



American Society of
Anesthesiologists[®]

Naloxone Rescue Training

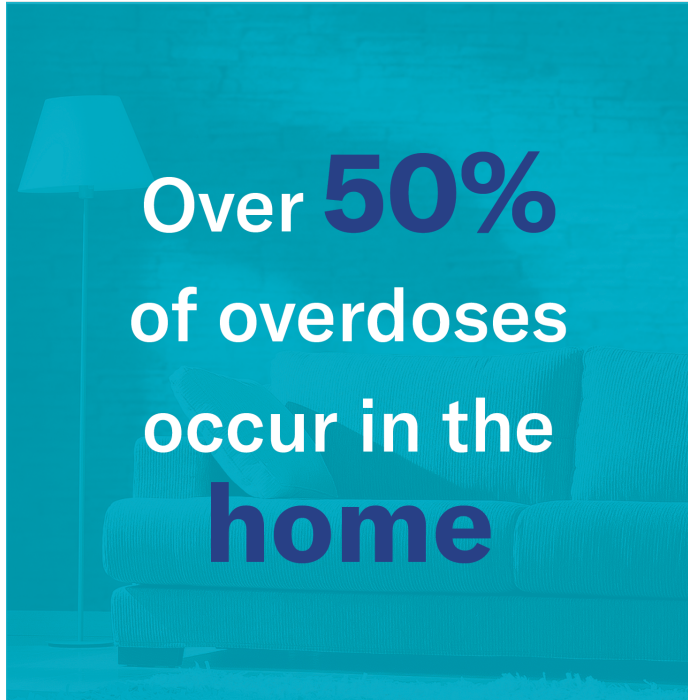
Preparation, Planning & Practice
Saves Lives

**REVIVEme**



Every second counts.

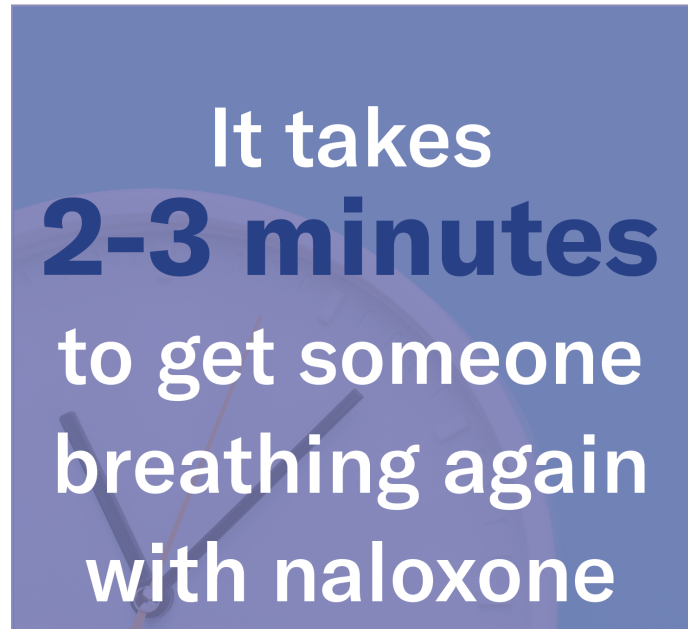
Use them well.



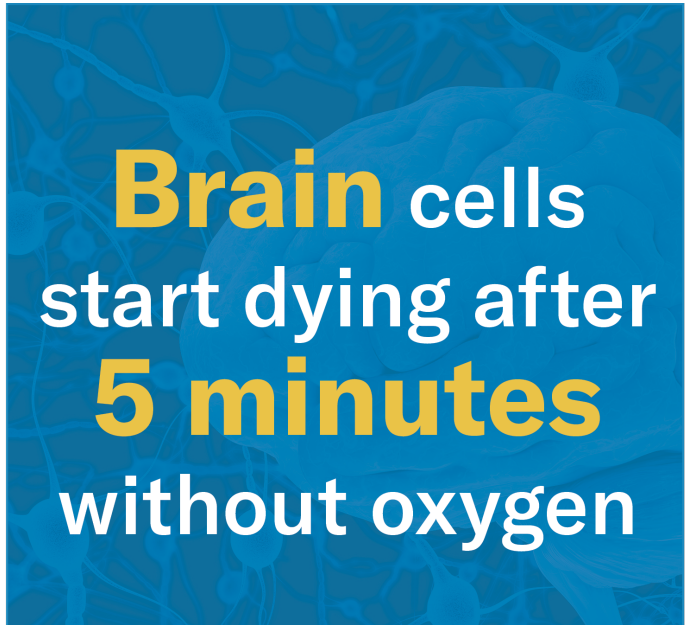
Over **50%** of overdoses occur in the **home**

The average time for **EMS** to arrive is **7 minutes**

(14 if you're in a rural area)



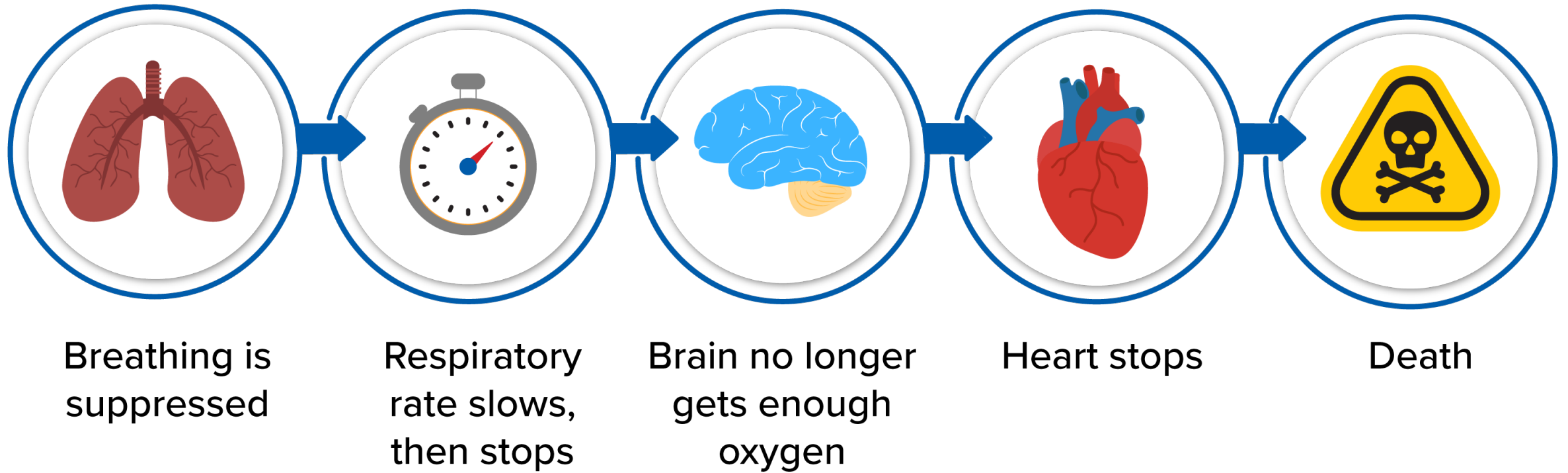
It takes **2-3 minutes** to get someone breathing again with naloxone



Brain cells start dying after **5 minutes** without oxygen

Opioid overdose can be deadly

CHAIN OF EVENTS



Naloxone
saves lives

WHAT IS NALOXONE & HOW DOES IT WORK?

Naloxone is an opioid reversal medication. It displaces opioids from brain receptors, blocking receptors for 30-60 minutes. After that time, opioids are free to return to the receptors.

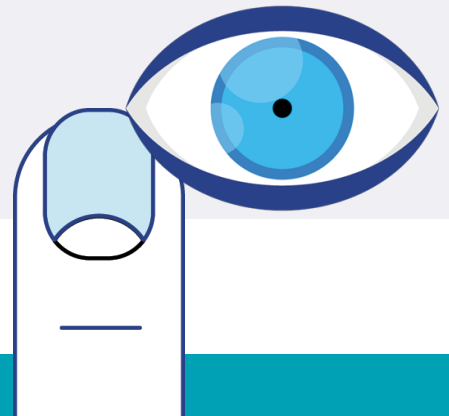


But how do I know if someone is overdosing?



SIGNS OF OVERDOSE

- ✓ Drugs and paraphernalia at the scene and/or prior history of substance abuse
- ✓ Unresponsive to voice, shaking, or sternal rub
- ✓ Pinpoint pupils
- ✓ Breathing is very slow and shallow (< 8 breaths per minute) or has stopped
- ✓ Choking sounds, or snore-like gurgling noise
- ✓ Body is very limp
- ✓ Fingernails or lips blue-purple
- ✓ Pulse (heartbeat) is slow, weak or absent



If someone is unresponsive, you should...



STEP ONE

Calling 911

Put cell phone on speaker mode so your hands are free to attend to the victim.



STEP TWO

Administering naloxone



HOW DO I ADMINISTER NALOXONE?

Hold the device with your thumb on the bottom and two fingers on either side of the nozzle. Place tip of the nozzle in one nostril. Press the plunger once with thumb to release the medication into victim's nose.

Victims sometimes need multiple doses to wake up. Wait 2-3 minutes between doses.



Administering naloxone

Q: Can I hurt someone who is not overdosing?

A: No. Naloxone has no effect on those not experiencing an opioid overdose.



If you cannot wake the victim up,
and victim has pinpoint pupils
and shallow or no breathing,
GIVE NALOXONE!

STEP THREE

Recovery position



If victim is breathing and has a pulse, after you call 911 and give naloxone, turn them on their side to the recovery position.

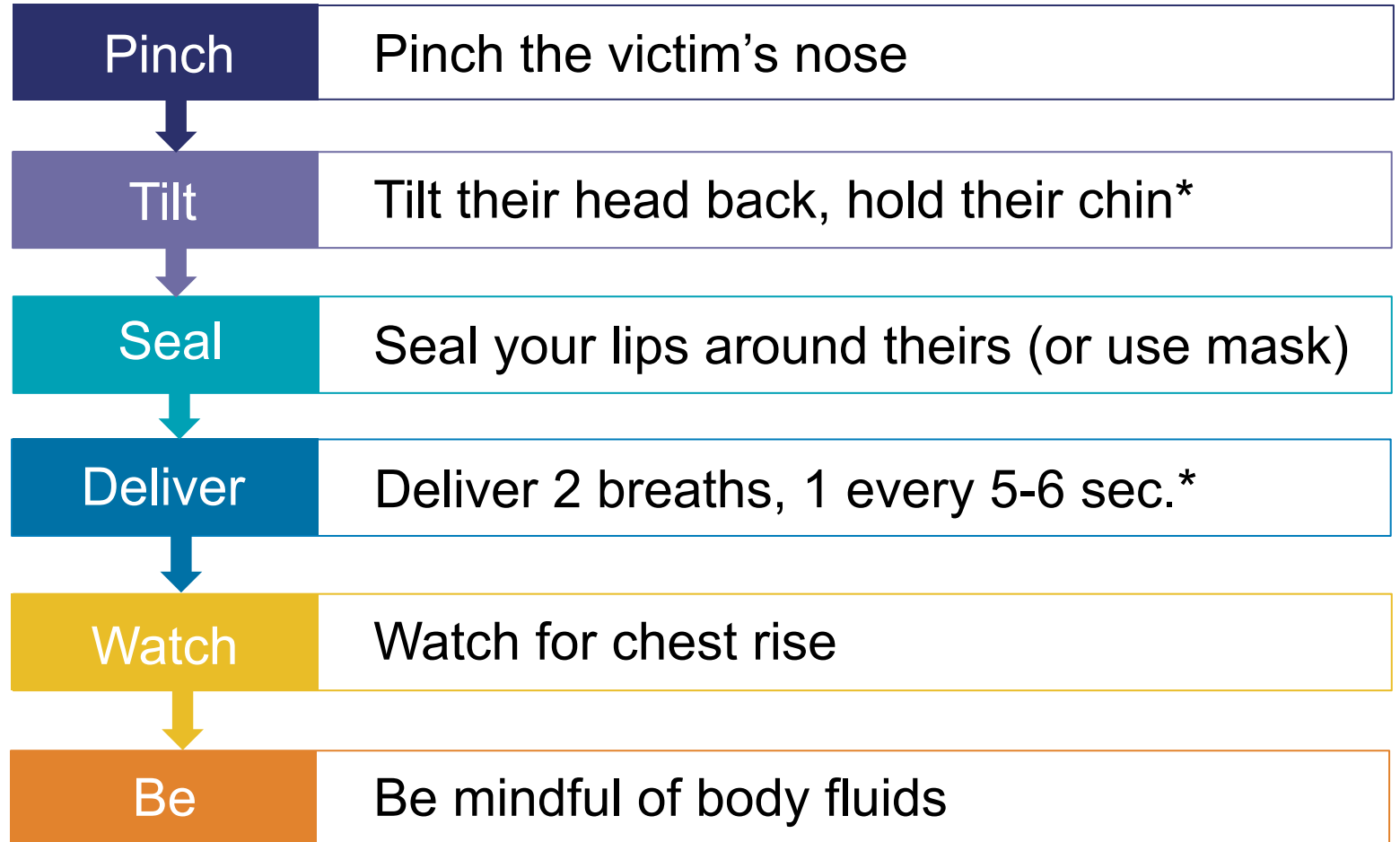


STAY WITH THE VICTIM!

STEP FOUR

Rescue breathing

If victim is not breathing, provide 2 rescue breaths, then 1 every 5-6 seconds.



* See following slides for more information



Rescue breathing: Open the victim's breathing pathway



CHIN LIFT

This gets the tongue off the back of the throat.

- or -

JAW THRUST

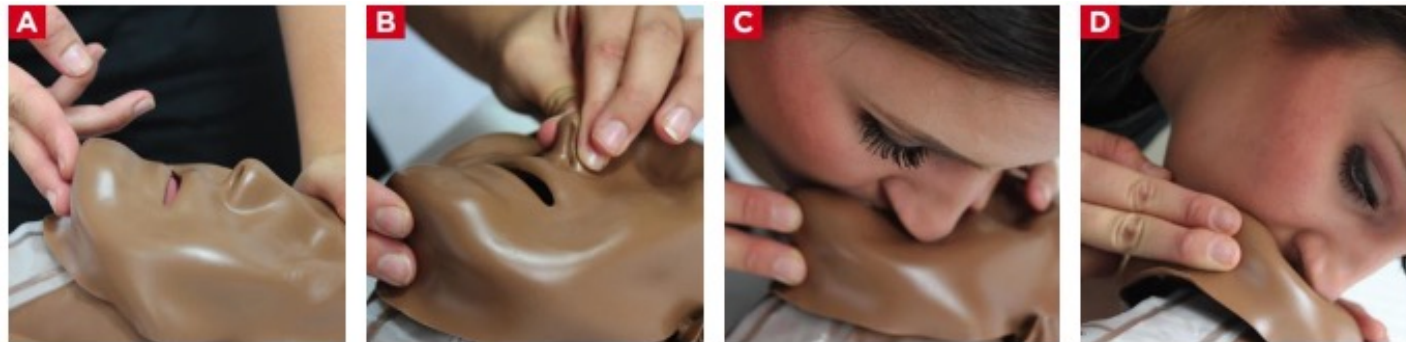
This does too.
It's more uncomfortable
and might wake them up.



**Either
works!**

Rescue breathing

How Often	Breaths Per Minute	Duration	Evaluation
Every 5-6 seconds	10-12 breaths per minute	Each breath should last 1 second	Check for chest rise and breathing; check pulse and begin CPR if necessary



STEP FIVE

Chest compressions



If victim has no pulse, perform 30 chest compressions, then 2 breaths. Repeat until help arrives.

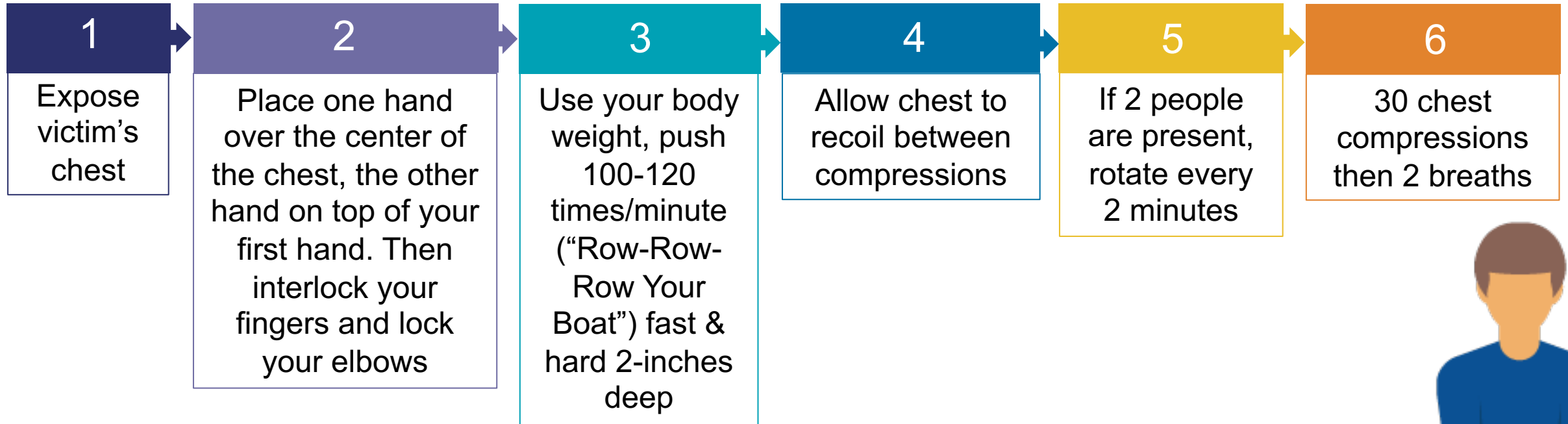
HOW DO I CHECK A PULSE?

- ✓ Find the “Adam’s Apple”
- ✓ Slide your fingers about $\frac{1}{2}$ inch to either side
- ✓ Normal is 60-100 beats per minute
- ✓ Check to see if present and normal



Chest compressions:

How to perform chest compressions



Naloxone
saves lives

GET YOURS NOW!

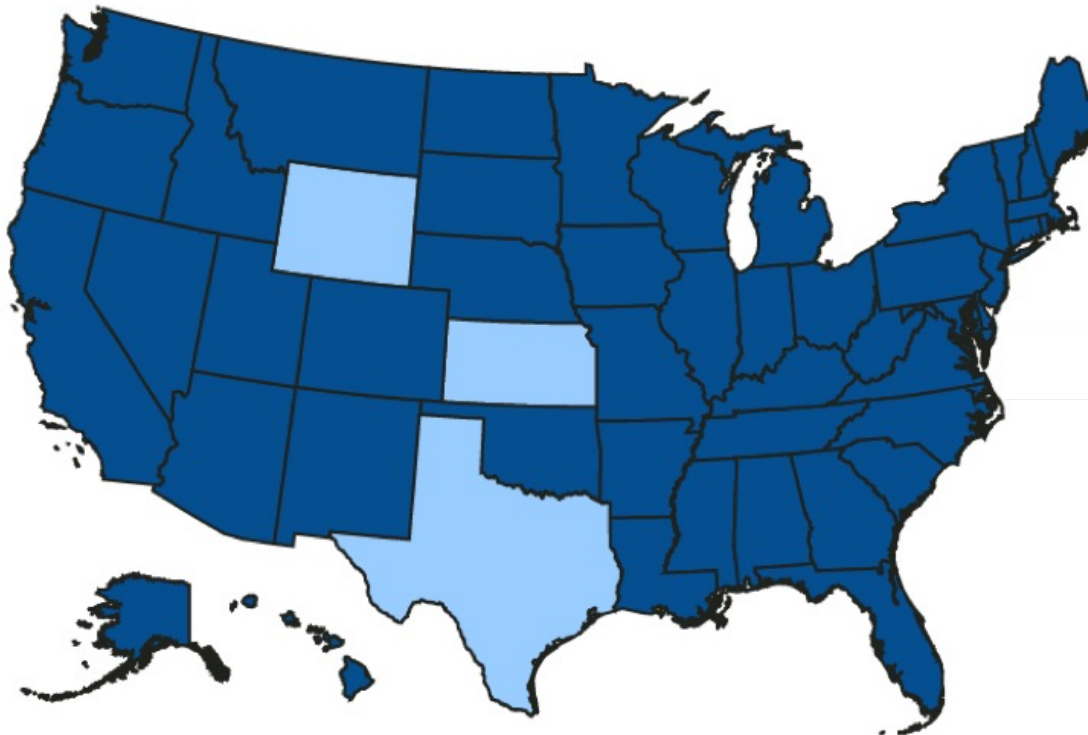
HOW TO GET NALOXONE

You can buy naloxone in local pharmacies. Just walk in and ask for a dose of naloxone. You do not need a reason for the request. Some states have free mail to home programs.



Know about Good Samaritan laws

Don't run. Call 911!



Good Samaritan laws allow private citizens to administer the overdose-reversal medication without legal liability.

As of 2021, 48 jurisdictions (47 states and D.C.) have enacted both Good Samaritan and Naloxone Access laws. (Kansas, Texas and Wyoming do not have a Good Samaritan laws for drug overdose but do have Naloxone Access laws.)

Know the signs of acute opioid withdrawal...

- ✓ Body aches
- ✓ Nausea, vomiting, diarrhea, abdominal cramps
- ✓ Racing heartbeat, high blood pressure
- ✓ Runny nose, sneezing, gooseflesh, sweating
- ✓ Nervousness, restlessness or irritability can be extreme
- ✓ Shivering or trembling
- ✓ Re-sedation can occur (that's why calling 911 and having additional naloxone is important)



Points to remember

Naloxone **rapidly reverses an opioid overdose** by attaching to opioid receptors and reversing and blocking the effects of opioids.

There are **three FDA-approved formulations** of naloxone. The nasal spray is the most common.

Naloxone **only works in the body for 30 to 60 minutes**. After this time, it is possible for a person to lose consciousness again. **Stay with the victim.**

Naloxone is a **safe medicine**. It only reverses overdoses in people with opioids in their systems.

First responders are trained on how to give naloxone. For people without medical training, the nasal devices are safe to use.

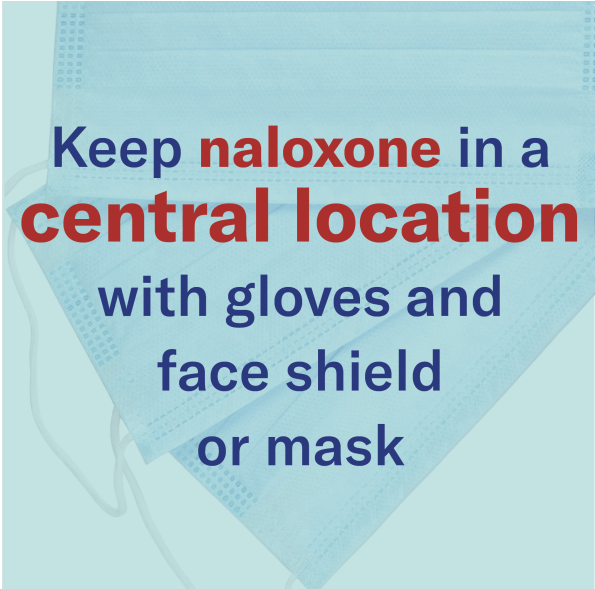




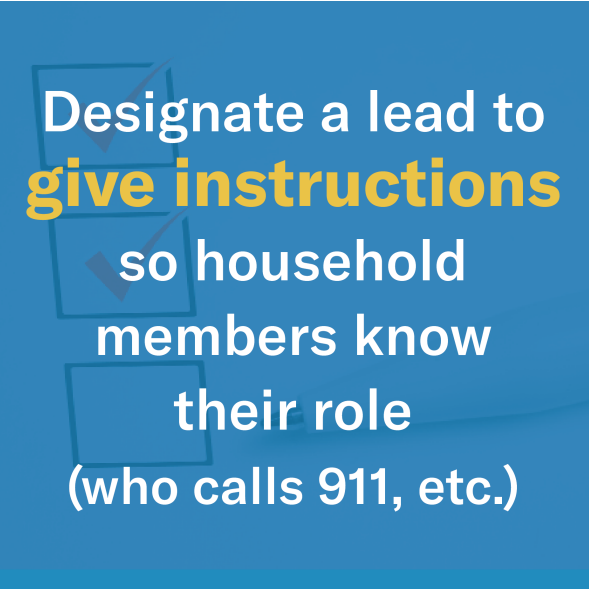
**Be
prepared,
plan and
practice!**



Discuss the
risk



Keep **naloxone** in a
central location
with gloves and
face shield
or mask

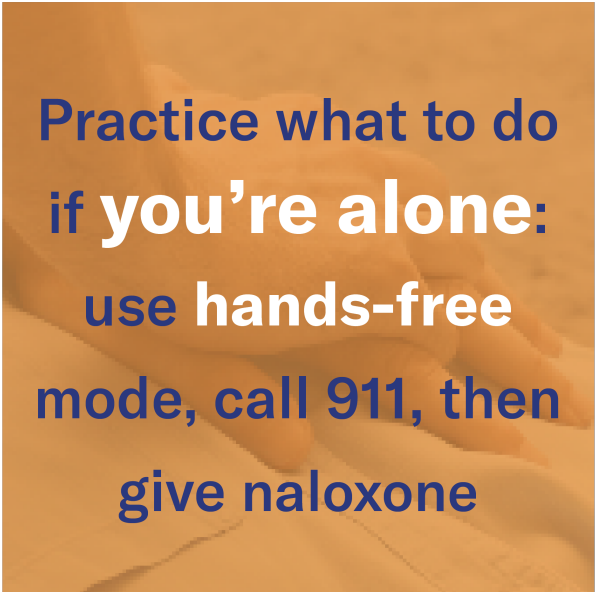


Designate a lead to
give instructions
so household
members know
their role
(who calls 911, etc.)


Your first practice session at reviving someone should not be when the 911 operator gives you instructions.



Do a
practice run
(and remember
to practice verbalizing
calling for help)



Practice what to do
if **you're alone:**
use **hands-free**
mode, call **911**, then
give naloxone



Make sure
you have a
device ready
to open a locked door
(above the door frame can
be a good hiding spot)

Preparation, Planning & Practice Saves Lives

Learn more, download our infographic, and share at REVIVEme.com.

For information on CPR and AED training, visit the American Heart Association at <https://cpr.heart.org/en/cpr-courses-and-kits/heart saver>

For information on CPR training, visit the American Red Cross at www.redcross.org/take-a-class/cpr/cpr-training



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REVIVEme
Opioid Overdose and Naloxone –
How to Recognize, React & Revive

Over 50% of overdoses occur in the home
The average time for EMS to arrive is 7 minutes (48 minutes in a rural area)
It takes 2-3 minutes to get someone breathing again with naloxone
Brain cells start dying after 5 minutes without oxygen

Recognizing Opioid Overdose
Look for these potential signs and symptoms of opioid overdose:

- Unresponsive to voice, shaking, or sternal rub
- Pinpoint pupils
- Breathing is slow, shallow, or absent
- Choking or snore-like gurgling sounds
- Limp body
- Blue nails or lips
- Pulse slow, weak or absent

Reacting to Opioid Overdose
If you recognize the person is unresponsive and has signs of overdose, follow these steps to help them:

- 1 Call 911 (put cell phone on speaker mode so your hands are free to attend to the victim)
- 2 Administer naloxone
- 3 If victim is breathing and has a pulse, turn them on their side and stay with them
- 4 If victim is not breathing, provide 2 rescue breaths, then 1 every 5-6 seconds
- 5 If victim has no pulse, perform 30 chest compressions, then 2 breaths, and (if needed until help arrives)

Reviving – Administering Naloxone
Naloxone is the only FDA-approved medication that can temporarily reverse opioid overdose and save a life. It lasts 30-60 minutes.

Hold the device with your thumb on the bottom and 2 fingers on either side of the nozzle. Place tip of the nozzle in one nostril. Press the plunger once with thumb to release the medication into victim's nose. **STAY with the victim!**

You CANNOT hurt someone with naloxone who is not overdosing!

Be prepared, plan and practice!
Your first practice at reviving someone should not be as the 911 operator is giving you instructions over the phone. Make sure your household is prepared to react quickly in case of opioid emergency.

- Discuss the risk
- Keep naloxone in a central location with gloves and face shield or mask
- Designate a lead to give instructions so household members know their role (who calls 911, etc.)
- Do a practice run (and remember to practice verbalizing calling for help)
- Practice what to do if you're alone: use hands-free mode, call 911, then give naloxone
- Make sure you have a device ready to open a locked door (above the door frame can be a good hiding spot)

For more information, visit REVIVEme.com American Society of Anesthesiologists