

# ISC - FNIHB Saskatchewan Region

## Take Home Naloxone – Regional Update 2020

The growing number of overdoses and deaths caused by opioids (powerful pain relieving drugs, including fentanyl) is a national public health crisis.

Anyone who uses opioids, whether obtained by prescription or illegally, is at risk of an opioid overdose. Opioids affect the part of the brain that controls breathing, so when too much of an opioid is taken, breathing slows or stops. Naloxone reverses the effects of an opioid overdose temporarily, restoring breathing in a few minutes.

### Who should have the training and receive the kit?

People who consume opioids, as well as their family and friends, should be trained on how to administer Naloxone and know where the kit is kept.

People who use recreational drugs may also be at risk and not know it. Increasingly, fentanyl has been found in many street drugs.

Be safe have a plan with friends and family!

### Fentanyl

50-100 x more powerful than morphine.



You may not even know you are taking it.

### Increasing Access at the Community Level

FNIHB Saskatchewan Region will increase access to these life saving kits by providing First Nation Communities with kits for their members.

Nursing Stations, Community Health Centres, Primary Care Sites, Treatment Centres and Mobile Syphilis Vans will receive their kits from Regional Office.

## **Providing Kits (Injectable or Nasal Spray):**

The kits should be provided by someone with a good working knowledge around addictions, harm reduction and drug use. A toolkit is available as well as access to online training resources. Regional trainers are available to provide assistance upon request.

It is recommended that communities have a policy or procedures in place to ensure that adequate training regarding proper use is provided, as well as a mechanism to ensure kits are not expired and stock rotation is observed.

## **Naloxone – *What is it?***

Naloxone (whether injectable or nasal spray) is an “over-the-counter” medication used only for reversing the effects of opioids including overdose. Naloxone is not a narcotic or controlled substance, it is non-addictive, and has no effect if no opioids are present. Naloxone is a safe medication, with very few side effects.

## **Important key points to remember about Naloxone!**

- It only works when opioids are present in the body
- Takes about 5 min to kick in
- Lasts for 30 to 90 minutes
- Safe for use in all ages
- Store at room temp – not in your car (sensitive to heat and cold)
- Watch expiry dates
- **Dispose of unused naloxone the same way you would other medications or return it to your local pharmacy.**

## **What should be in place at your site in order to have kits on hand for general use and distribution?**

Organizations wanting to hold a kit on their premises need a policy in place to ensure their staff are trained on a regular basis and are aware of current best practices.

We can help with ensure you have a policy on place.

Regular training will ensure employees are prepared to respond to an overdose, how to use the kit and what to do after an incident, including debriefing.