

# PREVENTING OPIATE OVERDOSES IN SCHOOLS

Head 2 Toe 2017

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# WHY IS THIS EVEN A QUESTION FOR SCHOOLS?

- ▶ In 2014, 467,000 adolescents were current nonmedical users of pain reliever
- ▶ 168,000 having an addiction to prescription pain relievers

(Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, 2015)

# THE OPIOID EPIDEMIC

Young adults (age 18 to 25) are the biggest abusers of prescription opioid pain relievers, ADHD stimulants, and anti-anxiety drugs



(National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services, 2016)

# THE PROBLEM IN NEW MEXICO




- ▶ NM has 2<sup>nd</sup> highest drug overdose death rate in US
- ▶ More than tripled since 1990
- ▶ During the past decade, deaths from prescription drugs have increased dramatically

# NM YOUTH- YRRS 2015

## HIGH SCHOOL (GRADES 9-12)

<b>Indicator</b>	<b>NM%</b>	<b>US%</b>
Ever used heroin	3.5	2.1
Ever used prescription drugs without a doctor's prescription	14.3	16.8
Ever injected an illegal drug	3.2	1.8
Offered drugs on school property (in the past 12 months)	27.5	21.7

# NARCAN (NALOXONE)

- ▶ Used to reverse **opiate** overdoses
  - ▶ Overdose: when a person is non-responsive after using substances
    - ▶ Unconscious or limp body
    - ▶ Gasping for air
    - ▶ Pinpoint pupils
    - ▶ Drowsiness or nodding off
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# CAUSES OF AN OVERDOSE



- ▶ Taking too much - tolerance: how much can someone handle
- ▶ Relapse after being clean
- ▶ Mixing- such as alcohol and opiates
- ▶ Quality- purity and strength
- ▶ Using/taking medication when alone

# OPIATES

- ▶ Common opiates
  - ▶ Heroin, oxycodone, morphine, methadone, OxyContin, Demerol (meperidine)
  - ▶ Both prescribed and illicit
  - ▶ Common chemical makeup






A graphic of a black asphalt road with white dashed lines, curving from the bottom left towards the top right. The road is set against a light blue background. The title 'PATHWAY TO ADDICTION' is written in white capital letters on the left side of the road.

# PATHWAY TO ADDICTION

- ▶ Commonly starts with prescribed meds
  - ▶ Injury
  - ▶ Dental/other surgical procedure
- ▶ Family medicine cabinet
  - ▶ Misuse
- ▶ Progression to illicit drugs

# BASICS OF THE NM LAW

- ▶ Naloxone available to any one under standing order
  - ▶ Basic training recommended
    - ▶ Recognition of an overdose
    - ▶ Rescue breathing/respiratory support
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## WAYS NALOXONE CAN BE USED IN SCHOOLS

1. Organizations providing Overdose Education and Prevention and Education (OE)
  - ▶ Register with DOH to teach overdose prevention and naloxone administration
2. Individual use
  - ★ ▶ **People around those using opioids**
  - ▶ Also can be dispensed to individuals who use opiates

# REQUIREMENTS



- ▶ For school nurses obtaining naloxone as an individual
  - ▶ No pharmacy license needed
  - ▶ Standing order already written by RHOs
  - ▶ Store where it's readily available for use

## CAN NARCAN BE DELEGATED?


- ▶ Not if the school nurse obtains it as an individual
- ▶ However, all school staff can be trained to give Narcan and have a dose for use
  - ▶ For non-nurses, CPR class is recommended
  - ▶ If no nurse is available, staff need Overdose and Prevention- naloxone administration class from DOH

# RESPONSE TO PROBABLE OVERDOSE



- ▶ *Call 911*
- ▶ *Give naloxone*
- ▶ *Rescue Breathing*

# RESCUE BREATHING, NOT CPR

- ▶ Used instead of CPR
  - ▶ In an overdose situation, it is about reduced breathing, not a stopped heart
  - ▶ Can support with Ambu bags and oxygen if available
  - ▶ Use mouth-to-mouth barriers
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# NASAL NALOXONE

Device includes:

- ▶ The syringe barrel (no needle)
- ▶ Medicine vial (the naloxone)
- ▶ Nasal atomizer






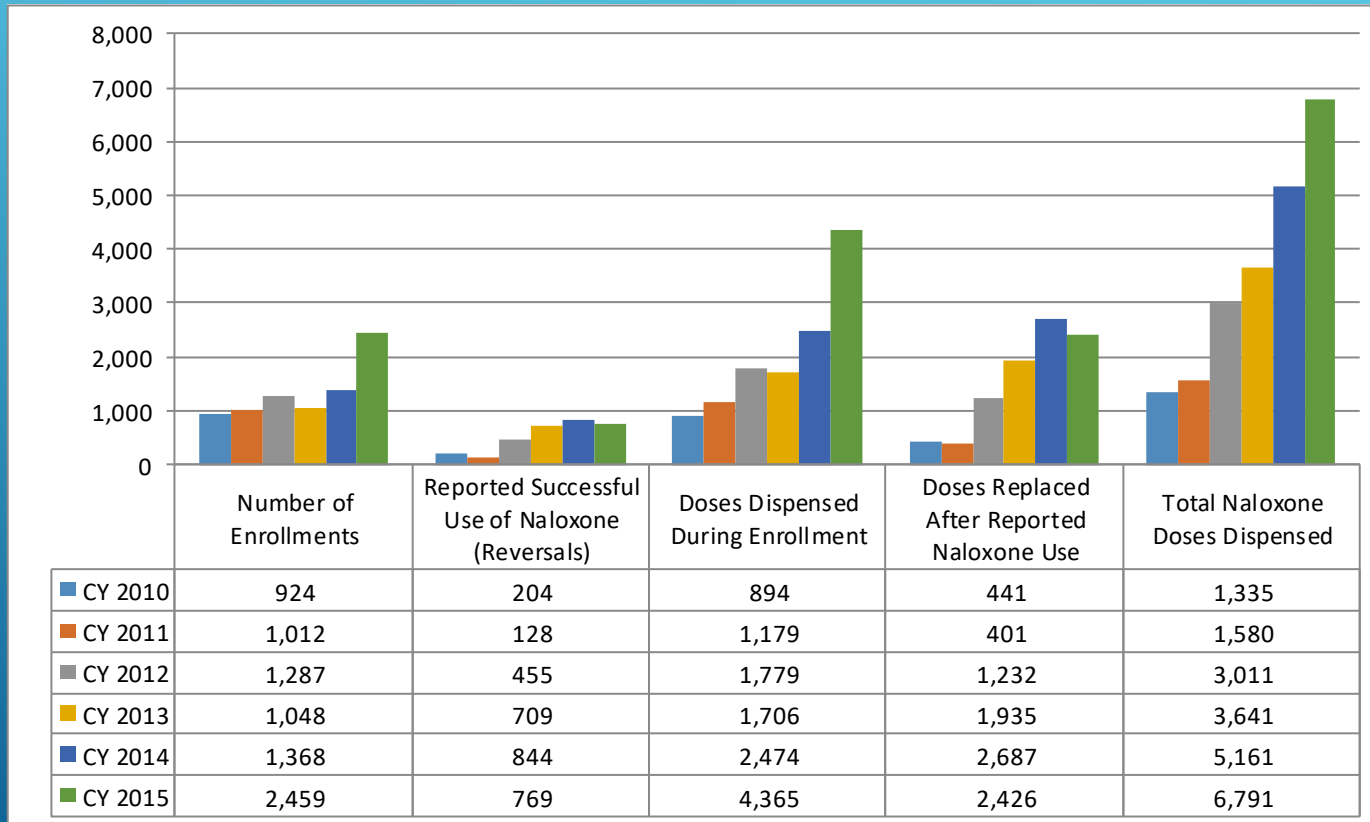
## GOOD SAMARITAN LAW IN NM

- ▶ In 2007 **New Mexico was the first U.S. state** to enact a Good Samaritan Law for overdose
- ▶ 13 states had similar laws in 2014
- ▶ Rescuer can call 911 for an overdose and not be cited or charged with breaking the law
- ▶ Law covers both the person overdosing and the caller

# NARCAN, EPINEPHRINE & ALBUTEROL

- ▶ All emergency medications aren't the same
  - ▶ Narcan regulated differently
    - ▶ Essentially an over the counter in NM
  - ▶ Albuterol and epinephrine still regulated like other prescription medications
    - ▶ Requirements eased for schools
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# PROGRAM STARTED IN 2001... SOME DATA FOR 2010-2015



# RESOURCES

## NASN toolkit

- ▶ <https://www.pathlms.com/nasn/courses/3353>
  - ▶ <http://nmhealth.org/about/phd/idb/hrp/>
  - ▶ [http://firstaid.about.com/od/cpr/ss/abcs\\_2.htm](http://firstaid.about.com/od/cpr/ss/abcs_2.htm)
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