

# District of Columbia Opioid Overdose Prevention & Naloxone Education – Community Course

**Hoya DOPE (Drug Overdose Prevention & Education) Project  
Georgetown University Medical School**

# Learning Objectives

By the end of this training, you should be able to:

1. List the names of common opioids;
2. Understand the epidemiology of opioid overdose in DC;
3. Identify an opioid overdose and the steps to administer naloxone to reverse an overdose;
4. Describe the laws surrounding administering naloxone and other protections provided when seeking emergency medical help; and
5. Recognize community organizations promoting opioid overdose education and naloxone.

# What are opioids?



# Which opioids have you heard of?

| Type                          | Generic (Brand) Name   |
|-------------------------------|--|
| <b>Opiates</b>                | Morphine (MS Contin), codeine (Tylenol 3 & 4), thebaine  |
| <b>Semisynthetic Opioids</b>  | heroin, hydromorphone (Dilaudid), hydrocodone (Vicodin, Norco, Lortab), oxycodone (OxyContin, Percocet), buprenorphine (Suboxone, Subutex) |
| <b>Full Synthetic Opioids</b> | fentanyl (Duragesic), methadone, merperidine (Demerol), tramadol (Ultram), nitazenes   |

# More about opioids

Opioids are a class of drugs that bind to the opioid receptors in the brain and body to relieve pain.

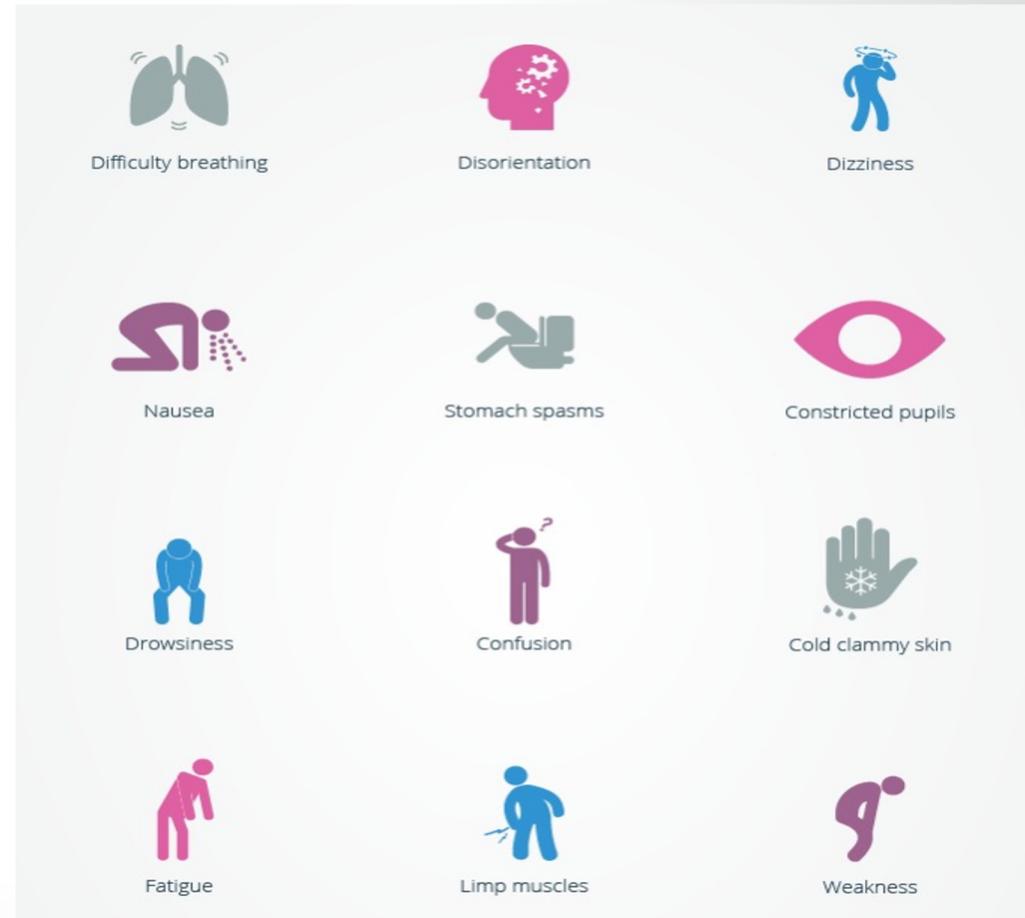
Opioids, including fentanyl, have some legal medical uses, but are also found in the illicit drug supply.

Opioids can be smoked, snorted, injected, swallowed or drunk.

# Opioids impact multiple body systems

Effects include:

- Analgesia (pain relief)
- Euphoria
- Miosis (pinpoint pupils)
- Sedation
- Slowed/impaired movement
- Constipation
- Itching
- **Respiratory depression**

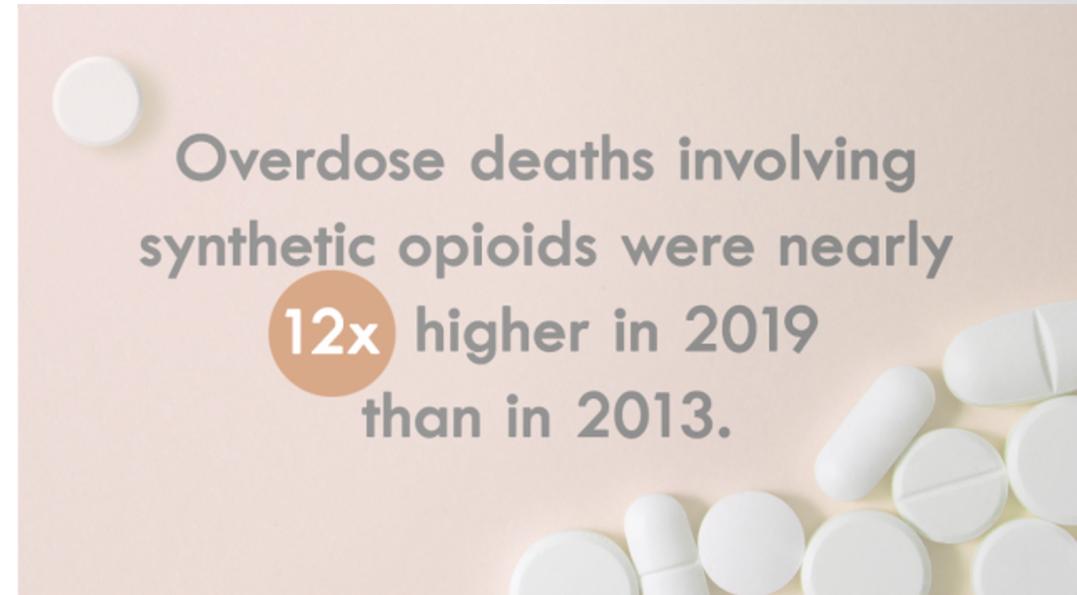


# Similarities and differences between opioids

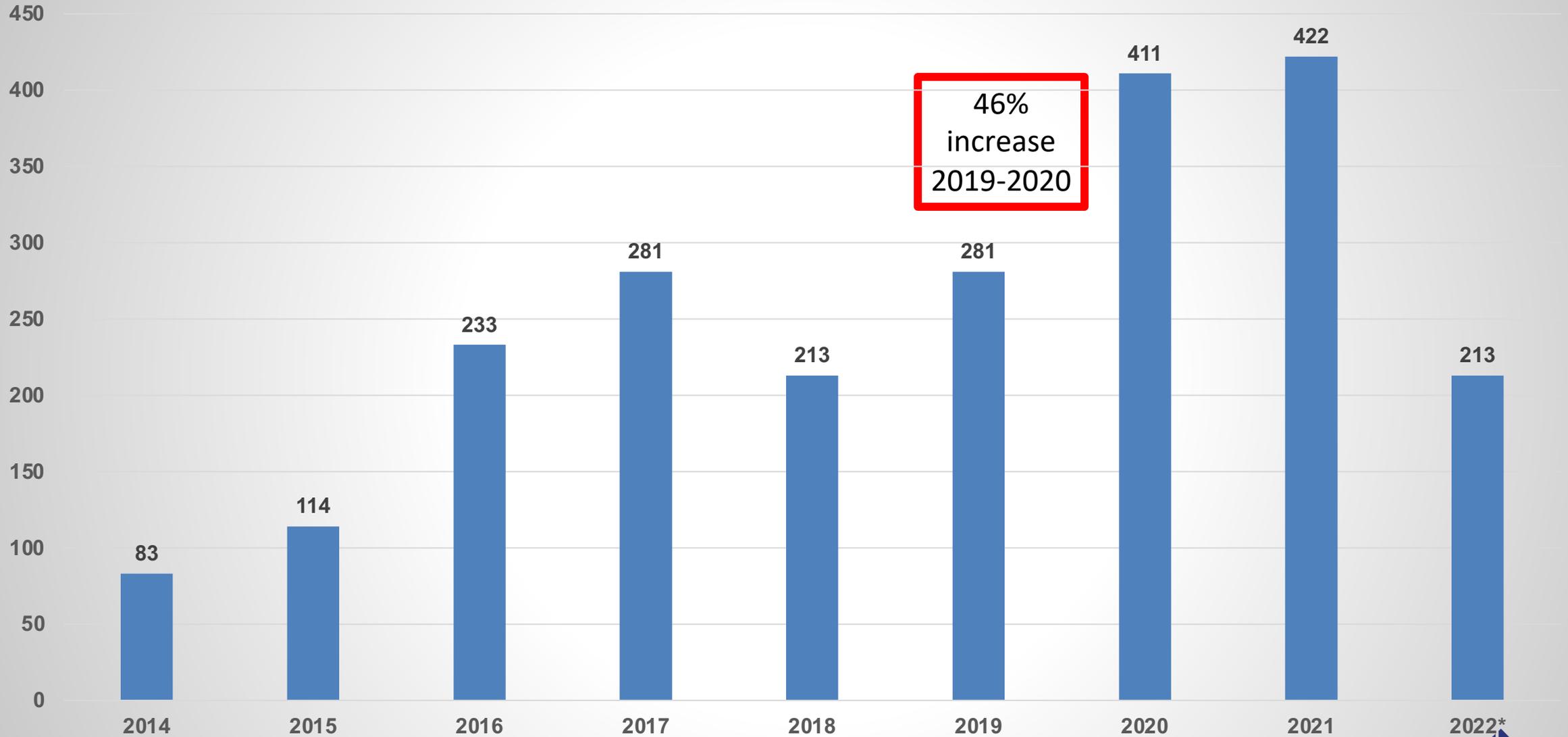
- All opioids produce similar effects on the body
- But they come in different formulations and strengths
  - Fentanyl is 10-50x stronger than heroin
- Naloxone works to reverse overdoses caused by all opioids, but not other types of drugs



# Overdose in DC - Epidemiology

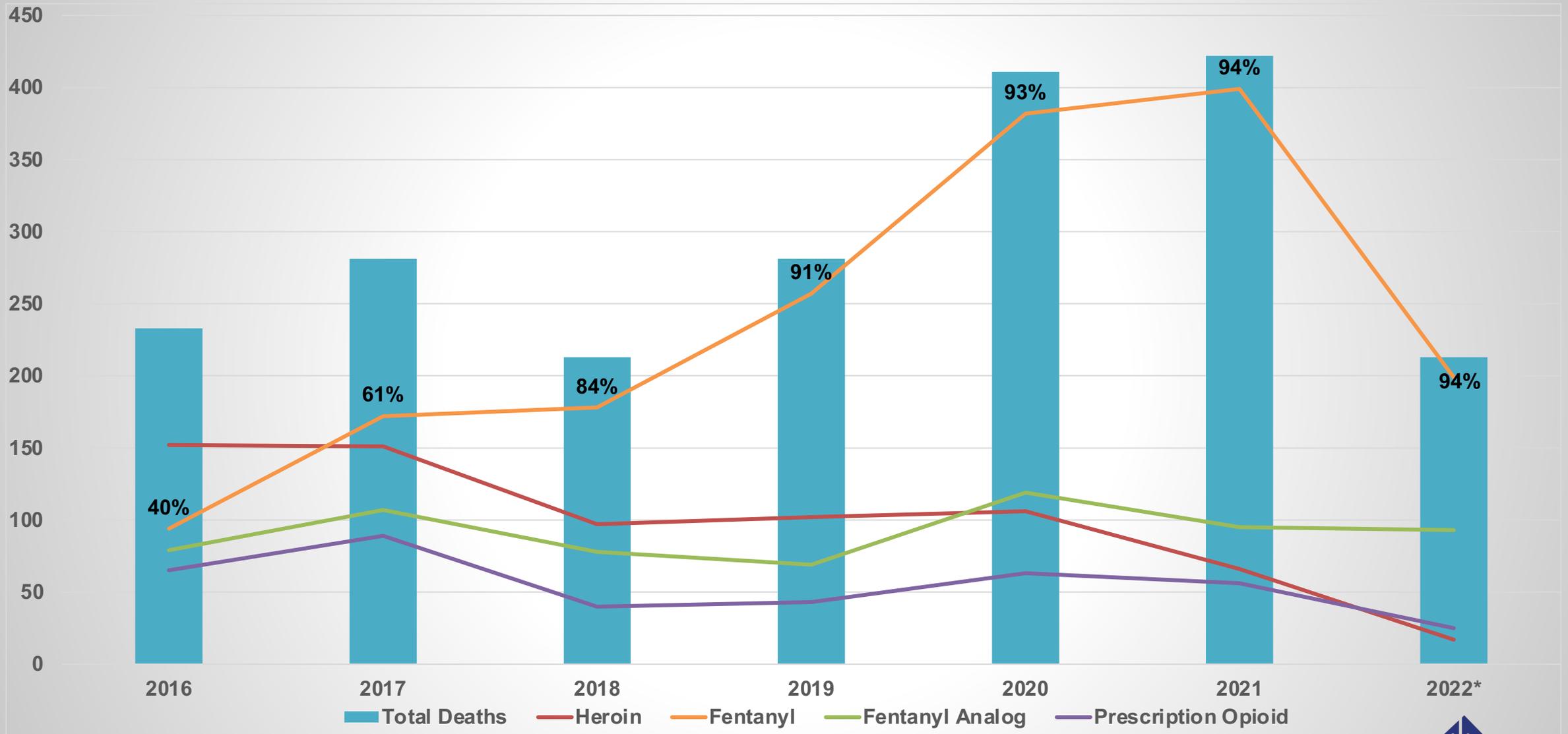


# Opioid overdose fatalities 2014-2022\*

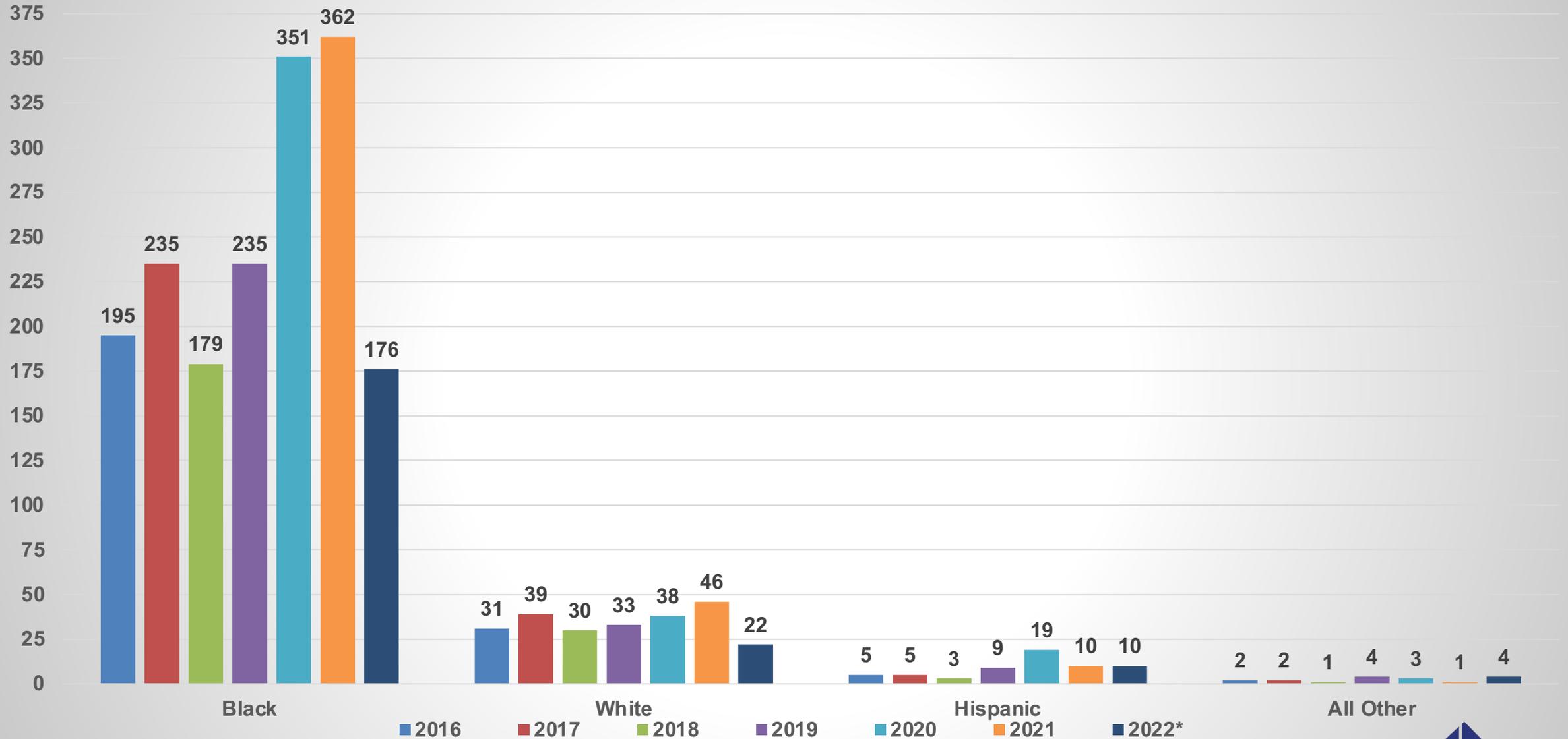


Source: Office of the Chief Medical Examiner, Jan 1 2014-Jun 30 2022

# Type of opioid contributing to fatal overdose

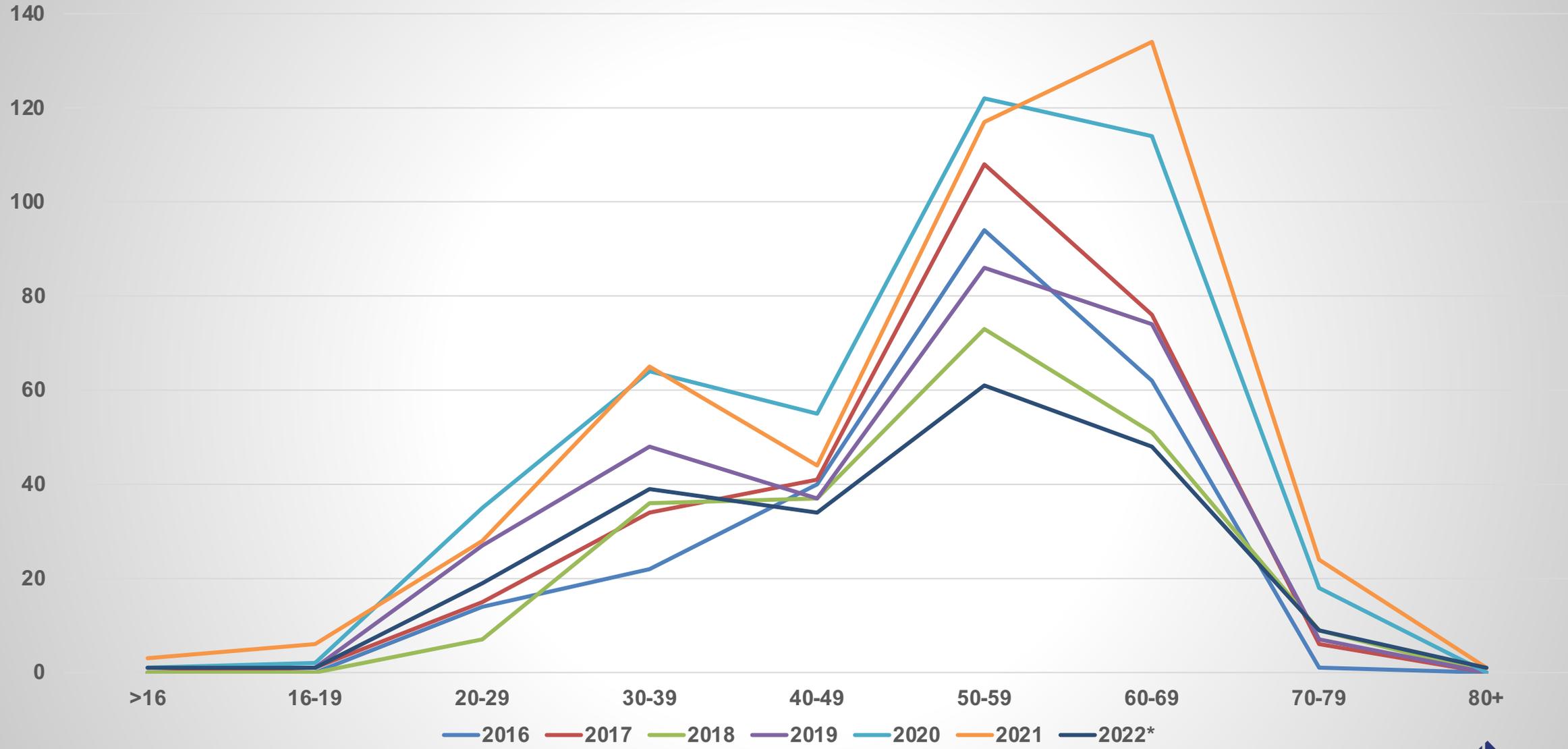


# Fatal opioid overdoses by race and ethnicity

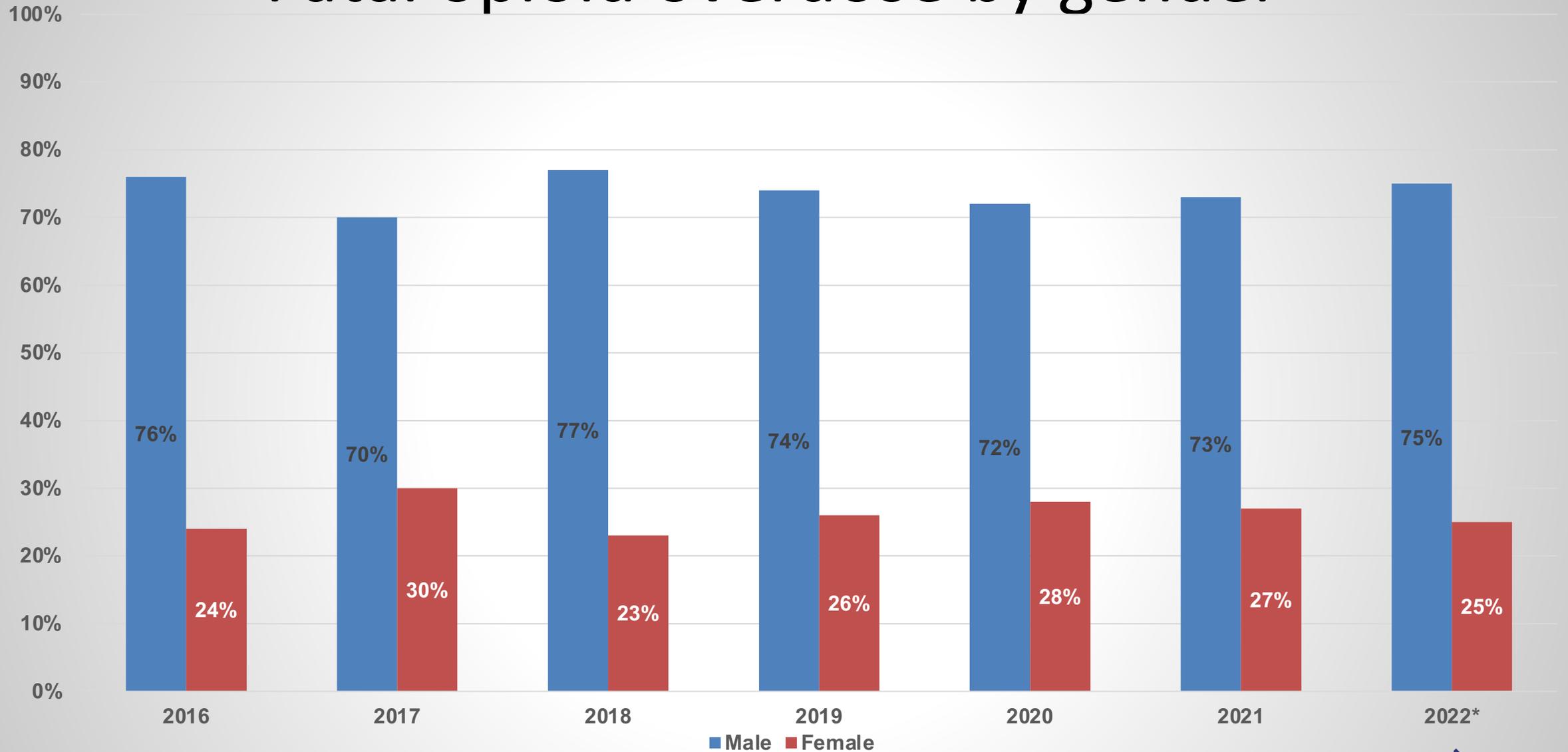


Source: Office of the Chief Medical Examiner, Jan 1 2016-Jun 30 2022

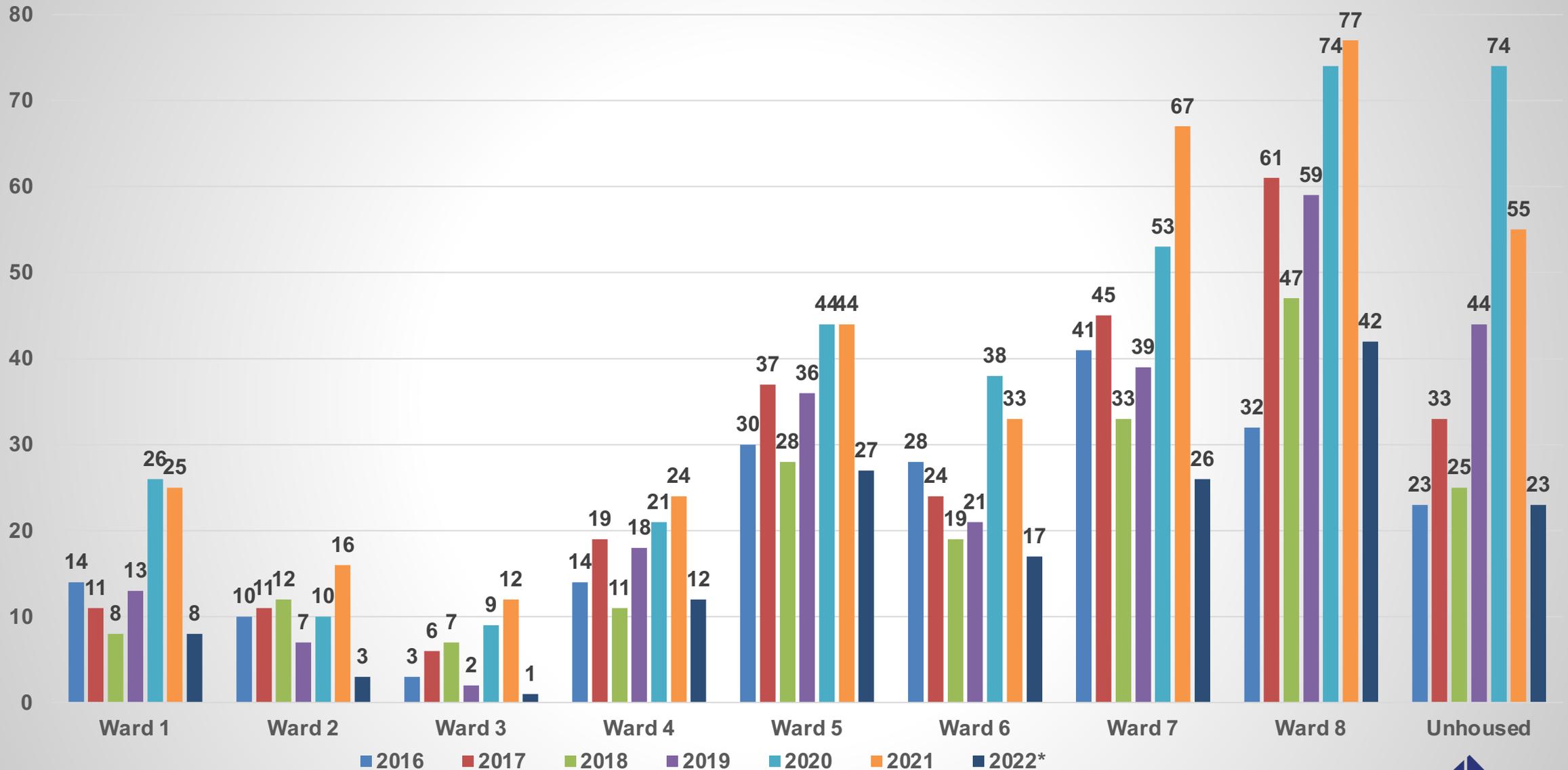
# Fatal opioid overdoses by age distribution



# Fatal opioid overdose by gender

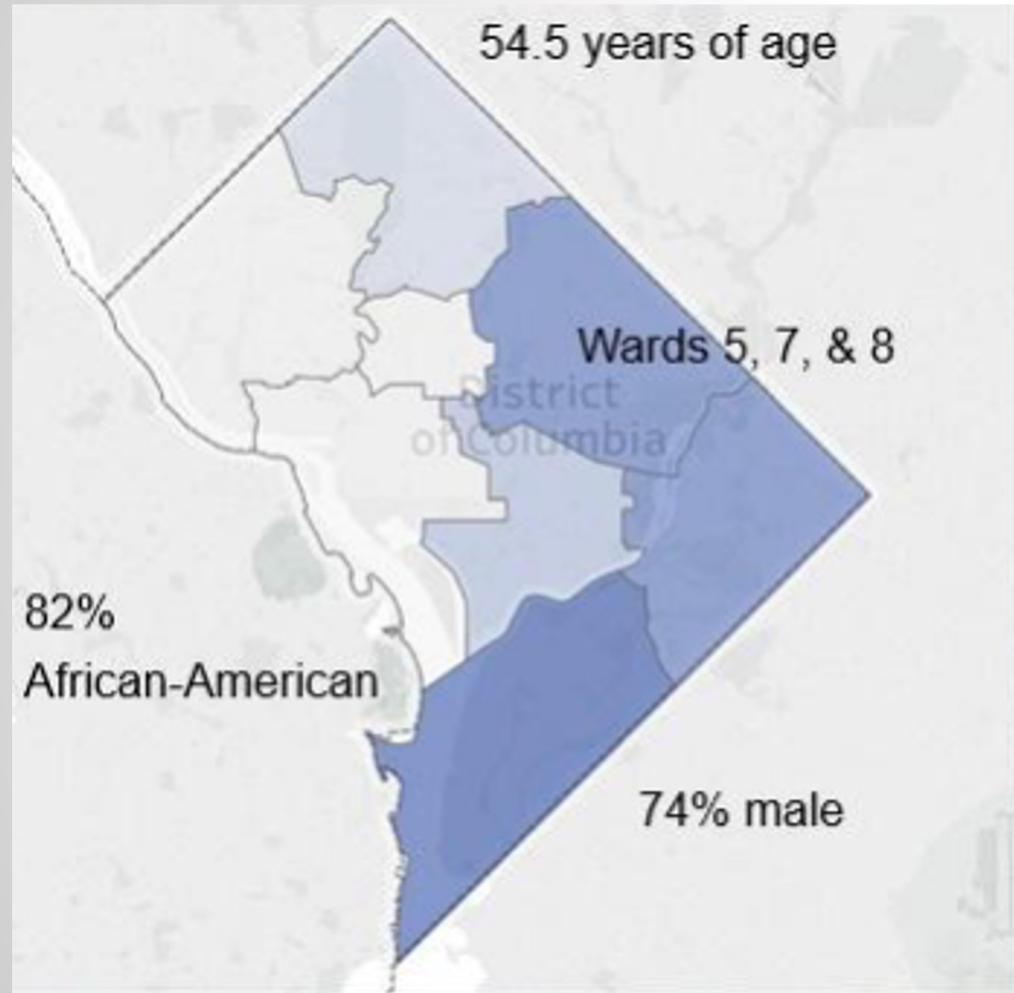


# Fatal opioid overdoses by Ward of residence



Source: Office of the Chief Medical Examiner, Jan 1 2016-Jun 30 2022

# Trends in DC Opioid Overdose Deaths: 2016-2022



Why are some populations impacted more than others?

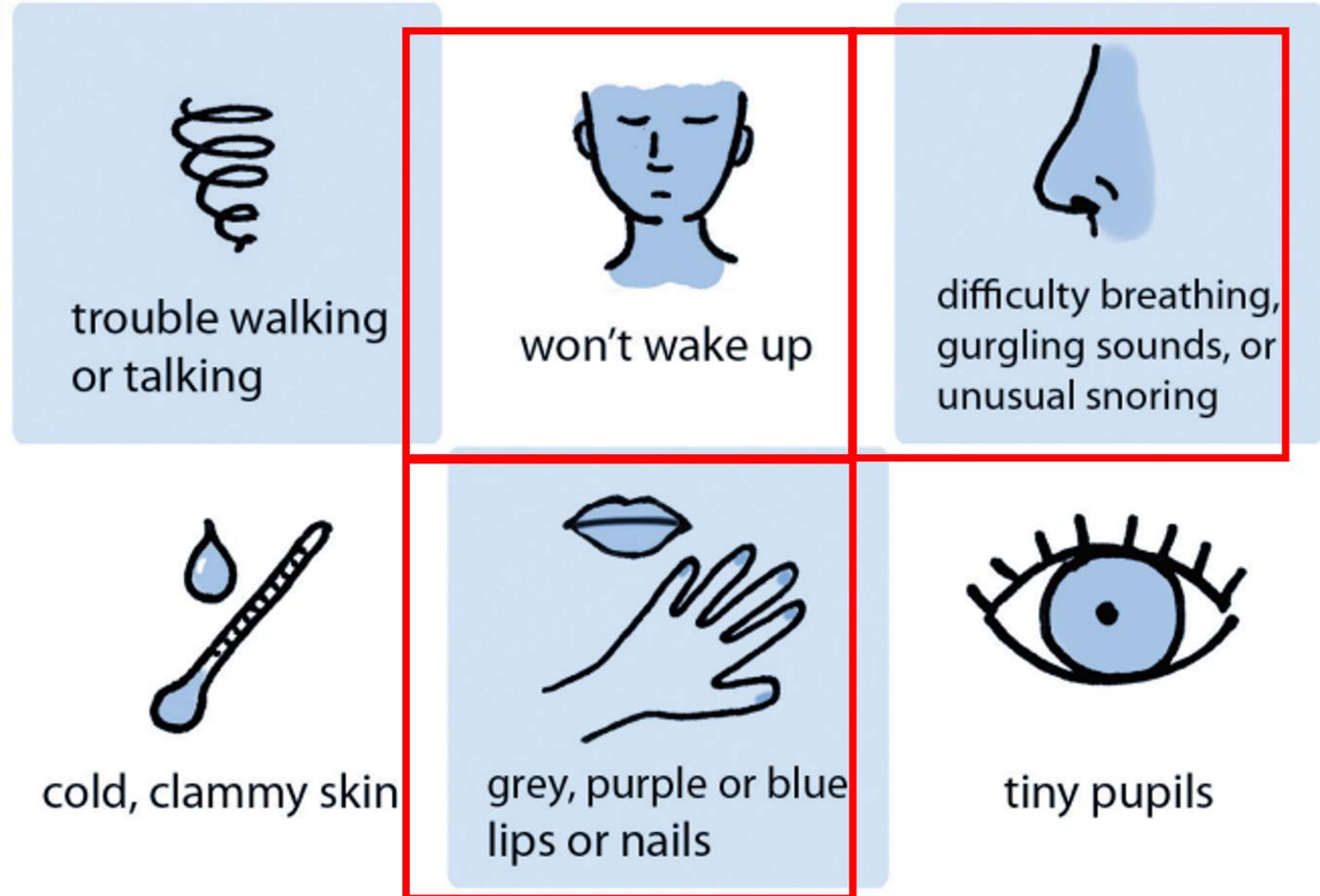
- Social determinants of health
- Health disparities
- Historic and systemic racism
- Drug policy
- Other reasons??

# How to recognize and respond to an overdose



# Under the influence vs opioid overdose

- Not all signs of opioid use are a medical emergency
  - Look for inadequate/not breathing
- If they are responsive, they are NOT overdosing on opioids
  - Do NOT administer naloxone
  - Monitor for future overdose
  - Call 911 if in need of other medical attention



# What myths have you heard?

Do NOT put the individual in a bath or shower.

Do NOT induce vomiting or give the individual something to drink or eat.

Do NOT put the person in an ice bath or put ice in their clothing, genitals or in bodily orifices.

Do NOT try to stimulate the person in a way that could cause harm.

Do NOT inject them with milk, saline, Coca-Cola or any substance besides naloxone.

# Five steps to reverse an opioid overdose

1 - Assess for Responsiveness

2 - Call 911

3 - Administer Naloxone

4 - [if needed] Perform Rescue Breathing

5 - [if needed] Recovery Position

# Step 1: Safely Assess for Overdose

## 1. Assess verbally

- Call their name if you know it
- “I’m going to Narcan you/call 911 if you don’t respond!”

## 2. Assess physically

- Sternum rub or rub knuckles over upper lip



Assessing should take 5-10 seconds TOTAL

# Step 2: Call 911

- Time is of the essence when responding to an overdose
- If the person wakes up before FEMS arrives, they can choose to decline treatment
- There are laws protecting both the person overdosing and people trying to help them



Things you can tell the 911 dispatcher if you don't feel comfortable saying overdose

- "I found my friend or family member, and they're not breathing"
- "I'm with someone and I can't wake them up"
- "I'm not sure what happened, but I need an ambulance ASAP"

## Step 3: Administer Narcan<sup>®</sup>

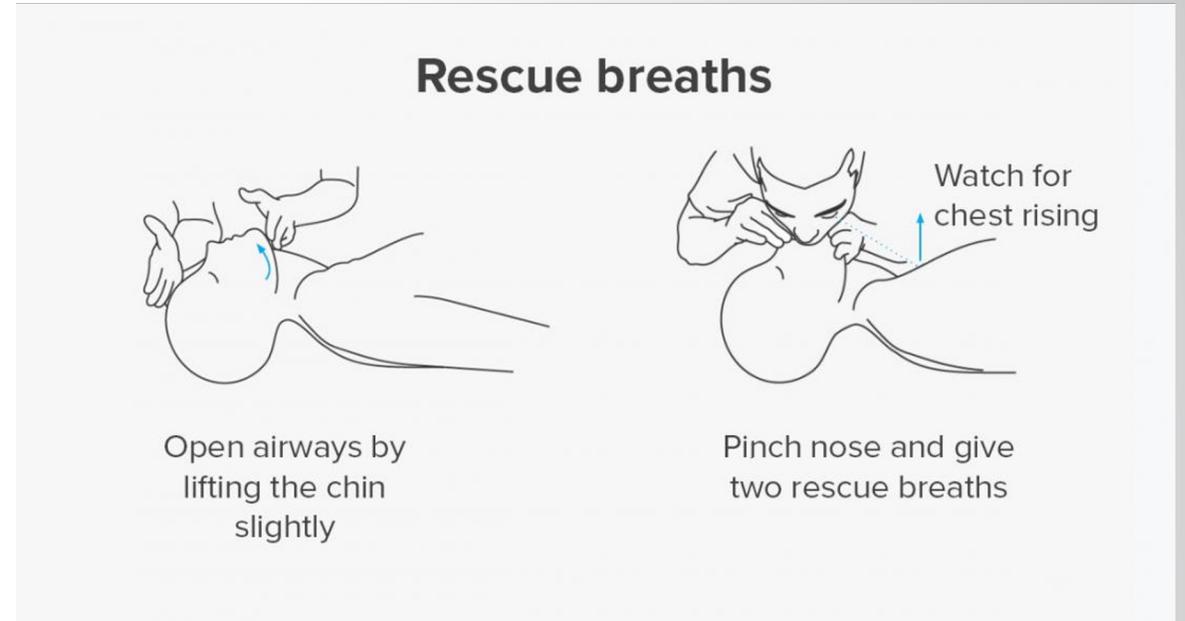
- Peel open package
- Tilt the head back
- Place the nasal spray in the nostril and firmly press the plunger all the way up
  - Do not test or prime the device
  - Does not matter which nostril
- If no response after 2-3 minutes, administer second dose in other nostril



# Step 4: Perform Rescue Breathing [if needed]

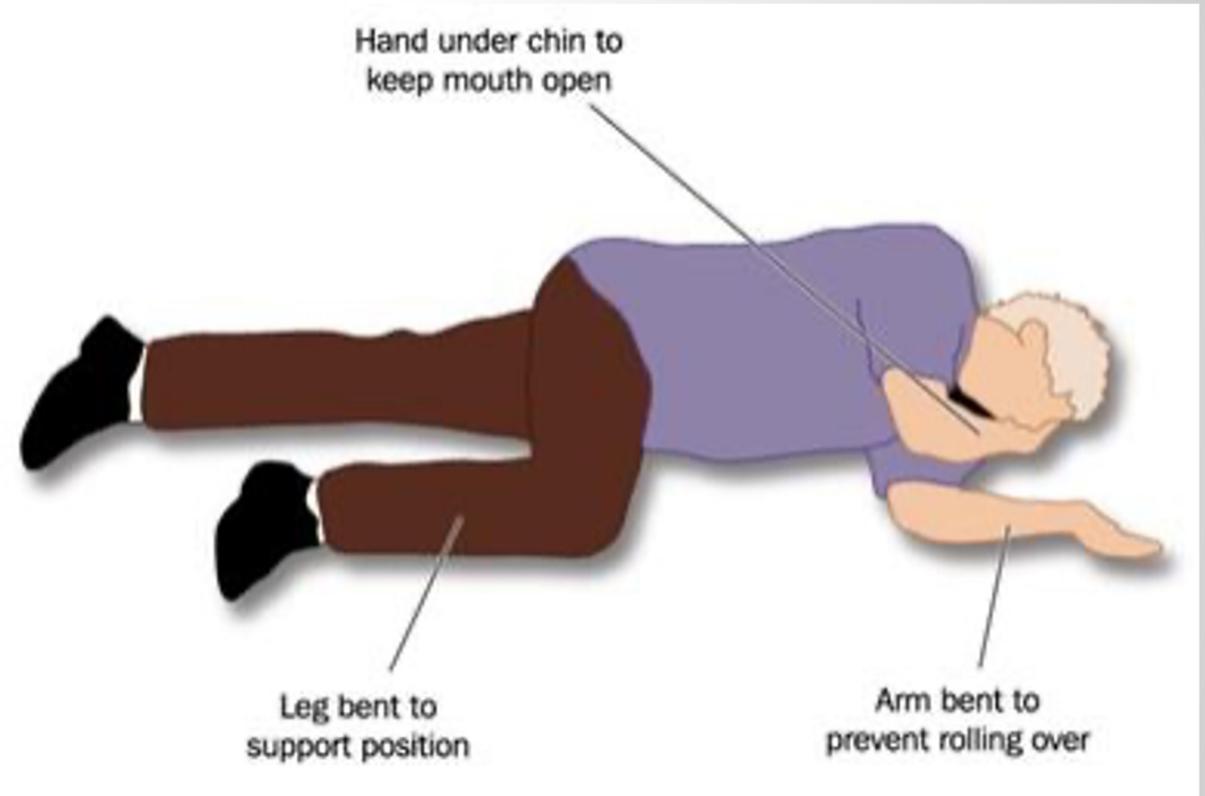
1. Check mouth and clear anything blocking the airways
2. Pinch the nose and tilt the head back
3. Give two breaths every 5 seconds until breathing on their own or EMS arrives

- ONLY perform rescue breathing if the person is not breathing on their own after naloxone is administered
- Do NOT perform chest compressions/CPR



# Step 5: Place in Recovery Position [if needed]

- ONLY if the person is breathing on their own but unable to sit up
- Lay person on their side in a supported position so they cannot roll over
  - Prevents choking should vomiting occur



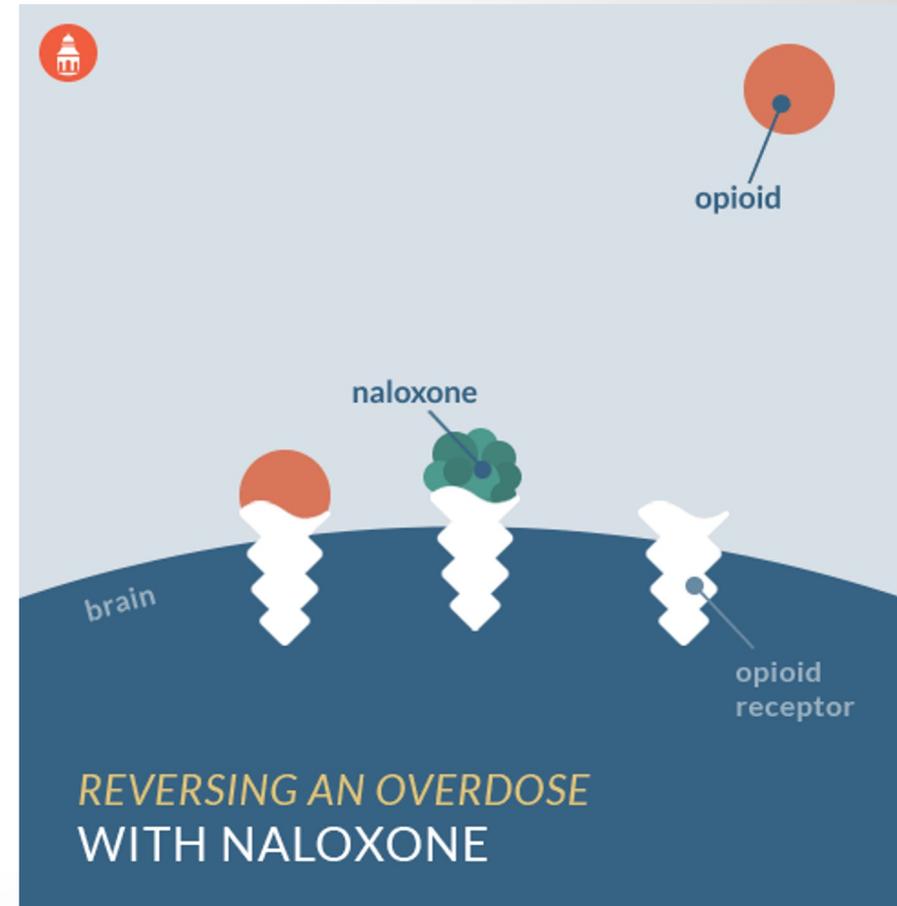
# Your turn!

- Turn to a neighbor and practice going over the five steps to reverse an overdose
- Ask the facilitator for help if you get stuck



# Overdose Aftercare

- Opioids last in the body for hours, but naloxone breaks down after 30-90 minutes
- A person can overdose again even if they don't use more opioids
  - If they overdose again, give another dose of naloxone
- Encourage not to use again and to get medical attention
  - If they refuse healthcare, stay with them at least three hours



# Naloxone Side Effects

- Chills
- Dizziness
- Fever
- Headache



- Nausea
- Rapid heartbeat
- Sweating
- Vomiting

- Side effects are temporary
- No harmful side effects if no opioids were taken
- Safe to administer during pregnancy
- Side effects safer than experiencing prolonged overdose

# Why NARCAN<sup>®</sup> brand naloxone?

- District government supports Narcan<sup>®</sup> brand naloxone
  - Two doses of nasal spray per kit
  - No needles
  - No assembly required
  - Can be disposed in regular garbage after use
- Other formulations of naloxone exist; conditions for use are the same
- Training will be provided for other formulations upon distribution



# Take care of each other, take care of yourself

- Most people don't remember overdosing and may be scared, overwhelmed or ill after being given naloxone
- Overdoses can be a stressful for everyone involved—mental health, peer support and drug treatment resources are available
  - 24/7 DBH AccessHelpline: 1-888-7WEHELP (1-888-793-4357)
  - MyRecoveryDC: [www.myrecoverydc.org/](http://www.myrecoverydc.org/)
- **You are always doing the right thing by saving a life!!**



# Proper naloxone storage and handling

- Store NARCAN<sup>®</sup> at room temperature 59°F to 77°F (15°C to 25°C)
- Do NOT freeze
- Keep NARCAN<sup>®</sup> in its box until ready to use. Protect from sunlight.
- Replace before the expiration date on the box
  - Expired naloxone is safe to use if unexpired naloxone is not available
  - You can return expired naloxone to DBH or an SSP
- Dispose in regular garbage after use
  - Intramuscular naloxone needs to be disposed of in a sharps container

# DC Laws Associated with Overdose and Naloxone

**LIVE LONG DC**

Is the District's effort to prevent overdose deaths.

There are two important laws that make it safe for you to call 9-1-1 if you, a friend, or a family member is overdosing. These laws protect you from being arrested:



**THE "GOOD SAMARITAN" LAW** means MPD officers **WILL NOT** arrest you for any drugs or alcohol on the scene when you've sought health care or administered naloxone to help someone who has overdosed.



**THE OPIOID OVERDOSE LAW** means that **having a kit** (needles, spoons, pipes, or other paraphernalia) **is NO LONGER illegal**. You will not get in trouble when MPD officers arrive to help someone who has overdosed.

# Where to get naloxone in DC



# Where can I get naloxone for free?

30 Partner pharmacies in all 8 Wards

- No cost, no identification, no prescription
  - Participating pharmacies:  
<https://dbh.dc.gov/page/where-can-i-get-naloxone-dc>
- Other pharmacies stock naloxone but may require a prescription and/or copay

DC government partners with >100 organizations to distribute naloxone

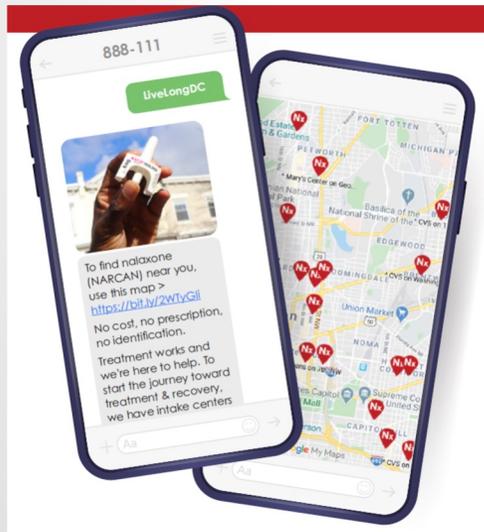
- Syringe service programs
- Drug treatment providers
- Peer operated centers
- Homeless outreach
- Faith-based organizations
- And more!



# Can't come to us? We deliver!

Order via text: send "LiveLongDC" to 888-811

- Someone will contact you within one business day to schedule delivery



Order via mail:

<https://dcfree.opioidhealth.org/>

- Discreet package
- Arrives in 3-5 business days



You must complete the post-test to get your certificate by scanning the QR code or following clicking this link:  
<https://forms.office.com/g/tCEBbjX4wh>

Questions?

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