

Combating overdose
and opioid poisoning
death among people
experiencing
homelessness

**SAVE
SOME
NALOXONE**

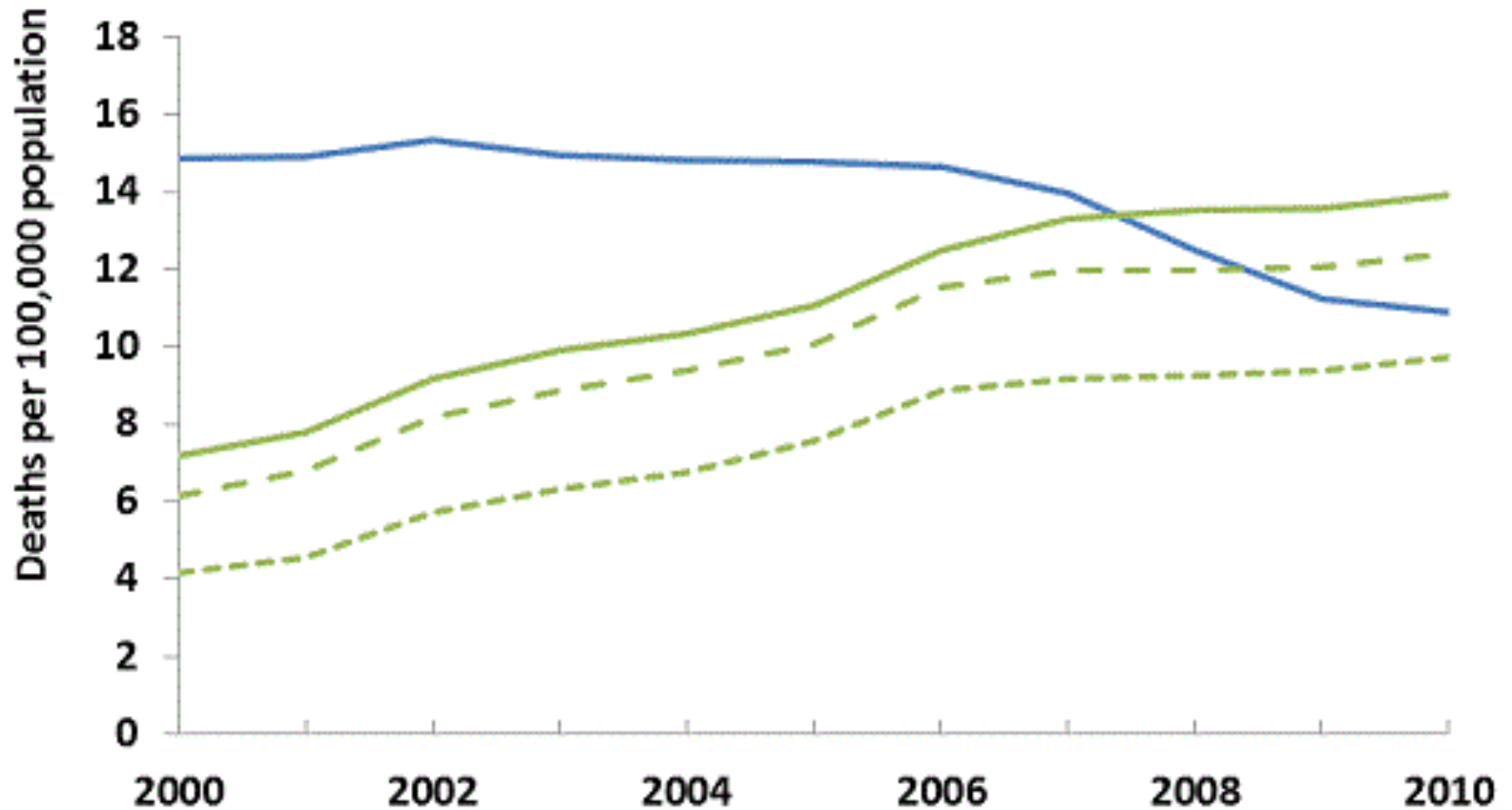
James Kowalsky & Maya Doe-Simkins
Midwest Harm Reduction Institute
National Health Care for the Homeless
Conference & Policy Symposium
May 28, 2014

Outline

- Scope of the overdose problem
- Macro strategies to address OD
- Naloxone prescription & distribution models
- Micro strategies to address OD

Motor vehicle traffic, poisoning, drug poisoning, and unintentional drug poisoning death rates: United States, 1999 – 2010

— Motor vehicle traffic — All Poisoning — Drug poisoning — Unintentional drug poisoning



Source: National Vital Statistics System, 2000-2010

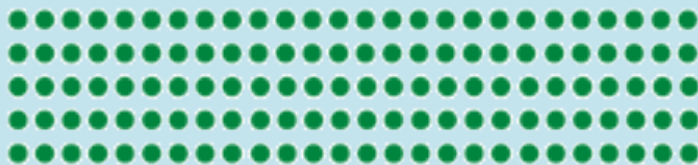
For every **1** death there are...



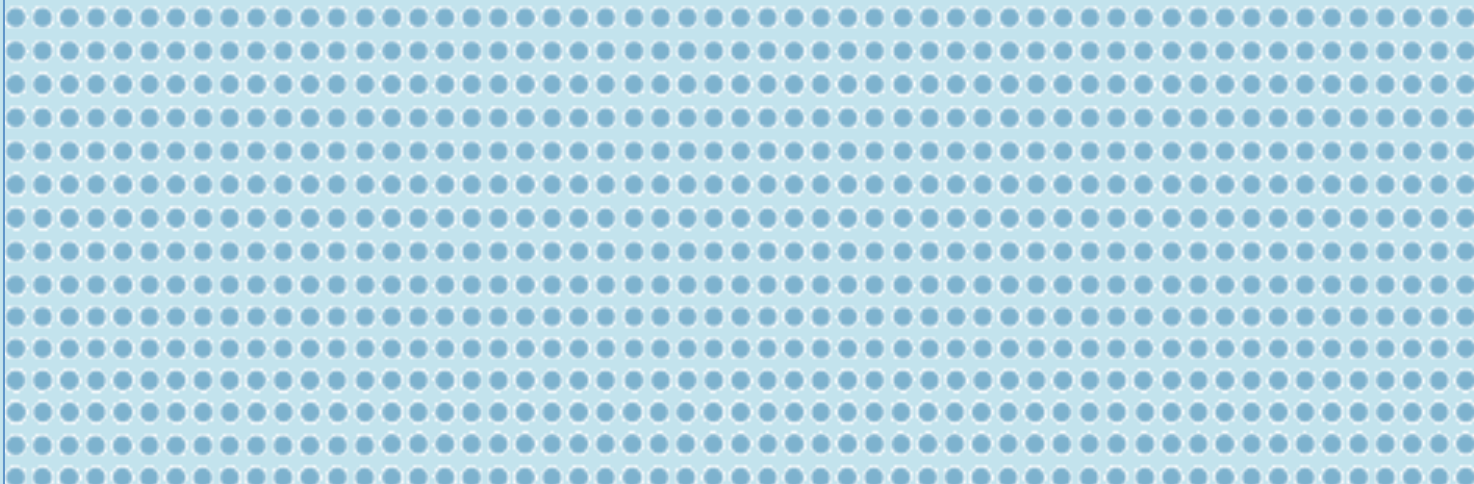
10 treatment admissions for abuse⁹



32 emergency dept visits for misuse or abuse⁶



130 people who abuse or are dependent⁷



825 nonmedical users⁷

Opioid overdose costs

- \$20.4 billion per year in 2009
 - \$2.2 billion direct costs
 - inpatient, ED, MDs, ambulance
 - \$18.2 billion indirect costs
 - lost productivity from absenteeism and mortality
- \$37,274 cost per opioid overdose event

Key vulnerable groups

- People experiencing homelessness
 - #1 cause of death (Baggett, 2012)
- People experiencing incarceration
 - #1 cause of death (Binswanger, 2013)
- People undergoing Tx for OUD
 - Detox riskier than AMA or nothing (Strang, 2003)
- People living with HIV/AIDS
 - 74% higher if HIV+ (Green, 2012)

What is driving the increase in overdose?

- Varied new drug use patterns
 - New initiates to prescription drugs
 - Rx opioids >>> heroin
- Heroin availability/purity/combo
- Prescribing patterns



Heroin Trade Through New York City Is Highest in Twenty Years



In this Jan. 30, 2014 photo provided by New York City's Office of the Special Narcotics Prosecutor, an oven loaded with bricks of heroin is located in a Bronx apartment during a police raid of the location.

 2 hr ago | By Danielle Wiener-Bronner of [The Wire](#)

 SHARE 11  TWEET  EMAIL

More heroin has come through New York City this year than any time in more than two decades, reports the New York Times, reflecting a nationwide trend toward increased usage of the drug.

The *Times* reports that the amount of heroin seized by officials in NYC this year — 786 pounds, the most since 1991 — suggests that the city is a national hub of the heroin industry. This amount does not include heroin confiscated through street-level arrests. "We're kind of the head of the Hydra," said the city's [Special Narcotics Prosecutor Bridget Brennan](#), adding "This is highly organized, high volume, and it's being moved much more

Many macro strategies won't help us, now

- Prescription monitoring programs- Paulozzi Pain Med. 2011
- Abuse deterrent formulations- Cicero NEJM 2012
- Law enforcement- Bohnert DAD 2011
- Safe opioid prescribing education- Albert Pain Med 2011
- Prescription drug take back events- Gray AIM 2012
- 911 Good Sam legislation- Banta-Green et al. JUH 2013
- Community norms/culture
- Opioid agonist treatment- Clausen Addiction 2009
- Supervised injection facilities- Marshall Lancet 2011
- Overdose education & naloxone distribution (OEND)- Walley BMJ 2013

ADAPTING YOUR PRACTICE

*Recommendations for the Care of
Homeless Patients with
Opioid Use Disorders*

Opioid Use Disorders



OEND

- No increase in use, increase in drug treatment
 - Seal et al. J Urban Health 2005;82:303-11
 - Galea et al. Addict Behav 2006;31:907-912
 - Wagner et al. Int J Drug Policy 2010; 21: 186-93
- Cost effective
 - Coffin & Sullivan Ann Internal Med 2013; 158: 1-9
- Reduction in overdose deaths
 - Walley et al. BMJ 2013 346:f174

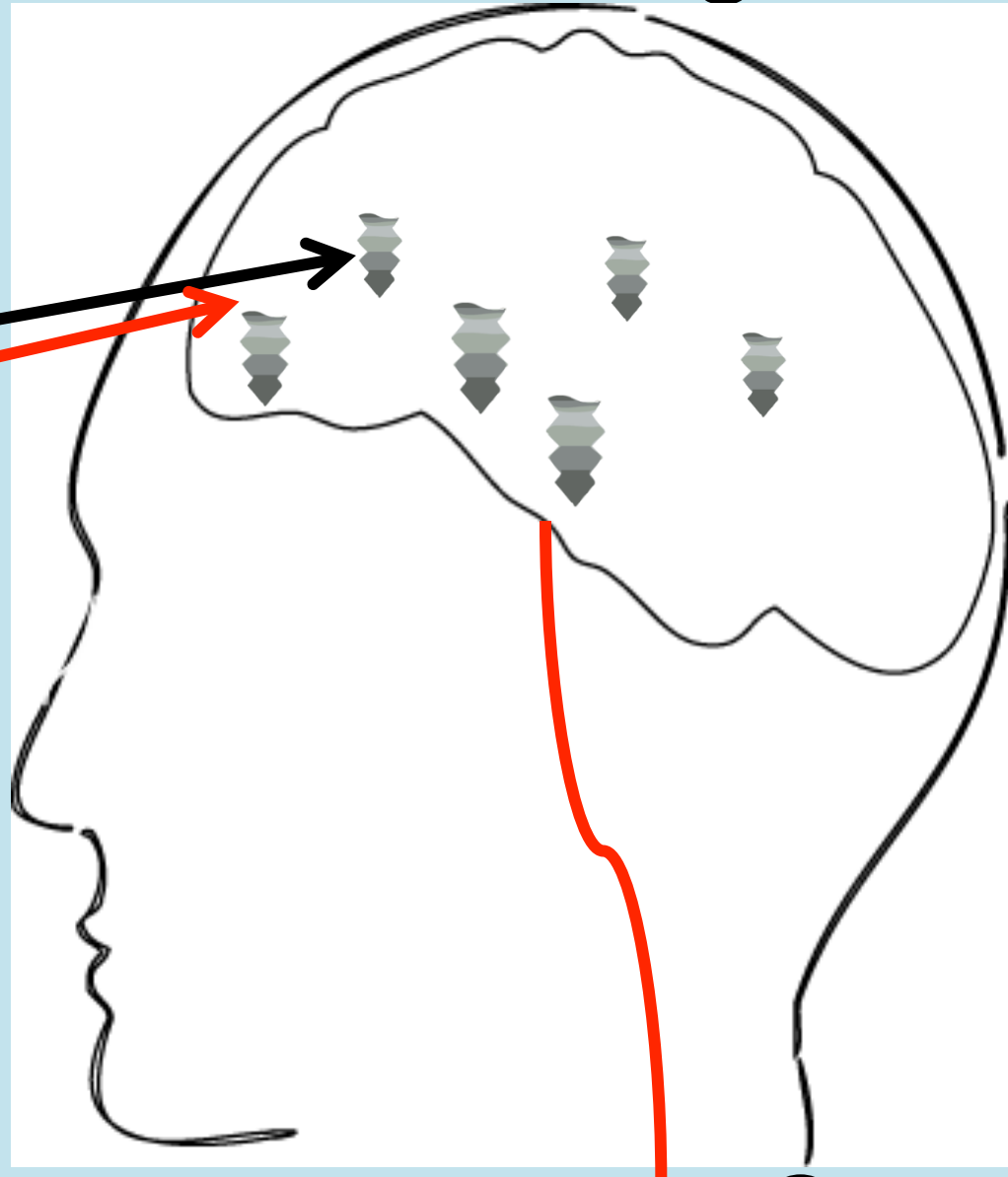


How do opioids affect breathing?

OVERDOSE

Opioid Receptors, brain

Opioid



Recognize OD: Really high or overdose?

Really high

- Pupils pinned
- Nodding, but arousable
 - Responds to sternal rub
- Speech is slurred
- Sleepy, intoxicated, but breathing
 - 8 or more times per minute

>> Stimulate and observe

Overdose

- Pupils pinned
- Not arousable
 - No response to sternal rub
- Breathing slow or stopped
 - Less than 8 times per minute
 - May hear choking sounds or a gurgling/snoring noise
 - **Blue lips, blue fingertips**

>> Rescue breathe + give naloxone

If an overdose happens

1. Recognize OD
 2. Call 911
 3. Rescue breathing
 4. Give naloxone
 5. Keep breathing for the person
- ?another dose of naloxone?
 - Rescue position



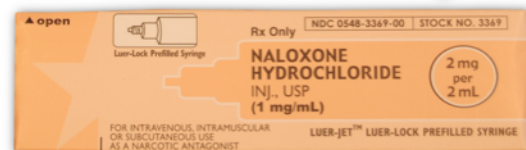
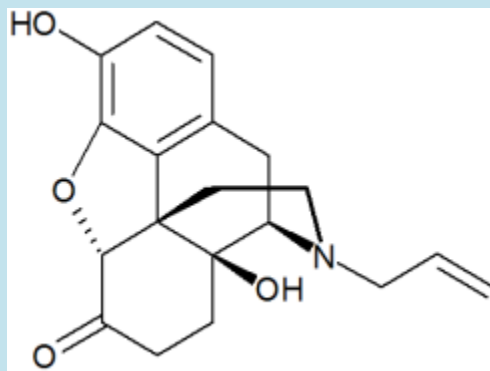
How does Narcan affect overdose?

Restores breathing



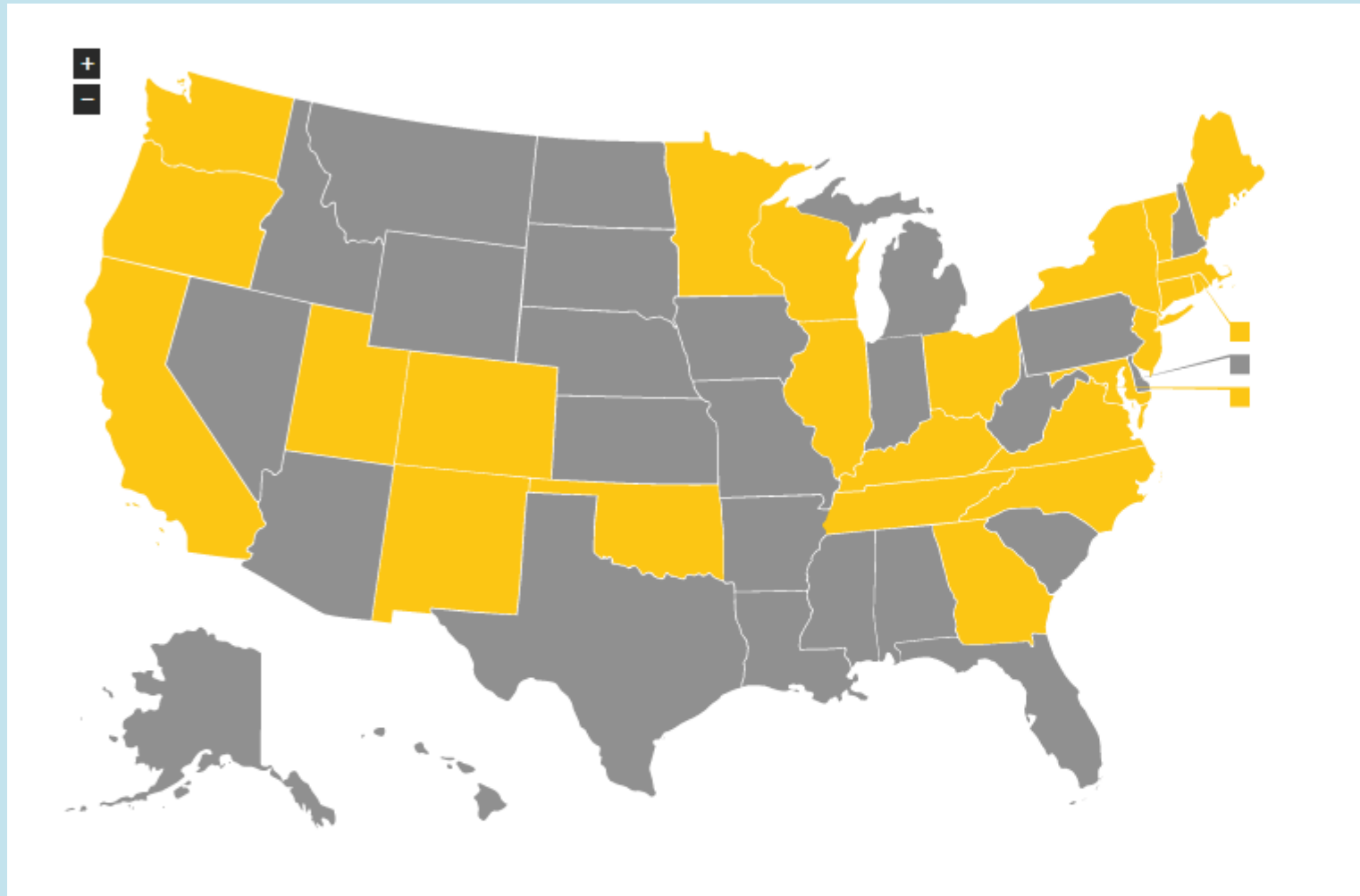
Naloxone (Narcan[®]) basics

- Shelf life
~ 2 years
- Half life
–30-90 minutes
- Bioavailable – IV, IM, SC, IO, IN, but not PO or SL
- Effective dose depends on opioid dose
- Narcan can **neither** be abused nor cause overdose
- Contraindication known sensitivity, which is very rare
- Adverse effects are opioid withdrawal
- naloxone ≠ Suboxone[®] ≠ naltrexone (Vivitrol[®], Revia[®])

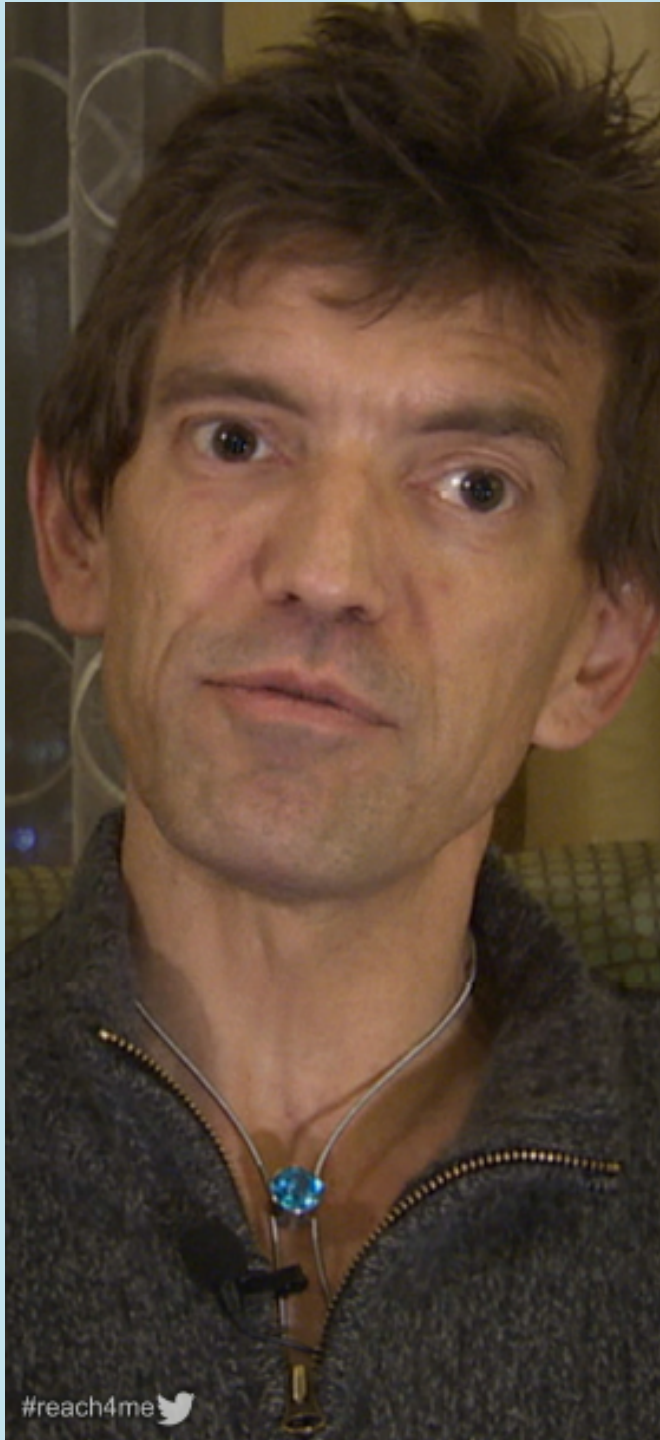



Naloxone- legal overview

- Rx naloxone during regular med practice= OK



MICRO STRATEGIES: IMMEDIATE OPPORTUNITIES



#reach4me 



FIGHTING TO END THE AMERICAN
DRUG OVERDOSE EPIDEMIC

“ Providing naloxone to
opioid users is harm
reduction on a really
intimate, yet grand scale
because every OD death
that is prevented is
hundreds if not thousands
of people prevented from
grieving. With each OD
death prevented, it’s all
that sorry, grief, and loss
prevented.”

LEE HERTEL
LEE’S RIG HUB



Sawbuck
Productions

Changing perception of risk

- ED OD visit
- Suspected hx of SUD or nonmedical opioid use
- Patients taking methadone, buprenorphine or higher-dose (>50 mg morphine equivalent/day) opioid
- Any patient receiving an opioid Rx for pain and:
 - rotated from one opioid to another
 - Smoking, COPD, emphysema, asthma, sleep apnea, respiratory infection, or other respiratory illness or potential obstruction.
 - Renal dysfunction, hepatic disease, cardiac illness, HIV/AIDS
 - Known/suspected heavy alcohol use
 - Concurrent benzodiazepine, other sedative prescription or antidepressant prescription
- Patients who may have difficulty accessing EMS
- Voluntary request from patient or caregiver

Do you take strong pain medications?

For example:

Percocet, Vicodin, methadone, oxycodone, morphine, MSContin, Dilaudid, fentanyl, or any other “opiate” medication?



Ask your provider for naloxone!!

Naloxone is an antidote sprayed into the nose if you are too sleepy or can't be woken up due to these pain medications.

Talk to your provider for more information.

Proactive conversations

- Affecting relationships
 - How do you *think* these conversations will affect relationships?
 - Opportunities
 - Establishes a nonjudgmental precedent about substance use & that safety & survival is priority
- Never too soon
 - Key topics
 - Address fatalism & right to survival

Provide materials & referrals to OEND

- Materials
- Referrals



OVERDOSE?

SOME SIGNS ARE:

- Not Breathing
- Turning Blue
- Not Responding
- Snoring Deeply

NOT SURE?
Dial 911

The Recovery Position

Mouth down, head turned so vomit cannot block airway

Brain at same level of (or lower than) heart

IF SOMEONE OVERDOSES, DON'T ASSUME THEY'LL COME AROUND.

Dial 911
SAVE A LIFE

A life saving message from MGH Prevention Center

Star resources for life
MaineGeneral
Medical Center

A poster with a black background and yellow text. It provides information on overdose signs, the recovery position, and a call to dial 911. It includes a diagram of the recovery position and the MaineGeneral Medical Center logo.

OVERDOSE PREVENTION PROGRAMS

Find the nearest overdose prevention and naloxone program.

Teach rescue breathing

<https://www.youtube.com/watch?v=-xDD-Lj30Ns>

Enhance assessment tools (formally or informally)

- **Rule out pseudoaddiction**
- How long?
- Describe current use
- Ever in Tx? What did you learn?
- Ever overdose? Witness OD?
 - What happened?
 - Who did what?
 - How did you survive?



FIGHTING TO END THE AMERICAN
DRUG OVERDOSE EPIDEMIC

“ Naloxone matters
because it’s about saving
a life. It’s about helping
someone. It’s about
sticking together as a
family.

ELIZABETH OWENS
VOCAL-NY



Sawbuck
Productions

Engage clients/
patients/
participants as a
fellow
community
member

#reach4me

AWARENESS, ADVOCACY & TACKLING STIGMA

Public
displays;
collective
grief;
tangible
activism



Lobbying for 911 Good Sam in MO- quilt- 400

Public
displays;
collective
grief;
tangible
activism



Quilt detail

Public
displays;
collective
grief;
tangible
activism



International Overdose Awareness Day, Schaumburg

Public
displays;
collective
grief;
tangible
activism



Terri preparing for vigil

Public
displays;
collective
grief;
tangible
activism



OD vigil, Yarmouth

Public
displays;
collective
grief;
tangible
activism



911 Good Samaritan advocacy, NY

Ongoing
remembrance;
Increased
awareness



Ongoing
remembrance;
Increased
awareness



Ongoing
remembrance
Increased
awareness



Ongoing
remembrance;
Increased
awareness



Ongoing remembrance;
Increased awareness



Resources

- [Overdose Prevention Alliance](#)
- [Harm Reduction Coalition](#)
- [AnyPositiveChange.org](#)
- [StopOverdoseIL.org](#)
- [StopOverdose.org](#)
- [PrescribeToPrevent.org](#)



Acknowledgements:

Alex & MDPH

Dan, Sarz & CRA

Fred, Nab & Project Lazarus

Eliza, Sharon & HRC

Activists, advocates & drug users who have fought to save lives

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