

take ACTION 

to Prevent Opioid Overdoses Through Community Partnerships

Chin Hwa (Gina) Dahlem PhD, FNP-C, FAANP
Clinical Assistant Professor
University of Michigan School of Nursing
ginayi@med.umich.edu
www.overdoseACTION.org

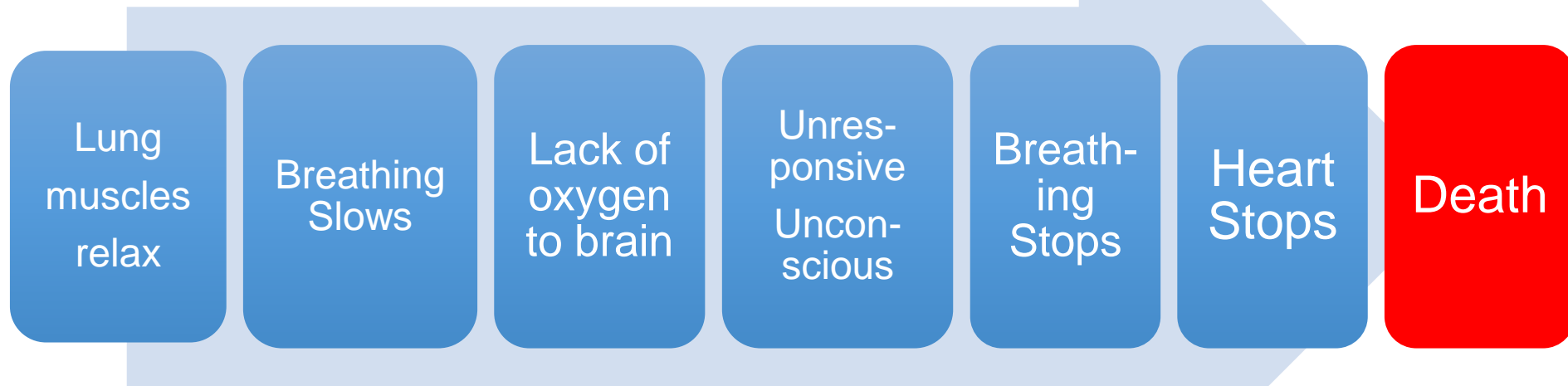
But what is DEADLY?



Comparing the size of lethal doses of heroin, fentanyl, and carfentanil. The vials here contain an artificial sweetener for illustration. (New Hampshire State Police Forensic Laboratory)

How Do Opioids Cause Death?

- Opioids bind to opioid receptors (mu) in the brain and in the spinal cord
- When too many opioids are bound to the receptors in the brain, your:



**Breathing slows down till it stops.
Occur seconds to minutes to hours after drug use.**

Prevent Death

- Expand access to and use of naloxone



BE A HEROINE



GET NALOXONE.

Drug overdose ranks as the leading cause of adult accidental deaths in the U.S. Commonly prescribed opioid pain relievers, like oxycodone and hydrocodone, are involved in more overdose deaths than any other opioid type.

In Florida, Illinois, and Massachusetts, laws were recently changed to allow individuals to get naloxone from the pharmacy directly without being in an a medical provider's office.

These new laws allow friends, family members, or caregivers of people having opioids to get naloxone at the pharmacy. If you prefer you can still obtain a prescription for naloxone from your physician. Check out our [Naloxone Resources](#) page for a list of community organizations and participating pharmacies where you can get naloxone.

PROTECT YOUR FRIENDS & FAMILY.



**BE PREPARED. GET
NALOXONE. SAVE A LIFE**

*I, Surgeon General of the United States Public Health Service, VADM Jerome Adams, am emphasizing the importance of the overdose-reversing drug naloxone. For patients **currently taking high doses of opioids as prescribed for pain, individuals misusing prescription opioids, individuals using illicit opioids such as heroin or fentanyl, health care practitioners, family and friends of people who have an opioid use disorder, and community members** who come into contact with people at risk for opioid overdose, **knowing how to use naloxone and keeping it within reach can save a life.***

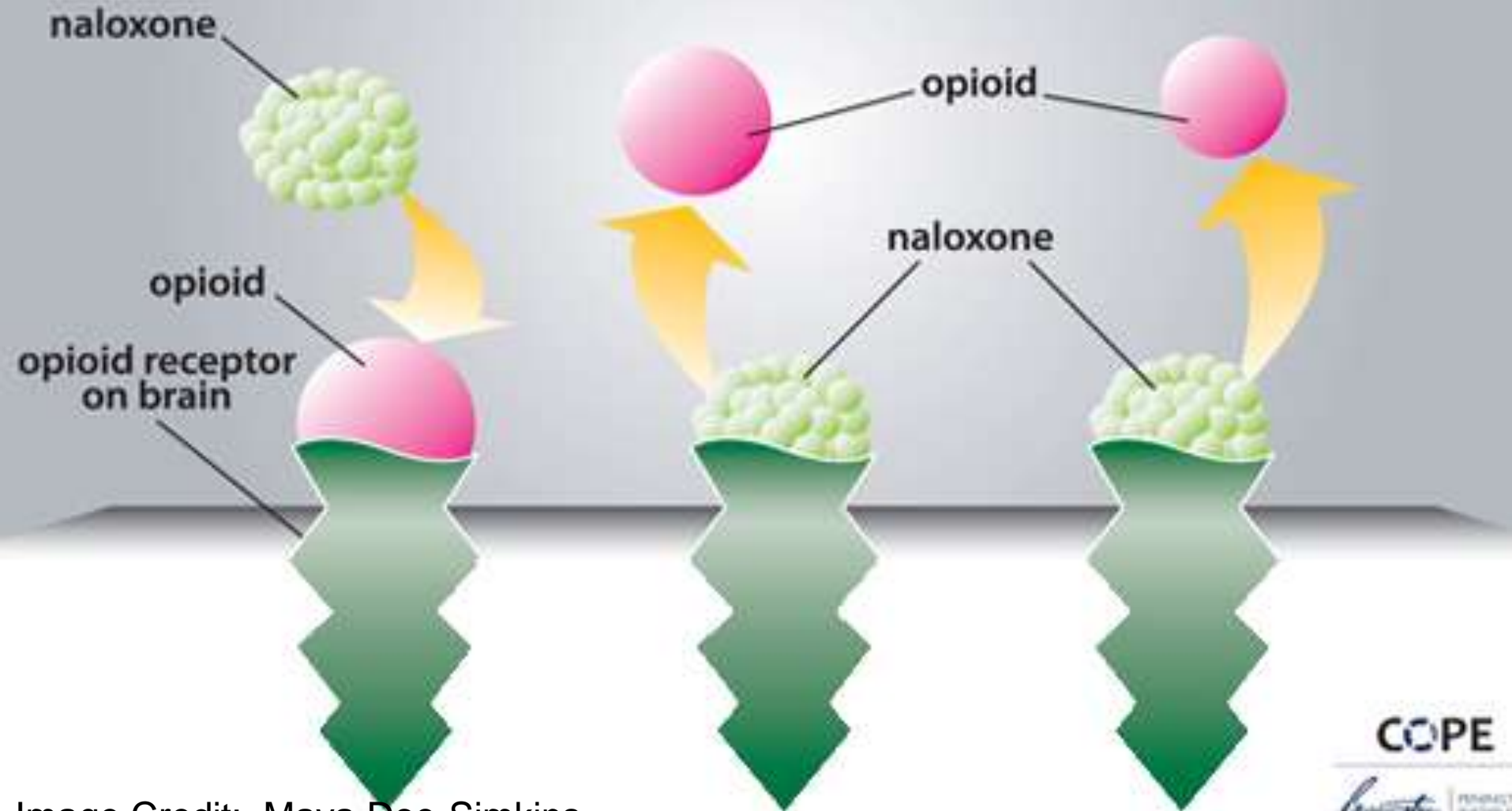
What is Naloxone?

- Opioid antagonist
 - Used by medical professionals since 1971
 - Blocks the receptor and prevents the body from experiencing the effects of opioid



Naloxone reversing an overdose

Naloxone has a stronger affinity to the opioid receptors than opioids, such as heroin or oxycodone, so it knocks the opioids off the receptors for a short time (30-90 minutes). This allows the person to breathe again and reverse the overdose.



COPE

University of Michigan | RESEARCH PARTNER

What is Naloxone?

- Only reverses opioid overdoses
- No effect if you do NOT have opioids in your body
- No abuse potential
 - Can't get high, or modified for recreational use
- Not a scheduled drug
- Ok to use in pregnant women and kids
- Shelf life = 18-24 months

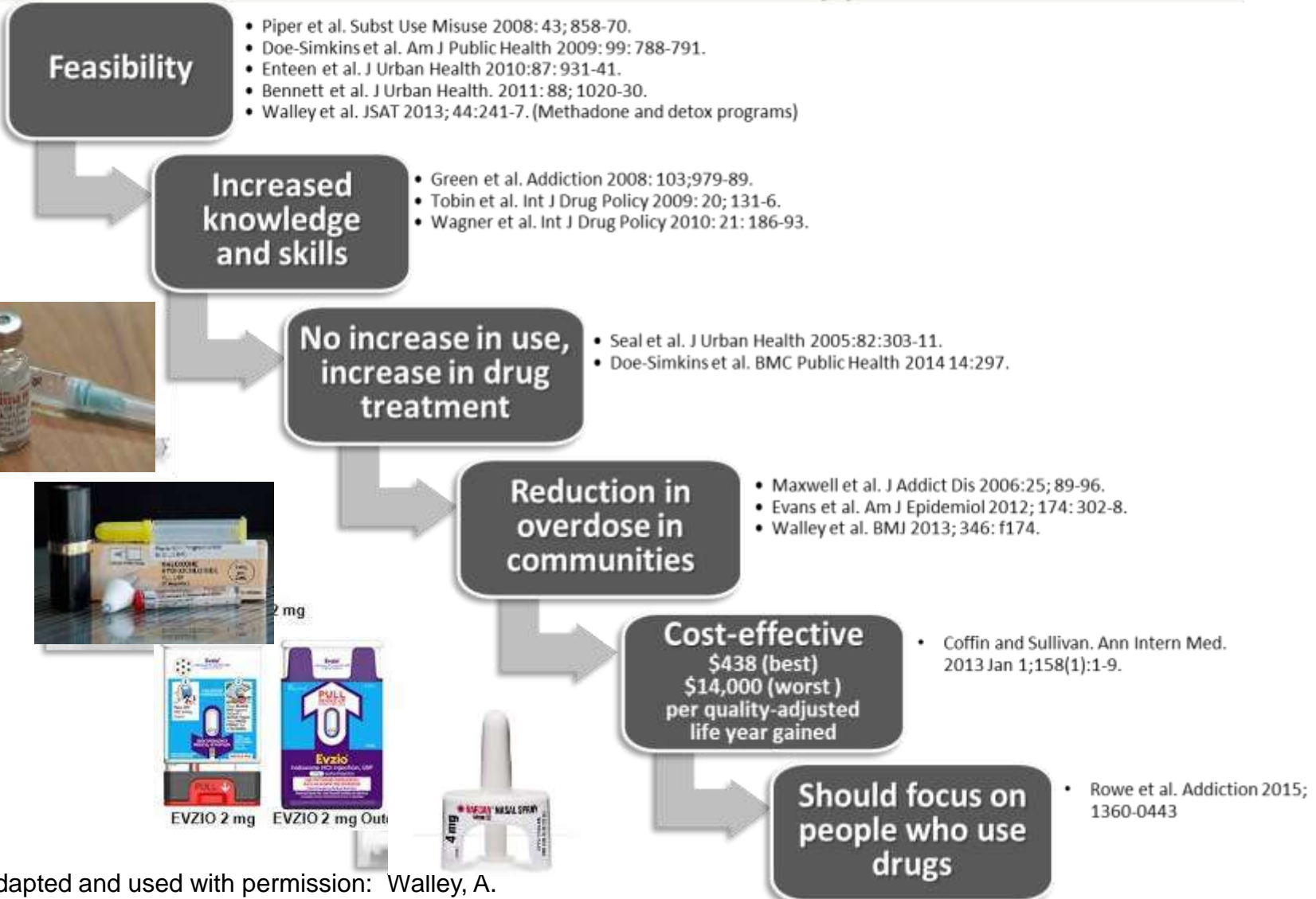


What is Naloxone?

- Acts quickly, 2-5 mins, often in <3mins
- Works for only **30-120 minutes**
 - Depending on amount, type of drug used, and type of naloxone formulation
 - Overdose symptoms may RETURN
- May be repeated every 2-3 minutes



Evaluations of overdose education and naloxone distribution (OEND) to laypersons



Thailand's CHAMPION-IDU

- 2013-2014
- Comprehensive HIV Prevention Among Most-At-Risk Populations by Promoting Integrated Outreach and Networking Injection Drug Use
- Distributed 1575 naloxone vials to peer outreach field workers (n=148)
- 26 reversals reported



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Opioid Overdose Prevention
Education

How it all began in 2013...



“Lives saved
after drug
overdoses at
Ann Arbor
homeless
shelter” mLIVE
1/22/2017

Purpose

- Develop naloxone train the trainer curriculum for first responders and community laypeople
- Increase community knowledge of opioid overdoses and access to naloxone
- Build community capacity for opioid overdose prevention education and naloxone distribution

Development

- Materials adapted from Harm Reduction Coalition, SAMHSA Opioid Overdose Toolkit, and community partners
- One-on-one interviews with law enforcement officers
- Components
 - Epidemiology
 - Myths and Facts
 - Overdose prevention legislation
 - Risk factors
 - Naloxone
 - How to recognize and respond to overdose through ACTION
 - Practice demonstration
 - Recovery Testimony

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Arouse the person

-3 “S” : shout, shake, sternal rub

Check for signs of opioid overdose

Telephone 911

Intranasal/Intramuscular Naloxone

O: Oxygen

-2 rescue breath, and/or CPR if you know how, or follow dispatch instructions

N: Naloxone again in 2-3 mins

- Recovery position if you must leave or person vomits
- Position of comfort if breathing again
- Stay with the person till help arrives



Implementation

- Initial law enforcement training – August 2015
- Train the trainer development
 - First responders – February 2016
 - Community organizations serving high-risk clients with opioid use disorder and their families – September 2017
 - Community layperson trainings -ongoing



Train the Trainer

- 1 central trainer
- 15 train the trainer sessions from September 2017-December 2018
- Pre and Post-Test Opioid Overdose Knowledge and Attitudes Survey
- 6 month post training follow up survey



Evaluation: Train the Trainer

- Total matched sample N=109 participants
- Majority were female (n=66, 60.6%), white (n=66, 60.6%), between the ages of 30-49 (n=60, 55%)
- 33% (n=36) had over 10 years of working with people who use drugs
- 36.7% (n=4) had witnessed an overdose
- 14.7% (n=16) ever used naloxone

Evaluation: Train the Trainer

- Opioid overdose knowledge scores improved significantly ($p < 0.001$) from pre-test mean score of 27.73(3.89) to post-test mean score of 30.36 (2.09)
- Participants confidence to teach others and how to use naloxone increased significantly ($p < 0.0001$) from mean score 3.12 (1.10) to 4.64 (0.48).
- Participants feeling of preparedness to train others and respond to overdoses increased significantly ($p < 0.0001$) from mean score of 2.92 (1.15) to 4.57 (0.49).

Evaluation: Train the Trainer

- 6 month post follow-up survey
 - 14 participants trained others
 - 223 new participants trained
 - 173 new naloxone kits distributed
- Preliminary evidence of exponential effects of the training





Overall Program

- Since 2016 ~1000 Naloxone Kits distributed
- 280 reversals reported
- Needed a comprehensive wrap around approach to care
- Development of Recovery Opioid Overdose Team (ROOT)



Warm Hand-Off Referral

- After a naloxone reversal, anyone can call a single crisis line number to reach ROOT
- Sends a peer recovery support specialist to meet with the overdose survivor in the emergency department (ED) to offer support and treatment resources
- Follows up with the survivor for up to 60 days post ED discharge
- Pilot in 2 large ED
 - 78 ROOT referrals
 - 26% (n=20) received treatment appointment referrals post-ED discharge

Next Steps

- Further analyses of Train the Trainer results, overdose reversals, and evaluation of the Recovery Opioid Overdose Team (ROOT)
- Expand Opioid Overdose Prevention Training:
 - Developed web-based naloxone for first responders and community layperson
 - Pilot feasibility test of web-based training with local police officers
 - Conduct RCT
 - Ongoing community layperson training
- Expand and improve the processes of ROOT team



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to save lives
carry naloxone

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