

# Fentanyl, Addiction & Homelessness

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What can we do?

Marc Greidanus

&

Arden Barry

Mini Med School - March 21, 2017

# Intro

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- Social determinants of health
- Trauma
- Addiction
- Opiates - Heroin, fentanyl and derivatives
- Narcan
- Harm reduction
- Homelessness
- What can we do?

# Social Determinants of Health

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- Income
- Education
- Early childhood development
- Employment
- Age
- Race
- Gender
- Disability
- Social safety network

# Trauma

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- Why the pain?
- Physical abuse
- Sexual abuse
- Neglect
- PTSD
- Residential schools

# Addiction

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- Continuing any action that gives you pleasure - despite adverse consequences.
- Drugs and alcohol
- Food
- Shopping
- Pornography
- Internet, Social Media and Gaming

# Addiction

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- Neurohormonal vs. Psychosocial
- Taking over the body's reward system
- Endorphins
- Dopamine

# Opiates & Naloxone



# B.C. paramedics concerned about misuse of naloxone

'A lot of the people with addictions are doing different things with those kits'

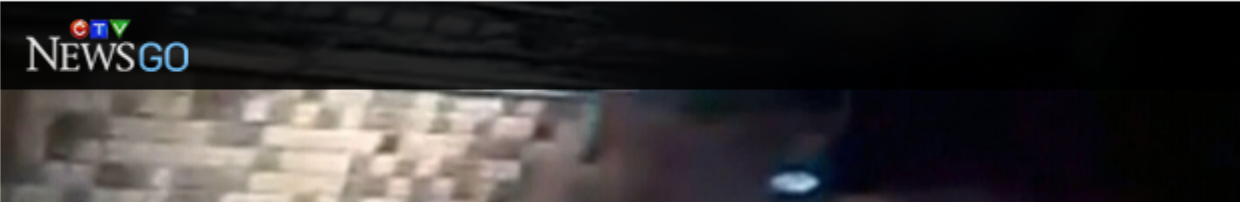
By Cory Correia, CBC News | Posted: Mar 16, 2017 7:00 AM PT | Last Updated: Mar 16, 2017 9:01 AM PT

# B.C.'s remote work camps trying to 'get ahead' of the opioid crisis

Tree planting, oil and gas among industries pushing for greater naloxone training

By Jon Hernandez, CBC News | Posted: Mar 15, 2017 7:47 PM PT | Last Updated: Mar 15, 2017 7:47 PM PT

# Volunteers help save pregnant woman from overdose in DTES



**Volunteers save pregnant woman from overdose**

Video has emerged of a pregnant woman overdosing from injection drugs. Her life was saved by volunteers.

# Opinion: Naloxone not enough to address opioid crisis

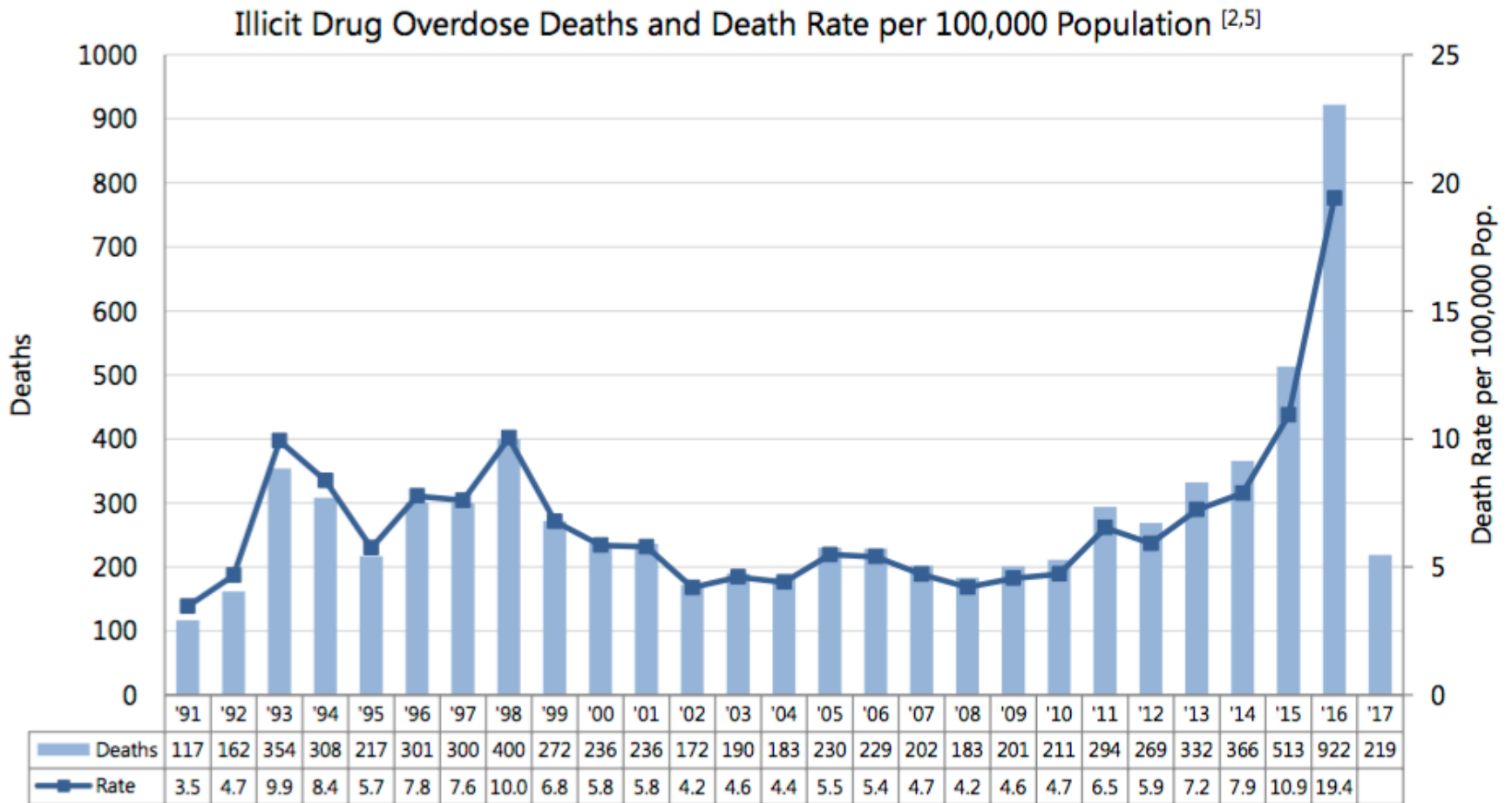
 **HAZEL MAGNUSSEN**  
[More from Hazel Magnussen](#)

Published on: March 3, 2017 | Last Updated: March 3, 2017 6:01 AM MDT

Headlines in March 2017



# Opioid-Related Deaths



# WHO

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## Community management of opioid overdose

### Recommendation

People likely to witness an opioid overdose should have access to naloxone and be instructed in its administration to enable them to use it for the emergency management of suspected opioid overdose.

### Strength of recommendation

Strong

### Quality of evidence

Very low

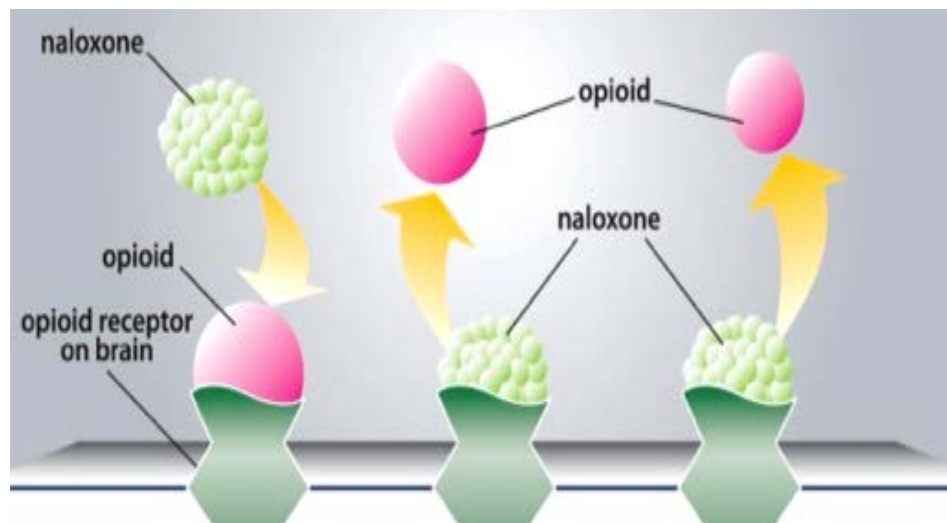


**World Health  
Organization**

# Naloxone

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- Opioid blocker
- Approved in the US in 1971 (Narcan<sup>®</sup>)
- Works against all opioids
  - Morphine, codeine, oxycodone, hydromorphone, fentanyl, heroin, fentanyl, carfentanil

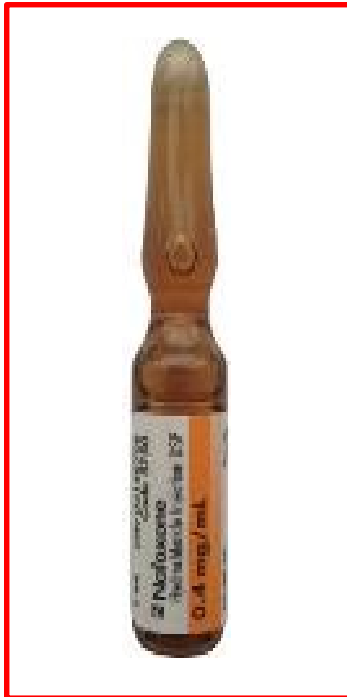


# Naloxone

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- Has no effect if opioids are not present
- Will cause immediate withdrawal
  - Irritability, anger, fast heart beat, sweating, tremors, shivering, nausea/vomiting/diarrhea
- Can not be abused
- Does not increase risk-taking behaviour

# Naloxone



# Naloxone

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- Dose: 0.4 mg (1 mL) x 1 dose
- Routes: IV, IM, nasal spray
- Onset:
  - IV: 2 min
  - IM: 3-5 min
  - Nasal spray: 8-13 min
- Duration: 30 min

# Naloxone

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Pharmacy



Take Home Kit



# Naloxone

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- Non-prescription since March 2016
- Can be sold by **any retailer**
- Not covered by PharmaCare





# Take Home Naloxone Program

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- Started in August 2012
- Kits free for at-risk individuals or friends/family
- 10-15 min of education required
- Available at:
  - Primary Care Clinic
  - Riverstone Detox
  - Public Health
  - Needle exchange



# BC Take Home Naloxone Program

	Sept - Dec 2012	2013	2014	2015	2016	2017*	Total
Sites Enrolled (Active)	6	27	64	17	295	83	492
Kits Distributed	107	618	1,199	3,393	22,003	6,835	34,276**
THN Kits administration events***	5	36	126	428	4,236	1,596	6,427

\*to March 19<sup>th</sup>, 2017

\*\*109 dispensation records missing date

\*\*\*based on kit refills for reason: used on self or other for to reverse an overdose



- 3 x 1 mL naloxone ampoules
- 3 x 3 mL 25G 1" syringes
- Breathing mask
- Gloves
- Alcohol swabs
- Instructions
- SAVE ME steps



Your naloxone purchase should include:

- At least 2 doses 0.4 mg/ml naloxone
- At least 2 retractable VanishPoint® syringes

## What is naloxone and why do you need it?

Naloxone is an antidote to opioid overdose. Taking too much of opioid drugs (like morphine, oxycodone, methadone, heroin, or fentanyl) can slow down or stop breathing. Naloxone restores normal breathing and consciousness within 1 to 5 minutes of injection. Giving naloxone can prevent death or brain damage from lack of oxygen during an opioid overdose. Naloxone can be injected through clothing into the big muscle of the thigh, arm or buttocks.

## Signs of Opioid Overdose



Not responsive to noise or touch



Breathing will be slow or absent



Choking, gurgling or snoring sounds



Lips or nails are blue, skin is cold or clammy



Pupils are tiny

Overdose is a medical emergency - **CALL 9-1-1** | Tell attendant: Person is **not responsive** and **not breathing**.

HealthLink BC: 8-1-1

BC Drug & Poison Information Centre: 1-800-567-8911

## SAVE ME Protocol

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



**Stimulate**  
Unresponsive? **CALL 911**



**Airway**



**Ventilate**  
1 breath every 5 seconds



**Evaluate**



**Muscular Injection**  
1st dose of naloxone



**Evaluate**  
2nd dose?

## How to Give Breaths

1



Tilt head back to open the airway

2



Pinch nose. Cover mouth with mask or clothing

3

Give 1 breath every 5 seconds

Breathing can slow down during an overdose but the heart is probably still beating - **Give breaths to keep them alive**

## How to Use Naloxone

1



Tap ampoule to send all liquid to the bottom.

Push top away from you to snap open the ampoule.

2



Pull plunger to draw up liquid

3



Inject into muscle. Press plunger all the way down to trigger safety. (retraction)

Developed with the BC Centre for Disease Control



www.bcpharmacists.org



College of Pharmacists of British Columbia

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



**S**timulate

Unresponsive? **CALL 911**



**A**irway

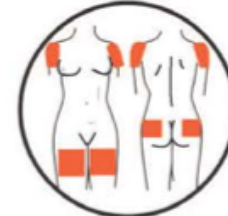


**V**entilate

1 breath every 5 seconds



**E**valuate



**M**uscular Injection

1 mL of naloxone

*Continue to provide breaths until the person is breathing on their own*



**E**valuate

2nd dose?

*If no response after 3-5 minutes give another injection*



## Naloxone

PREVENTING OVERDOSES  
SAVING LIVES

Naloxone is a medication that reverses the effects of an overdose from opioids (e.g. heroin, methadone, morphine). BC has developed a **Take Home Naloxone (THN) Program** to help save lives. This site will help you learn more about THN programs and how the BC THN program can be part of your community .

### UNDERSTANDING THN

General Information about the Take Home Naloxone Program

- [Background Information](#)
- [Naloxone: Frequently Asked Questions](#)
- [Overdose Prevention Training and Kits](#)



### NALOXONE RESOURCES

#### BC THN IN THE NEWS

Naloxone, fentanyl antidote, available in take-home kit that's saved hundreds of lives

# Harm Reduction

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- Practical strategies to reduce negative consequences
- Abandons the moral argument
- Benefits user and society

# Harm Reduction

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- Needle exchange
- Crack pipes
- Condoms
- Supervised consumption sites
- Opiate substitution - methadone, suboxone, hydromorphone, heroin



# Homelessness

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- Increase in 2016
- Housing prices
- Government cuts - social housing, mental health, addictions
- Crime
- Significant costs - RCMP, EHS, Healthcare, cleanup

# Homelessness

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- Housing
- Mental illness
- Trauma
- Addiction
- Drugs as coping mechanisms

# What can we do?

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- Government
- Fraser Health
- Organizations
- Individuals

# Government

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- Federal
- Provincial
- Municipal - Chilliwack Homelessness Action Plan, Cooperation and Facilitation

# Fraser Health

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- Mental Health funding
- Addictions treatment
- Supervised Consumption Site
- Opiate substitution
- ER overcrowding

# Organization

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- Salvation Army
- Ruth and Naomi's
- Cyrus Centre
- Chilliwack Community Services
- Religious and Charitable Organizations

# Individuals

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- Make your voice heard
- Volunteer
- Be kind
- Speak up

# Questions?

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- Thanks to the Chilliwack Division of Family Practice, City of Chilliwack, Cultural Centre and those in attendance.