP resource tab.

Remember to always document administration in your schools

SSMP Document logs

School Name: _____
Individual Receiving Naloxone
Age: _____ Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other
Legal Guardian Contacted? <input type="checkbox"/> Yes <input type="checkbox"/> No, explain why _____
Individual Administering Naloxone
Trained staff's name: _____
Direct phone: _____ Email: _____
Drug Administration
Number of doses: _____
Date/Time 1 st dose administered (if applicable): _____
Date/Time 2 nd dose administered (if applicable): _____
Reasons for drug administration: _____
Describe any problem with the drug administration: _____
EMS Response
Was the person transported via EMS? <input type="checkbox"/> Yes <input type="checkbox"/> No, explain why _____
Time 9-1-1 called _____ <input type="checkbox"/> a.m. _____ <input type="checkbox"/> p.m. Time EMS arrived _____ <input type="checkbox"/> a.m. _____ <input type="checkbox"/> p.m.
EMS Agency Name: _____
Hospital individual was transported to _____
Follow Up Plan
Describe the follow-up plan and additional resources provided to the individual and/or family members following the incident: _____

Document and Debrief

- Discuss with the school nurse/health office staff on how to record that you administered naloxone and the symptoms you witnessed on the Stock Medication
- Have a debriefing meeting with the nurse/health office staff and school administration after giving naloxone
- Talk about how response went
- Talk about feelings
- Talk about ways to improve in the future
- Let the SSMP nurse know you need to restock.



Remember!

Safely Using Naloxone

- Naloxone is the first line treatment for opioid overdose
- Should be administered IMMEDIATELY
- Parents & school administrators should not be concerned about adverse health effects of naloxone
- Naloxone only works if there are opioids involved with the overdose. If the person has not overdosed on an opioid, there is no effect on the body! (Green, Heimer, & Grau, 2008)

NALOXONE MYTHS

"I could be sued for giving out naloxone or if the person dies."

"Naloxone encourages drug use."

"It could hurt somebody not overdosing."

"It sends the wrong message!"

"Naloxone won't work on fentanyl."

Source: <https://spwaz.org/training-and-consulting/>

FACTS

Arizona Naloxone Laws

A.R.S 36-2267

- Protects person who administers medication.
- Includes an employee of a school district or charter school who is acting in the person's official capacity.

ARIZONA NALOXONE LAWS

HB 2489 (2015), HB 2355 (2016), HB 2493 (2017), Arizona Opioid Epidemic Act: SB 2001 (2018)

A.R.S. 36-2266 & 36-2267

- Protects prescribers from certain liabilities
- Allows for standing order
- Allows for third party prescription
- Protects person who administers medication

A.R.S. 32-1979

- Permits over the counter pharmacy sale

A.R.S. 32-3248

- Co-prescription of naloxone required with all opioid prescriptions above 90 MME

Source: <https://www.azleg.gov/ars/32/02532.htm>

Be Prepared

Everyone should know **WHERE** the medication is
and
HOW TO RESPOND

You Can Do It!

- You know what to do when someone has suffered an opioid overdose
- You know how to give naloxone!

You can save a life!

How to obtain your Certificate of Completion

1. Complete Survey Monkey Link below.

[Naloxone in Schools Certificate of Completion](#)

2. Once Survey is complete. Allow 5-10 Business Days for certificate to be emailed by MCDPH Staff.
3. Once you receive your certificate. Upload the certificate to your SSMP school's user account or give it to your SSMP schools program lead.

For Questions or Assistance Contact:



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- Fogger, S. & McGuinness, T.M. (2015). Adolescents at Risk Pain Pills to Heroin: Part II. *Journal of Psychosocial Nursing*, 53(2), 27-30.
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