

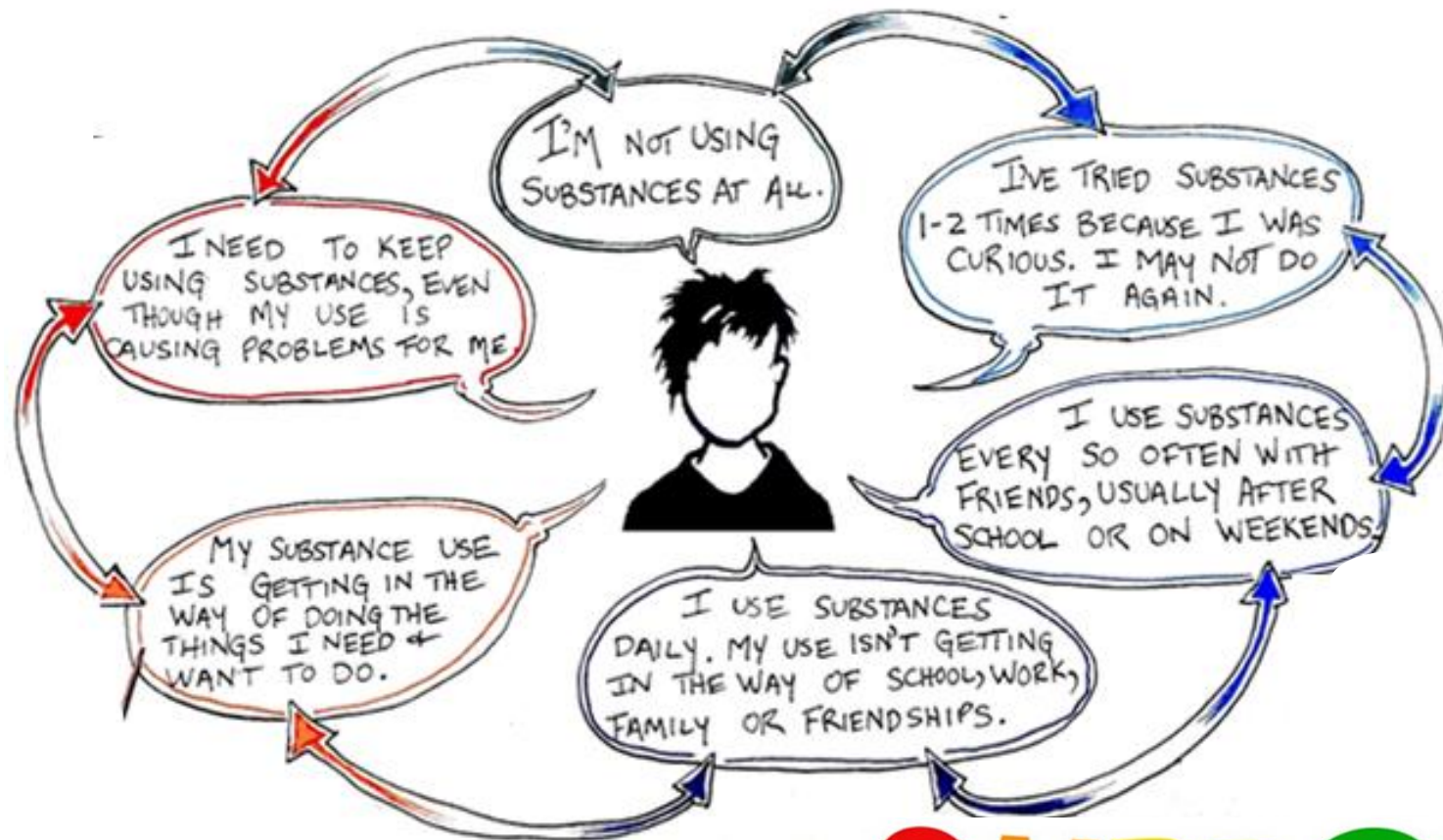
# Enhancing Ability to Prevent, Recognize & Respond to Opioid Overdose in Our Communities

January, 2017

*"There is something, in my opinion, very beautiful about harm reduction. It's an approach that looks at reality in all its complexity and says: okay. I see that life is not simple. I see you are doing things people who love you wish you wouldn't. I see that you are an irreplaceable and precious human being. Let's use evidence to figure out the best way to keep you, the people around you, and your community as safe as we possibly can."* - Amy Katz



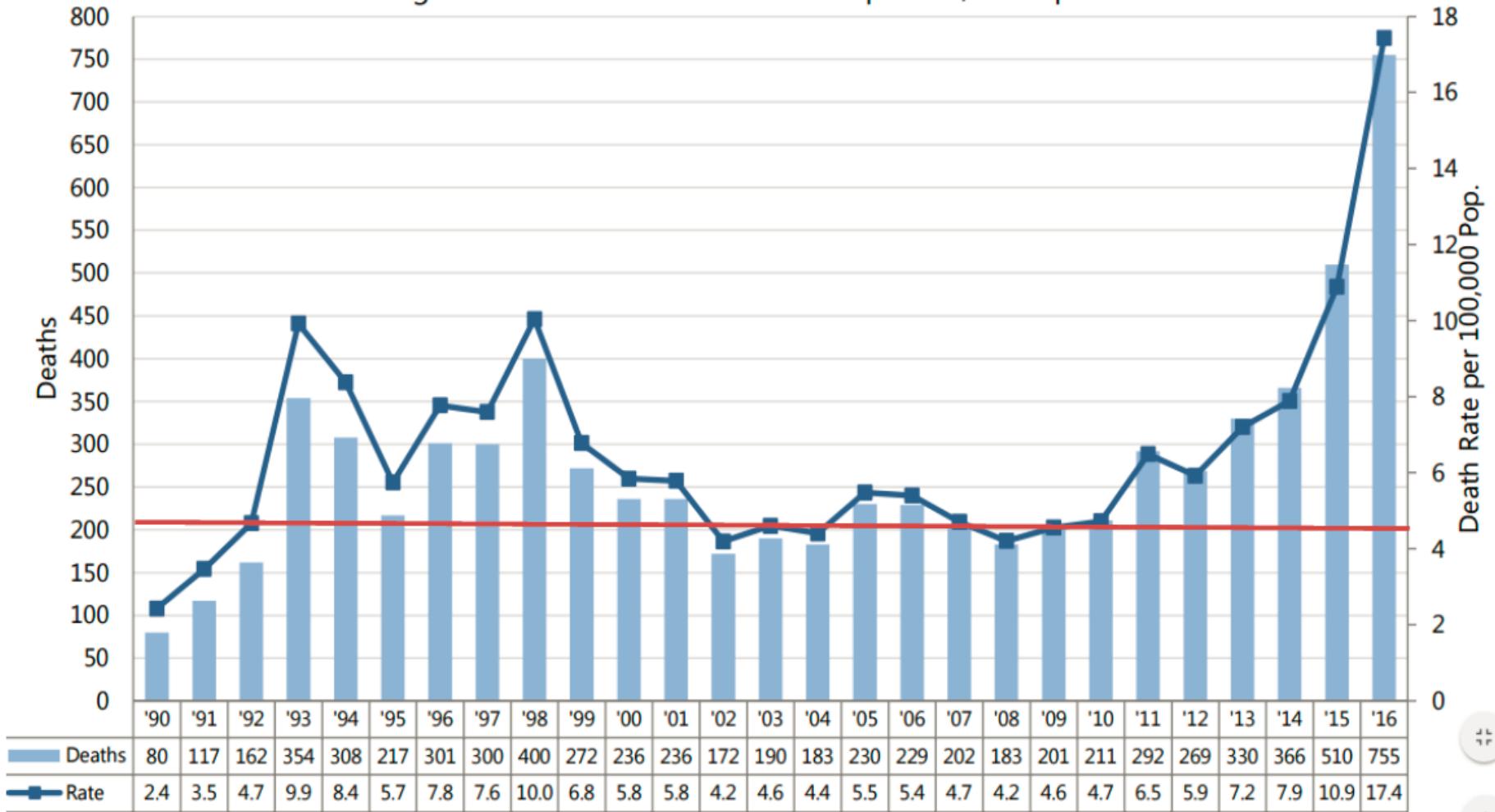
# Overdose can occur in any person who uses substances



**SUPPORT**

What I Do Matters.

Illicit Drug Overdose Deaths and Death Rate per 100,000 Population<sup>[2,5]</sup>



\* Provisional data to Nov 30, 2016 - subject to change as cases closed,  
<http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/death-investigation/statistical/illicit-drug.pdf> Dec 8, 2016

On track 825 deaths in 2016

# Illicit Drug Deaths by Townships

January 1, 2007 to November 30, 2016

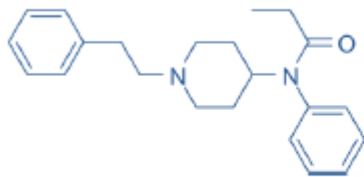
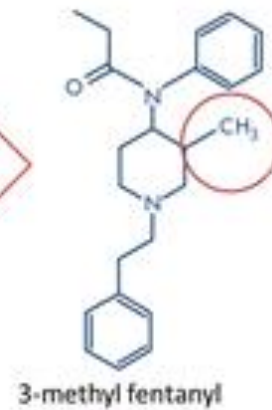
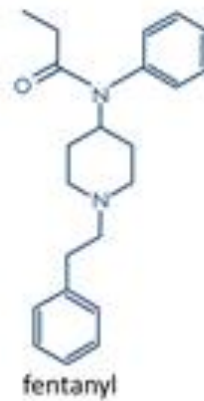
## Illicit Drug Overdose Deaths by Top Townships of Injury, 2007-2016 <sup>[2,4]</sup>

Township	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Vancouver	59	38	60	42	68	65	80	99	134	164
Surrey	22	20	23	32	42	44	36	43	76	92
Victoria	19	29	13	13	17	17	25	20	18	60
Kelowna	6	2	5	9	14	8	12	12	19	40
Burnaby	9	12	8	9	10	10	13	11	16	29
Abbotsford	3	4	4	10	16	7	9	7	27	32
Nanaimo	2	2	6	4	8	6	20	16	19	25
Maple Ridge	5	2	6	4	4	5	10	14	29	25
Kamloops	11	7	7	10	2	5	8	7	7	32
Langley	3	5	2	3	9	5	10	10	10	24
Other Township	63	62	67	75	102	97	107	127	155	232
Total	202	183	201	211	292	269	330	366	510	755

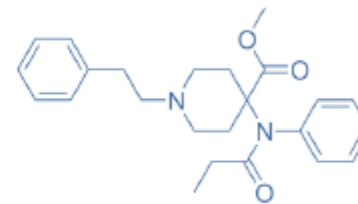
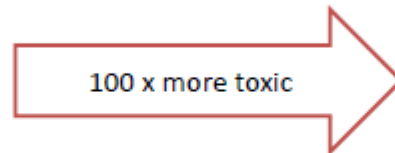
# Unregulated Drug Market



VS

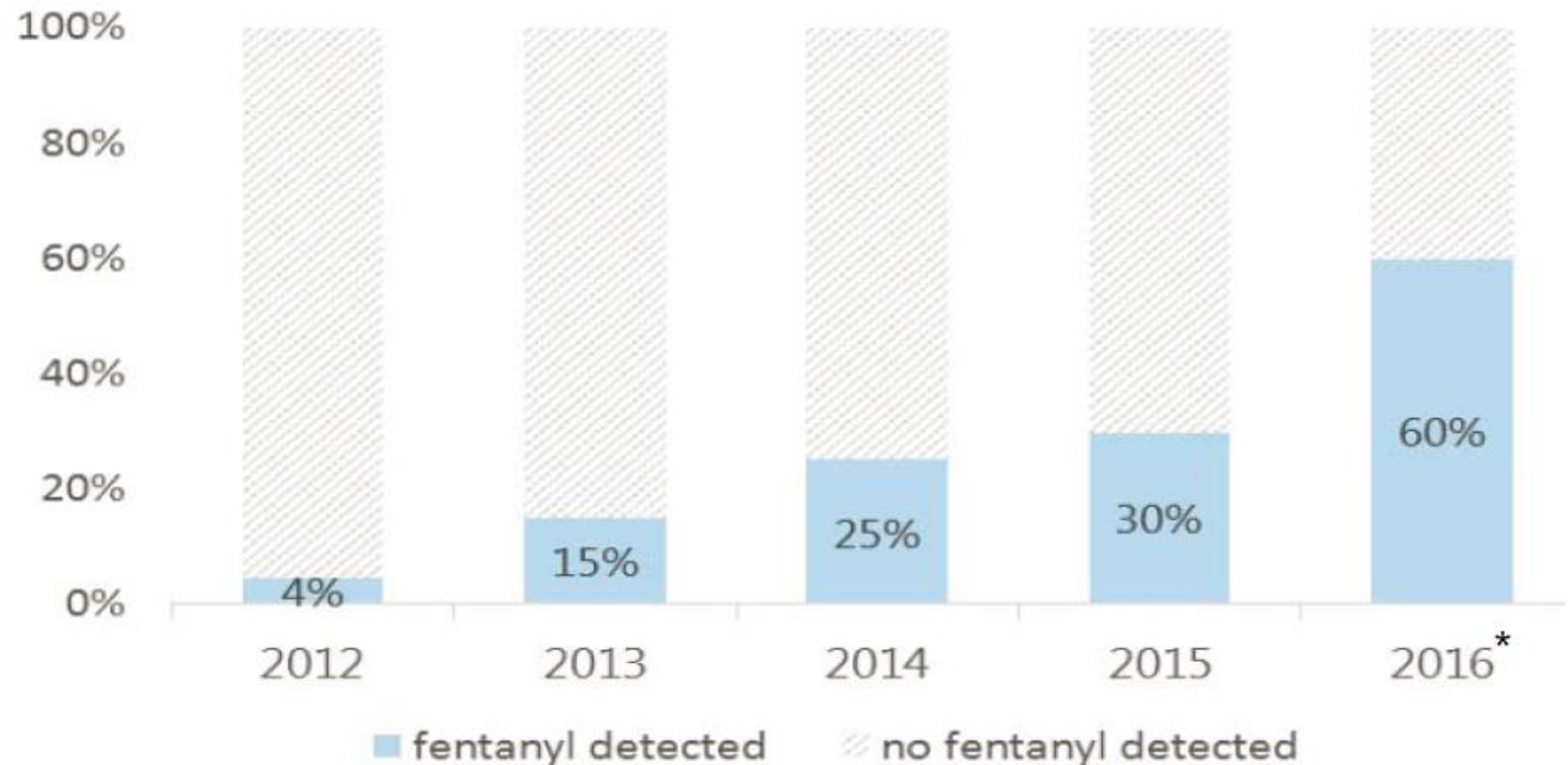


fentanyl



carfentanil

# Percentage of illicit drug deaths in which fentanyl detected



\*2016 provisional subject to change as cases are closed

Data to Oct 31, 2016 (delay in receiving tox data)

<http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports> Dec 8, 2016

# Overdose Preparedness

- Like planning for fires
  - Know what to do
  - Ongoing practice
    - Competency
    - Confidence





# Taking care of yourself and each other...



**KEEP  
CALM  
AND  
TAKE CARE OF  
EACH OTHER**

# Talking about Overdose

*“There are two reasons why we don't want to talk about things: one when it means nothing. And two, when it means everything.”*

Source unknown

**Be brave  
enough to  
start a  
conversation  
that matters.**

AUTHOR  
DAU VOIRE

# Why might it be difficult to talk about overdose?

- Because sometimes our fear gets in the way
- Because sometimes our personal beliefs get in the way
- Because sometimes the messages we send might be misinterpreted or minimised

**Other reasons?**

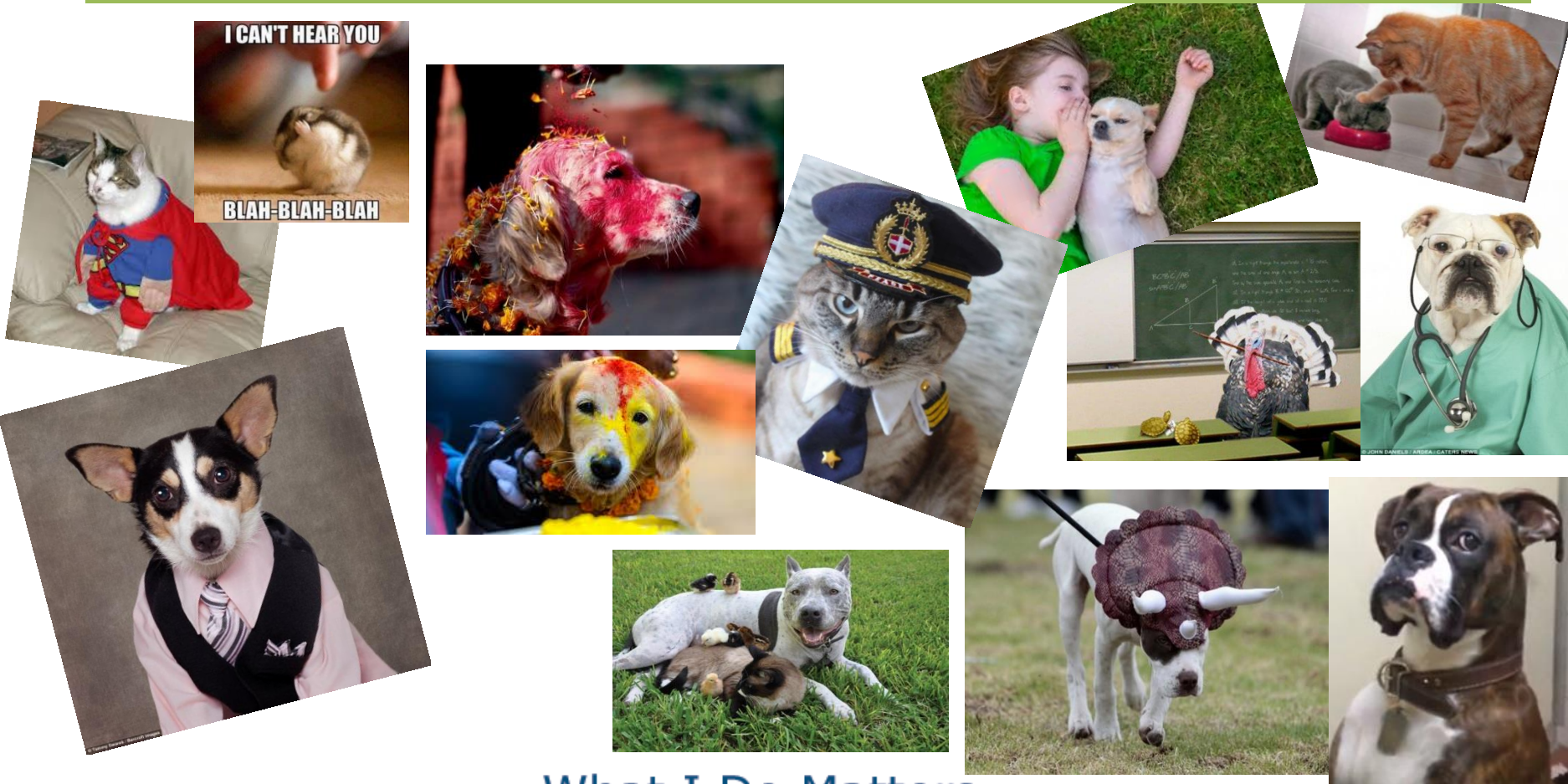


# Why should we do it anyway?

- Increase likelihood for survival and health
- Improve patient-provider relationships
- Affirm people's ability to support and help each other – activate natural resilience
- Support service providers by expanding skills and addressing emotional distress
- Opens space for people to begin to acknowledge the trauma of experiencing or witnessing an overdose

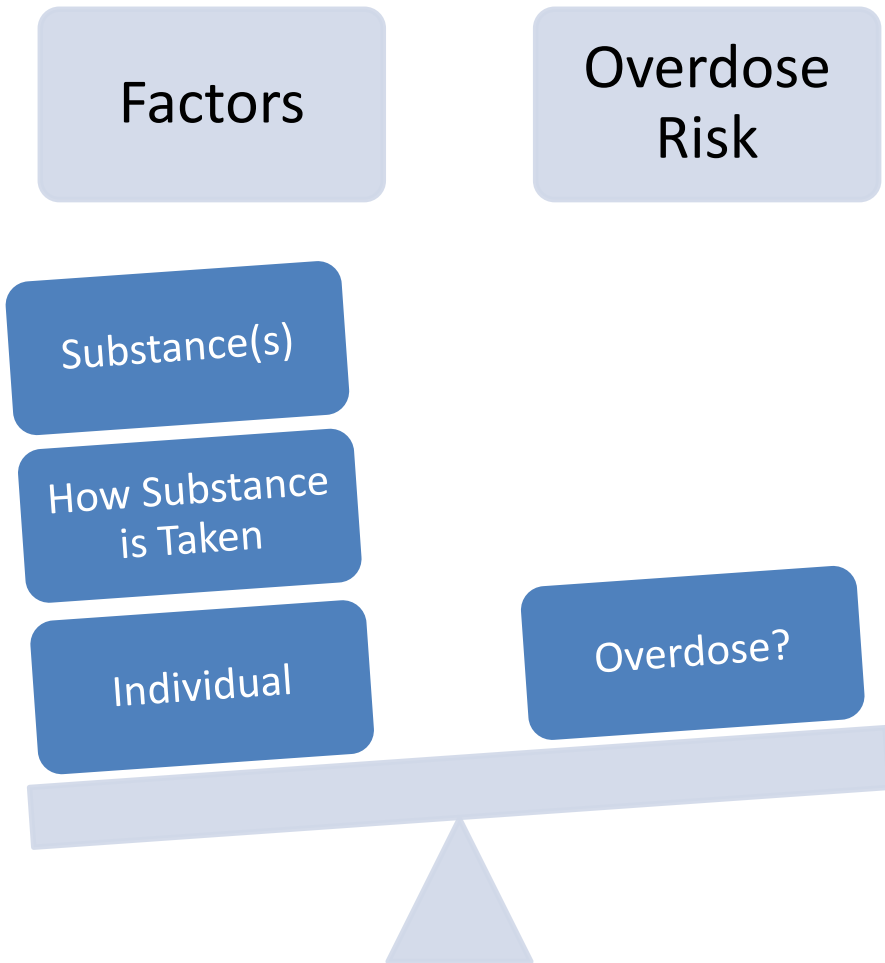


# What makes the biggest difference? How you show up...



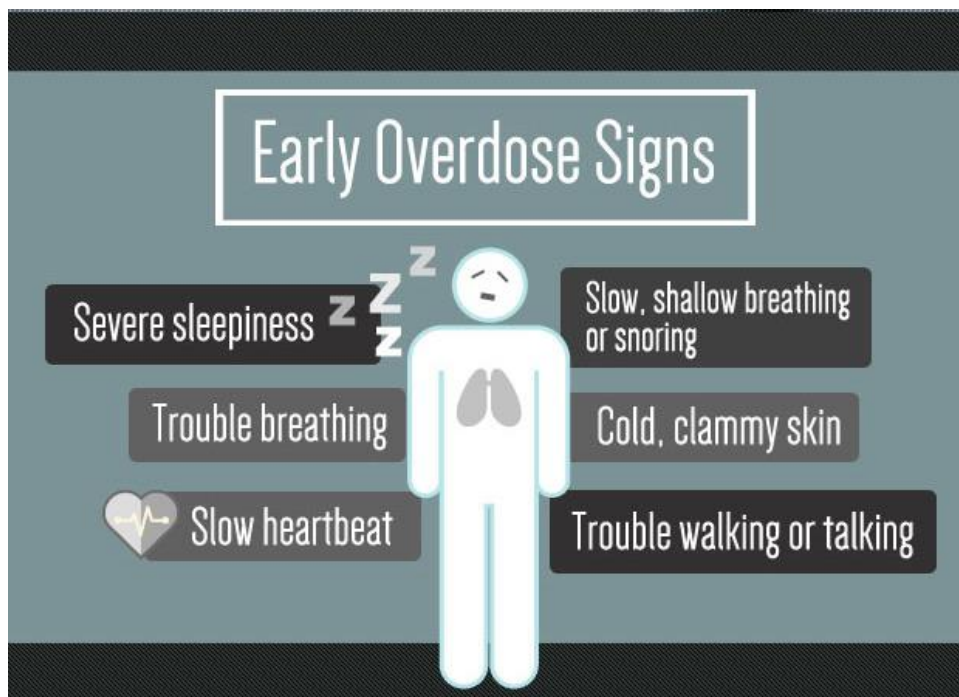
What I Do Matters.

# Overdose Risk



- **Anyone can overdose** regardless of their substance use history
- **Overdose risk is complicated** and depends on interaction between several factors
- Risk is very **individualized**: If several different people use the same amount of the same substance, it might affect them all differently

# Recognizing Overdoses

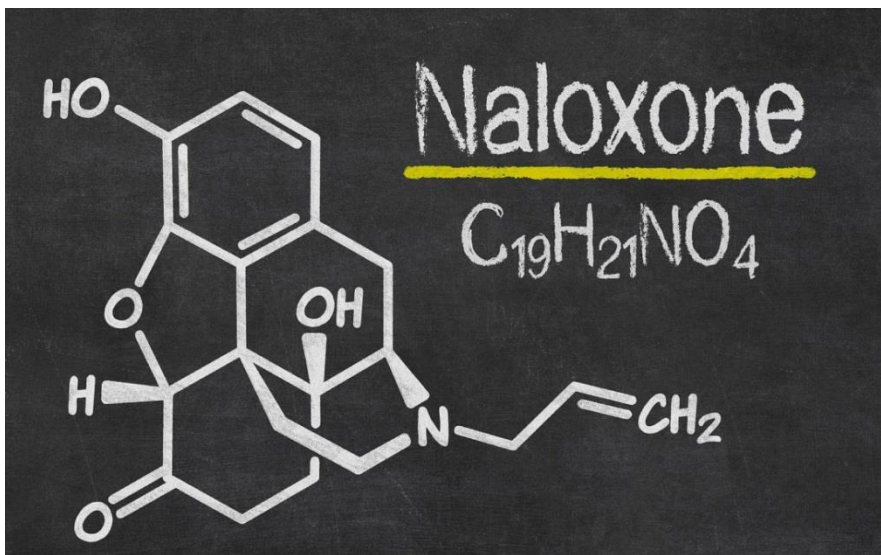


## Key Features:

- **Unresponsive**
- **Slow breathing**

## May also have:

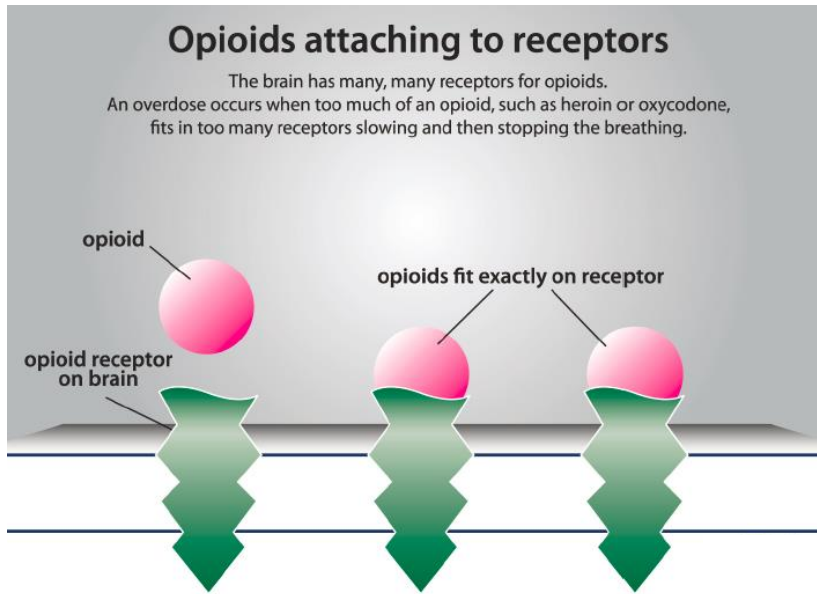
- Small pupils
- Snoring or gurgling
- Blue lips, fingernails
- Cold clammy skin



- Very safe: Life saving medication
- Temporarily reverses slowed breathing from too much opioids
- Does NOT work for non-opioid ODs
  - e.g. GHB, alcohol, cocaine, crystal meth
  - Can help if multiple substances involved
- No potential for abuse

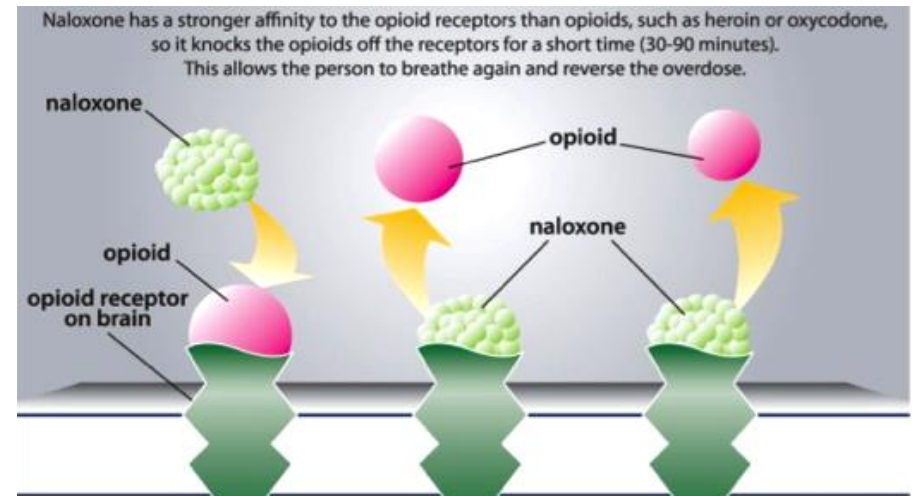


# How does naloxone work?

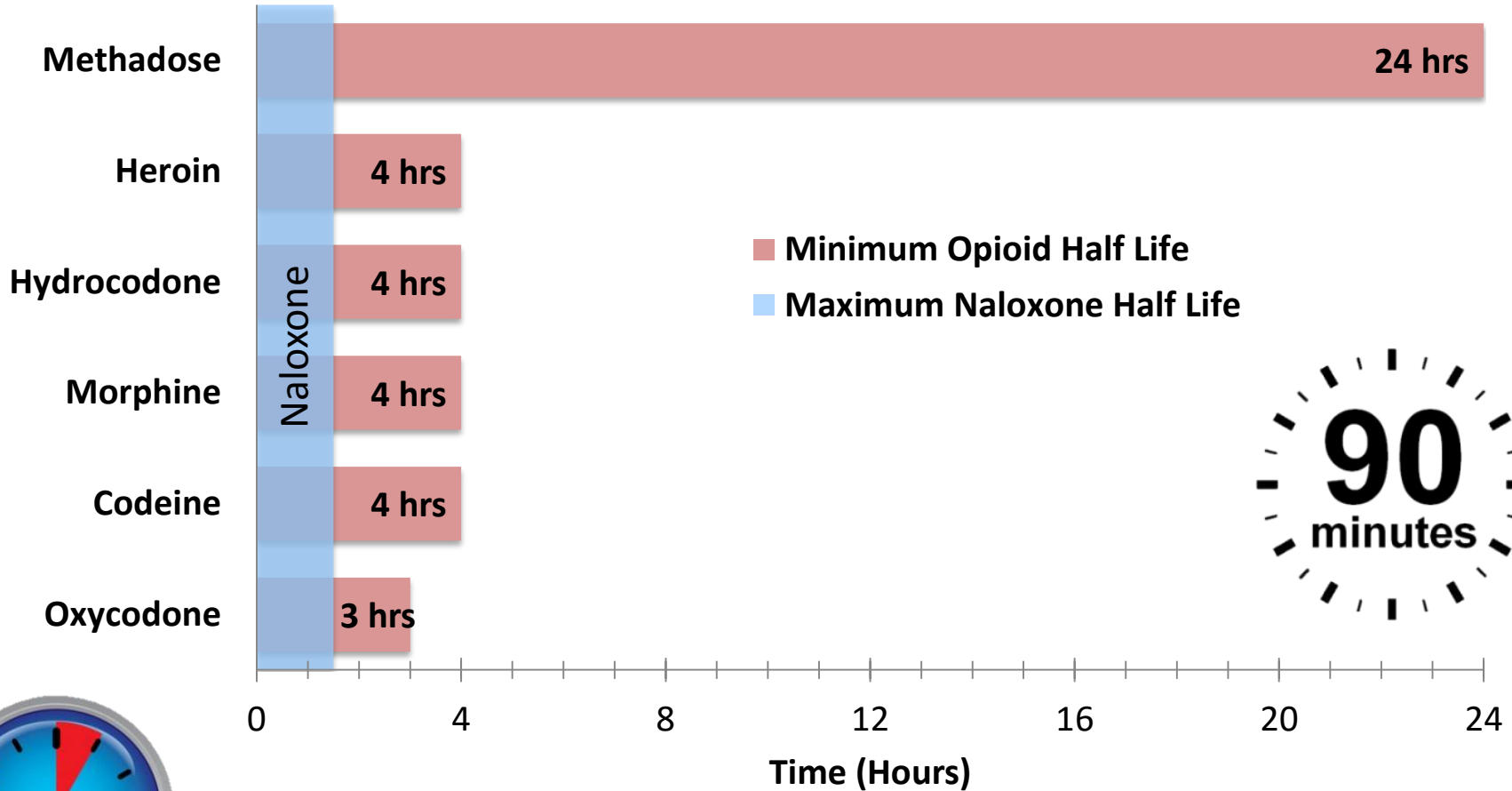


If too many receptors attach to opioids, breathing slows or stops

Opioids are displaced by naloxone NOT destroyed



# How long does naloxone act?



# How to get naloxone

1. Pharmacist (behind counter)



2. Take Home Naloxone

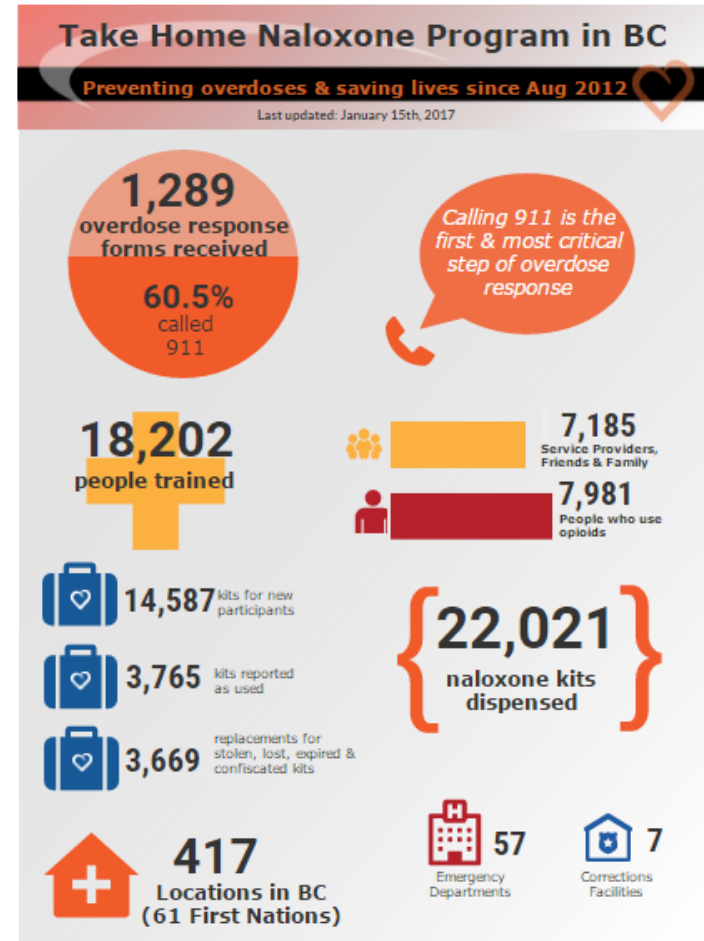


3. BCCDC Facility Overdose Response Box Program (For more information: [Towardtheheart.ca](http://Towardtheheart.ca))



# Take Home Naloxone

- Target Population:
  - **High risk for opioid overdose**
  - **Marginalized**
  - **Cost or stigma a barrier to accessing through pharmacy**
  - **Caregivers/loved ones of people at risk for OD**
- Anyone can be trained
- Kits are **not** for community organizations that work with people who use drugs



# Take Home Naloxone kits



## Contents:

- Instructions
- Naloxone (3 doses)
- Vanish Point Syringes (3)
- Gloves
- Breathing Mask
- Overdose Response Information Form



## Youth

<https://vimeo.com/hellocoolworld/review/180116125/5bbda65390>

## Adult

<https://vimeo.com/164669763>

<http://towardtheheart.com/naloxone/>

### PARTICIPANT TRAINING



### NURSES

- Can responsive regulation help save lives?
- Decision Support Tool for Dispensing Naloxone
- See all Nurses

### SERVICE PROVIDERS

- Promoting Staff Resiliency After an Overdose Reversal
- The First Seven Minutes
- The DOPE Project "Quick & Dirty" Narcan Training Guide
- See all Service Providers

### LAW ENFORCEMENT

- Police 1-pager: BC's THN Program
- Police carry special drug to reverse heroin overdoses
- Reducing OD deaths among recently released prisoners
- See all Law Enforcement

### FIRST RESPONDERS

- OD Prevention Kits: Info for First Responders
- BCTHN Update for First Responders
- See all First Responders

### EMERGENCY DEPARTMENTS

- Implementing THN in an emergency department setting
- Fentanyl related death prevention developed in Kamloops
- Researchers call for broader Naloxone availability
- Emergency Department Training
- See all Emergency Departments

### PARENTS

- BC Take Home Naloxone - Information for Parents
- Naloxone in the family
- See all Parents

### WEBSITES

- Harm Reduction Coalition

# Overdose Response - *no naloxone*

Giving breaths is enough to keep someone alive until help arrives



Overdose  
Person is unresponsive  
Exact Location



**S**timulate

Unresponsive? **CALL 911**



**A**irway



**V**entilate

1 breath every 5 seconds



**E**valuate

Always tell the person who overdosed what you are doing before you do it

# Responding With Naloxone

Follow the **SAVE ME** steps below to respond.



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



**S**timulate

Unresponsive? **CALL 911**



**A**irway



**V**entilate

1 breath every 5 seconds



**E**valuate



**M**uscular Injection

1 mL of naloxone



**E**valuate

2nd dose?

**Always tell the person who overdosed what you are doing before you do it**



# Questions?



# Thank you!



- Erin Gibson: [erin.gibson@fraserhealth.ca](mailto:erin.gibson@fraserhealth.ca)

What I Do Matters.

