

Global Perspectives on Overdose Prevention

Marliss Taylor RN, BScN Streetworks, Edmonton
Chantel Marshall RN, BScN The Works, Toronto
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Session Agenda



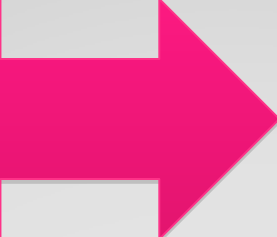
Overdose:

- Overdose happens when a person takes more of a drug or combination of drugs than the body can handle. As a consequence, the central nervous system (CNS) is not able to control basic life functions.

Depressants

Drugs that slow down the CNS process:

Heroin(opiate)
Methadone(opiate)
Morphine(opiate)
Oxycodone(opiate)
Fentanyl(opiate)
Alcohol
Valium



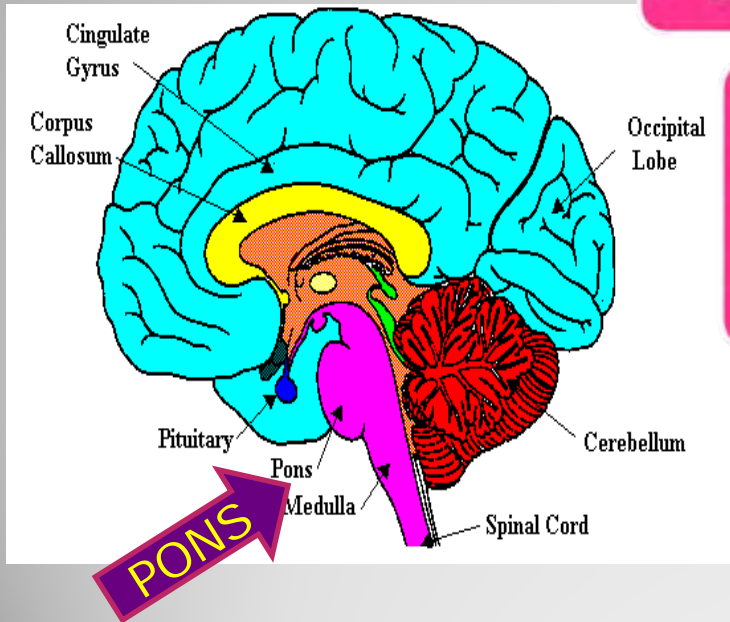
Fatal overdose is most often the result of breathing failure

How Opiate Overdose Kills:

Opiates binds to receptors in the brainstem(pons) that regulate breathing

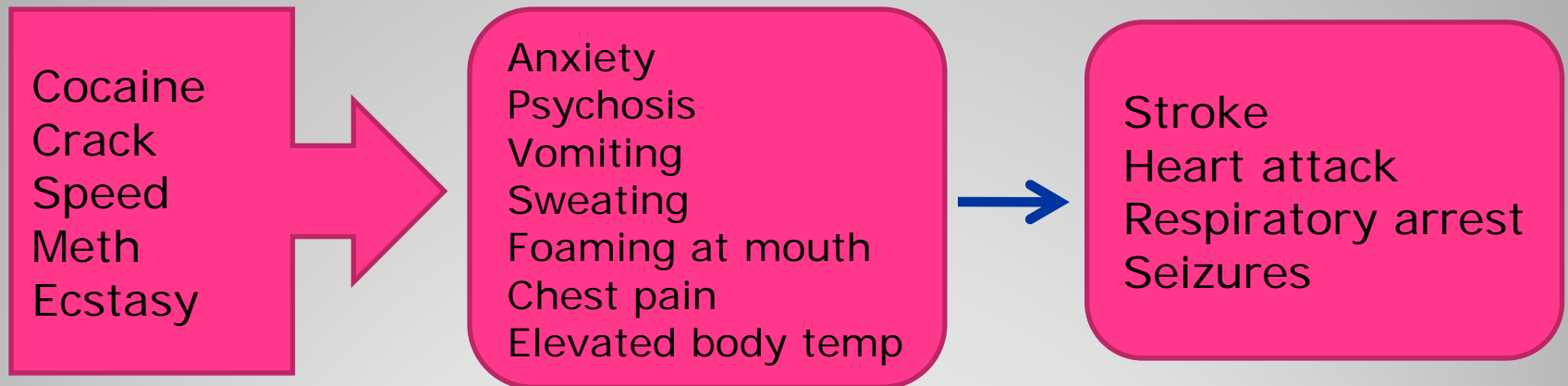
As breathing decreases(and eventually stops), blood is progressively lower on oxygen

Oxygen starvation eventually stops other vital organs: heart then brain



Stimulants:

- Speed up the CNS process.



Stimulant Overdose Response:

If the person is conscious:

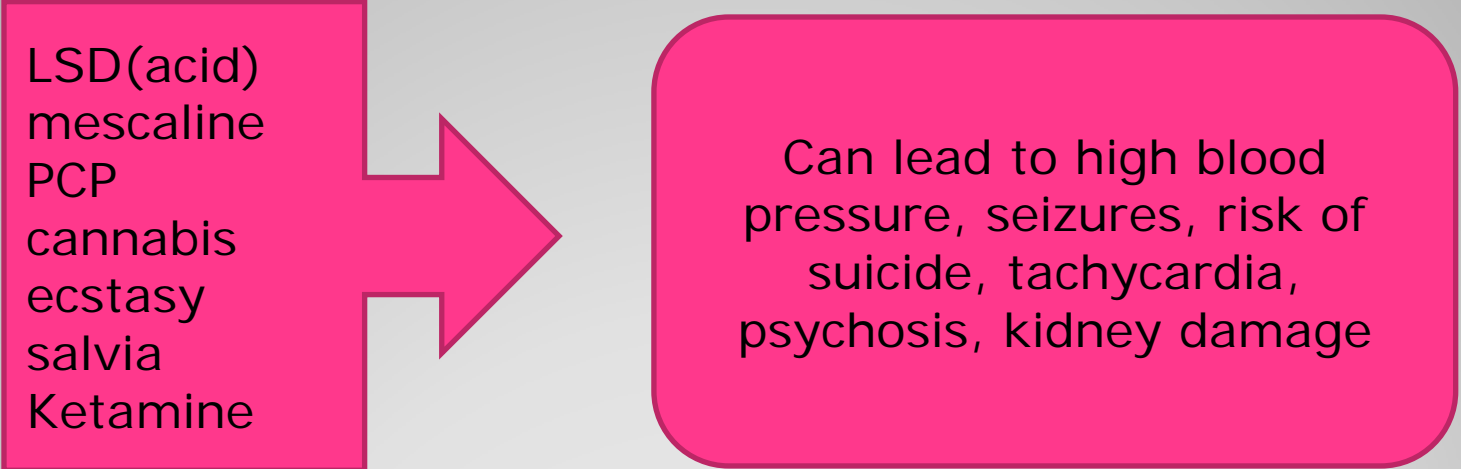
- Call 911
- Reduce stimuli as much as possible: Turn down music and bright lights; ask passersby or onlookers to leave; move the person to a quiet place. Stay with the person until help has arrived.

If the person is unconscious:

- Call 911
- Start CPR

Hallucinogens:

Causes and alteration in thought, perception and mood



LSD(acid)
mescaline
PCP
cannabis
ecstasy
salvia
Ketamine

Can lead to high blood pressure, seizures, risk of suicide, tachycardia, psychosis, kidney damage

Overdose Prevention:

What to include in overdose education:

- Understand your tolerance and be aware of when it might be lower (leaving jail, detox)
- Avoid mixing drugs and mixing drugs with alcohol and benzo's
- If you have a new dealer/new supply use a small amount first to test it
- Avoid using alone
- You are less likely to overdose from snorting or smoking drugs

Responding to an overdose in your agency:

- Ensure staff are trained basic life support
- Ensure staff are aware of signs of overdose (receptionists included)
- Ensure that your agency has a emergency kit that is easily accessible (contents to include: rescue breathing mask, naloxone, syringes, gloves.....)
- Make sure that the clients washroom door can easily be opened if client goes down in there
- **HAVE AN AGENCY OVERDOSE RESPONSE PLAN! AND PRACTICE, PRACTICE, PRACTICE it!** Include this in new staff orientation
- Take the time to debrief after an overdose.

**OPIATE OVERDOSE PREVENTION WITH
NALOXONE!**

VIEWER ADVISORY

This video contains graphic
images of drug use and scenes
from an actual drug overdose.

Viewer discretion advised.

Overdose Prevention

People who overdose on opiates are afraid to call 911. The EMS often bring the police who usually run people for warrants, or charge someone with attempted murder. Alberta experienced 365 accidental overdoses in 2004

Naloxone - Globally

- Programs were initiated in the US by the Chicago Recovery Alliance
- People who use drugs are taught how to use the drug naloxone, a drug that reverses opiate overdoses
- New Mexico has trained their state troopers in naloxone administration

Naloxone- legislation

- Illinois, New York, New Mexico, Washington have passed legislation that protects people from reporting overdoses
 - Washington legislation will provide limited immunity from prosecution for simple drug possession for people who call 911 to report an overdose, as well as for the victim of overdose. The new law also focuses attention on naloxone, the overdose reversal drug, by allowing people to possess and administer it to people overdosing on opioid drugs, such as Vicodin."
- Massachusetts, Illinois – state government giving funding for OD prevention

Naloxone: Globally

- Chicago: Chicago Recovery Alliance formally since 2001 - 200 10-dose vials prescribed and 465 reported reversals
- NYC: Harm Reduction Coalition since 2005 (2 different sites) - 1550 people been trained with more than 100 reported reversals
- New Mexico: since 2001 - 700 people trained with 200 reported reversals
- San Francisco: since 2003 = 1300 prefilled syringes prescribed with 160 reported reversals
- Baltimore: since 2004 - 942 persons prescribed 10-dose vials with over 114 reported reversals

Naloxone: Globally

- In some states, naloxone prescribed with every opiate prescription that meets certain criteria
- Naloxone is an over-the-counter drug in Italy
- Germany, UK and Australia all have some form of this program
- Moscow has a specific overdose ambulance
- **Streetworks is the first program in Canada to have a naloxone program. The program started in 2005!**

Overdose Prevention - Edmonton

Marliss Taylor
Program Manager
Streetworks

Overdose Prevention - Edmonton

- Started in 2005 with 3 year funding from the Canada Drug Strategy
- Looked at skills, knowledge, resources and support needed to address Ods
- Recognized there are 2 goals – prevent unintentional drug overdose and prevent death from unintentional drug overdose

Overdose Prevention - Edmonton

Received support from:

- The Streetworks Council
- HIV Edmonton
- Boyle Street Community Services
- Boyle McCauley Health Centre
- Alberta Health Services – Public Health
- Alberta Health Services – Addictions and Mental Health
- Northern HIV Clinic
- Catholic Social Services,
- Edmonton Police Services
- Prostitution Action and Awareness Foundation
- University of Alberta – Addictions and Mental Health Lab

Overdose Prevention - Edmonton

Also supported by:

- The Alberta College of Physicians and Surgeons
- College and Association of Registered Nurses
- College of Pharmacists
- Myro's Pharmacy
- Chicago Recovery Alliance
- Royal Alex Hospital Emergency
- Edmonton Police Services,
- EMS
- **NOT** supported by Alberta Health and Wellness

Overdose Prevention - Edmonton

- There have been 3 nurses who have managed the program since it began in 2005
- It is currently unfunded and an add-on to our current programming

Overdose Prevention - Edmonton

- Created pamphlets, posters and the booklet “Uptown, Downtown: The Drug Handbook” to enhance skills and knowledge, and address prevention of OD.
- After these were completed, we started naloxone training

Overdose Prevention - Edmonton

Training and dispensing process:

- Naloxone prescribed by a physician at Boyle McCauley Health Centre
- Clients receive 10-25 minute training which includes OD prevention techniques, recognizing a true OD, basics of naloxone mechanism of action, safe administration, video, artificial respirations, recovery position and tips on calling/interacting with emergency response staff.

Overdose Prevention - Edmonton

Who gets trained?

- Only injection drug users and their social networks are currently qualified to be trained.

Overdose Prevention - Edmonton

Originally bought naloxone from the US.
Broke 3 federal laws by doing this:

- Sec C.01.045 – Importation of a prescription (Sch F) drug by a person other than a practitioner, pharmacist or foreign resident visiting
- Sec C.01A.004 – Importer has not been issued an Establishment Licence (EL)
- Sec C.01.014(1) – No Drug Identification Number (DIN) assigned to this drug

What's in the Naloxone Kit?

- Currently buying naloxone from Sandoz in Canada for \$11.96/ampule
- Give 2 ampules of 0.4mg/1cc per kit.

Kit includes:

- 2 ampules of naloxone
- 4 alcohol wipes,
- 4 3cc syringes with IM needle tops
- rescue breathing barrier mask
- a set of gloves
- two pocket cards (depicts training acronym, rescue breathing, Streetworks contact information, "what is naloxone" information)

Overdose Prevention - Edmonton

- Originally researched by Dr. Kathryn Dong
- 18% of people trained in the first year used the naloxone
- At 10th Alberta Harm Reduction Conference, trained 60 people at one time at the AAWEAR banquet
- Since the start of the program we have trained 154 individuals and given replacements when expired
- More importantly, training has spurred life changes in the people who have been trained
- Very challenging to get people back to tell about their experiences – in an effort to encourage people to do this we sign a document during the training.

Overdose Prevention - Edmonton

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Overdose Prevention - Edmonton

Goal is to have naloxone administration included in Alberta's Emergency Response Act

Overdose Prevention - Edmonton

For more info contact :

- Samantha Hardeman at shardeman@boylestreet.org
- Marliss Taylor at mtaylor@boylestreet.org

Or call 1-780-423-3122 ext 210 or 211

Where is Toronto at with Overdose Prevention?

- Working with Toronto's Harm Reduction Task Force:
 - Overdose education/training for community members, including cpr training
 - Recently created a overdose response training video to be used by community agencies to assist in developing overdose protocols in their facilities
- Naloxone:
 - Have not officially got the green light
 - A Toronto's Drug Strategy recommendation: expand overdose services
 - Completed a community consultation with opiate users that looked at overdose and their experiences with Naloxone
 - Consulted with numerous programs throughout the world
 - In the process of developing a framework that involves: EMS, Police, College of Physicians & College of Nurses and community members
 - Developing a medical directive and educational tools.

Overdose Resources:

- **Overdose Prevention and Response:
A GUIDE FOR PEOPLE WHO USE DRUGS AND HARM
REDUCTION STAFF IN EASTERN EUROPE AND CENTRAL
ASIA**
- **Chicago Recovery Alliance: www.anypositivechange.org**
- **www.take-homenaloxone.com (Global Naloxone website
with resource links)**



Questions?