**Naloxone Demonstration Facilitator Checklist**

**Note:** The information in this training is designed for educational purposes only. This information does not substitute, nor does it replace, the advice of a medical professional, including diagnosis or treatment. Always seek the guidance of a qualified health professional with questions you may have regarding any medical condition. Naloxone can and should be administered if you think someone is overdosing.

Blue text is what you can say as the facilitator.

**Skills Practice (20 minutes)**

**Instructions:** “Hello everyone! My name is \_\_\_\_\_ and I will help facilitate this group. I am an everyday person who knows how to respond to an opioid overdose, which I will show you how to do today. We are going to practice responding to an opioid overdose in three different steps:

1) I am going to read you a scenario and then I will demonstrate how to respond.

2) Then we will read another scenario and you will instruct me how to respond.

3) Then any volunteers can practice and demonstrate to the group. Alright, let’s get started!”

**Scenario 1:** Read selected scenario #1

What do I do?

**How to administer Naloxone/Narcan and provide rescue breathing until help arrives:**

1. **Check responsiveness of person**
   * Give a sternum rub (make a fist and ***firmly*** rub your knuckles on their sternum) to see if they will wake up or respond at all to your voice or to the pain
   * Other options for painful stimuli: pinch their clavicle/collar bone or use a pen to press down on their fingernail bed.
   * If no response, do the following:
2. **Call 9-1-1 or tell one specific person to call 9-1-1 if with other people AND get naloxone/Narcan ®.** 
   * Point to the person and say their name, “Susana, call 9-1-1!” “You, call 9-1-1!”
   * To the 9-1-1 dispatcher, state something like, “My friend is not breathing.”
   * Always follow the 9-1-1 dispatcher’s CPR and rescue breathing instructions. They will tell you what to do.
   * Get the naloxone/Narcan ®.
3. **Check for breathing**
   * Lay person flat on the ground. Place your hand on their forehead, your other hand under their neck, and tilt the chin back. Put your ear next to the mouth and look, listen, and feel for breathing.
   * Their breathing should be 1 breath every 5 seconds.
   * If not breathing at this rate, proceed to the next steps.
4. **Administer Naloxone/Narcan ®**
   * Pop the plastic lid off of one vial. Stick an intramuscular 1” needle into the thin film and pull up all the liquid.
   * Stick the needle into the person’s arm or thigh and inject all of the medication. No need to look for a vein. The needle can go through their clothes. Pinch the arm or thigh to make it easier, if needed.
   * Place used needles away from the scene, where it won’t accidentally stick anyone else (once everything settles down, preferably place in a cardboard box or hard plastic container)
   * Proceed to give a demo with the nasal spray. All in one nostril, spray just like any nasal spray.
   * **Reminder for learners:** Naloxone will only work for opioid overdoses. It won’t work on overdoses from other substances. It won’t harm someone if you use it and it’s not an opioid overdose.
5. **Provide rescue breathing (if person is not breathing at a rate of 1 breath every 5 seconds).** 
   * Place one hand on their forehead, the other hand under their neck and tilt their head back to provide a clear and open airway.
   * With their head tilted back, pinch their nose closed and completely cover their mouth with your mouth.
   * Blow 2 regular breaths into the lungs. The chest should rise with each breath. If the stomach is rising with each breath, re-tilt their head back.
   * Give 1 rescue breath every 5 seconds. Count out loud! 1-2-3-4-5, breath, 1-2-3-4-5, breath, repeat.
   * Continue until help arrives or until the person starts breathing on their own.
   * Always follow the 9-1-1 dispatcher’s CPR instructions. If you are uncomfortable providing rescue breathing, then provide chest compressions per dispatcher’s instructions.
     + Place your hand in the center of the chest right between the nipples. Put your other hand on top of that hand. Push down firmly 2 inches or 1/3 of the depth of the chest with only the heel of your lower hand touching the chest. Pump the chest hard and fast 30 times, at least twice per second. Let the chest come all the way up between pumps.
6. **Consider 2nd dose of naloxone/Narcan if person does not start breathing or respond after 2-3 minutes**
   * Stronger or more potent opioids can require more than one dose of naloxone to reverse an overdose
   * Repeat step 4
   * You can use the nasal spray, followed by the intramuscular, or vice versa.
7. **If person starts breathing on their own, put them into the recovery position (on their left side, hands supporting head, top knee bent)**
   * Demo the recovery position for attendees.
   * If they stop breathing or responding again, repeat steps 3-6.
   * If they wake up, have one person calmly explain what happened. “You overdosed and now you are okay. Take a second to breathe.”
8. **Continue to watch the person until help arrives**

**Remind learners about the following:**

* Deterra bags and dumpthedrugsaz.org can be used to dispose of unused medications.

**----------------------------------------------Move on to Learner Demonstration--------------------------------------------**

**Facilitator: “**I am going to read another scenario and you will instruct me how I should respond.” *Attendees should instruct the facilitator what steps to take per the steps outlined above. Facilitator should remind or prompt the students if the students skip a step.*

**Scenario 2:** Read selected scenario #2

What do you do?

**Refer to Step 1 overdose response instructions and remind learners about the following:**

* Remind the students that the Good Samaritan Law is in place so that you can get someone help without fear of legal consequences, even if drugs are involved. There are limits to this law, please seek legal assistance for additional guidance.
* Even if the naloxone is expired, still use it! It may have degraded but it is likely still useful. <https://www.ncbi.nlm.nih.gov/pubmed/30596290>
* You can buy it from the pharmacy using insurance, paying yourself. You can get it from a local non-profit or your health department. We will show you a resource to locate free naloxone in our last activity.
* Insurance does cover it. AHCCCS (Arizona Health Care Cost Containment System) should have a low to no copay or fee options. Insurance coverage varies greatly, most will charge $50-$200 for two doses.

**---------------------------------------Move on to Volunteer Demonstration (In Person) -------------------------------**

**Facilitator:** “Alright, now we are on the last phase. Who would like to practice and demonstrate to the group how to respond to an opioid overdose? Great! Thank you!”

* Hand the student the floor and guide them through the process if they miss a step or perform the steps incorrectly.
* Gently prompt the student if they skip a step.
* Prompt the audience to participate and guide the student to the correct steps.
* Have several students practice until time runs out.

**Facilitator:** “Thank you everyone! What questions do you have for me?”

* Answer questions at the end.
* Write unanswered questions in the Parking Lot for the lead facilitator to answer.
* Deliver the Parking Lot questions to the Lead Facilitator.
* Have the students return to their seats or take a stretch break.
* Gather all supplies and place them in the facilitator bag.