

NARCAN:
Saves Lives



DuPage Narcan Program

Recognition, Response and Administration of Naloxone (Narcan) **Opioid Overdose 101**

A Program Sponsored By:

DuPage County Coroner
DuPage County State's Attorney
DuPage County Police Chief's Association
DuPage County Health Department

1. Recognize the signs of an overdose and how to use naloxone in a school setting.
2. Describe the requirements for HB 3428.
3. Develop an understanding of the National Association of School Nurses (NASN)'s Naloxone Education for School Nurses Toolkit.
4. Explain what resources are available in DuPage County related to substance use and how to join the DuPage Narcan Program.

1.5 CEs are offered for nurses who attended live

This is a 1.5 hour session and we will track attendance based on the Zoom platform's attendance report. Your logged time must be 90 minutes or higher to claim credits for this session.

If requesting CE:

1. Fill out the post-training evaluation survey
2. Send in the attestation form to Krista Webb at Krista.Webb@dupagehealth.org by November 2nd, 2023
3. A continuing education certificate will be sent by November 9, 2023 to those who complete the required steps

Narcan in the High School Setting

Laura Grabowski, MSN, RN, PEL-CSN
Certified School Nurse

December 20, 2019

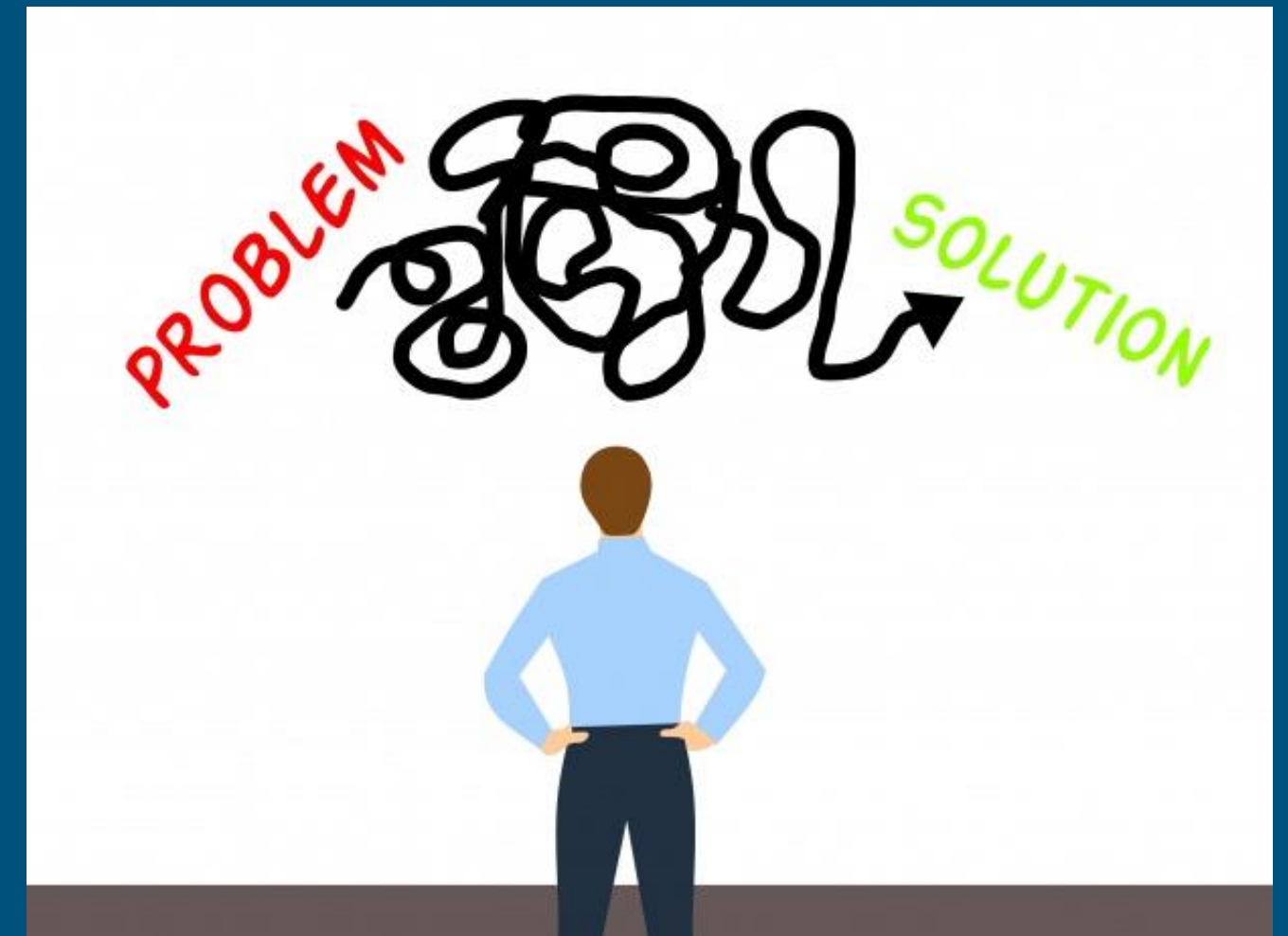
- Student overdosed in school
- The School Nurse administered 2 doses of Narcan and performed rescue breathing
- Paramedics arrived after student was saved
- Student survived

We were prepared for this emergency because:

- 2015 - My school implemented Section 22-30 (f) of the School Code - allowing us to have Narcan and use it
- I create an opioid overdose emergency response protocol and policy that facilitated the use of Narcan at my school
- The school nurses were trained and we had Narcan available

How did I implement this at my school before it became law?

1. Presented the data (Illinois Youth Survey)
2. Presented the problem
3. Presented a proposed solution
4. I asked for permission
5. I was granted permission to provide education to our administrators



Created a presentation specific to my school

- What are Opioids?
- Common forms of opioids **we were seeing at my school**
- How to recognize an overdose
- How to respond to an overdose / Calling for help **at my school**
- How to reverse an overdose / How to administer Narcan / location of Narcan **in my building**
- How to assist in recovery after giving Narcan
- How to document and debrief
- Legal considerations

Educate, Train, Prepare

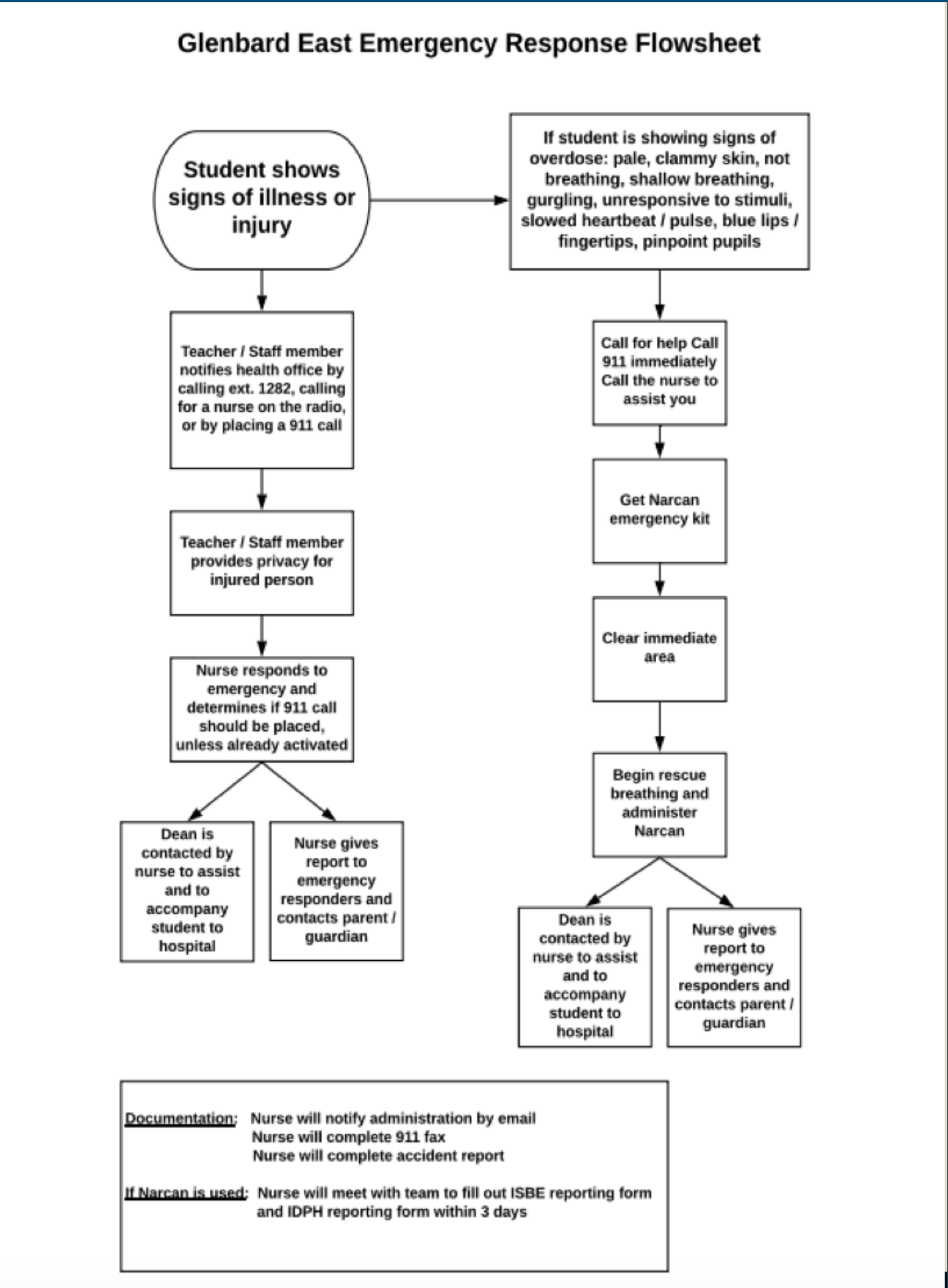
- Secured a location, date and time
- Presented the Powerpoint
- Provided a hands on demo of Narcan administration and rescue breathing
- Reviewed reporting procedures
- Practiced
- Q&A



After the overdose event...

- My school *formally* adopted my emergency response plan
- I added 11 additional locations within our school building to access Narcan – total of 15 (nurse's bag – 2, Dean's office – 1, Athletic trainer's office – 1, inside our AED bags – 6, Deans carry it - 5)
- I provided education to *all* our staff (teachers, classroom aides, security staff) regarding recognizing an overdose and how to respond in the event of an overdose. This was a mandatory requirement for all staff and we did a “lunch and learn”.

Development of Opioid Overdose Emergency Response Protocol



House Bill 3428

- Signed into law on July 28, 2023 and goes into effect January 1, 2024
- *Requires* all school districts to maintain a supply of an opioid antagonist

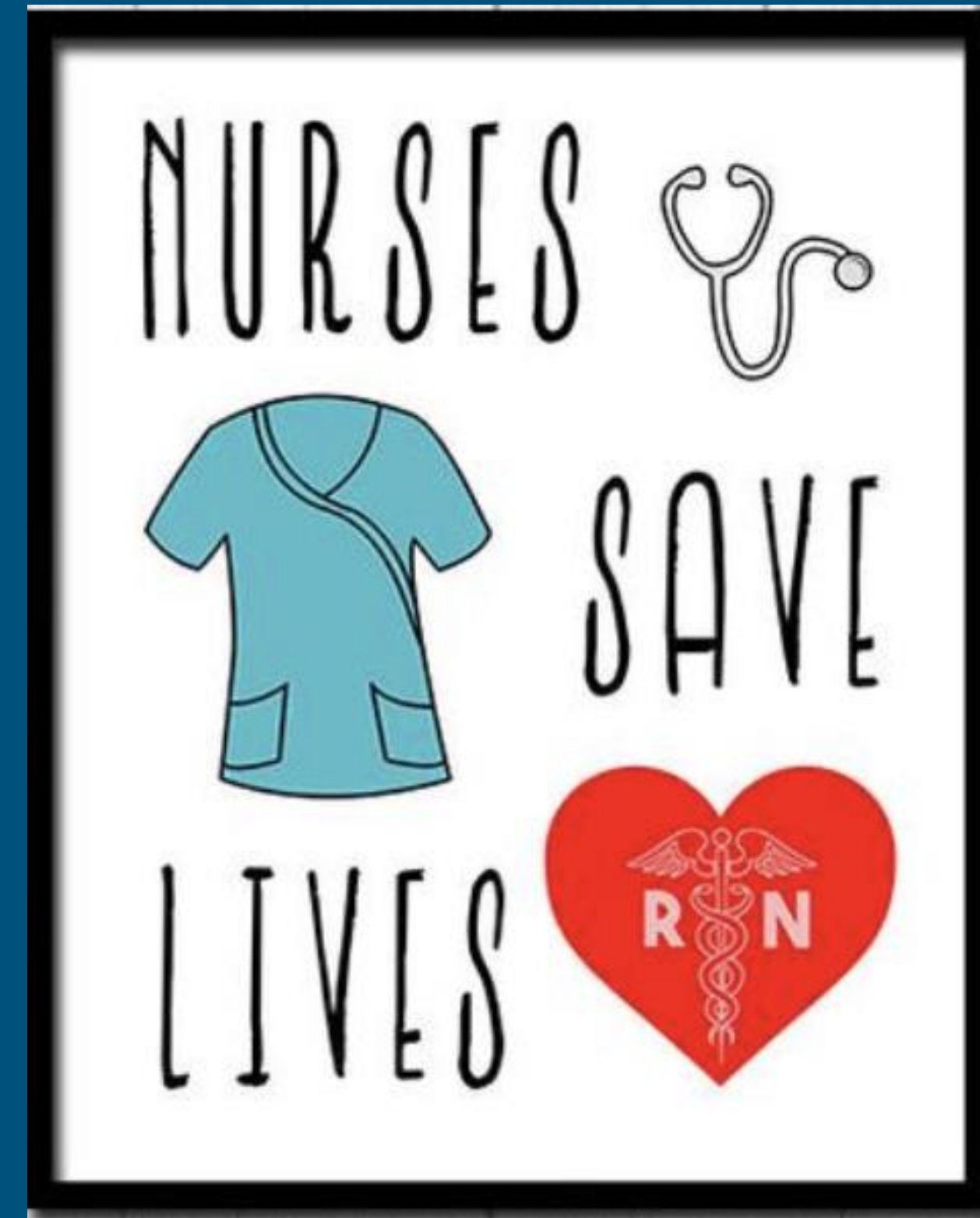
National Association of School Nurses

- Has created a toolkit for School Nurses
- Details how to:
 - Create a Naloxone Program in your school
 - Campus Protocols for Emergency Naloxone Administration
 - Communication Resources

Naloxone Education for School Nurses Toolkit

Advice for other school nurses

- Review the NASN toolkit
- Customize it to your specific school
- Make a plan to get trained, train others
- Practice and train every year
- Keep Narcan in multiple areas and make it easily accessible
- Don't be afraid to use it
- Remember that emergency response is never perfect and always a little messy.
- Reach out for support



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OCTOBER 26, 2023

Naloxone Toolkit for School Nurses

Mary Noga MSN, RN, PEL CSN, NCSN
Clinical Teaching Associate



UNIVERSITY OF ILLINOIS
AT CHICAGO
COLLEGE OF NURSING



<https://learn.nasn.org/courses/58011#>





NASN position Statement for Opioid related overdose

It is the position of the National Association of School Nurses (NASN) that the safe and effective management of opioid-related overdoses in schools must be incorporated into the school emergency preparedness and response plans. The registered professional school nurse (hereinafter referred to as school nurse) provides leadership in all phases of emergency preparedness and response. When emergencies happen, including drug-related emergencies, proper management of these incidents at school is vital to positive outcomes. The school nurse is essential to the school team responsible for developing and implementing emergency response procedures. School nurses in this role should facilitate access to naloxone for quick response in the management of opioid-related overdoses in the school setting.



NASN, 2023

HB 3428



Changes the school code Section 22-30

Provides a definition for opioid antagonist

Trained personnel may carry opioid antagonist on their person

A school nurse or trained personnel may administer an opioid antagonist to any person in the school setting believed to be experiencing overdose.

While in School

At a school sponsored event

While under the supervision of school personnel

Before and after normal school hours



ILGA, 2023

HB 3428



The training must comply with any training requirements under Section 5-23 of the Substance Use Disorder Act and the corresponding rules. It must include, but not limited to:

- How to recognize symptoms of an opioid overdose
- How to perform rescue breathing and resuscitation
- Information of drug overdose prevention and recognition
- How to respond to an emergency involving an opioid overdose
- Opioid antagonist dosage and administration
- The importance of calling 911
- Care for the overdose victim after administration of Narcan



HB 3428



Hold harmless clause for the school, district and the nurse for administering Narcan during and overdose incident

Schools must maintain a supply of an opioid antagonist in any secure location where an individual may have an overdose

If there is a supply shortage, the school nurse must make a reasonable effort to maintain an opioid antagonist

A healthcare professional with prescriptive authority may maintain a prescription for the school

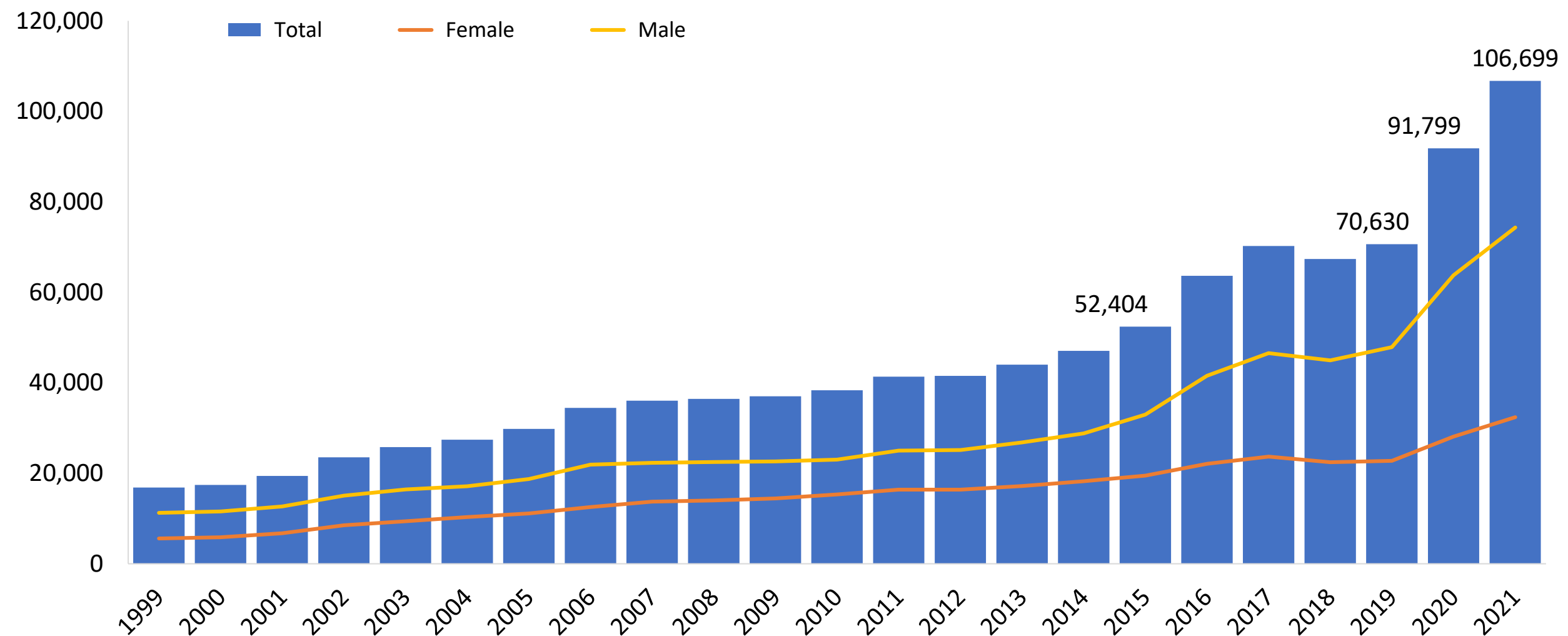


The Drug Overdose Crisis

More than 106,000 persons in the U.S. died from drug-involved overdose in 2021, including illicit drugs and prescription opioids.

Figure1: Statistics by NIDA, 2022 retrieved from <https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates>

National Drug-Involved Overdose Deaths*, Number Among All Ages, by Gender, 1999-2021

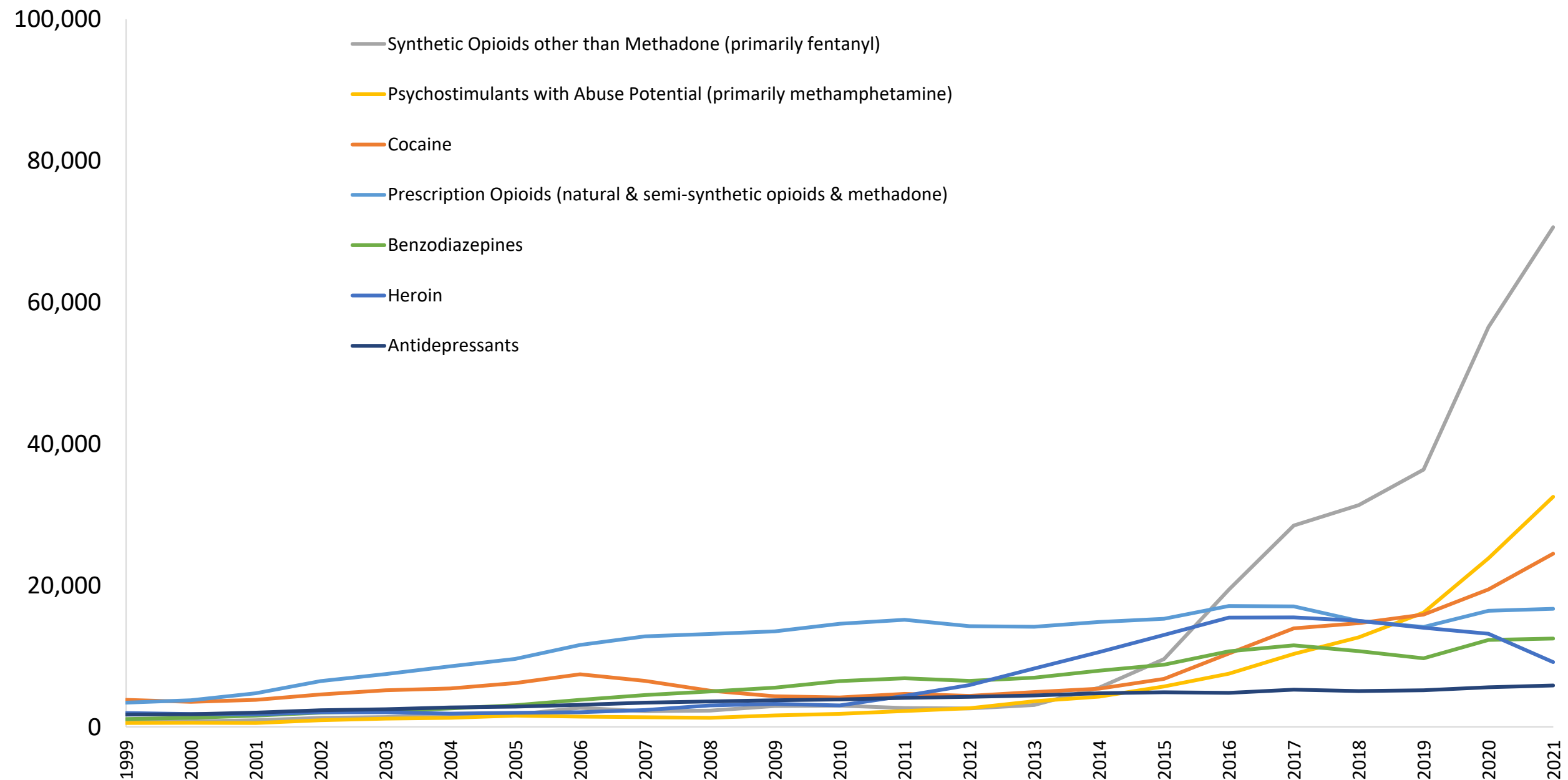


*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision.

(Centers for Disease Control and Prevention [CDC], National Center for Health Statistics [NCHS] 2023)

The Drug Overdose Crisis

National Drug-Involved Overdose Deaths*, Number Among All Ages, 1999-2021

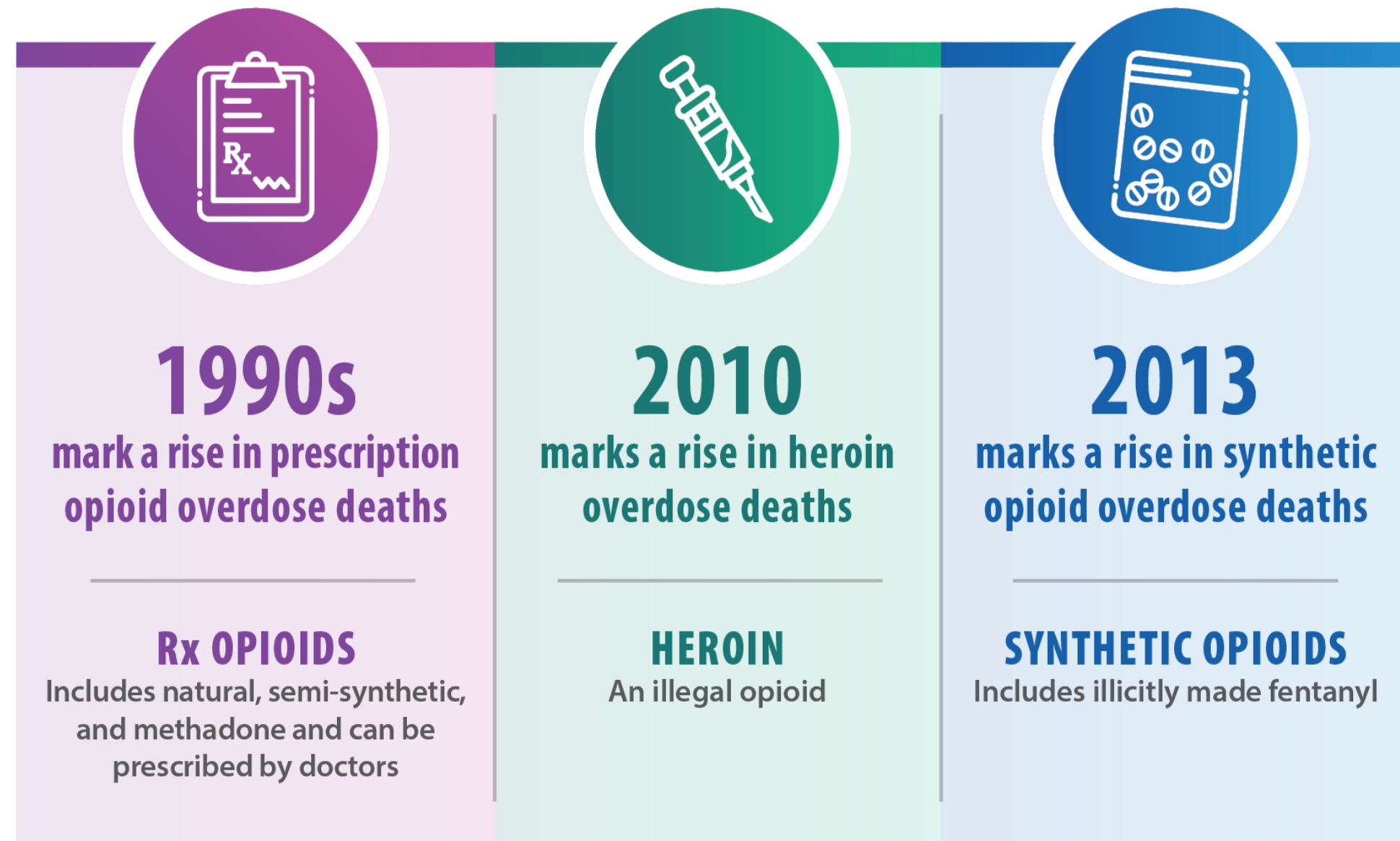


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(CDC/NCHS, 2023)

RISE IN OPIOID OVERDOSE DEATHS IN AMERICA

A Multi-Layered Problem in Three Distinct Waves



Learn more about the evolving opioid overdose crisis: www.cdc.gov/drugoverdose

(CDC, 2023a)

What are opioids?

Opioids bind to receptors in the brain that reduce the body's perception of pain and create feelings of relaxation and pleasure.

Taking opioids regularly can lead to an opioid use disorder.

Opioids include:

- **Heroin**
- **Synthetic opioids** like **fentanyl**
- **Prescription pain medications** like codeine, hydrocodone, hydromorphone, meperidine, morphine, oxycodone

(NIDA, 2021)

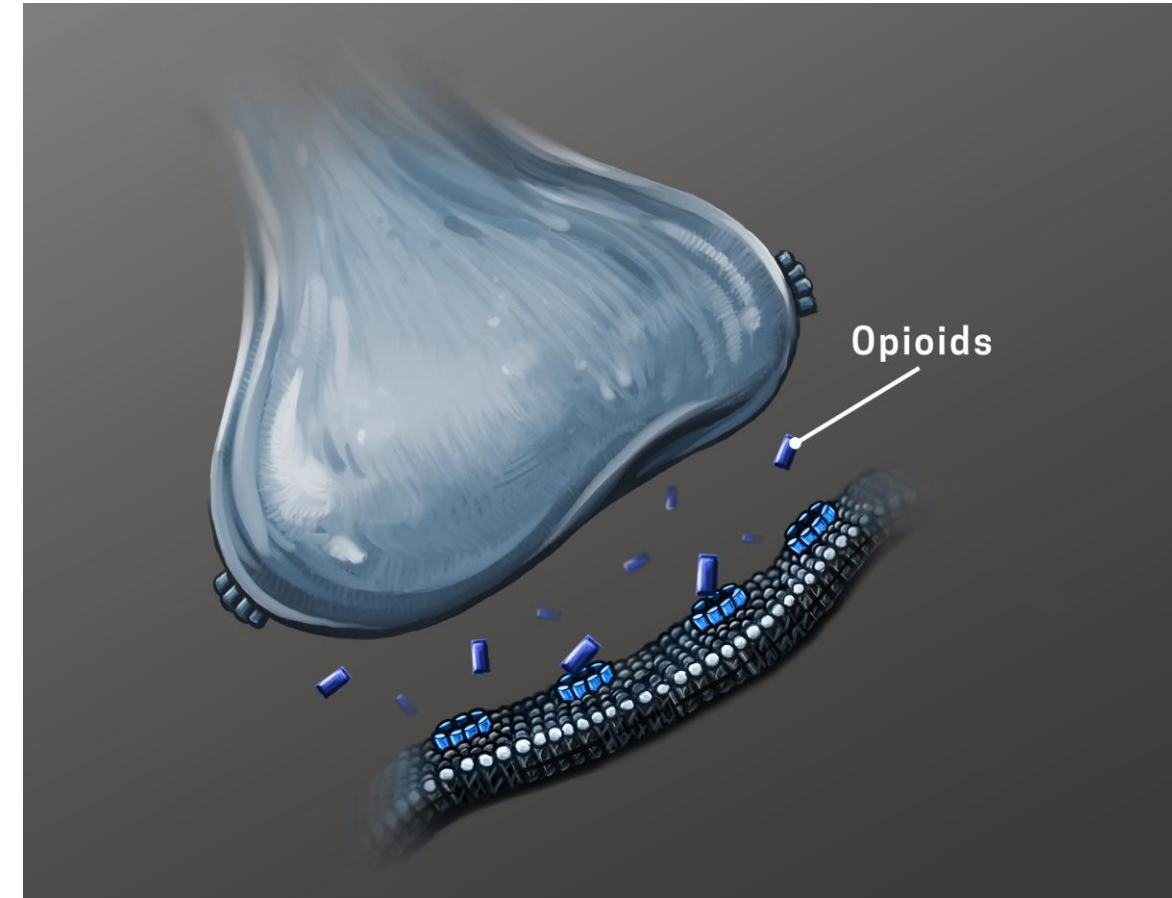


Figure 4: From NIDA retrieved from Flickr,
<https://flic.kr/p/2kcLpWE>

Medications can help treat opioid use disorder, overdose, and withdrawal

MEDICATIONS FOR OPIOID OVERDOSE, WITHDRAWAL, & ADDICTION

Medications for opioid **overdose**, **withdrawal**, and **addiction** are safe, effective and save lives.

The National Institute on Drug Abuse supports research to develop new medicines and delivery systems to treat opioid use disorder and other substance use disorders, as well as other complications of substance use (including withdrawal and overdose), to help people choose treatments that are right for them.

FDA-approved medications for opioid addiction, overdose, and withdrawal work in various ways.

- Opioid Receptor Agonist**
Medications attach to opioid receptors in the brain to block withdrawal symptoms and cravings.
- Opioid Receptor Partial Agonist**
Medications attach to and partially activate opioid receptors in the brain to ease withdrawal symptoms and cravings.
- Opioid Receptor Antagonist**
Medications block activity of opioid receptors in the brain to prevent euphoric effects (the high) of opioids and alcohol and help reduce cravings.
- Adrenergic Receptor Agonist**
A medication that attaches to and activates adrenergic receptors in the brain and helps alleviate withdrawal symptoms.

REDUCES OPIOID USE AND CRAVINGS

- Methadone**
Daily liquid or tablet
Dolophine®, Methadose®
Generics available
- Naltrexone**
Monthly Injection
Vivitrol®
- Buprenorphine**
Daily tablet
Monthly injection
Sublocade®
Generic tablets available
- Buprenorphine/Naloxone**
Daily film under the tongue or tablet
Zubsolv®, Suboxone®
Generics available

TREATS WITHDRAWAL SYMPTOMS

- Lofexidine**
As-needed tablet
Lucemyra®

REVERSES OVERDOSE

- Naloxone**
Emergency nasal spray or injection
Kloxxodo®, Narcan®, Zimhi™
Generics available

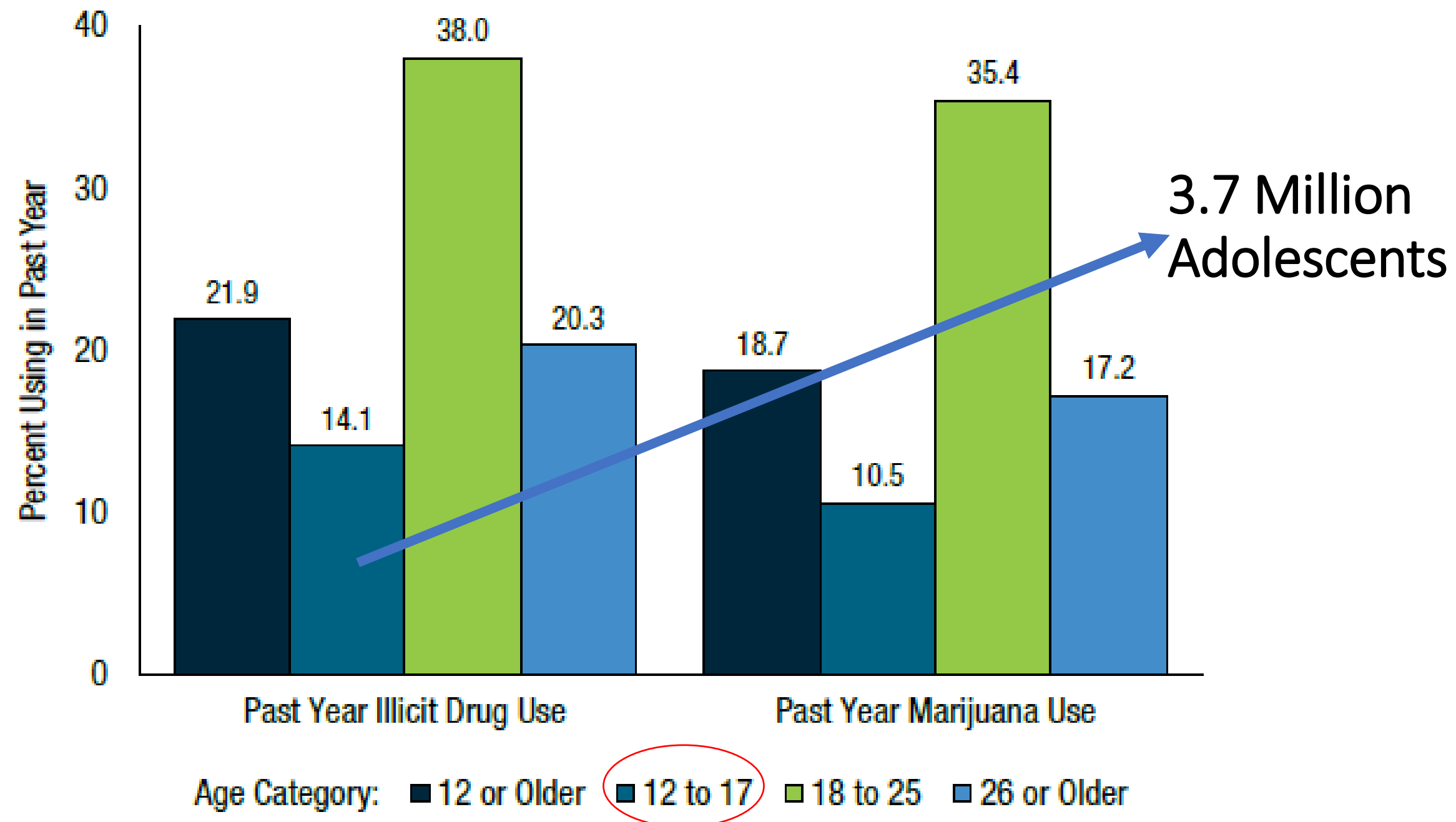
NIH National Institute on Drug Abuse

nida.nih.gov

(NIDA, 2021)

Drug Use Among Young People: Facts & Statistics

**Figure 15. Past Year Illicit Drug Use and Past Year Marijuana Use:
Among People Aged 12 or Older; 2021**



Adolescent Overdose Deaths have Increased Dramatically

Overdose deaths have increased among adolescents aged 10-19:

(July – December 2019 to July – December 2021)



109% - median monthly overdose deaths

182% - deaths involving illicitly manufactured fentanyl (IMFs)

90% - deaths involving opioids

84% - deaths involving IMFs

25% - deaths where counterfeit pills were present

(Tainz, et al, 2021)

Overdose can happen to anyone! Only 35% of the young people who died had a known history of opioid use.

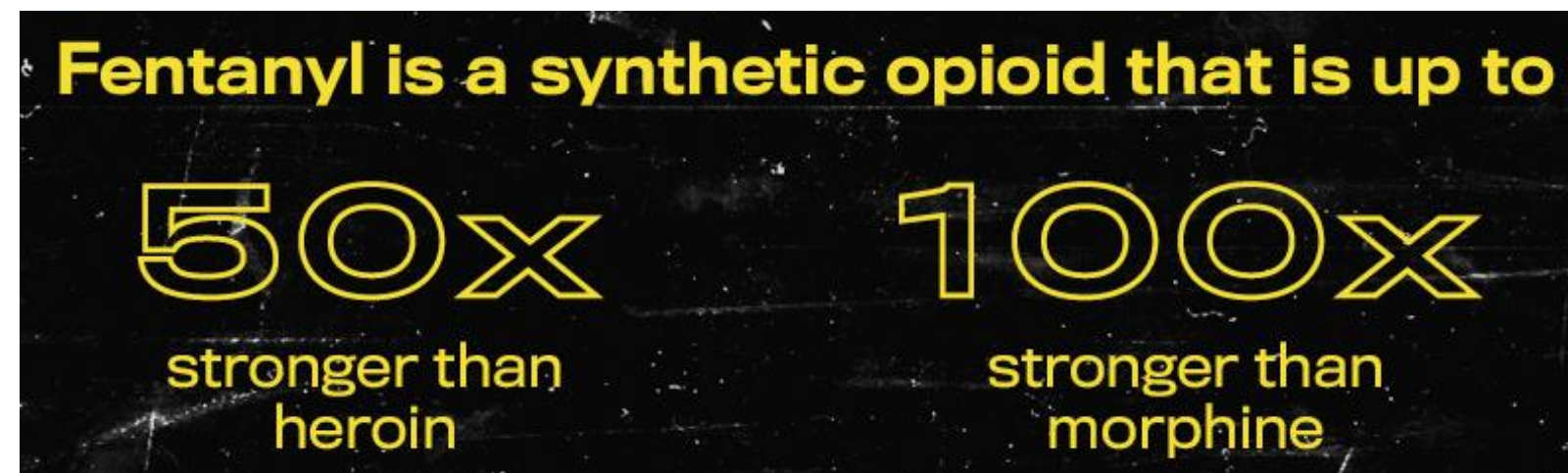


Figure 8: CDC, 2023 retrieved from <https://www.cdc.gov/stopoverdose/fentanyl/index.html>

- One of the most common drugs involved in drug overdose deaths in the United States.
- Can be prescribed but is also made illegally.
- Inexpensive to manufacture.
- Can be mixed with other drugs (i.e., heroin, cocaine, meth, pressed pills); a person may not know that it's been added, leading them to underestimate how much opioids they are taking and increase chance of overdose.
- It is almost impossible to know whether a drug contains fentanyl.
 - Test strips can help determine if fentanyl is present in a drug.

Naloxone can **reverse a drug overdose from opioids, including fentanyl.**

(CDC, 2022; 2023a; NIDA, 2021)

Fentanyl mixed into other drugs is a driver of teen overdose deaths

Counterfeit pills:

- Resemble prescription drugs
- Have become more common
- Have increased fatal overdose risk among teens
- Are easy to buy online
- Were involved in nearly 25% of overdose deaths from 2019 to 2021 (CDC, 2023)



Retrieved from [Flipboard.com](https://flipboard.com)

Too much of any opioid, including prescription opioids or illicitly **manufactured opioids**, leads to slowed breathing, resulting in too little oxygen reaching the brain—known as *hypoxia*.

Hypoxia can lead to coma, permanent brain damage, or death.

(NIDA, 2021)

What Is an Opioid Overdose?



(NIDA, 2021a)

Someone is exposed a dose of opioids too strong for their body to process



Slow breathing or no breathing



Hypoxia (not enough oxygen getting to the brain)



Psychological/neurological effects, coma, permanent brain damage, or death

Opioid Intoxication vs. Opioid Overdose

Call 911 immediately!



Opioid Intoxication	Opioid Overdose
Relaxed muscles	Pale, clammy skin
Slowed or slurred speech, slowed or shallow breathing	Speech infrequent, not breathing, very shallow breathing
Appears sleepy	Deep snorting or gurgling
Responds to stimuli (shaking, sternal rub)	Unconscious and unresponsive to stimuli (calling name, shaking, sternal rub); limp body
Normal heart rate/pulse	Slowed heart rate/pulse
Normal skin color	Cyanotic skin coloration (blue lips, fingertips)

Who is at
risk of an
opioid
overdose?

**Anyone who uses drugs is at risk
of an overdose.**

Learn About Naloxone

- Naloxone:
 - Is a life-saving medication that restores normal breathing
 - Rapidly reverses an overdose from opioids (e.g., heroin, fentanyl, and prescription opioid medications) when given in time
 - Only works for 30-90 minutes; multiple doses may be needed, and emergency medical care should be sought even if overdose symptoms resolve

There are two forms of naloxone:

- Nasal spray
- Injectable
- The NARCAN brand nasal spray was approved for non-prescription use in 2023.
- Anyone can administer naloxone. Medical training or authorization is NOT required.

(CDC, 2023b; FDA, 2023; NIDA2023a)



Naloxone is Safe to Use

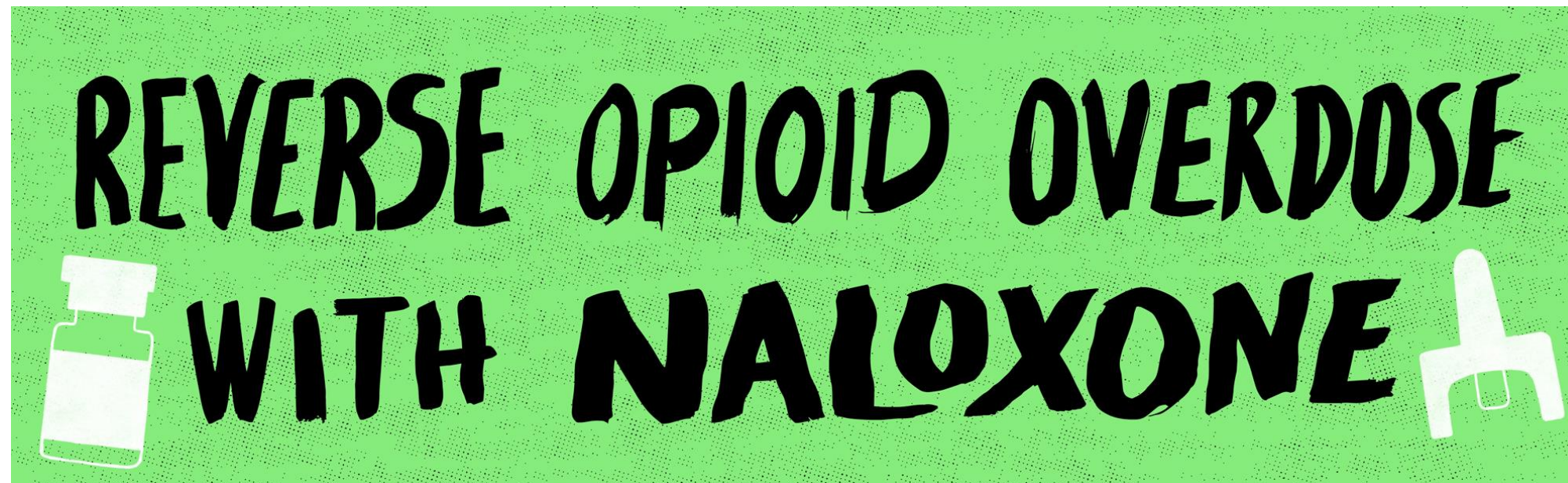
- Naloxone is the first line treatment for opioid overdose.
 - While naloxone does not reverse overdoses caused by tranquilizers (e.g., xylazine), stimulants, and other classes of drugs, naloxone should still be given if drug overdose is suspected in case opioids may be involved.
- Naloxone is a safe drug.
 - If the person has not overdosed on an opioid, naloxone has no effect on the body!
- The risk of death from an opioid overdose is much greater than the risk of side effects from naloxone.
 - There are virtually no adverse health effects from naloxone.

(CDC, 2023b; FDA, 2023; NIDA, 2023e)



Naloxone Should Be Given as Soon as Possible

- Naloxone should be administered IMMEDIATELY.
- After administering naloxone, the responder (e.g., school nurse) should stay with the person until emergency help arrives.



(CDC, 2023B; FDA, 2023)

Debunking Naloxone Myths

Myth: Naloxone encourages people who use substances to use more drugs.

Fact: Research shows that naloxone doesn't lead to more or riskier drug use; some research even shows that naloxone can result in reduced opioid use.

Myth: Naloxone prevents people who use substances from seeking treatment.

Fact: There is no evidence to support that naloxone prevents people who use substances from seeking treatment. Near-death experiences, like overdose, can often be a catalyst to seeking treatment and recovery.

Myth: Only doctors can give naloxone.

Fact: Naloxone is available in all 50 states. Anyone can purchase/carry naloxone nasal spray without having to obtain a prescription. In the event of an overdose, anyone can save a life by giving naloxone.



HOW TO RESPOND TO AN OVERDOSE:

RECOGNIZE

RESPOND

REVERSE

RESPIRATIONS

REFER

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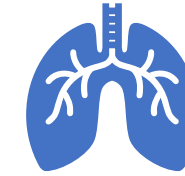
Recognize the signs



Small, constricted
“pinpoint pupils”



Falling asleep or loss of
consciousness



Slow, shallow
breathing



Choking or gurgling
sounds



Limp body



Pale, blue, or cold skin

(CDC, 2023b)

Respond by Calling for Help Immediately

- Call for help – Dial 911.
- Request advanced life support.
- Tell the dispatcher that someone is unresponsive and not breathing
- Provide the dispatcher with your address or location.

(SAMSHA, 2023a)

Know how to administer naloxone nasal sprays



CDC, 2023c. Retrieved from <https://www.cdc.gov/stopoverdose/naloxone/index.html>

Generic Naloxone: Nasal Spray



Photo used with permission by Teva Pharmaceuticals

NARCAN: Nasal Spray



Images source: NIDA Flickr,
<https://www.flickr.com/photos/nida-nih/52566291708/in/album-72177720304478612/>

How to Administer NARCAN

Remove NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.



Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.



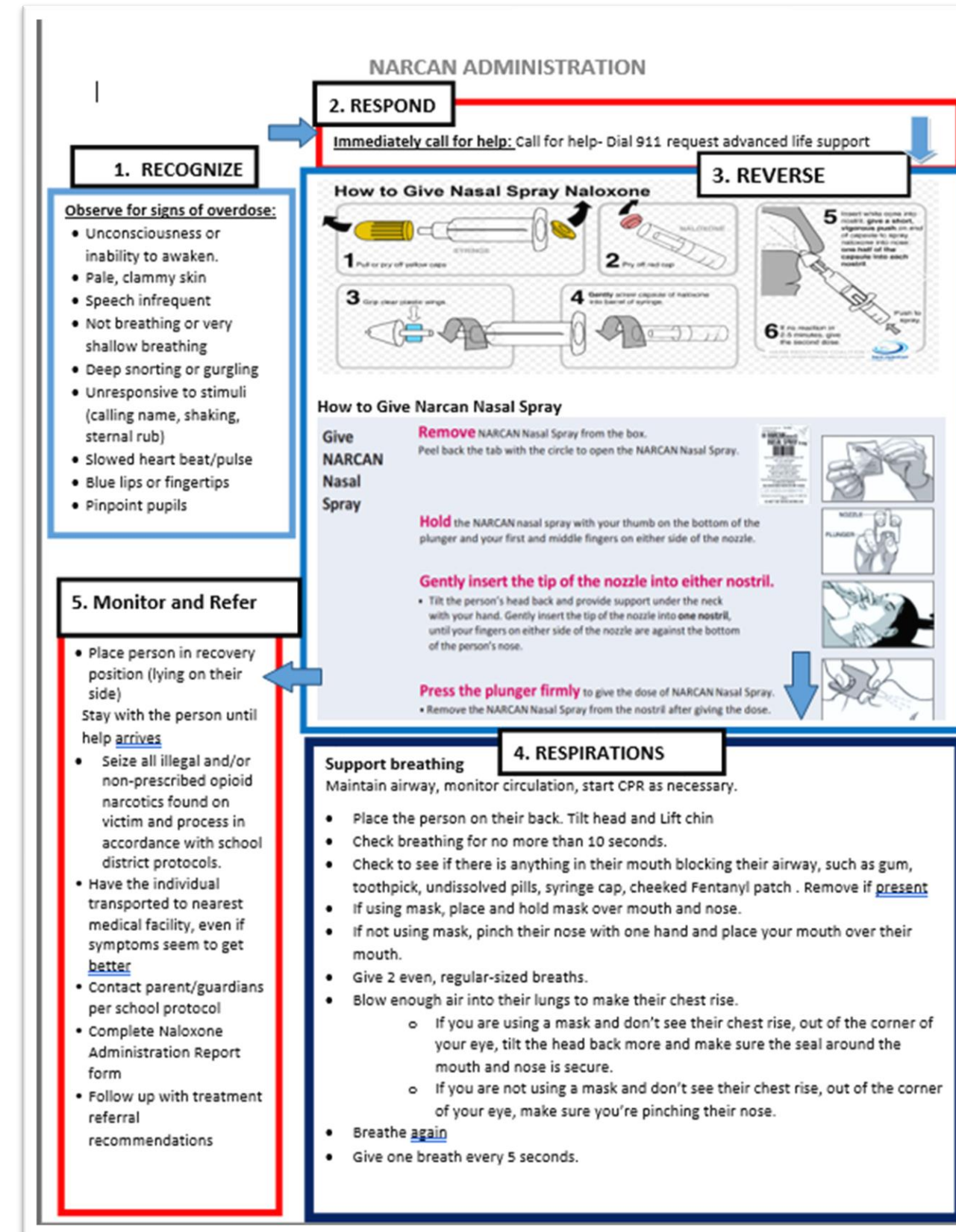
Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



How Will I Know What to Do?

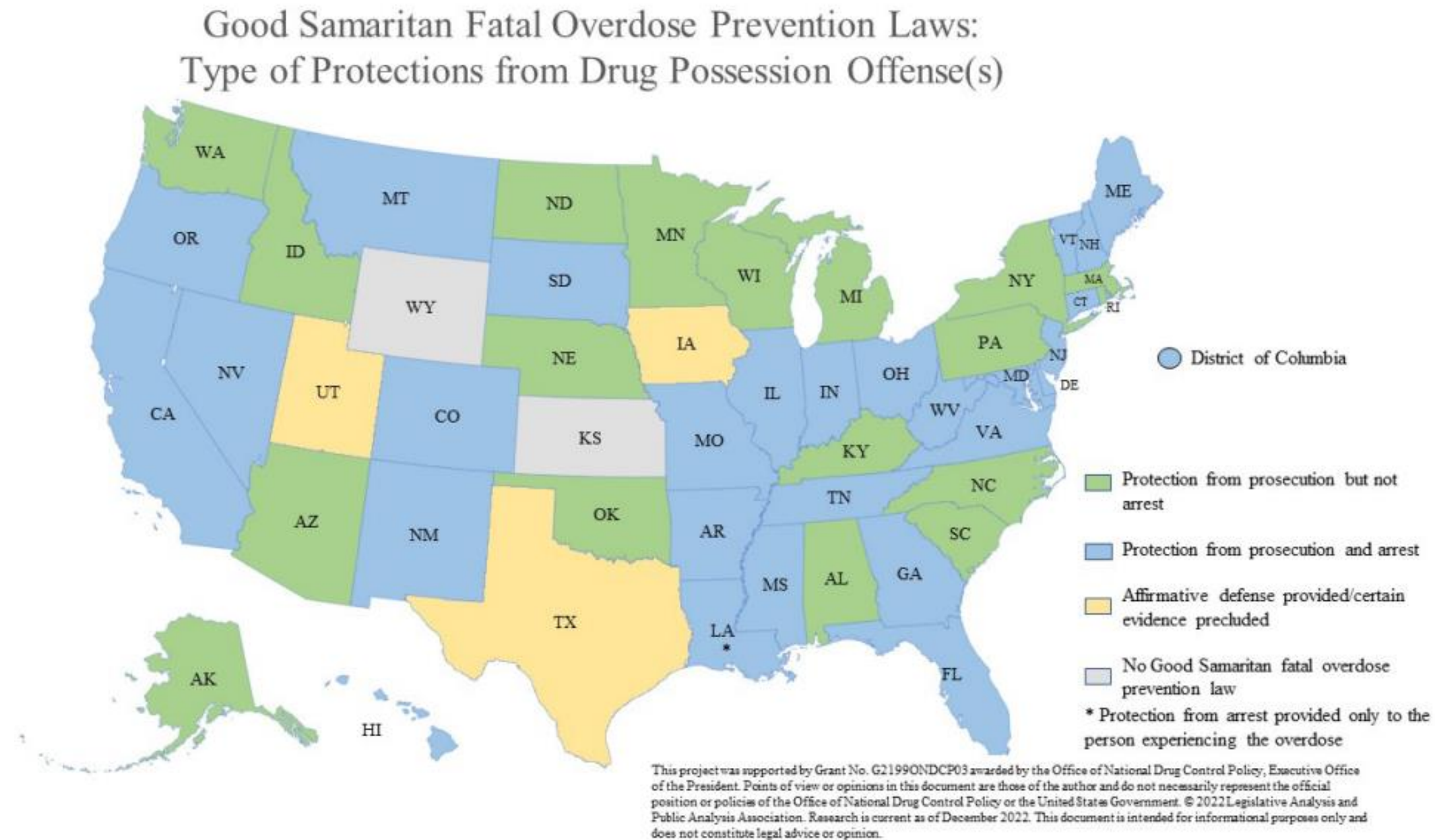
- [Insert school name] will develop/maintain a naloxone administration protocol.
- The protocol includes steps to follow in the event of an opioid overdose, and it will be reviewed regularly.



Good Samaritan Laws

Good Samaritan Laws

- Protects people from prosecution or arrest if they call 911 to save someone experiencing an overdose.
- These laws may also protect the person who is experiencing an overdose. (Legislative Analysis and Public Policy Association, 2022)



(Legislative Analysis and Public Policy Association, 2022)

Illinois Naloxone Standardized Procedure

This updated Naloxone Standardized Procedure (Procedure) outlines how entities may become authorized to obtain, dispense, and administer naloxone hydrochloride for the purpose of reversing an opioid overdose. This Procedure also presents the educational requirements for obtaining the Illinois Naloxone Standing Order and the technique for administering naloxone.

<https://dph.illinois.gov/topics-services/opioids/naloxone.html#:~:text=Illinois%20Naloxone%20Standing%20Order,overdose%20without%20a%20direct%20prescription.>



Illinois Naloxone Standing Order

This Standing Order is issued by the Director of the Illinois Department of Public Health, effective on the date below. It authorizes Naloxone Entities to obtain and/or distribute naloxone, syringes, and other components of the naloxone kit to those who may assist an individual suffering opioid-related overdose. Naloxone Entities may include pharmacies, pharmacists, or opioid overdose education and naloxone distribution (OEND) programs. This Standing Order is made pursuant to the Substance Use Disorder Act (20 ILCS 301/5-23), and Executive Order 1705, and should be used in conjunction with the Illinois Naloxone Procedure.



Undesignated Opioid Antagonist:

“Narcan” or “Naloxone”

- Authorizes, does not require, schools to stock undesignated opioid antagonist
- Allows administration of undesignated opioid antagonist to any person suspected or appearing to be experiencing an overdose of Opioid
- Requires a report [Form ISBE 34-20 (1/16)] to be sent to ISBE within (3) calendar days after the administration of undesignated opioid antagonist (email to opioid@isbe.net)
- State report on usage and availability found on ISBE School Nursing Webpage
- Check with your local health department or EMS regarding dose and prescriber for schools





Questions?



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Community Support After Opioid Overdose

DuPage Narcan Program

Narcan Requests and Training

School Resources

Recognizing & Responding to Opioid Overdose

Good Samaritan Law

Fentanyl and Xylazine Test Strips

Using Naloxone

Overdose Risk & Prevention

Narcan Requests and
Training

School Resources

Home > Overdose Response > DuPage Narcan Program > [DRAFT] School Resources

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DuPage Narcan Program's School Resources

The DuPage Narcan Program (DNP) has several resources to help prepare schools in DuPage County respond to an opioid overdose.

The DNP operates as a train the trainer program. In order to access Narcan through the DNP, all participating program sites must have a signed DNP Participation Agreement and designate at least one staff person as a trainer for other school staff.

For schools or districts that are in DuPage County and would like to participate in the DNP:

1. Fill out a [Participation Agreement](#).
2. Once you receive confirmation from the DNP that the agreement is accepted, school staff must designate at least one person to be a trainer for the school or school district. Staff must view a recorded train the trainer session to complete this requirement.
3. Sign an [attestation form](#) notifying the DNP that the school/district has viewed the recording.
4. The trainer(s) at the school can now train other school staff. The DNP has resources to assist trainers, including a [slide deck](#) that may be used in school trainings. Schools are welcome to tailor the training slides to the needs of their school.
5. Fill out a [Resupply Request Form](#) to request your initial supply of Narcan for your school or district.
6. If Narcan is used on campus, one school staff person must send in a [Naloxone Administration Reporting Form](#) through this [Resupply Request](#) within 5 business days of Narcan use. Select "Use of Kit" as the reason for request. Attach the Naloxone Administration Reporting Form at the bottom of the Resupply form.


Documentation: Naloxone Administration Reporting Form

This form is to be completed within FIVE business days of the naloxone administration

Questions?

Email DNP@DuPageHealth.org

Printable Form

 Illinois Department of Human Services - Division of Alcoholism and Substance Abuse
OVERDOSE REVERSAL AND NALOXONE ADMINISTRATION REPORTING FORM

(THIS FORM IS TO BE COMPLETED WITHIN FIVE (5) BUSINESS DAYS OF NALOXONE ADMINISTRATION)

Program Name: _____ Site Name: _____ Date Completing Form: _____
 Responder's Name: _____ Or Code Identifier: (if applicable) _____ 1st Responder ☐ Bystander/Outreach ☐

Location of Use/Location of Overdose _____
 Closest Cross Streets: _____ City/Town/Community: _____ County: _____ Zipcode: _____

Location: ☐ Apartment ☐ Motel ☐ Shelter ☐ Business ☐ Parking lot ☐ Vehicle ☐ Train ☐ Park
☐ House ☐ School ☐ Jail ☐ Other: _____

About the Person: Fill in answers to the best of your knowledge:
☐ Male ☐ Female ☐ Transgender ☐ Other _____ Age: _____
 Ethnicity: ☐ Hispanic/Latino ☐ Non Hispanic/Latino
 Race: ☐ African American/Black ☐ Native American ☐ Unknown
☐ Caucasian/White ☐ Asian/Pacific Islander ☐ Other Race/Ethnicity Please Specify: _____

Specific Drugs Used: ☐ Heroin If (YES), Please specify Method: ☐ Injection ☐ Sniff ☐ Swallow ☐ Smoke ☐ Unknown
 (Check all that apply)
☐ Fentanyl ☐ Methadone ☐ Cocaine ☐ Benzodiazepine ☐ Cannabis ☐ Alcohol ☐ Opiate Pain medication (Specify if Known) _____
 List Other Drugs/Medications ☐ _____

Condition of Person:
 1. Was the person conscious before naloxone was used? ☐ Yes ☐ No
 2. How was naloxone administered? ☐ Injected in the muscle ☐ Sprayed in the nose
 3. How many doses of naloxone were used? ☐ One ☐ Two ☐ More than 2 (Please Specify): _____
 4. Other Actions Taken: (Check all that apply) ☐ Rescue Breathing ☐ Chest Compressions ☐ Sternal Rub ☐ Recovery Position ☐ Called 911
 5. Did the person go to the hospital? ☐ Yes ☐ No ☐ Refused If Yes, list name of hospital if known: _____
 6. Did the person survive? ☐ Yes ☐ No ☐ Unknown 7. Date naloxone was administered: _____
 8. Was naloxone ever received in the past? ☐ Yes ☐ No ☐ Unknown

Please provide any additional information:

Name and Signature of Program Director and Health Care Professional

_____ Program Director Name	_____ Program Director Signature	_____ Date
_____ Health Care Professional Signature	_____ Health Care Professional Signature	_____ Date

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TO BE COMPLETED WITHIN FIVE (5) BUSINESS DAYS OF NALOXONE ADMINISTRATION
 This form is to be submitted through the Jotform Re-supply Request Form
 For questions, contact DNP@dupagehealth.org

HOPEdupage.org

HOPEDUPAGE

Reduce Drug Access

Reduce Opioid Misuse

Overdose Response

Prevention & Education

Treatment & Recovery

Virtual Narcan Training

To maintain social distancing, virtual trainings are now available. Request to pick up or have a free Narcan kit mailed to you.

[LEARN MORE](#)



Narcan Trainings

The DuPage Narcan Program provides regular trainings for first responders and community members.

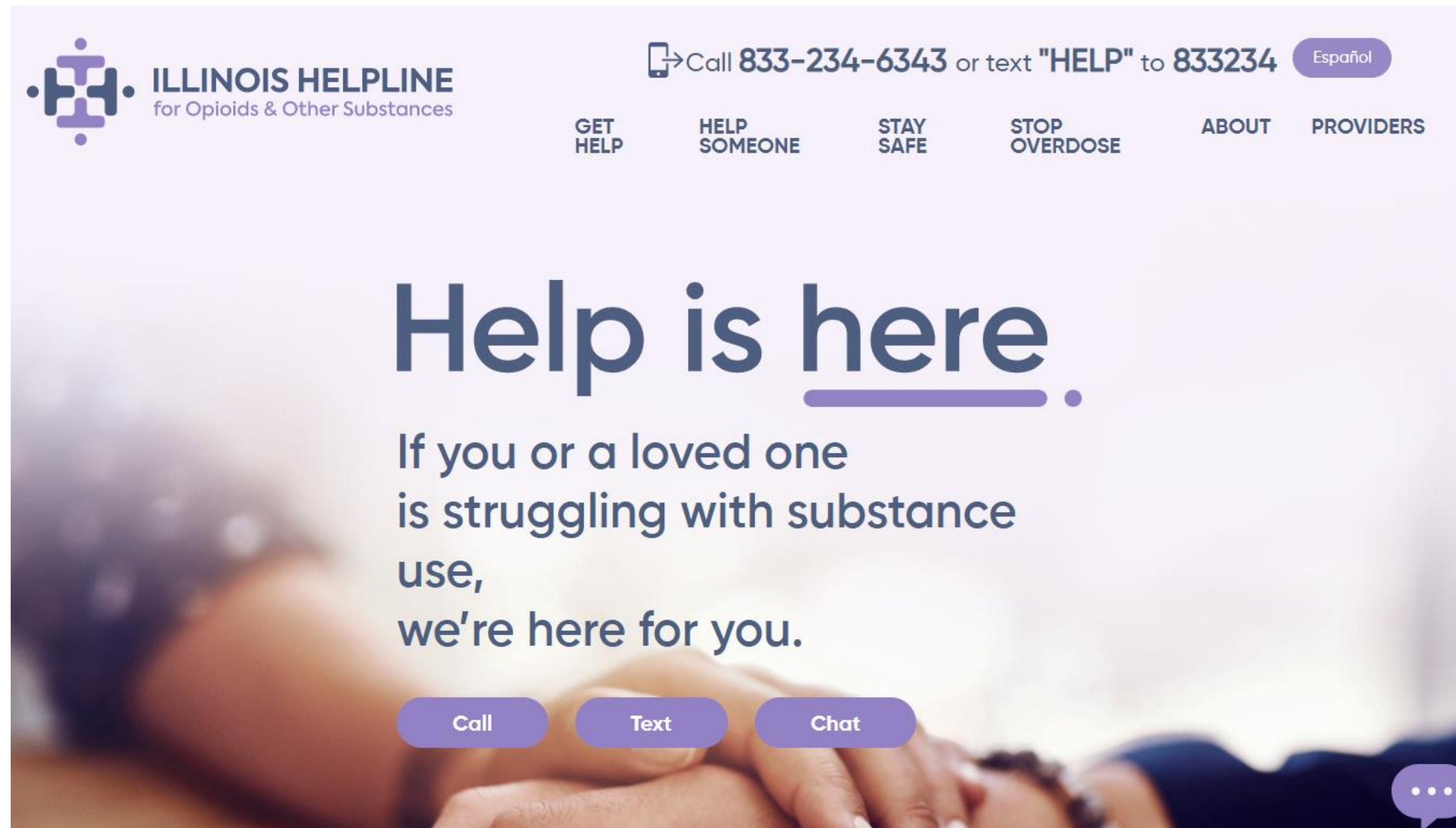
Share Your Feedback

Tell us how the opioid crisis affects your community through an anonymous, 5 minute survey.

Data

View data, graphs, and local maps to learn about the impact of the opioid epidemic.

Illinois Helpline for Opioids and Other Substances
1-833-2FINDHELP (or 833-234-6343) and helplineIL.org



1.5 CEs are offered for nurses who attended live

This is a 1.5 hour session and we will track attendance based on the Zoom platform's attendance report. Your logged time must be 90 minutes or higher to claim credits for this session.

If requesting CE:

1. Fill out the post-training evaluation survey
2. Send in the attestation form to Krista Webb at Krista.Webb@dupagehealth.org by November 2nd, 2023
3. A continuing education certificate will be sent by November 9, 2023 to those who complete the required steps

Questions?

Email DNP@DuPageHealth.org

Speaker Contact Info:

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Clinical Teaching Associate

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Laura Grabowski, MSN, RN, PEL-CSN

Certified School Nurse

lauragrabowski6@gmail.com

DNP

DUPAGE NARCAN PROGRAM

Recognition, Response and Administration
Of Naloxone (Narcan) **Opioid Overdose 101**

ANY QUESTIONS?

DNP@dupagehealth.org

