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## Naloxone Community Engagement Project

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# Naloxone Saves Lives.

MILTON FAMILY MEDICINE

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JULY-AUGUST 2023

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# Opioid Epidemic as an Emerging Health Issue

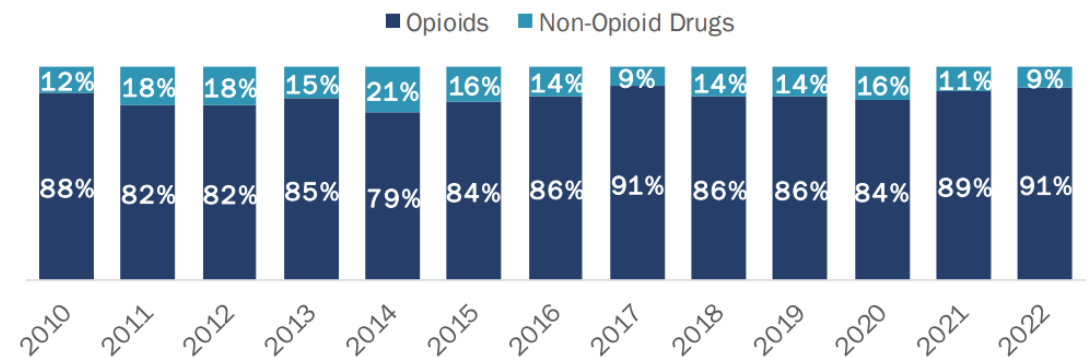
- ▶ Nationwide, opioid-involved overdose deaths rose from 21,089 in 2010 to 47,600 in 2017 and remained steady through 2019. This was followed by a significant increase in 2020 with 68,630 reported deaths and **again in 2021 with 80,411 reported overdose deaths.**
- ▶ Preliminary VT **2022** opioid related accidental and undetermined fatal overdose data show **10% increase from 217 deaths in 2021 to 239 in 2022.**

**Figure 1: The total number of accidental and undetermined fatal drug overdoses among Vermont residents has increased more than 500% between 2010 and 2022**



Drug overdose deaths among Vermont residents typically involve at least one opioid. Overdose deaths in 2014 involved the lowest percentage of opioids (79%), while this percentage was highest in 2017 and 2022 (91%).

**Figure 2: Nearly all accidental and undetermined drug overdose deaths involve opioids**



# Opioid Epidemic in Milton, VT

- ▶ The Vermont Health Department has partnered with over **120 community organizations to distribute free naloxone (Narcan®) to Vermonters.**
- ▶ In 2022, **nearly 52,000 doses of Narcan®** were sent to community partners for distribution.
- ▶ Milton Family Medicine has recently become the only Family Medicine practice in the state that is a naloxone distribution site, meaning that **any doctor, staff member, or patient can request naloxone for free.**



## What is naloxone?

A medication that reverses an overdose from opioids like heroin, fentanyl and prescription opioid medications.

As an opioid receptor antagonist, it can restore breathing to an overdosing individual within 2 to 3 minutes if administered in time.

# Community Perspectives:

**Do you have any ideas regarding who to advertise the naloxone to here in a family medicine office?/ thoughts about how to maximize distribution efforts?**

- Advertise to all patients. Provide information in newsletters, waiting rooms, patient instructions. Advertising to a particular audience can unintentionally exclude others who may also benefit from carrying naloxone
- It is valuable to distribute harm reduction kits as opposed to naloxone alone as the kits also have information on proper administration, resources for recovery and fentanyl test strips.
- **Cam Lauf, Executive Director Turning Point Center**

“People who are increased risk of an opiate overdose including people who use stimulants should be trained to recognize the signs of an overdose as well as how to respond.

Additionally, anyone who may be in a position to help during an overdose should be trained on how to recognize the signs of an overdose and how to effectively respond.”

**- Stephanie Busch, Injury Prevention Manager, VT Dept of Health representative**

\*verbal consent obtained for interviews

# Intervention and Methods:

- ▶ I created a poster spreading awareness that Milton Family Medicine has naloxone to distribute. Providers at the clinic identified the need for education that **ANYBODY** can ask for naloxone. You do not need to be actively using opioids or know somebody that is using opioids (either prescribed or illicit) to carry naloxone (although it is particularly important for these aforementioned groups to have it on hand!).
- ▶ The pamphlet I created works to dispel any hesitation or stigma of carrying naloxone by describing how it works, how to administer it, and when to administer.
- ▶ I also connected Turning Point and Milton Family Practice so that Milton residents can make use of the resources both organizations have to offer.

# NALOXONE SAVES LIVES.



Carry naloxone (Narcan®) nasal spray like an EpiPen. Stop an overdose.

Who should carry Narcan®?

- Small Business Owners, Parents, Teachers, Medical Professionals, Concerned Citizens, **YOU!**

Ready for treatment? Call VT Helplink at 802-565-LINK to talk to a specialist directly, or visit [VTHelplink.org](http://VTHelplink.org)



**PICK UP YOUR NARCAN® HERE  
AT MILTON FAMILY MEDICINE**

# NALOXONE SAVES LIVES.



## What is naloxone?

A medication that reverses an overdose from opioids like heroin, fentanyl and prescription opioid meds.

## How does naloxone work?

Naloxone reverses an overdose by blocking opioid receptors, restoring normal breathing within 2 to 3 minutes in someone who is overdosing. Naloxone does not harm someone if they are not overdosing, so it is best to give it if you think somebody is overdosing.

## Who can carry naloxone?

- People who use opioid drugs (either prescribed or illicit)
- Those who interact with people who use drugs (like friends, family, and emergency personnel)
- Teachers, restaurant owners, YOU!

## Why carry naloxone?

More than 106,000 people in the U.S. died from drug-involved overdose in 2021.

## Learn more:



Centers for Disease Control and Prevention:



VT Dept. of Health:



Turning Point Center of Chittenden County:

## Signs of overdose?

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin

**In nearly 40% of overdose deaths, someone else is present.**

**Carry Naloxone. Save a life.**

## Give naloxone\*

- Spray entire container up one side of the person's nose.
- Start rescue breathing and chest compressions if person isn't breathing on their own.
- Repeat after 2 to 5 minutes if the person is not moving.
- Call 9-1-1 if you haven't yet.



## Start rescue breathing & chest compressions

- If not breathing, tilt head back, slightly lift chin. Make sure airway is clear.
- Give 2 rescue breaths, look to see chest rise.
- Give 30 chest compressions.
- Repeat until person moves, or first responders arrive.



## After naloxone

- If the person moves and is breathing on their own, place them in the recovery position on their left side.
- Call 9-1-1 if you haven't yet.
- Stay with the person until they go to the hospital. Someone who was given naloxone may be at risk for another overdose.



\*Due to effects of temperature on effectiveness, naloxone should not be left in car.

Visit [www.heart.org/en/cpr](http://www.heart.org/en/cpr) for info or CPR training.

# Results

- ▶ 3-4 naloxone kits have been given out since the rollout of the program on July 31<sup>st</sup>, 2023.
- ▶ Individuals noticed posters in patient rooms and inquired to receive their free naloxone.
- ▶ Turning Point provided rack cards that will now be distributed with naloxone kits when appropriate.
- ▶ Anecdotally, the naloxone distribution program increased the likelihood that providers would check if patients who were taking prescribed opioids had non-expired Narcan ® at home, because they could easily give them a new box if not.

# Proposed Effectiveness Evaluation and Limitations

- ▶ To measure the effectiveness of this intervention, I would keep track of how many pamphlets had been distributed to patients.
- ▶ When patients receive the naloxone in clinic, they are asked to fill out an Overdose Medication Distribution Questionnaire. Adding a site-specific page to this questionnaire would be a means of tracking the effectiveness of the poster and pamphlet campaign.

## Milton Family Medicine Naloxone Distribution Questionnaire:

How did you learn about the free distribution of naloxone at Milton Family Medicine?

- A. Word of mouth
- B. From provider/nurse/staff member
- C. Through advertising posters/pamphlets in the office
- D. Other: \_\_\_\_\_

How easy was it for you to request naloxone at Milton Family Medicine?

- A. Extremely difficult
- B. Somewhat difficult
- C. Neutral
- D. Somewhat easy
- E. Extremely easy

What do you think would make it easier for patients to request naloxone?

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Did you read the information pamphlet about naloxone in the office?

- A. Yes
- B. No

If yes, did you learn anything about naloxone that you didn't previously know?

- A. Yes, explain:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- B. No



# Recommendations for future interventions

- ▶ Create an **anonymous form** for patients and community members to request naloxone and arrange a time to collect it in office vestibule.
- ▶ Connect Medication Assisted Treatment (MAT) program participants with Turning Point Center for long term recovery coaching.
- ▶ Connect Turning Point Recovery coaching participants who live in Milton with MAT program at Milton Family Practice.
- ▶ Work with other community organizations to **establish more easily accessible naloxone distribution sites** throughout the town. These organizations would include:
  - ▶ Milton Public Library
  - ▶ Milton High School
  - ▶ Milton Family Community Center
  - ▶ Churches throughout Milton, VT

# References

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