

Overdose Awareness and Prevention

Gill Donnan

Local Take Home Naloxone Lead

Borders Addiction Service

Aims

Identify the main drugs associated with drug overdose

Understand the effects of different drugs

High risk times for those at risk

Spot the signs & symptoms of an opiate overdose

Dealing with overdose

Common Circumstances

Over half of cases were witnessed by friend, partner or family member*

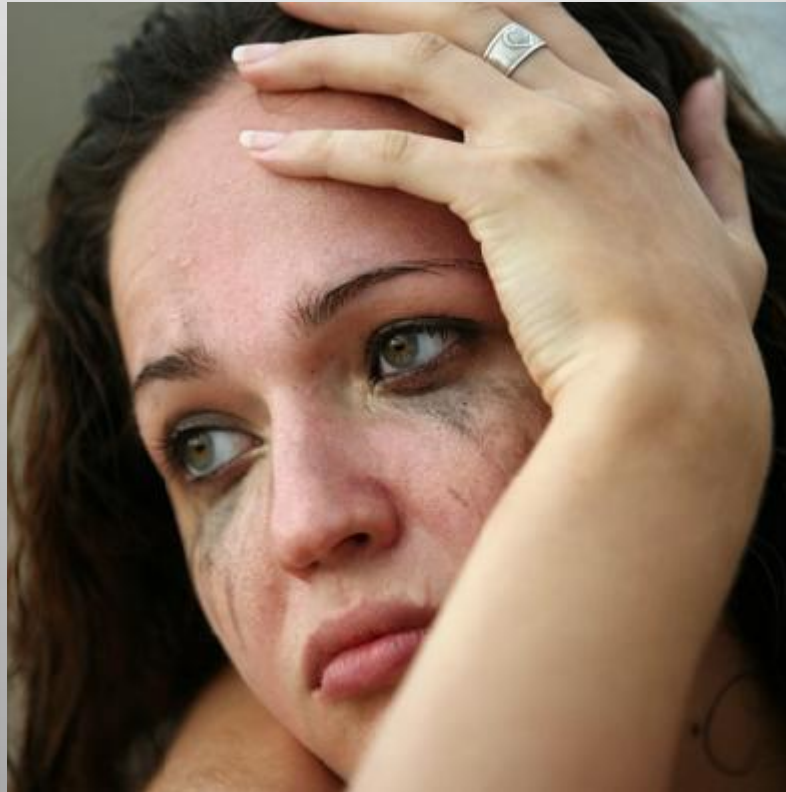
68% occurred in own or friends home (2003 stat)

In more than half the cases, several hours elapsed between overdose and death*

In many cases, person had previously reported overdosing*

***POTENTIAL MISSED OPPERTUNITIES FOR INTERVENTION**

Preventable



What are the main drugs involved in overdose?

Depressants

Heroin

Diazepam

Alcohol

Methadone

Stimulants

Cocaine

Amphetamine
(speed)

Ecstasy

What are the physical effects of these drugs?

- Slows breathing
- Slows heart rate
- Feels less alert
- Unconsciousness
- Poor memory
- Dulls pain
- Lower body temperature

- Increases heart rate
- Faster breathing
- Feel more alert
- Raises body temperature

Risk factors & High risk times

Tolerance

Mixing drug
& alcohol

Using too
much

Using alone

Injecting
drug use?

Purity levels

Weekends

People leaving
prison

People leaving
residential rehab
or hospital

People recently
detox

Recent life events e.g.
bereavement,
relationship
breakdown

Festive
period

Those who
relapse

Poor physical or
mental health

Longer term
users

Signs & symptoms of someone overdosing

Pinpoint pupils

Breathing problems
e.g. slow/shallow
breaths, not
breathing

Pale skin colour, lips
turning blue

No response to
noise or touch

Loss of
consciousness

Snoring/rasping
breaths

The time gap
between
someone using
drugs and slipping
into an overdose
can be **several
hours.**

Dealing with overdose- Do's & Don'ts

- Dial 999
- Recovery Position
 - CPR
- Stay with person
 - Administer Naloxone if its available

- Walk the person around
 - Inflict pain
- Inject stimulants
- Inject salt water
- Put in a cold bath

I SAVED MY BEST FRIEND'S LIFE

“He was always taking risks...
Mixing drugs and drinking...
He's still my friend though,
and I'm glad I knew what to
do that night... I couldn't waken
him and he wasn't breathing
right. Thank God I knew where his
naloxone was. It saved his life!”

SAVE SOME NALOXONE

NALOXONE CAN TEMPORARILY REVERSE THE EFFECTS OF OPIOID OVERDOSE

For more information on being supplied with and trained to use
naloxone, ask at your local drug service or needle exchange.



WWW.NALOXONE.ORG.UK / WWW.SDF.ORG.UK



I SAVED MY SON'S LIFE

“My boy is still alive... I'm glad we had
talked about overdose before, and that I
had gone to the drug service for training
and knew about naloxone. Seeing him
lying there, dying, was so frightening.
But the training I'd had meant I knew
what to do. Without naloxone, he may
have died.”

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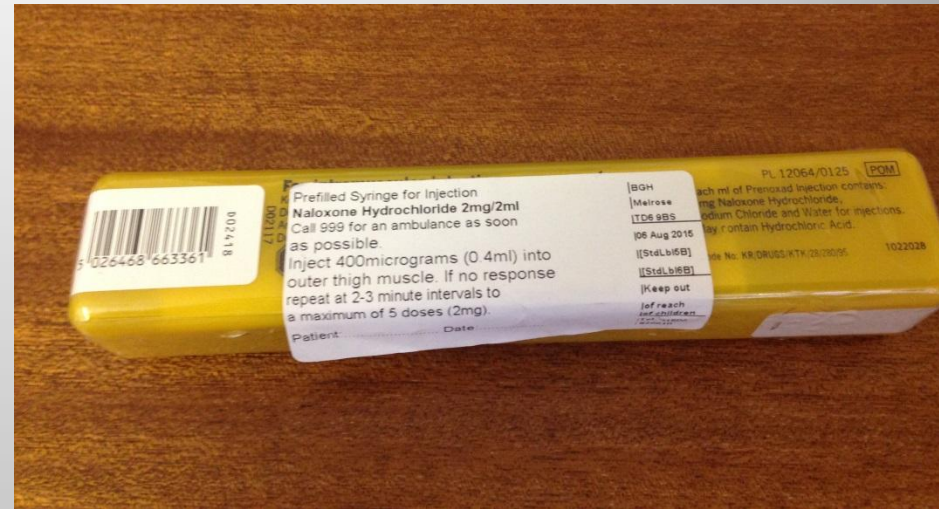
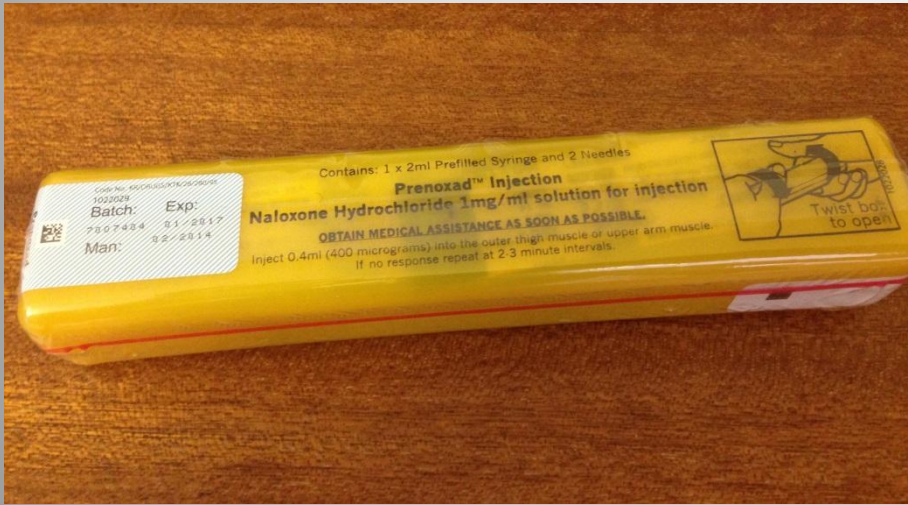
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What is Naloxone?

- Temporarily reverses the effects of opioids
- Used for many years in hospital to reverse effects of opiates
- Carried by ambulance crews
- Take home kits available for those at risk of opioid overdose
- Training available to those at risk, their significant others and/or staff working with those at risk

Naloxone



Facts about Naloxone

- Won't make person high/stoned
- Is not poisonous or cause harm if swallowed
- Is safe, with a few possible contra-indications
- Provided in pre-filled syringe
- Marked dosing on each syringe
- Available from drug services and community pharmacies
- Saves lives!

Any questions....

