**Narcan Nasal Spray Training Walsh County Health District**

Video: [www.narcan.com](http://www.narcan.com)

Checklist of Topics Reinforced:

1. Assess person (Difficulty breathing, gurgling or choking of airway, level of consciousness (limp), ability to be aroused, slow pulse or no pulse, blue or purple color around lips or finger tips, other signs of distress)
2. Call ambulance or have others call for ambulance
3. Shake person, shout are you ok
4. Turn onto back and assure airway is open (chin thrust), Rescue Breathing if needed. This may be all you need to do.
5. Apply nitrile gloves, open Narcan package
6. Insert nasal sprayer into one nostril and push entire contents into one nostril
7. Turn onto side in recovery position, monitor respirations, rescue breathing if needed using mask
8. Person may arouse very quickly, and could even be resistive or combative, but this is less likely than what people have heard
9. Start over with step one-assess how the person is doing, especially how they are breathing and if they can be aroused. If they start to have symptoms like in step one, you can repeat the steps -remember you must use a new Narcan sprayer and spray the full amount into the other nostril.
10. Await emergency services for transport-Critical that they are seen in an Emergency Room as long acting drugs could cause further overdose.

Other Issues

1. What drugs will Narcan reverse? Opioids include heroin, hydrocodone, hydromorphone, Percocet, fentanyl, morphine, OxyContin, oxycodone, Kadian, Methadone, Suboxone, etc. However, you may not know what the person took. If they have the symptoms as listed above, just give the Narcan dose-it will not work if they are not overdosing from an opioid, but it also will not be harmful to them. You are making a best judgement decision, and are protected by the ND Good Samaritan Law as relates to delivery of Narcan.
2. What if the victim is pregnant-should I give the Narcan? Yes, because the alternative may be death. It is always critical to get any person you have given Narcan to an emergency room ASAP. In the case of pregnant women, you can put the baby in an acute opioid withdrawal, and they need to be treated ASAP. The use of Narcan is about saving a life.
3. Who is at risk for an overdose of Opioids?

* Long term medical use, high doses of long acting opioids
* Use of multiple opioids or both opioids and benzodiazepines
* Use of multiple illicit drugs, or misuse of prescription opioids
* Opioid tolerance (discharge from treatment, jail, etc.)
* Physical health problems such as lung or liver disease
* Adverse life experiences such as homelessness, family member overdose, financial struggles
* Changes in the local drug supply-purity, mixing of illicit drugs
* Lack of knowledge or Risk in use of Opioids

1. Most at Risk for Overdose: New drug supply, people just out of jail or treatment facilities, use of multiple drugs.
2. What is a third party prescription? You fill a prescription for Narcan with your insurance even though it is for a family member. This is only legal for Narcan in ND.

1. What are the most common prescription drugs involved in an overdose death? Methadone, Oxycodone (such as OxyContin), and Hydrocodone (such as Vicodin).
2. Prescription Opioid Overdose Deaths between 1999-2014:

* Overdose rates were highest among people aged 25-54 years
* Overdose rates were higher among non-Hispanic whites and American Indians
* Men were more likely to die from overdose than women, but the gap is closing.

1. Storage: Original container, protect from light, do not freeze, room temperature. Personal Use Only: Some new studies are showing viability of Narcan after freezing, and that it is viable for up to 10 months past outdate.

2/12/2019

Walsh County Health District