

OPIOID OVERDOSE RESPONSE PROTOCOL – NALOXONE USE

PURPOSE

The purpose of the [Name] District Opioid Overdose Response Protocol is to establish guidelines and procedures for the utilization of naloxone, an opioid antagonist or “reversal agent” administered by members of the School District in response to an opioid overdose emergency.

SCOPE

All District [secondary? alternate? inter-agency educational programs? - which schools does this apply to?] will maintain on-site naloxone in designated spots in each facility.

To treat a case of suspected opioid overdose in a school setting, a staff member trained in opioid overdose response [any specific staff roles need to be identified here? First Aid Attendants etc.] may administer naloxone to any student or staff suspected of having an opioid-related drug overdose.

Further, the Emergency Health Services Act allows all health care professionals (regulated and non-regulated), first responders (i.e., security personnel), and citizens to administer naloxone in non-hospital settings.

DEFINITIONS

Naloxone: Naloxone HCL (Narcan): pure opioid antagonist. Naloxone temporarily reverses the effects of opioids by competing for the same receptor sites. Naloxone is available in British Columbia without a prescription and is administered by injection into a muscle or inter nasally.

Opioid: Depressant medication typically used for pain relief that has the potential to slow the breathing and heart rate. They may be prescribed or obtained from the illicit market. Common opioids include heroin, fentanyl, oxycodone, codeine, morphine, methadone and hydromorphone.

Overdose: An overdose is a physiological event induced by the introduction of a substance or substances in the body of a person.

Opioid Overdose: An acute life-threatening event that requires medical assistance. Defined as the body’s response to excessive opioids which results in unconsciousness, respiratory depression and pinpoint pupils.

School Administrator: The individual in charge of the daily operations of a school.

Staff: An employee or volunteer at the School District.

Trained Opioid Overdose Responder: A School District staff member [who will be trained? any specific staff, First Aid Attendants etc.] with Opioid Overdose Response training as recommended by the local health authority including the administration of the opioid antagonist naloxone.

TRAINING

Opioid overdose response training including the administration of naloxone can be provided in person, virtually or through online courses. Recommended training resources: [this should reflect the product your school is using, delete the other]

Nasal naloxone

[Opioid Response Training | St John Ambulance - Opioid Response and Nasal Naloxone Training | St. John Ambulance \(reactandreverse.ca\)](#)

[Nasal Naloxone – SAVE ME Summary Video](#)

[FNHA-Naloxone-Save-Me-Steps-to-Save-a-Life.pdf](#)

Injectable Naloxone

[Training | Toward the Heart](#)

[Home — Take Home Naloxone \(naloxonetraining.com\)](#)

[Naloxone Course | Toward the Heart](#)

Staff should be aware that overdose response, like many other emergency response protocols, may involve health and safety issues. District health and safety protocols should always be followed.

PROCUREMENT OF NALOXONE

The District, [title of person responsible for this i.e. Safety and Emergency Preparedness Officer or designate] will be responsible for the procurement of naloxone and replacing supplies prior to expiration dates.

At minimum, each site should have the following supplies contained within a naloxone kit:

[this should reflect the product your school is using, delete the other]

NASAL NALOXONE KIT		
ITEM	MANUFACTURER	QUANTITY
NARCAN Nasal Spray, 4 mg dose	NARCAN	2
Nitrile gloves, pair	Various	1
Mask/barrier device	Various	1
Step by step instructions	Various	1

INJECTABLE NALOXONE KIT		
ITEM	MANUFACTURER	QUANTITY
Naloxone Ampoules (0.4mg/mL)	NARCAN	3
Vanishing Point Syringes – Retractable (3ml)	Various	3
Plastic ampoule breakers	Various	3
Nitrile gloves, pair	Various	1

Mask/barrier device	Various	1
Alcohol swabs	Various	1
Step by step instructions	Various	1

STORAGE OF NALOXONE

Naloxone kits will be stored with other emergency medical supplies for easy access when required. Naloxone will be stored in accordance with manufacturer's instructions. Inspection of the naloxone and ancillary kit items shall be conducted regularly including regular review of the expiration date.

SUSPECTED OPIOID OVERDOSE RESPONSE AND NALOXONE ADMINISTRATION

In the case of a suspected opioid overdose, [insert trained staff] shall follow the protocols outlined in their opioid overdose response training including the administration of naloxone.

IMPORTANT!

- ✓ Call 9-1-1 immediately when an opioid overdose is suspected
- ✓ Naloxone can be administered by a non-health care professional before emergency medical assistance becomes available, BUT it is not a substitute for medical attention.
- ✓ Even when naloxone is unavailable breaths can save a life.

1. Check for signs of an overdose

- Breathing is slow, irregular or stopped
- Gurgling or snoring-type sound
- Pupils are very small/constricted/pinpoint;
- Lips and nailbeds may be blue, skin cold and clammy
- Person is minimally responsive to unresponsive
- Slow or absent heart rate
- Person may be rigid or experience seizure
- Vomiting

2. Follow the SAVE steps

Stimulate

- First, try to rouse the person; call their name, apply pain stimuli if necessary - squeeze trapezius muscle or press pen/object to nail bed. Tell the person you will be touching them before beginning.
- **If unresponsive call 911** - Let operator know person is unresponsive and your exact location.

Airway

- Tilt head back to open the airway.
- Use gloves to remove any objects that may be blocking the airway.

Ventilate

- Use the mask in the naloxone kit to cover the mouth.
- Plug nose, keep head tilted back and give two breaths, 5 seconds apart. Watch for the rise and fall of the chest
- Continue to give 1 breath every 5 seconds until the person is breathing on their own or help arrives.

Evaluate

- Are they breathing on their own?
 - Yes, the person is breathing on their own - Move person into recovery position and monitor for breathing
 - No, the person is NOT breathing on their own - Prepare to administer naloxone and continue rescue breathing with mask, one breath every 5 seconds

Giving breaths is enough to keep someone alive until help arrives



Always tell the person who overdosed what you are doing before you do it

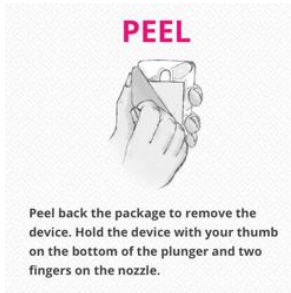
REMEMBER:

- ✓ Always call 9-1-1
- ✓ If the person has not been breathing for a while or you don't know how long they have not been breathing, 9-1-1 may instruct you to start chest compressions
- ✓ Rescue breathing is more important than giving naloxone.
- ✓ Naloxone only works for opioid overdoses. Naloxone is completely safe so if you are not sure it is better to administer it.

Medication – [this should reflect the product your school/District is using, delete the other]

Administering NARCAN™ Nasal Spray

- Remove NARCAN™ Nasal Spray device from the package. Do NOT test the device. There is only one dose per NARCAN™ Nasal Spray device.



- Lay the person on their back. Tilt the person's head back and provide support under their neck with your hand.
- Hold the device with your thumb on the bottom of the plunger with your first and middle fingers on either side of the nozzle.
- Gently insert the tip of the nozzle into one nostril. Your fingers should be right up against the nose. If giving to a child, make sure the nozzle seals the nostril.



- Press the plunger firmly with your thumb to give the dose.

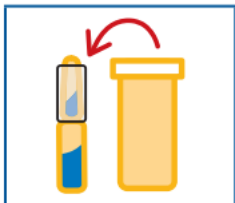


- Remove the device from the nostril.

Evaluate

- Is the person breathing on their own?
 - Yes, the person is breathing on their own: Move person into recovery position and monitor for breathing
 - No, the person is NOT breathing on their own: Prepare to administer another dose of naloxone
IMPORTANT - Continue rescue breathing and/or CPR (if recommended) until the individual is able to breathe on their own.
- Give a second dose of NARCAN Nasal Spray after 2 to 3 minutes if the person is not breathing on their own (at least one breath every 5 seconds). There is only one dose per NARCAN Nasal Spray device. Alternate nostrils with each dose.
- Doses can be given every 2 to 3 minutes if more are available and are needed.

Administering NARCAN™ Injectable



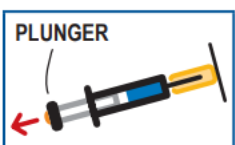
Take 1 ampoule out from the medicine bottle



Snap off the top of the ampoule.
It will break in two pieces with little pressure.



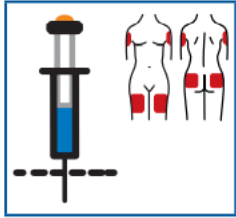
Swirl ampoule in circles to get all liquid to bottom



Unwrap syringe, put needle in liquid, pull up plunger. Try to draw up all of the ampoule's liquid into the syringe.



Push air out of syringe. Turn the needle facing tip-up, gently push the plunger until most of the air is pushed out.



Firmly push needle in thigh, butt, or upper arm muscle. Needle can go through clothes. Never put it in the heart.



Push plunger down hard. It will click and needle will retract.



Person still unresponsive after 3 – 5 minutes? Give another injection. Continue to give 1 breath every 5 seconds.

Continue to give 1 breath every 5 seconds.
Stay with the person until the ambulance arrives.
If you need to leave, or if the person becomes ill, put them in the recovery position:



AFTERCARE

- **Comfort the person:** Experiencing an overdose can be a frightening and traumatizing experience. For individuals who regularly take opioids, withdrawal can be unpleasant. Explain what happened and what you have done. Some individuals may be frightened or upset; they may not understand or remember that they have overdosed. Be prepared to re-assure and de-escalate.
- **Encourage transport to hospital:** Explain the importance of transport to the hospital as overdose may return, they may have been injured when they overdosed or aspirated on fluids. Opioids can last 4-24 hours. Naloxone wears off in 30-90 minutes. It is important the person receive medical care after the overdose response.
- **Tell first responders what happened:** Be prepared to provide Emergency Services/First Responders information regarding suspected overdose and treatment provided.

POST- INCIDENT RESPONSE

- Overdose response incidents can be a traumatic for those who respond to and witness overdoses. The District Critical Incident Response and Debrief Protocols should be followed after an overdose.

Sample School Opioid Overdose Response Policy and Procedures _last updated April 8, 2022

- Proceed with all required School District Health and Safety processes including reporting processes. [Is more detail needed here? ... Who is responsible to complete District reports? which reports?]
- The [person who is responsible for restocking the supplies] will acquire supplies in a timely manner to restock the Naloxone Kit.

SAMPLE