

# Opioid Overdose Reversal Training

Amy Lies, RN  
Opioid Addiction Administrator, ND DHHS BHD



**NORTH Dakota** Behavioral Health  
Be Legendary. HEALTH & HUMAN SERVICES

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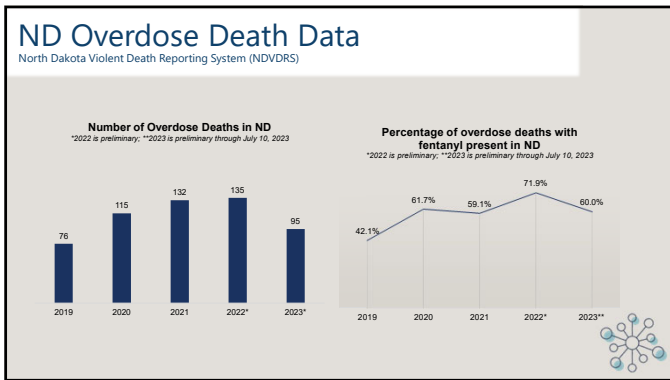
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# Opioids

What are They?



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## Opioids – What are they?

Opioids bind to and activate opioid receptors on cells located in many areas of the brain, spinal cord, and other organs in the body.

### Prescriptions Opioids:

- Class of drugs naturally found in the opium poppy plant. Some are made from the plant directly, and others are made in labs
- Most often used to treat pain, although some are used to treat cough
- Common names: hydrocodone, oxycodone, morphine, codeine, fentanyl

### Illicit/Illegal Opioids:

- Can be naturally derived or created synthetically
- Most often used for the euphoric effects or to prevent withdrawal
- Common names: Illicit Fentanyl, Heroin



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## Opioids – What are they?

All opioids (prescription and illicit) have the potential to create tolerance, dependence, or lead to an opioid use disorder

**Tolerance:** individuals may need higher and or more frequent doses to get the desired effects

**Dependence:** repeated use causes neurons to adapt so they only function normally in the presence of the drug. The absence of the drug causes physiological reactions, ranging from mild to life threatening.

**Use Disorder:** Opioid use disorder (OUD) diagnosis is based on the American Psychiatric Association DSM-5 and includes a desire to obtain and take opioids despite social and professional consequences. OUD is combination of dependence and addiction.



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## Opioid Overdose

Risk, Signs, & Symptoms



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## Opioid Overdose

An opioid overdose occurs when too much of an opioid (prescription or illicit) occupies too many opioid receptors resulting in decreased or stopped breathing and heart rate.



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## Opioid Overdose – Risk Factors

There is an increased risk for an opioid overdose for individuals who:

- Use prescription opioids, specifically:
  - High dose prescription
  - Prolonged use of opioid prescription
  - Extended release or long-acting formulations
- New opioid prescription
- Accidentally or deliberately take an extra dose or misuse a prescription opioid
- Receive more than one opioid medication prescription
- Takes opioid medications prescribed for someone else
- Combine opioids – prescription or illicit – with alcohol or other substances that depress breathing, heart rate, and other central nervous system functions (even including some over-the-counter products)
- Has an underlying health condition: lung disease, sleep apnea, elderly, etc.
- Use illicit opioids, specifically:
  - Using alone
  - Previous history of overdose
  - Switching route
- Has an opioid use disorder and has been recently released from incarceration, residential or inpatient treatment, or detoxification.
- Are prescribed an opioid with a history of addiction



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## Opioid Overdose – Signs and Symptoms

Signs and symptom of an opioid overdose include:

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)



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# Opioid Overdose

## Reversal Medications



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# Opioid Overdose Reversal Medications

FDA-approved opioid overdose reversal medications

- naloxone
  - Narcan (4mg nasal spray) - available over-the-counter (OTC)
  - RiVive (3mg nasal spray) - available OTC
  - Kloxxado (8mg nasal spray) - prescription only
  - Zimhi (5mg intramuscular injection) - prescription only
- nalmefene
  - Opvee (2.7mg nasal spray) - prescription only



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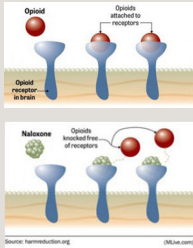
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# Opioid Overdose Reversal Medications

- Opioid overdose reversal medications work by knocking the opioids off the opioid receptors
- These medications have a stronger affinity to the opioid receptor than opioids
- However, these medication do not displace the opioid for long, therefore an individual might go back into an overdose state
- These medications do not work for an overdose from substances other than opioids



Source: harmreduction.org (MMA.com)



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## Opioid Overdose Reversal Medications

### How to use an opioid overdose reversal medication

- **Nasal spray**
  - Assess
    - Check for signs of an opioid overdose
  - Lay
    - If the individual is breathing lay them on their side (also known as the recovery position)
    - If the individual is NOT breathing lay them on their back
  - **Spray**
    - Insert the nasal device into either nostril and press the plunger firmly
  - Stay
    - Call 911 and remain with the individual. Additional doses can be administered every 2-3 minutes (alternate nostrils)
    - If the individual is not breathing, provide ventilation every 5-6 seconds if a ventilation device or breathing barrier is available
    - If the individual does not have a pulse, provide chest compression or utilize an AED if available



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## Opioid Overdose Reversal Medications

### Additional safety information

- It is extremely important to call 911 after administering a medication
- Individuals may experience withdrawal symptoms after receiving a medication. Withdrawal symptoms include:
  - **Agitation**
  - Anxiety
  - Sweating
  - Rapid heartrate
  - High blood pressure
  - Diarrhea
- These medications can be given to infants and children, however the risk for severe withdrawal symptoms is high in this population
- These medications can be given even if the cause of the overdose or the cause of the overdose like symptoms is unknown. These medications are considered safe.
- Narcan has a shelf life of 4 years



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## Opioid Overdose Reversal Medications

### Who should have an opioid overdose reversal medication

- Anyone! These medications should be viewed like any safety device (seatbelt, AED, fire extinguisher). You hope you never have to use them but grateful to have it if you do

### How to access these medications

- Narcan is available at no-cost\* in ND through these entities:
  - The ND Department of Health and Human Services Behavioral Health Division (DHHS BHD) by visiting [www.hhs.nd.gov/opioids](http://www.hhs.nd.gov/opioids)
  - Local Public Health Units (LPHUs)
  - Some pharmacies
- Narcan is available OTC at various chain stores including Target and Walmart
- Other forms of naloxone and nalmefene can be obtained through a prescription from a prescriber or pharmacist

\*The ND DHHS BHD purchases Narcan with the State Opioid Response (SOR) grant administered by SAMHSA and partners with LPHUs and some pharmacies



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# Laws and Regulation



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# Laws and Regulation

**Good Samaritan Law**

An individual is immune from prosecution when they seek medical assistance for an individual experiencing a drug overdose and:

- Remain on the scene until assistance arrives
- Cooperate with emergency service personnel

*North Dakota Century Code 19-03.1-23.4*


**Immunity from Liability**

An individual acting in good faith may administer an opioid antagonist to another individual who the administering individual suspects is at risk of experiencing an opioid overdose. The individual who administers the opioid antagonist is immune from civil and criminal liability for such action

*North Dakota Century Code 23-01-42*

**Executive Order 2017-16**

NOW, THEREFORE, Doug Burgum, Governor of North Dakota, by virtue of the authority granted under Article V, Section 1 of the North Dakota Constitution, North Dakota Century Code § 37-17.1, hereby direct that all cabinet agencies collaborate with local and tribal governments and law enforcement to make naloxone readily accessible to first responders, individual opioid users and their family members and to community leaders.



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# Stigma Reduction



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## Stigma Reduction

Here is some non-stigmatizing language along with terms to avoid using.<sup>3</sup>

Say	Avoid Saying
Prescription opioids	Painkillers
Prescription opioid pain medications	Pain pills
Substance use disorder or opioid use disorder	Drug habit Substance abuse Abuse
Person in recovery Person with a substance use/opioid use disorder People who use drugs	Abuser/user Addicts Junkies Perpetrators Criminals
Nonmedical use Misuse Drug use	Recreational use Drug Abuse
Positive or negative toxicology screen Testing positive or negative for a particular substance	Dirty/clean toxicology results
Resumed use	Relapse



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## Stigma Reduction

Risk factors for opioid overdose apply to many individuals (ex. child getting into medications, adolescent getting wisdom teeth removed, an older adult who experienced a fall)

When speaking to individuals about adverse effects, place the blame for overdose potential on the medication rather than on the person



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## References

- [Prescription Opioids DrugFacts | National Institute on Drug Abuse \(NIDA\) \(nih.gov\)](#)
- [Opioid Use Disorder - StatPearls - NCBI Bookshelf \(nih.gov\)](#)
- [Risks and How to Reduce Them | Opioids | CDC](#)
- [Know the risk factors for an opioid overdose \(apa.org\)](#)
- [Understanding the Opioid Overdose Epidemic | Opioids | CDC](#)
- Jones JD, Campbell AN, Brandt L, Metz VE, Martinez S, Wall M, Corbell T, Andrews H, Castillo F, Neale J, Strang J, Ross S, Comer SD. A randomized clinical trial of the effects of brief versus extended opioid overdose education on naloxone utilization outcomes by individuals with opioid use disorder. *Drug Alcohol Depend.* 2022 Aug 1;237:109505. doi: 10.1016/j.drugalcdep.2022.109505. Epub 2022 May 23. PMID: 35709575; PMCID: PMC9472254. [A randomized clinical trial of the effects of brief versus extended opioid overdose education on naloxone utilization outcomes by individuals with opioid use disorder - PubMed \(nih.gov\)](#)
- [Full article: ACMT and AACT position statement: preventing occupational fentanyl and fentanyl analog exposure to emergency responders \(landfillonline.com\)](#)

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For more information or to order naloxone, visit:  
[www.hhs.nd.gov/opioids](http://www.hhs.nd.gov/opioids)

For questions, contact Amy Lies at  
701-328-8933 or [amlies@nd.gov](mailto:amlies@nd.gov)



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