



A Conversation on Fentanyl



**School District 22
VERNON**



Interior Health
Every person matters



Why are we talking about this?

- In 2016 there were 922 unintentional overdose deaths in British Columbia
- 158 of those deaths occurred in Interior Health communities.
- 13 in Vernon
- 116 overdoses in January 2017

Opiates

- Opioids are a class of drug or medication which includes heroin, morphine, fentanyl, methadone and codeine.
- They are most often prescribed for pain relief.



Signs and Symptoms of Use

- Depressants (or downers) tend to slow the body down (including breathing) and can make people sleepier.
- They may be prescribed or used illegally to reduce pain, manage opioid dependence or produce a state of euphoria/relaxation
- Most of the problematic drugs are illegal imported from China / Mexico



Body Presentation of Use (depressant)

- Breathing slower
- On the “nod”
- Slower speech, movement
- Pinpoint pupils
- Dry mouth,
- Flushing of the skin

What is Fentanyl?

- Fentanyl is a synthetic opioid
- Fentanyl is around 50 to 100 times more toxic than morphine, but is often
- mixed with other drugs (such as heroin, cocaine, and others).
- Fentanyl combined with other opioids (like heroin, morphine, methadone or codeine), alcohol, benzodiazepines, or stimulants like cocaine, it can further increase the risk of accidental overdose.
- It's also important to be aware that drugs other than fentanyl can also be lethal.



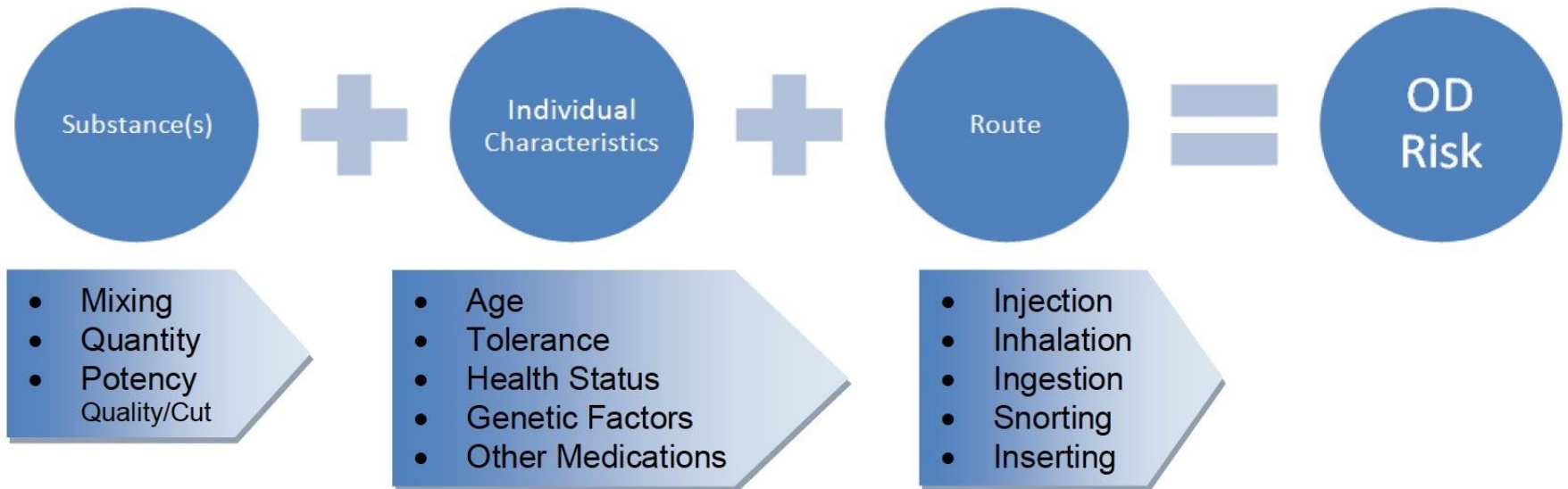
Signs and Symptoms

- Attitude
- Performance
- Behavior



Overdose

Anyone can overdose no matter their history or age. There is no exact formula. Overdose risk can increase or decrease depending on variables related to the 3 factors in the following figure:



Signs of Opioid Overdose

- Breathing is very slow, erratic or not at all
- Fingernails/lips are blue, dusky grey or purple
- Unresponsive to stimulation/sternal rub
- Deep snoring/gurgling sound
- Body is limp
- Unconscious
- Pupils are tiny or eyes rolled back
- Vomiting
- Person cannot stay awake



Opioid Overdose Signs & Symptoms

Don't use alone

Breathing will
be slow or
absent



Lips and nails
are blue



Person is not
moving



Person may
be choking



You can hear
gurgling sounds
or snoring



Can't be
woken up



Skin feels cold
and clammy



Pupils
are tiny



CALL 9-1-1 IMMEDIATELY

Adapted from resources developed by OHRDP

Responding to an Opioid Overdose:

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



Stimulate
Unresponsive? **CALL 911**



Airway



Ventilate
1 breath every 5 seconds



Evaluate



Muscular Injection
1 mL of naloxone
Continue to provide breaths until the person is breathing on their own



Evaluate
2nd dose?
If no response after 3-5 minutes give another injection

For more information visit www.towardtheheart.com

SAVE ME

Stimulate:

- Can you wake them up? Shout at them, sternal rub
- If no response, call 911

Airway:

- Make sure there's nothing in their mouth that stops them from breathing.

Ventilate:

- Breathe for them. (Plug nose, tilt head back, and give 2 breaths, watch for their chest to rise with each breath, then continue to give 1 breath every 5 seconds).

Evaluate:

- Are they any better? Still unresponsive? Give Naloxone

Muscular injection:

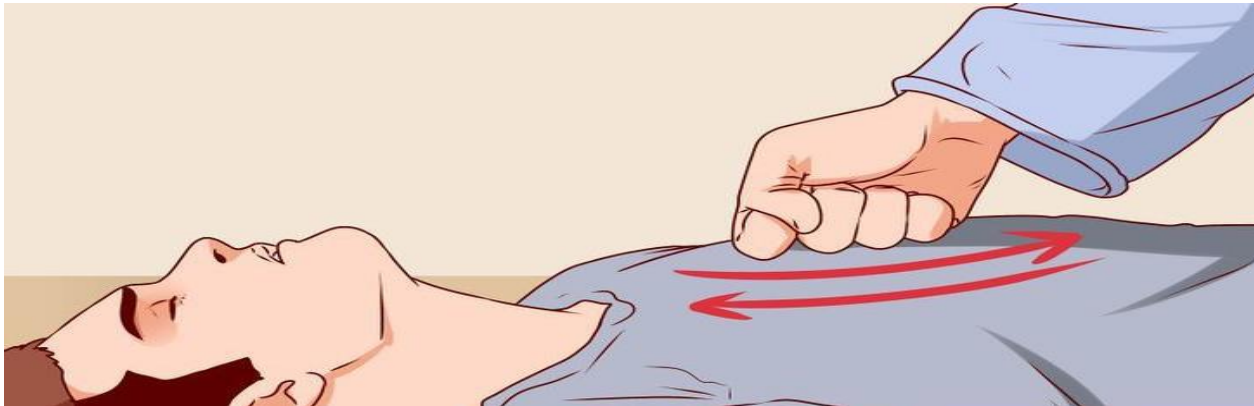
- Inject naloxone into a muscle. Remember someone should be doing rescue breathing.

Evaluate & support:

- Is the person breathing on their own? If they're not awake in 3-5min (approx. 40 breaths), another dose is needed. Monitor the person after each dose.
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Stimulate

- **Shout** at them
- **Sternal rub** (make a fist and rub your knuckles along the person's breast bone) or
- **Pinch** the webbing between their thumb and fingers to see if they respond to pain.
- **Call 911 if no response to sound or pain.**



Airway

- Check the person's mouth for any obstructions
- Remove any obstructions
- Once you've confirmed the mouth is clear, tilt the person's head back – this opens their airway.



Ventilate

- Breathe for them
- Plug nose, tilt head back, and give 2 breaths
- Use mask as a barrier, found in kit
- Watch for their chest to rise with each breath
- Continue to give 1 breath every 5 seconds



*Breaths are crucial to the overdose response.
They keep the brain alive.*

Prevention

- Don't mix different drugs
- **Don't take drugs when you are alone.**
- Don't experiment with higher doses
- Keep an eye out for your friends
- Recognize the signs of an OD
- **CALL 9-1-1 Immediately – do not delay.**
- If you have overdose prevention and response training, open their airway and give breaths and/ or administer naloxone (Narcan) until help arrives.



Legal Considerations

- A bystander who provides emergency first aid, including administration of naloxone is protected from liability by the **BC Good Samaritan Act**.
- Everyone, including healthcare professionals, first responders, social workers, and laypeople are legally permitted to administer naloxone to someone appearing to be suffering from an opioid overdose outside of a hospital setting.

Do you need medical training to give Naloxone?

- With basic training, anyone can recognize an overdose and administer Naloxone
- Community based Naloxone programs are empowering
- Friends, peers, and families are given the opportunity to save lives
- Please note: take home Naloxone does NOT replace the need for emergency care!!



Where can you get naloxone?

- As of March 22, 2016, naloxone is an unscheduled medication in BC which means there are no restrictions on where it can be sold, and individuals purchasing it do not have to provide a name.
- anyone can purchase from a pharmacy

Education

- The focus for youth aged 10-18 is on prevention and education.
- Recognize that evidence shows fear-based messaging is not effective at decreasing risk-taking behaviour
- Build relationships with vulnerable youth



To feel good

Some drugs may lead to feelings of power, self-confidence and increased energy. Others tend to provide feelings of relaxation and satisfaction

To feel better

People may use substances to reduce social anxiety or stress when building connections with others or to reduce symptoms associated with trauma or depression

To do better

The increasing pressure to improve performance leads many people to use drugs to “get going” or “keep going” or “make it to the next level.”

Curiosity or new experiences

Some people have a higher need for novelty and a higher tolerance for risk. These people may use drugs to discover new experiences, feelings or insights

Talking to Youth

- Educate yourself so you can answer questions.
- Become informed.
- Be a good listener.
- Stick to the facts.
- Look for natural opportunities to discuss substance use and decision-making, including stories in the news and social media.
- Be open and respectful.
- Focus on your heartfelt concerns for their safety and a deep regard for their wellness (in contrast to right/wrong, good/bad, obey/punish).

Prevention School Initiatives

- Preventure
- Drug awareness education (age specific)



Where to get help

- School Counselor's
- Family Care Provider (GP, NP)
- Interior Health Mental Health & Substance Use – youth - seniors
- Interior Health Public Health
- Child & Youth Mental Health



Resources for Youth & Family

- BC Centre for Disease Control: Toward the Heart
- Kelty Mental Health Resource Center: Substance Use
- Mind Check: Alcohol and Other Drugs
- Here to Help: Youth and Substance Use
- iMinds: Art of Motivation



Tips on Talking to Youth

- Healthy Families BC: Tricky Conversations
- Healthy Families BC: Teen Behavior section and alcohol sense videos
- Health Link BC: Alcohol & Drug Use in Young People.
- Here to Help: Guidebook for Parents
- Health Canada: Talking with Teenagers about Drugs and Alcohol



