



UNM COLLEGE *of* PHARMACY

New Mexico Poison & Drug Information Center



What's Poisoning Our Kids?

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Objectives

- Learn about common poisons by age group
 - Talk about symptoms & discuss possible interventions as a group
- Learn about how NMPDIC services can serve you professionally & personally
- Go over some statistics

Toddlers to 6 Years of Age

- 43% of calls involved children \geq 6 yrs.
- Laundry / Dishwashing Pods
 - Coughing; lots of vomiting; trouble breathing; drowsiness; unconscious
- Heavy Metals – jewelry, toys, paint, dirt
 - Deposits in brain & N.S. → compromised learning
- Lithium Batteries
 - Choking; hard to swallow & breathe; chest pain; constipation / diarrhea; bloated, painful stomach; acidic burns to tissue
- E – cig Juice
 - Vomiting; \uparrow H.R.; nausea & vomiting; irritable; pale; tremors → seizures
- Hand Sanitizers
 - Smell of alcohol; vomiting; drowsiness; difficulty walking; “goofy” behavior
- Chemicals at School
- ❖ Medications – therapeutic error, look – a – likes
 - ❖ Opioids

7 to 11 Years of Age

- Look – a – Likes
- Hand Sanitizers / Alcohol
 - Vomiting; drowsiness; difficulty walking; “goofy” behavior; smell of alcohol
- Challenges / Pranks
 - Cinnamon
 - Choking; coughing; sneezing; burning in throat; respiratory distress
 - E – juice
 - Vomiting; ↑ H.R.; nausea & vomiting; irritable; pale; tremors → seizures
- ❖ Medications – therapeutic error, some abuse
 - ❖ Opioids
 - ❖ Self – medicating usually around 11 years



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Substance Abuse

TWEENS AND TEENS

Depressants (Downers)

- Alcohol (vaping)
 - Barbiturates -
Phenobarbital
 - Benzodiazepines –
Librium, Xanax, Valium
 - Sleeping aides –
Lunesta, Ambien
- ❖ Slow the body down
 - Smell the alcohol,
slurred speech
 - Sweaty skin
 - Dilated pupils
 - Shallow breathing
 - Rapid pulse, coma and
possible death

Stimulants (Speed)

- Amphetamines – Adderall
 - Methylphenidate – Ritalin
 - Methamphetamine
 - Cocaine
 - ❖ Bath Salts (synthetic), etc.
- Panic attacks, aggressive behavior, headache, heart palpitations or cardiac arrest, sweating, vomiting, seizures and possible death
 - Restlessness, anxiety, paranoia, aggression, loss of appetite, cardiac arrhythmias or arrest, increased blood pressure & heart rate, stroke, seizures and possible death
 - Aggressive & **violent behavior; hallucinations**; increased heart rate, cardiac arrest, stroke, nausea, vomiting, sweating and seizures

Hallucinogens

- LSD (acid)
 - Mushrooms
 - ❖ Ecstasy
 - ❖ Molly (synthetic)
- Impaired depth perception, distortion of shapes, colors & sizes, nausea, vomiting, increased heart rate & blood pressure, dilated pupils, sleeplessness, psychosis and possible death

THC

- Marijuana (weed, pot)
 - ❖ Spice; etc.
- Lazy, blood shot glossy eyes
- Paranoia, panic attacks, increased heart rate & blood pressure, seizures and kidney damage

Opioids (painkillers)

- Oxycodone – Oxycontin, Percocet
 - Methadone – Dolophine
 - Hydrocodone – Vicodin, Loratab
 - Fentanyl - Sublimaze, Actiq
 - Codeine – Tylenol or Cough Syrup
 - Heroin
 - ❖ Carfentanil,etc
- Drowsiness, pin – point pupils, slowed breathing, constipation, nausea & vomiting, cold & clammy skin and possible death
 - Drowsiness, pin – point pupils, nausea, dry mouth, heavy limbs, slow & shallow breathing, blue skin & nails, seizures, coma and possible death

<http://elephantcare.org/resources/formulary/drug-index/carfentanil/>

<http://www.researchchemc.com/en/486-buy-carfentanil-drug.html>

(U) FENTANYL AND ANALOGS APPEAR AS PHARMACEUTICALS AND ILL

COUNTERFEIT NON-PHARMACEUTICAL

(U//FOUO) Fentanyl and heroin in pill resembling Roxicodone.



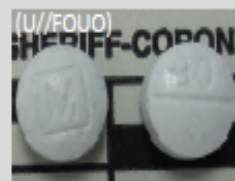
(U//FOUO) Fentanyl in pill resembling Xanax.



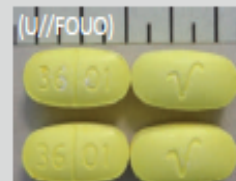
(U//FOUO) Acetyl fentanyl and valeryl fentanyl in pill resembling oxycodone.



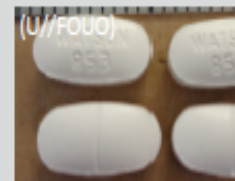
(U//FOUO) Furanyl fentanyl and U-47700¹ in pill resembling oxycodone.



(U//FOUO) Furanyl fentanyl in pill resembling hydrocodone and acetaminophen.



(U//FOUO) Acetyl fentanyl in pill resembling hydrocodone and acetaminophen.



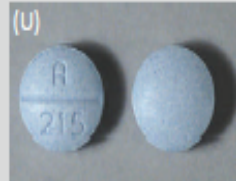
AUTHENTIC PHARMACEUTICAL



(U) Roxicodone™ 30 mg with "54 199" imprint.²



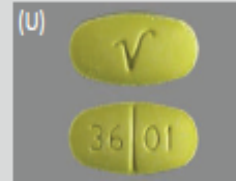
(U) Xanax™ 2 mg tablet with "Xanax 2" imprint.³



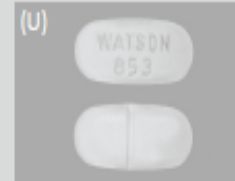
(U) Oxycodone hydrochloride 30 mg with "A 215" imprint.³



(U) Oxycodone hydrochloride 30 mg with "M 30" imprint.²



(U) Acetaminophen and hydrocodone bitartrate 325 mg/10 mg with "V 36 01" imprint.²



(U) Acetaminophen and hydrocodone bitartrate 325 mg/10 mg with "Watson 853" imprint.²

¹(U) U-47700 is a synthetic opioid originally patented in the 1970s that has recently reappeared in the United States. Several deaths and overdoses were connected to U-47700 in 2016. | Top row images: Orange Cou

Joint Regional Intelligence Center. Risk to First Responders from Increased Seizures of New Forms of Fentanyl Published July 28, 2016

Other Drugs

- Cough Syrup (DXM) – “Robo Trippin”
- E – Cigarettes
- Caffeine Drinks
- Sweating & fever, rapid breathing, inc. HR & BP, nausea & vomiting, slurred speech, rapid eye movements, hallucinations, coma & death
- Flushed skin, rapid heart rate, nausea, vomiting, diarrhea and hyperactivity
- Increased heart rate and blood pressure, heart failure, seizures and even death

Bottom Line

- The most telling sign of drug abuse is secretive behavior and lack of interest in the things they used to do.
- Falling grades
- Hanging out with new or suspicious people
- ❖ Start talking to your students asap about the dangers of drug abuse!



A Closer Look

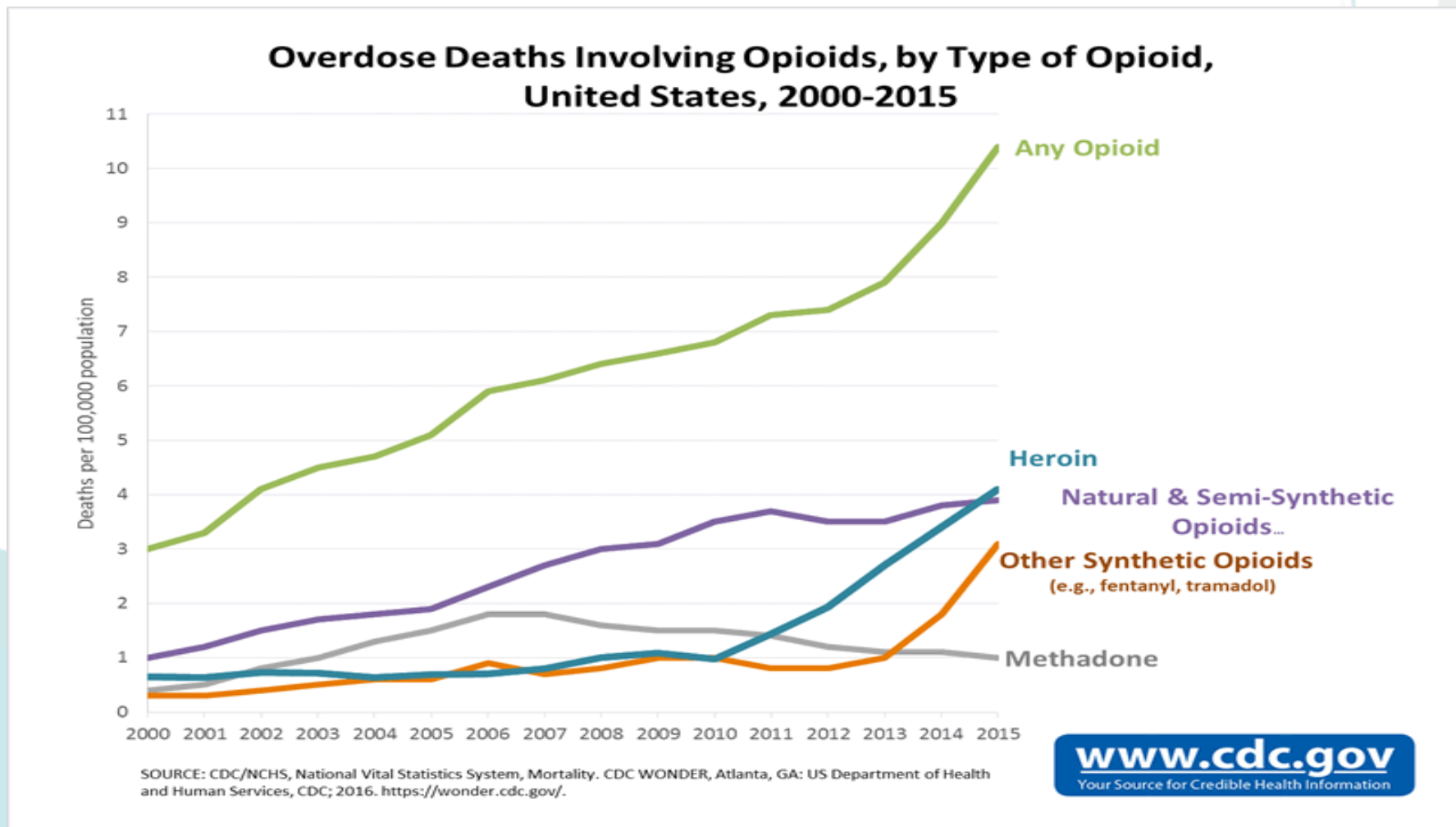
THE AMERICAN OPIOID EPIDEMIC

Alarming Statistics

- From 1997 – 2012, pediatric opioid poisonings more than doubled for those ≤ 19 years.
- From 1997 – 2012, opioid poisonings increased by 317%!
- 15 – 19 year olds accounted for 74% of pediatric opioid poisonings w / an increase of 303% from 1997 – 2012.
 - Most form Rx pills
 - Heroin inc. X 161%
 - Methadone inc. X 950%!

[Julie R. Gaither, PhD, MPH, RN^{1,2,3}](#); [John M. Leventhal, MD⁴](#); [Sheryl A. Ryan, MD⁴](#); et al. JAMA Pediatrics 2016. *National Trends in Hospitalizations for Opioid Poisonings Among Children and Adolescents, 1997 to 2012.*

Today-Deaths are Rising



<https://www.cdc.gov/drugoverdose/data/analysis.html> accessed 2/4/2017

In New Mexico...

- Poisonings are the leading cause of accidental deaths, largely due to opioid abuse & misuse.
- Medication poisonings accounted for 61% of calls to NMPDIC.
- Most counties are either rural & some frontier.
 - Drug use in rural areas ↓ life expectancy for whites & Native Americans, *The Lancet*.
- Poverty is prevalent & # of mental health programs are insufficient.

“The pain in their bodies might reflect a ‘spiritual’ pain caused by ‘cumulative distress, and the failure of life to turn out as expected.’ If they're right, then the problem will be much harder to solve.”
~Case & Deaton

Jeff Guo – The Washington Post

<http://www.myajc.com/news/the-disease-killing-white-americans-goes-way-deeper-than-opioids/CBc0Y5QVvgrulltuHzNZIM/>

How Can We Help Our Children?

- Multi – pronged public health interventions
 - Link between teen depression & opioid abuse?
 - Parental education & school admin lesson plans
 - Real improvement in QOL factors
- What type of programs are offered in your areas?

“An Oz. of Prevention is Worth a lb. of Cure.”

- Tips

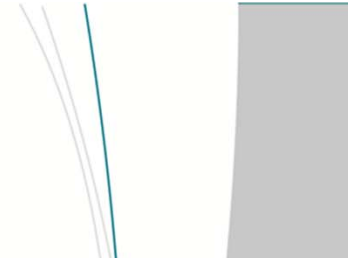
- Keep medications out of the hands of abusers & children
- Dispose of unused / expired meds
- Only take recommended amounts & read directions carefully
- Have naloxone available if there are Rx opioids in the home
- Don't call medicine “candy”
- Keep alcohol and alcohol products out of sight and reach of children
- Keep laundry pods, batteries, e – cig juice & all other poisons out of sight & reach of children
- Teach children to ask an adult first before they eat or drink that they're not sure of

Programs and Resources

- <http://nmpoisoncenter.unm.edu>
- <https://teens.drugabuse.gov/>
- <https://dea.gov>
- <http://www.scholastic.com/otc-med-safety/>
- <http://www.drugfreeworld.org/drugfacts/prescription/abuse-international-statistics.html>
- <http://www.ncpoisoncenter.org/body.cfm?id=36&action=detail&ref=81>
- <http://www.upandaway.org/>



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POISON
Help
1-800-222-1222



AT THE UNM COLLEGE OF PHARMACY

SERVING NEW MEXICO 24•7•365

Our Role in Pediatric Poisonings

NMPDIC

Has a Student Been Poisoned?

- Call **1-800-222-1222** right away!
 - Free
 - Private / Confidential
 - Open 24 hrs. / day, 365 days / year
 - Experts trained in handling ANY poisonings
- Call **911** if they are...
 - Having a seizure
 - Unconscious (won't wake up)
 - Having trouble breathing

Additional Services

- DOH all hazards
- Occupational Hazards
- Questions about medications & poisons
- Real – time surveillance for gov't agencies, schools, etc.

Questions? / Contact Information

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