

# **The Opioid Crisis:** How we got here, Where we are headed, What we can do

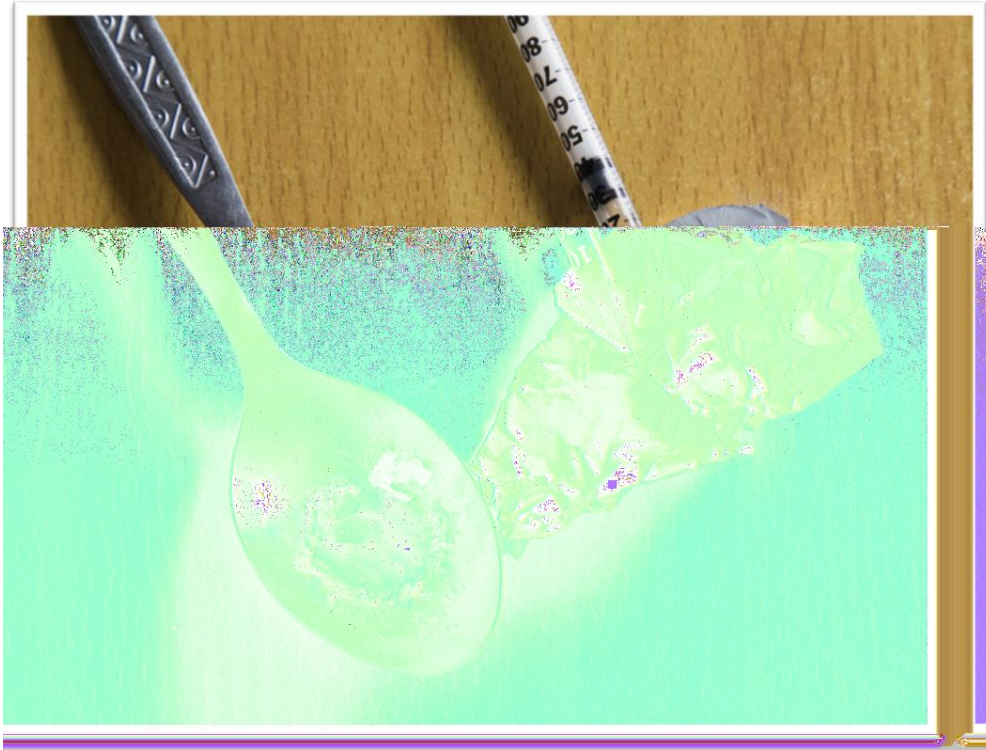
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# Agenda

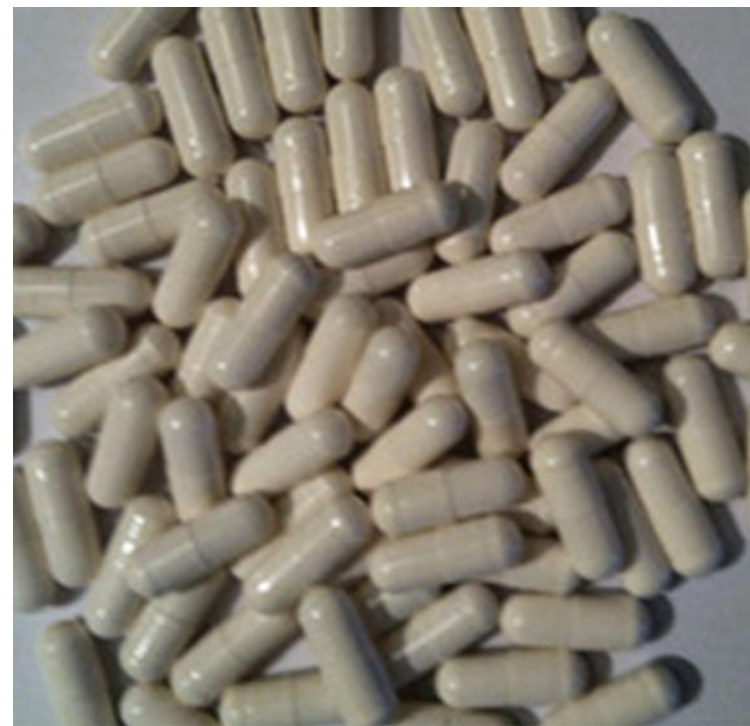
- Brief opioid overview
- How opioids effect the brain
- Opioid overdose response
- What can you do?

# Today's Learning Objectives

- Receive an overview of opioids
- Discuss “the perfect storm,” how we came to be in a crisis
- Learn current relevant statistics
- Explain opioid addiction in the brain
- Understand the vital role you play in prevention and the use of the drug naloxone



Which one is the heroin?





5% of World's Population

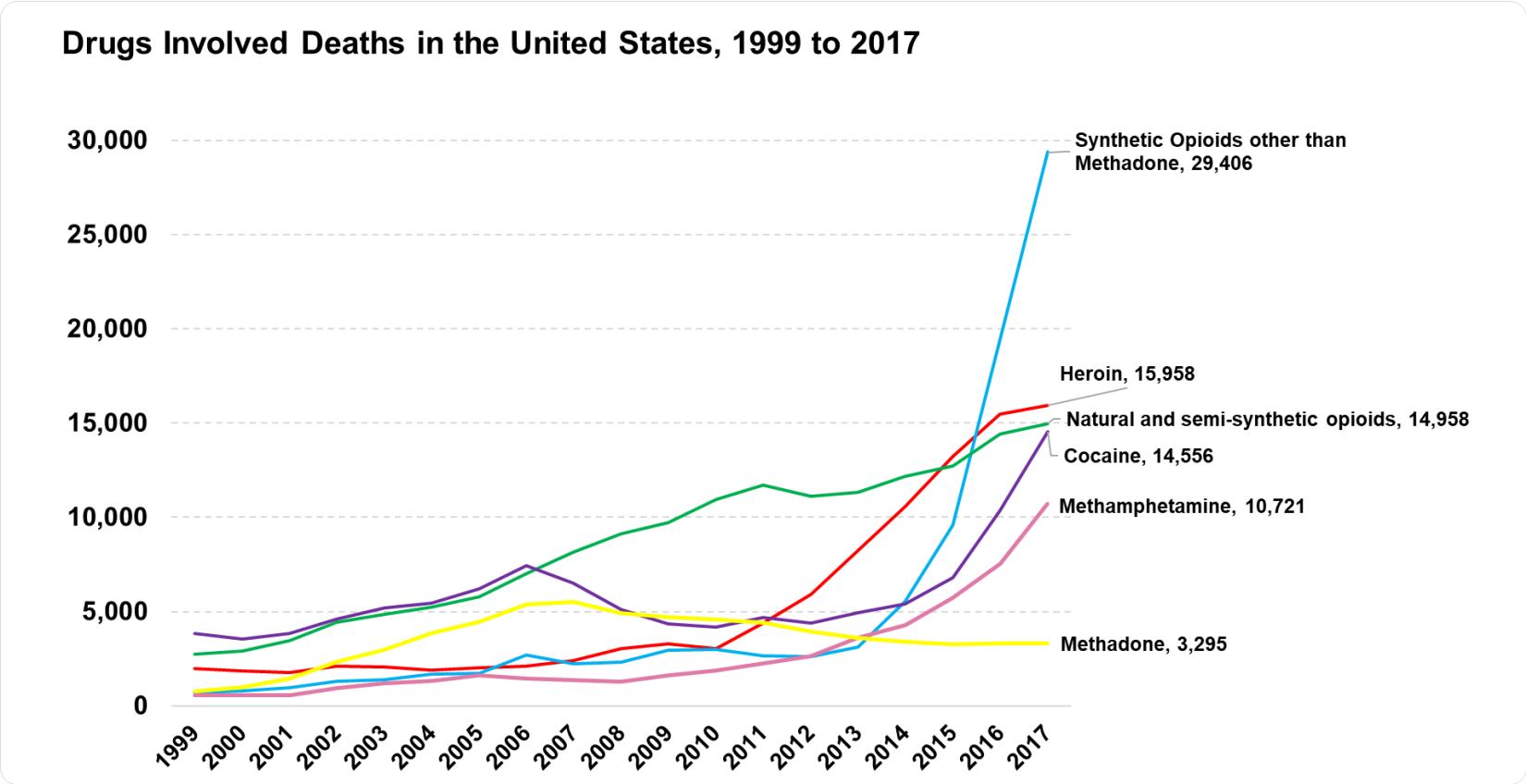
80% of World's Opioid Painkillers

99% of World's Vicodin

The influence of prescription monitoring programs on chronic pain management, *Pain Physician*, 2009

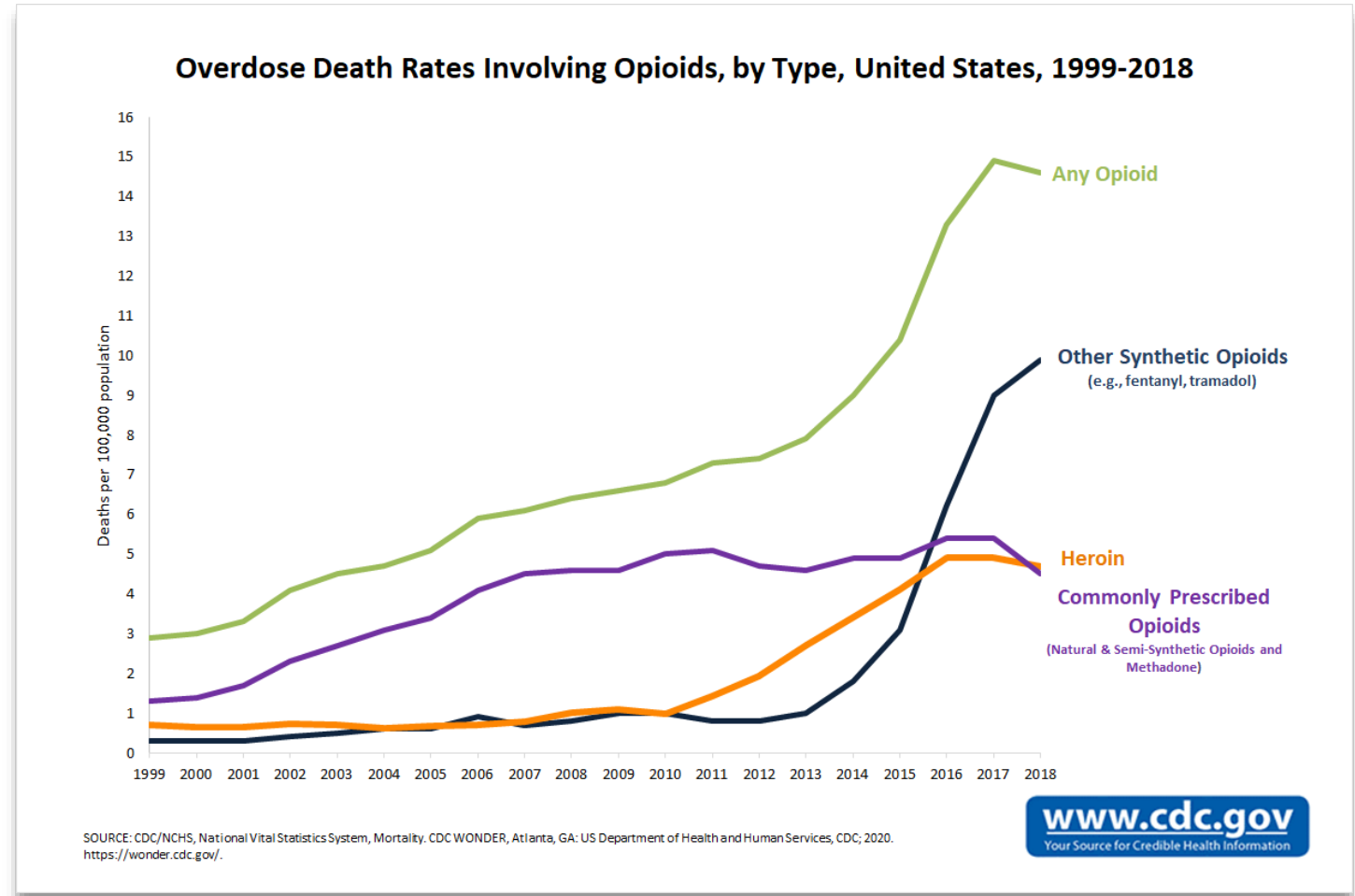
International Narcotics Control Board Report, 2008

# How did we get here?



# Where are we now?

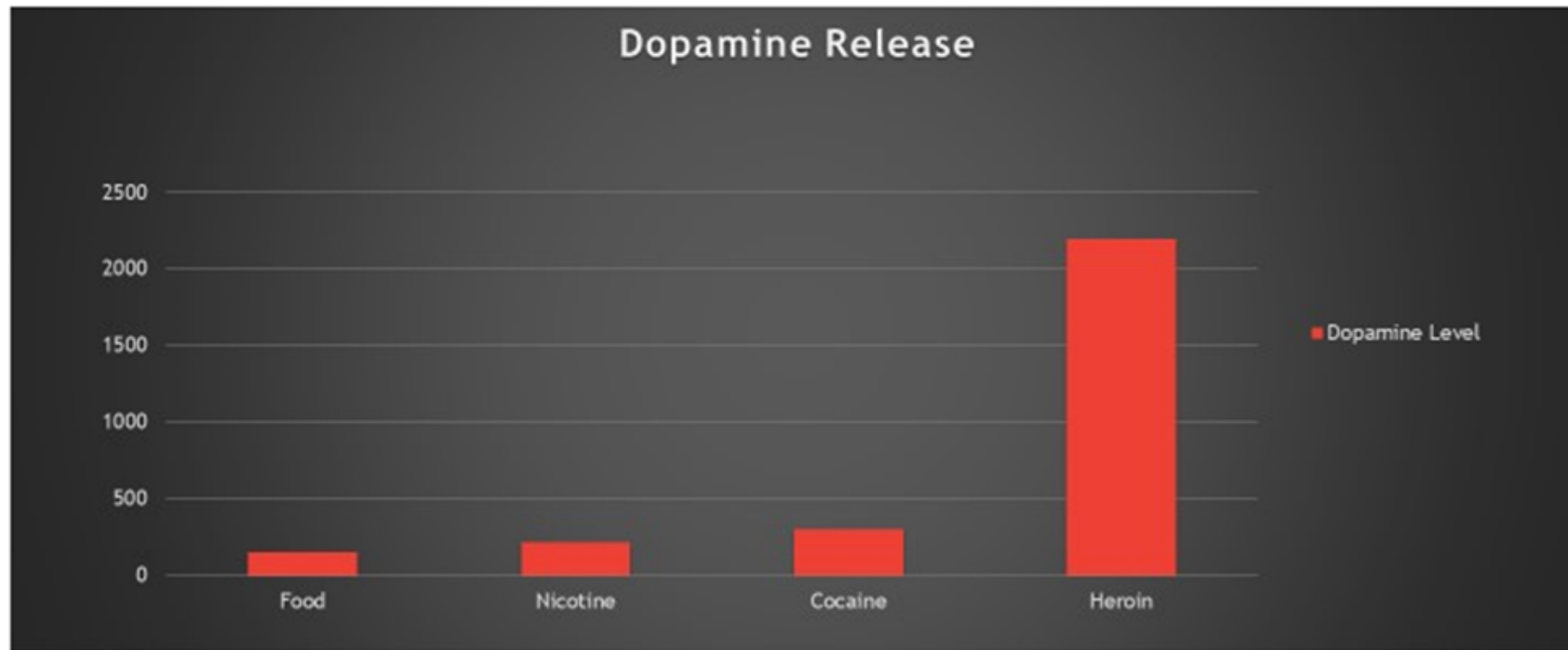
- 67,367 overdose deaths
- 4.6% decrease
- 69.5% opioid involved
  - 67% synthetic



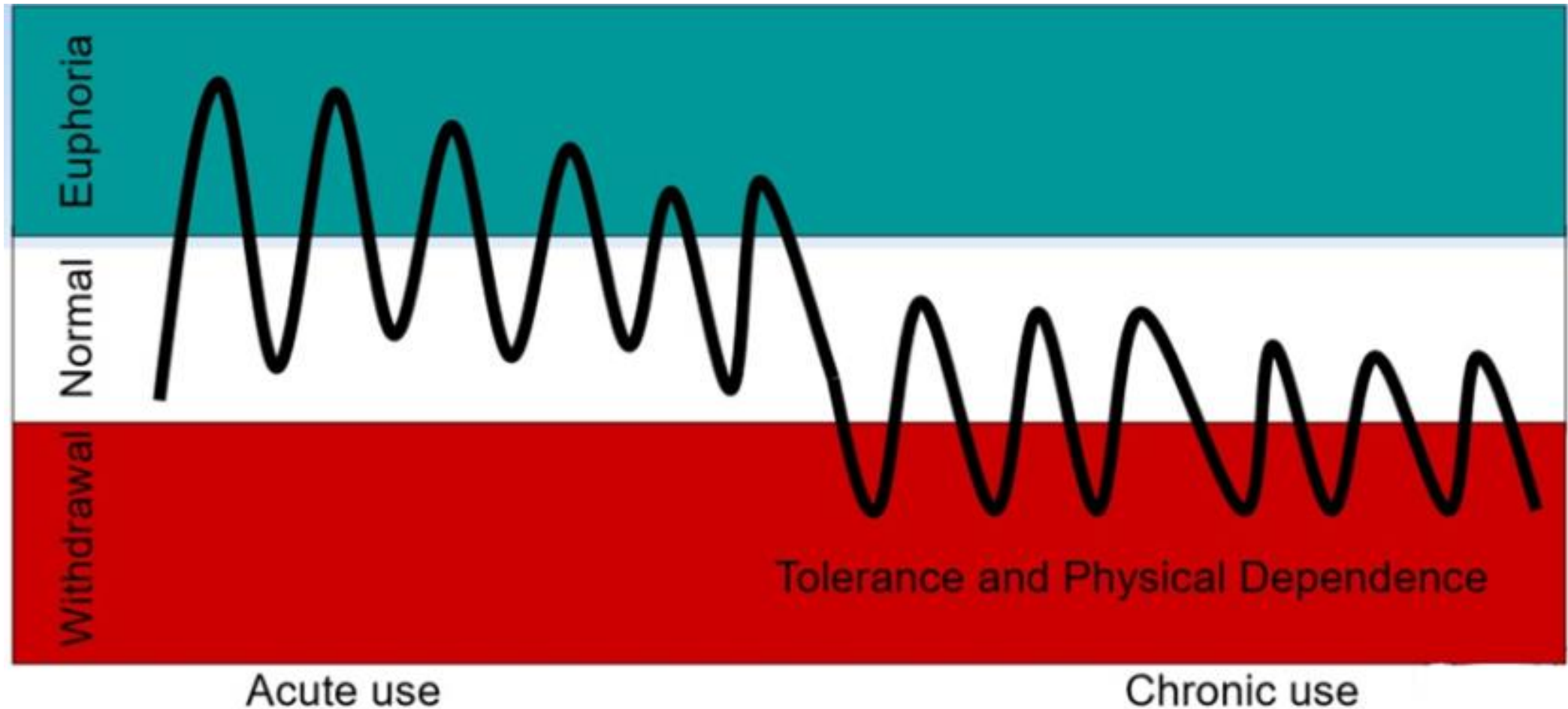




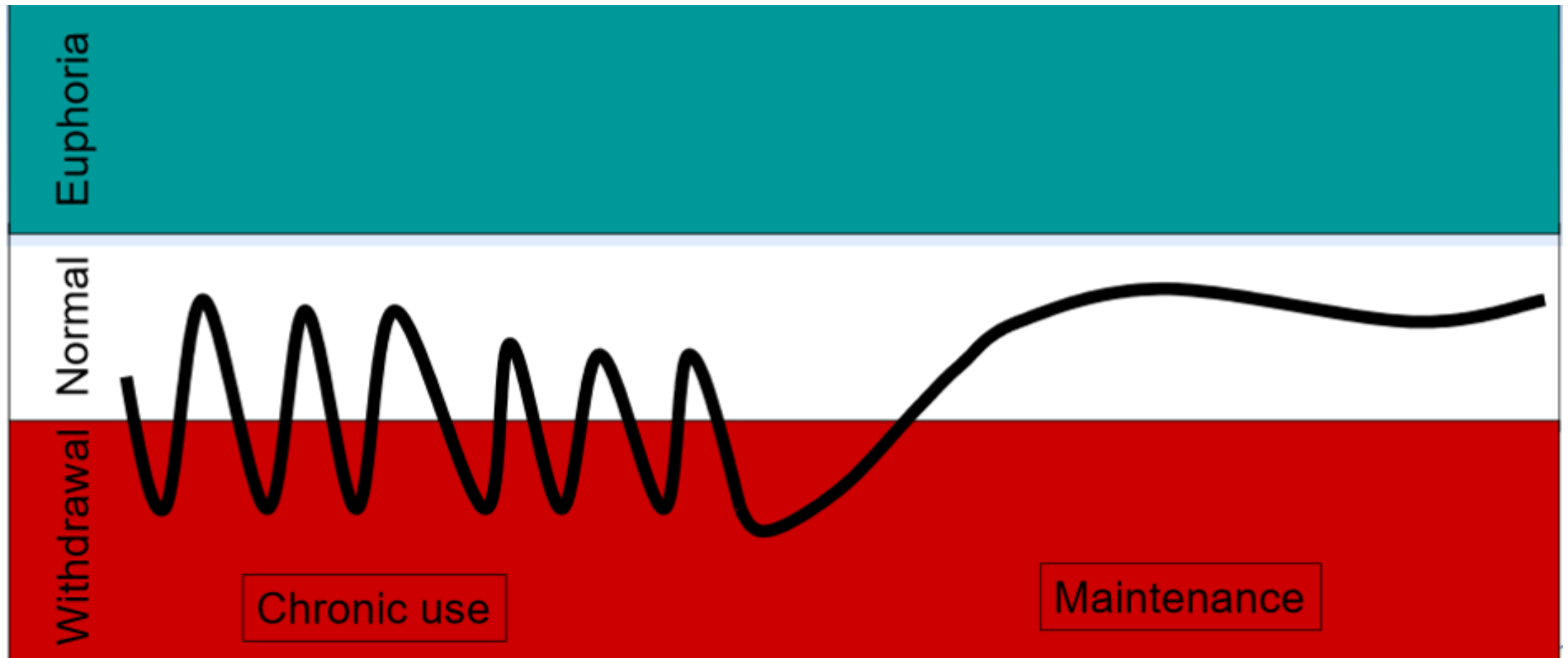
# That's why it feels good!



# Why do people continue to use opioids?



# Medications for OUD



# Disease - an equal opportunity

- Important to avoid “stereotyping”
- Substance use disorder plays no favorites
- Cuts across all boundaries: socio-economic, race, age and profession

# Risk factors for SUD

- Victims of abuse
- Easy availability
- Poor self concept
- Difficulties coping with stress
- Weak family relationships
- Early experimentation
- Behavior problems
- Genetics



# Overdose

- Risk, identification, rescue

# What are risk factors for an overdose?

## Chronic:

- Previous overdose
- History of substance use or misuse
- Previous suicide attempt
- Access to prescription drugs
- Witnessed a family member overdose
- High Rx opioid dose and/or sustained action



# What are risk factors for an overdose?

## Acute:

- Period of abstinence = Decreased tolerance (Incarceration, detox, rehab, etc.)
- A change in amount or purity (e.g., fentanyl)
- Injecting
- Mixing opioids with other substances (depressants)
- Using alone
- Being physically ill/respiratory disease
- Homeless in the past 90 days

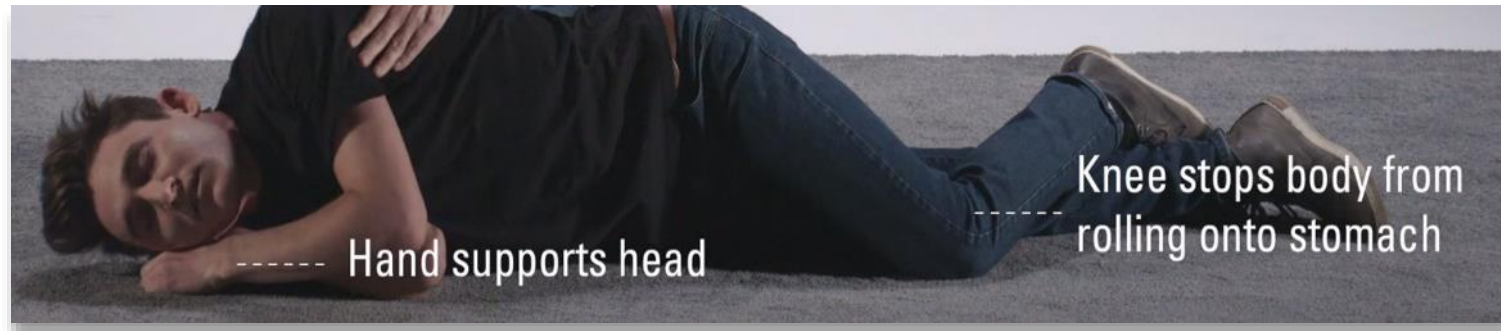
# Bottom line on opioid overdose

- Depressed mental status or coma
- Ineffective or absent breathing
- Pinpoint pupils

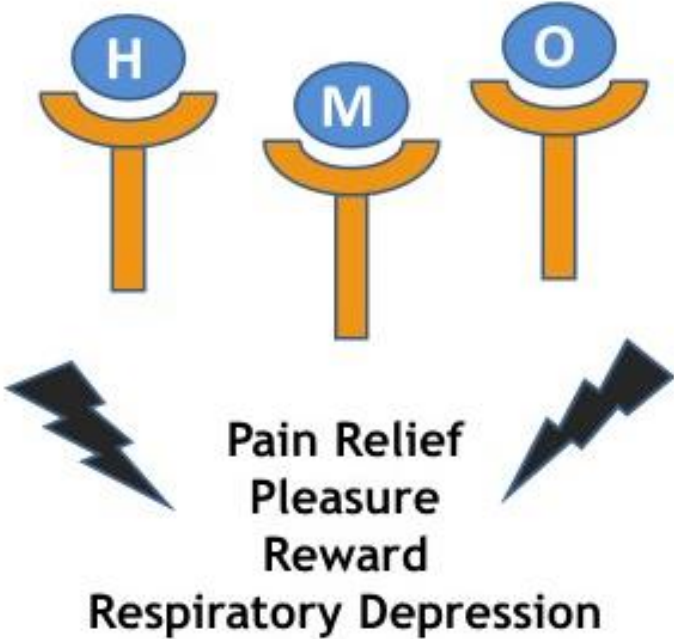


# What to do if someone overdoses

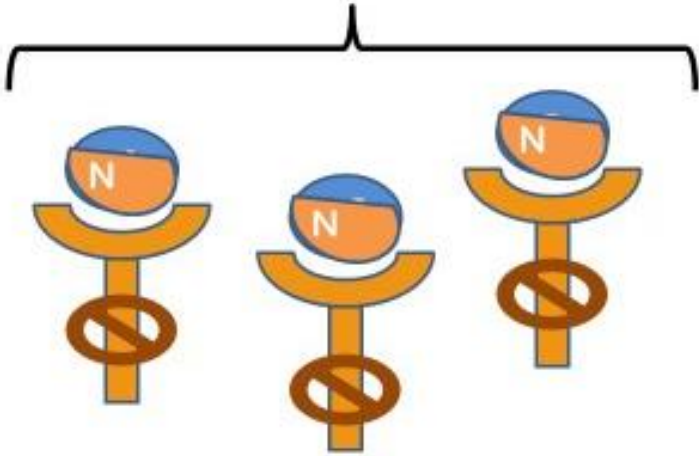
1. Give 1 dose of naloxone
2. Call 911
3. Administer rescue breaths/put in recovery position
4. Stay with the person
5. Give 2<sup>nd</sup> dose of naloxone after 2-3 minutes if 1<sup>st</sup> dose is not successful



# Naloxone and the brain



opioids broken down and excreted



Reversal of Respiratory Depression  
Opioid Withdrawal

source + more info at [projectlazarus.org](http://projectlazarus.org)

# Step 1 - Administer Naloxone

## What is Narcan® (naloxone)?

- Narcan® (naloxone) is a medication that reverses the effects of an opioid overdose usually within 2 to 3 minutes.
- It does this by displacing (or “kicking out”) the opioids from the receptors, and then blocks the receptors (and the effects of the opiate) for 30-90 minutes.



# Key Steps to Administering Narcan

**1 PEEL** back the package to remove the device.



**2 PLACE** the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.



**3 PRESS** the plunger firmly to release the dose into the patient's nose.



*The naloxone will still work even if the person is not breathing*

# Step 2 - Call 911

## Call

- Call emergency services for help if ambulances are available in your area.

## Tell

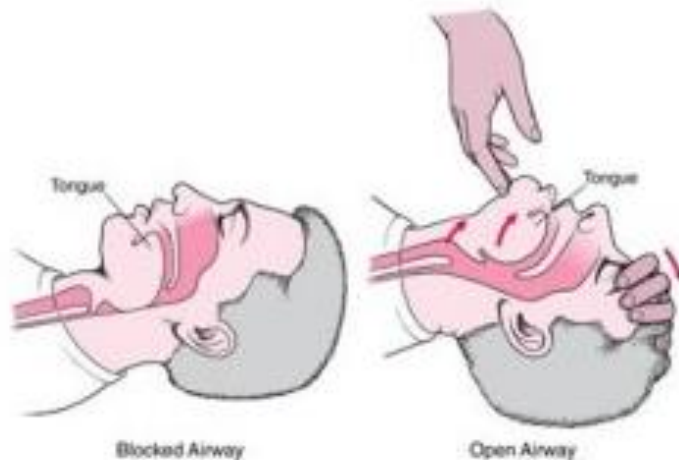
- When you call for help, you can tell them it is an opioid overdose.
  - 40 states have Good Samaritan laws

## Use

- If possible, use speaker phone to talk with emergency responders while administering naloxone or rescue breathing

# Step 3 - Begin Rescue Breathing

An opiate overdose represses a person's ability to breathe. The victim's breathing can slow down or stop to the point that they don't have enough oxygen to survive.





# What now?

## **Carry**

- Carry Narcan

## **Educate**

- Educate yourself and others

## **Reach out**

- Reach out for support
  - [Samhsa.gov](http://Samhsa.gov)
  - [Drugabuse.gov](http://Drugabuse.gov)
    - [Teens.drugabuse.gov](http://Teens.drugabuse.gov)
  - [Nar-anon.org](http://Nar-anon.org)

# Questions?

Thank you for your time and attention!