American Society of Anesthesiologists®

Naloxone Rescue Training

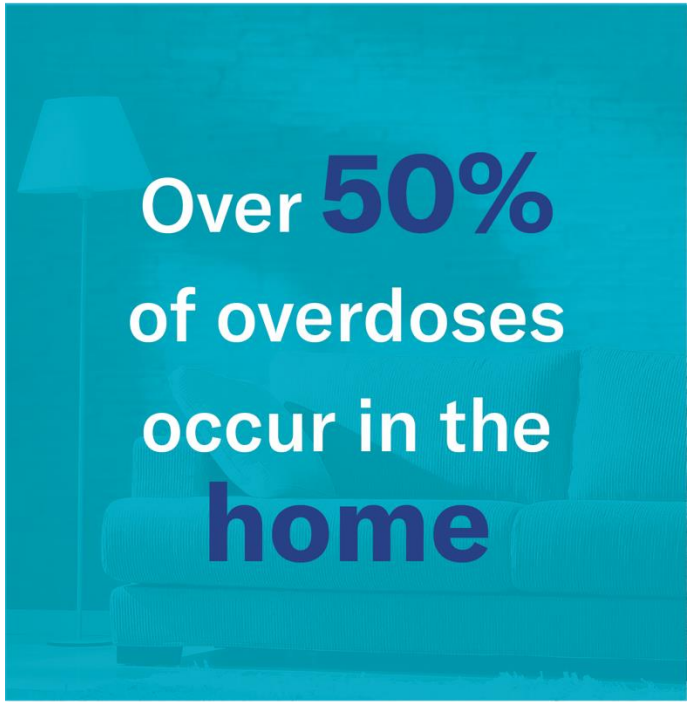
Preparation, Planning & Practice Saves Lives

REVIVEme

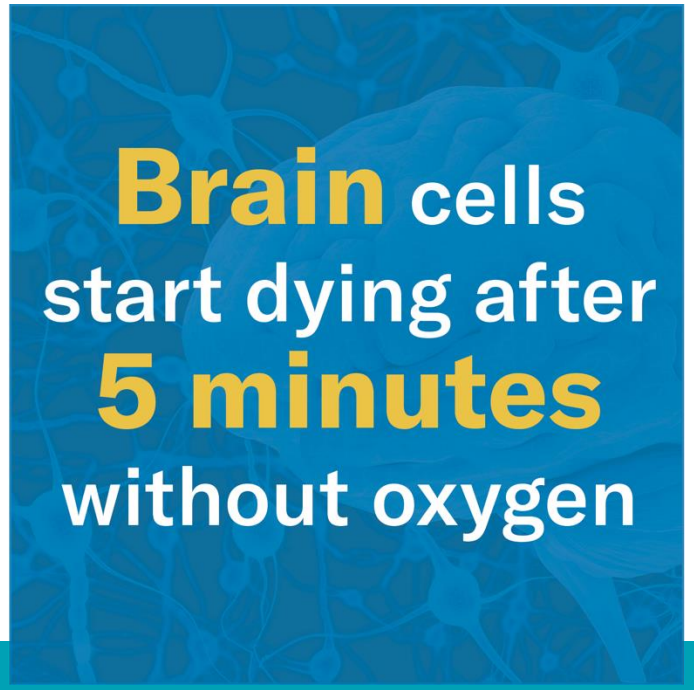


Every second counts.

Use them well.



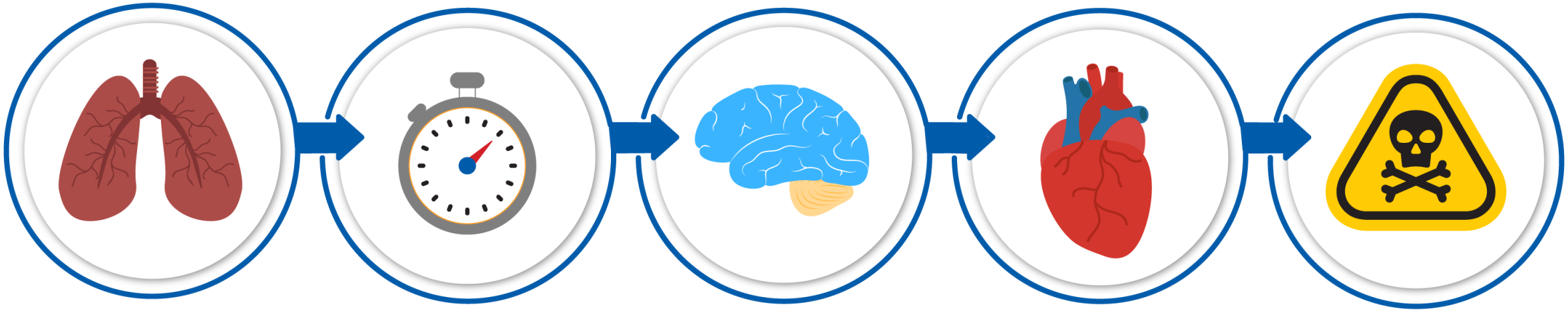






Opioid overdose can be deadly

CHAIN OF EVENTS



Breathing is suppressed

Respiratory rate slows, then stops

Brain no longer gets enough oxygen

Heart stops

Death

Naloxone saves lives

WHAT IS NALOXONE & HOW DOES IT WORK?

Naloxone is an opioid reversal medication.
It displaces opioids from brain receptors, blocking receptors for 30-60 minutes. After that time, opioids are free to return to the receptors.

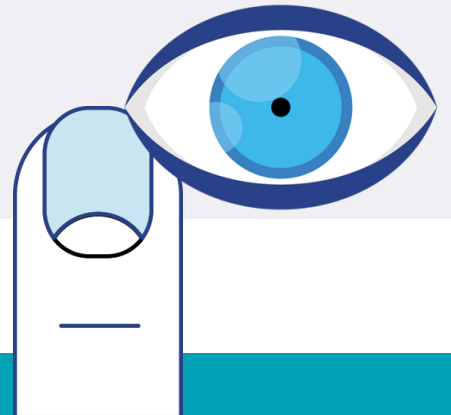


But how do I know if someone is overdosing?



SIGNS OF OVERDOSE

- ✓ Drugs and paraphernalia at the scene and/or prior history of substance abuse
- ✓ Unresponsive to voice, shaking, or sternal rub
- ✓ Pinpoint pupils
- ✓ Breathing is very slow and shallow (< 8 breaths per minute) or has stopped
- ✓ Choking sounds or snore-like gurgling noise
- ✓ Body is very limp
- ✓ Fingernails or lips blue-purple
- ✓ Pulse (heartbeat) is slow, weak or absent



If someone is unresponsive, you should…

1



Call 911 (put cell phone on speaker mode so your hands are free to attend to the victim)

2



Administer naloxone

3



If victim is breathing and has a pulse, turn them on their side and stay with them

4



If victim is not breathing, provide 2 rescue breaths, then 1 every 5-6 seconds

5



If victim has no pulse, perform 30 chest compressions, then 2 breaths, and repeat until help arrives

STEP ONE

Calling 911



Put cell phone on speaker mode so your hands are free to attend to the victim.



STEP TWO

Administering naloxone



HOW DO I ADMINISTER NALOXONE?

Naloxone is a medication that can reverse an opioid overdose. Hold the device with your thumb on the bottom and two fingers on either side of the nozzle. Place tip of the nozzle in one nostril. Press the plunger once with thumb to release the medication into victim's nose.

Victims sometimes need multiple doses to wake up. Wait 2-3 minutes between doses.



Administering naloxone

Q: Can I hurt someone who is not overdosing?

A: No. Naloxone has no effect on those not experiencing an opioid overdose.



If you cannot wake the victim up, and victim has pinpoint pupils and shallow or no breathing, GIVE NALOXONE!

STEP THREE

Recovery position



If victim is breathing and has a pulse,
after you call 911 and give naloxone,
turn them on their side to the recovery position.



STAY WITH THE VICTIM!

STEP FOUR

Rescue breathing



If victim is not breathing, provide 2 rescue breaths, then 1 every 5-6 seconds.

Pinch	Pinch the victim’s nose
Tilt	Tilt their head back, hold their chin*
Seal	Seal your lips around theirs (or use mask)
Deliver	Deliver 2 breaths, 1 every 5-6 sec.*
Watch	Watch for chest rise
Be	Be mindful of body fluids

* See following slides for more information

Rescue breathing:
Open the victim's breathing pathway



CHIN LIFT

This gets the tongue off the back of the throat.

- or -



JAW THRUST

This does too.
It's more uncomfortable and might wake them up.

Either works!

Rescue breathing

How Often	Breaths Per Minute	Duration	Evaluation
Every 5-6 seconds	10-12 breaths per minute	Each breath should last 1 second	Check for chest rise and breathing; check pulse and begin CPR if necessary



STEP FIVE

Chest compressions



If victim has no pulse, perform 30 chest compressions, then 2 breaths. Repeat until help arrives.



HOW DO I CHECK A PULSE?

- ✓ Find the “Adam’s Apple”
- ✓ Slide your fingers about ½ inch to either side
- ✓ Normal is 60-100 beats per minute
- ✓ Check to see if present and normal

Chest compressions:
How to perform chest compressions

1. Expose victim's chest
2. Place one hand over the center of the chest, the other hand on top of your first hand. Then interlock your fingers and lock your elbows
3. Use your body weight, push 100-120 times/minute ("Row-Row-Row Your Boat") fast & hard 2-inches deep
4. Allow chest to recoil between compressions
5. If 2 people are present, rotate every 2 minutes
6. 30 chest compressions then 2 breaths



Naloxone saves lives

GET YOURS NOW!

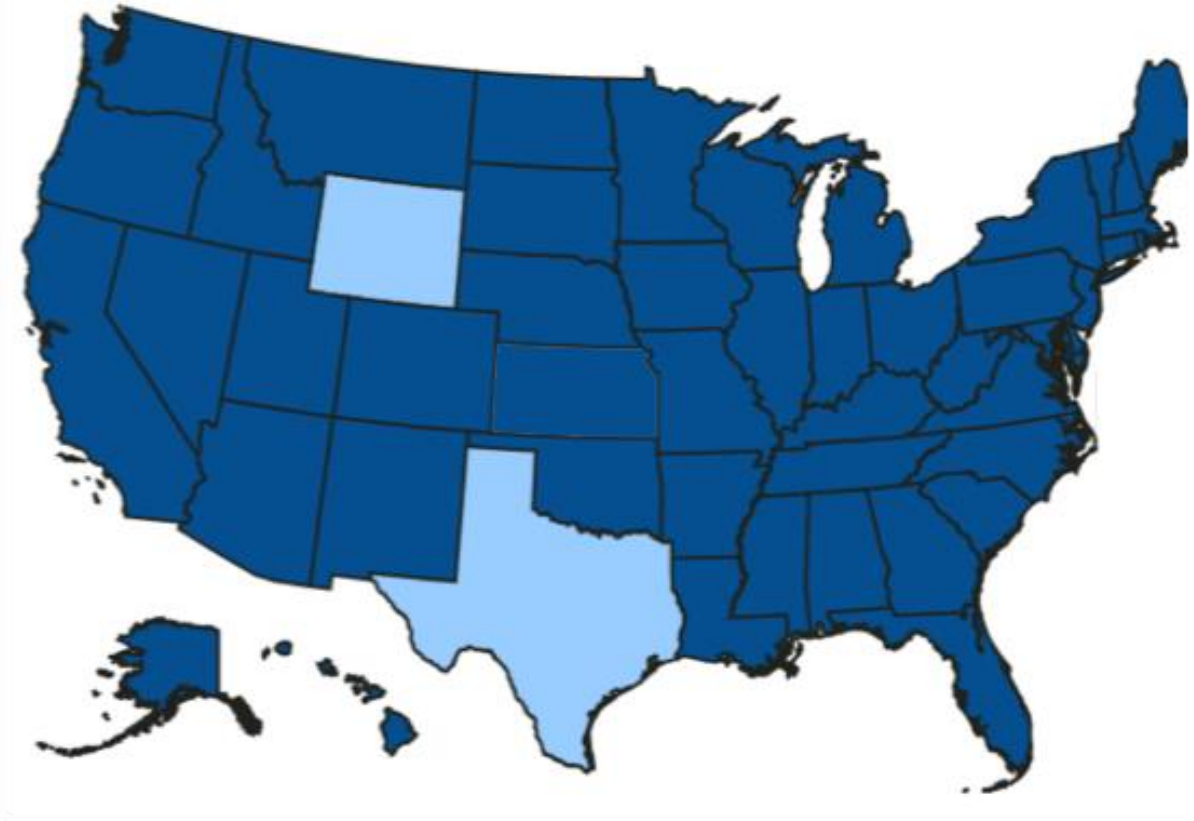


HOW TO GET NALOXONE

Since March 2023, you can get naloxone over the counter at pharmacies, various commercial stores, Amazon.com, county and city health, fire and police departments, and many public libraries for free.

Know about Good Samaritan laws

Don’t run. Call 911!



Good Samaritan laws allow private citizens to administer naloxone without legal liability.

As of 2024, 49 jurisdictions (48 states and D.C.) have enacted both Good Samaritan and Naloxone Access laws. (Texas and Wyoming do not have a Good Samaritan laws for drug overdose but do have Naloxone Access laws.)

Know the signs of acute opioid withdrawal…

- ✓Body aches
- ✓Nausea, vomiting, diarrhea, abdominal cramps
- ✓Racing heartbeat, high blood pressure
- ✓Runny nose, sneezing, gooseflesh, sweating
- ✓Nervousness, restlessness or irritability can be extreme
- ✓Shivering or trembling
- ✓Re-sedation can occur (that's why calling 911 and having additional naloxone is important)



Points to remember

Naloxone **rapidly reverses an opioid overdose** by attaching to opioid receptors and reversing and blocking the effects of opioids.

There are **many FDA-approved formulations** of naloxone. The nasal spray is the most common.

Naloxone **only works in the body for 30 to 60 minutes**. After this time, it is possible for a person to lose consciousness again. **Stay with the victim.**



Naloxone is a **safe medicine**. It only reverses overdoses in people with opioids in their systems.

First responders are trained on how to give naloxone. For people without medical training, the nasal devices are safe to use.





Be prepared, plan and practice!



Keep **naloxone** in a **central location** with gloves and face shield or mask

Designate a lead to **give instructions** so household members know their role (who calls 911, etc.)

Your first practice session at reviving someone should not be when the 911 operator gives you instructions.



Practice what to do if **you're alone**: use **hands-free** mode, call 911, then give naloxone

Make sure you have a **device ready** to open a locked door (above the door frame can be a good hiding spot)

Preparation, Planning & Practice Saves Lives

Learn more, download our infographic, and share at REVIVEme.org.

For information on CPR training, visit the American Red Cross at www.redcross.org/take-a-class/cpr/cpr-training

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