



# RI OPIOIDS CRISIS

## Our Response. Our Recovery.



### 5. RESCUE TRAINING

#### OVERVIEW



- Knowing the rescue procedure in the case of an opioid overdose can save a life.
- **Strategies include how to:**
  - 1. Recognize an overdose**
  - 2. Respond to an overdose**
  - 3. Learn to administer and access Narcan /naloxone**

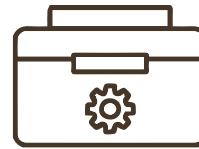
**24/7 confidential support is available at BH Link  
Call 401-414-LINK (5465)**

BH Link helps Rhode Islanders experiencing mental health and substance use crises receive needed services

Point your phone's camera on the code to link to a video of this toolbox talk



### TOOLBOX



### TALKS



#### Notes for Trainer

1. Review talking points.
2. If your jobsite has a Naloxbox and/or Narcan available, share how to access.
3. End the Toolbox Talk by sharing the BH Link phone number.



### RI Opioids Crisis Toolbox Talk Series

1. Stress Defense
2. Address Pain
3. Find Support
4. Support Recovery
5. Rescue Training



## Trainer's Talking Points

- Learning to recognize and respond to an opioid-involved overdose may save someone's life and allow them the opportunity to work towards recovery.
- An opioids overdose is a physical state that requires immediate medical intervention.
- If you are ever in doubt about someone's health call 911.

### NALOXONE (BRAND NAME NARCAN) SAVES LIVES

- Naloxone, the opioid overdose medication, competes with opioid chemicals that sit on brain receptors and slow down breathing and basic functioning. When naloxone is administered, the naloxone knocks the opioids off the brain receptors, allowing a person to breathe again.
- The opioids are still in the body, even after naloxone has been administered. When the naloxone wears off in 30-90 minutes, the opioids can re-attach.
- If someone overdoses, they require medical attention, even after naloxone has been administered.
- Naloxone is available in 3 forms: intramuscular injectable, auto-injectable (EVZIO), and prepackaged nasal spray (Narcan).



### HOW TO ACCESS NARCAN

- You can walk in to any pharmacy in Rhode Island and request Narcan without a written prescription. Your insurance covers the purchase and your standard co-pay applies.
- Look for a "Naloxbox" at RI businesses and workplaces. Often placed near AED or other emergency first aid equipment, a Naloxbox makes naloxone readily available in the case of an emergency.

### IN RHODE ISLAND, HELPERS ARE PROTECTED BY LAW

- Good Samaritan Laws are in place to encourage you to call 911 in the case of an overdose.
- These laws offer some protections from civil and criminal charges if you use Narcan to save a life, whether you are trained, have a prescription, or not.
- You are protected from prosecution for possession at the scene of an overdose if the police are there because someone called 911.



## Trainer's Talking Points (cont'd)

### HOW TO RECOGNIZE AN OVERDOSE

There are telltale signs of an overdose. If someone is exhibiting the following signs, call 911 and begin rescue efforts.

- Not breathing, slowly breathing, or shallow breathing
- Loud, heavy snoring, or gurgling sounds
- Can't be woken up or is unresponsive
- Turning blue
- Skin that is cold and clammy

### HOW TO RESPOND TO AN OVERDOSE

- Call 911
- Try to wake the person up by rubbing your knuckles on their sternum, a "chest noogie"
- Begin rescue efforts and Narcan
- Even with Narcan, additional medical intervention is required

### STEPS TO ADMINISTER NARCAN

#### 1. Administer Narcan

- Push plunger firmly to spray medication into one nostril
- There is only one dose in a Narcan spray, do not attempt a practice spray



Recovery Position

#### 2. Support Ventilation

- Move the person to their back
- Tilt their chin up to open their airway
- Check their mouth and clear the airway
- Apply chest compressions, rescue breathing, or full CPR based on your level of training

#### 3. Monitor and Support

##### Recovery Position

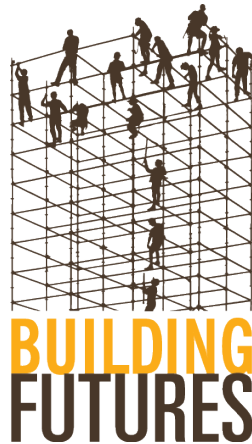
- Put the person on their side with their body supported by a bended knee
- This position keeps their airway clear and prevents them from choking
- Monitor until paramedics arrive

## TAKE AWAY ACTION: DO I KNOW HOW TO RESPOND TO OVERDOSE?

Take a moment to answer these questions for yourself:

- **Could I respond effectively to an overdose?**
- **Will I take advantage of the Narcan standing order at pharmacies to access Narcan and keep it available to me if I encounter an overdose?**

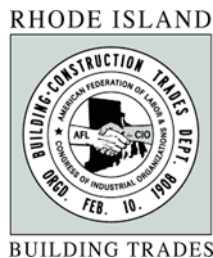
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More resources available at [www.bfri.org/opioidresponse/](http://www.bfri.org/opioidresponse/)

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Thank you to our partners.



#### REFERENCES

- Prevent Overdose RI (2018). Respond to Overdose. <http://preventoverdoseri.org/respond-to-overdose/>
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