

## Opioid Overdose Prevention Training Trainer Script

**Part 1:** Welcome everyone and make introductions if needed

Greet

Orient the group to the training: This training is about preventing and responding to opioid overdose, including how to use naloxone. The goals of the training are to:

1. Understand why opioid overdose prevention is important
2. Identify risk factors for opioid overdoses
3. Discuss harm reduction strategies to reduce risk of overdose
4. Recognize the signs of an opioid overdose
5. Review how to effectively respond to an opioid overdose

We will review information on opioids, discuss how to respond to an overdose, and demonstrate how to administer naloxone.

The training should take about (*estimated length*)

Please feel free to ask questions at anytime!

**Part 2** Why is it important to learn about preventing and responding to

Ask: opioid overdoses?

Benefits of the training: (*Affirm and summarize participants' responses*)

Ask:

Personal Connections Ask: What have been your experiences with opioid overdoses? (*Some participants may have witnessed or responded to an overdose-let them have time to tell about their experiences*)

Ask: What is an opioid?

(*Affirm and summarize trainees' responses*)

Opioids are a class of drugs used to treat moderate to severe pain which are highly addictive. Feelings of euphoria and painful withdrawals can make them hard to quit.

Opioids include prescription medications, often referred to as painkillers (Vicodin, Percocet, OxyContin, etc.), or they can be street drugs, such as heroin

Tell: An overdose is an excessive amount of a drug, often leading to negative health consequences. With opioids, an overdose leads to respiratory depression, a condition in which a person's breathing slows and ultimately stops; lack of oxygen quickly leads to death.

Share the data Tell: Opioid overdoses are now the leading cause of accidental death in the U.S. Opioid overdose deaths have quadrupled in Massachusetts since 2000 (*reference slide #*). Right now we are losing more than 2000

people each year, or, on average, five people each day. (*Reference slide # to share data for your specific county*)

**Part 3** What are the factors that put a person at risk for an opioid overdose?

Ask: (*Affirm and summarize trainees' responses*)

- Tell: Risk factors for opioid overdose deaths
- Not knowing the purity or exact content of the drug
    - New city/residential location
    - New dealer/source
  - Mixing other drugs and alcohol with opioids
    - Using an opioid with other depressants such as alcohol or benzodiazepines is especially dangerous
  - Periods of abstinence-misjudging body tolerance (relapse, after treatment stay, hospitalization, incarceration)
    - Tolerance goes down after only 72 hours of abstinence
  - New route of administration
  - Poor physical health (advance liver damage, respiratory issues)
  - Having a previous overdose

Ask: What do you teach people who use opioids to reduce these risks?  
(*Affirm and summarize trainees responses*)

- Tell: Harm reduction information
- Strategies for reducing risk of opioid overdose include:
- Stay with same dealer
  - Use only one drug at a time
  - Go low and slow
  - Use a safer route of administration
  - Reduce frequency and/or intensity of drug use
  - Do not use drugs alone (or facetime a friend!)
  - Keep naloxone nearby and visible

**Part 4** What are the signs of an opioid overdose?

Ask: (*Affirm and summarize trainees' responses*)

- Tell: Signs of an overdose
- Slow, shallow or no breathing
  - Unconscious and non-responsive
  - Pale, blue or gray skin
  - Snoring or gurgling sounds
  - Limp body, no muscle function

Ask: What do we do if we determine that someone is just intoxicated?

Tell: Stimulate and observe- some opioids can take up to 3 hours before an overdose happens. Just because they aren't overdosing now, doesn't mean they won't.

If we determine they are overdosing, it's time to take action.

**Part 5** To respond to an overdose:

Tell:  
Responding to an  
Overdose

- Call 911
- Administer naloxone (*Show training applicator and review the following*)
  - Each box comes with two pre-assembled applicators with Narcan built in
  - Insert one applicator into a nostril and push the button to deliver full 4mg dose
  - Begins to work in two to three minutes
  - Lasts 30-90 minutes
  - Afterwards any opioids in the body will return to the receptors so overdoses can happen again (which is why we call 911 first)
  - Advise against using more opioids as any opioids will not be felt for the next 30 to 90 minutes
  - Narcan has no potential for intoxication, adverse reactions, abuse, or overdose
  - Must be kept at room temperature
  - Naloxone rescue kits are available at pharmacies across the state without a prescription. Covered by most insurance plans, including MassHealth.

**Part 6**

Tell:  
Rescue Breathing

- Start rescue breathing
  - Remember that the cause of death in an opioid overdose is lack of oxygen. It's most important to get oxygen to the person through rescue breathing.
  - To perform rescue breathing:
    - Place the person on his/her back, tilt the head back and lift the chin up
    - Pinch his/her nose shut and breath into person's mouth
  - Check to make sure the person's chest is rising with the breath-if not lift the person's chin higher
    - Give one breath every 5 seconds
- If after 2 to 3 minutes the person is still not breathing, administer second dose of naloxone, and continue rescue breathing.
- Stay with the person until help arrives or place person in recovery position if you need to leave (*demonstrate the recovery position*)

*Give participants a chance to demonstrate the whole process starting with checking for signs of an overdose. Ask for a volunteer to play the role of a person who is in overdose*

**Part 7**  
Wrap-Up

- Share local resources where participants can find Narcan, support, and/or more information.
- Ask for any final questions
- Provide your contact information so they can reach out with any follow up concerns.
- Thank them for their participation and dedication to saving lives in their community.