



# Opioid Overdose Prevention

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# Learning Objectives

The purpose of this session is to:

- Understand **what opioids are**
- Describe the **statistics** about opioid overdose
- Describe **patients responsibilities** related to prescription opioid use
- Identify **risk factors** for an opioid overdose
- Recognize the **signs of an opioid overdose**
- Learn **how to respond** to an opioid overdose

# What Are Opioids?

- Drugs (natural or synthetic) to reduce moderate to severe pain

## Prescription Medications

- Morphine
- Oxycodone
- Methadone
- Hydrocodone
- Fentanyl (for severe pain)



## Illicit drugs

- Heroin
- Fentanyl



# Natural or Synthetic?

- Derived from opium poppy
  - E.g., Heroin, Morphine
- Synthetic drugs
  - Methadone, Fentanyl
- Produced in the body
  - Endorphins



# How Do Opioids Work?

Attach to specific  
parts in the  
brain and body

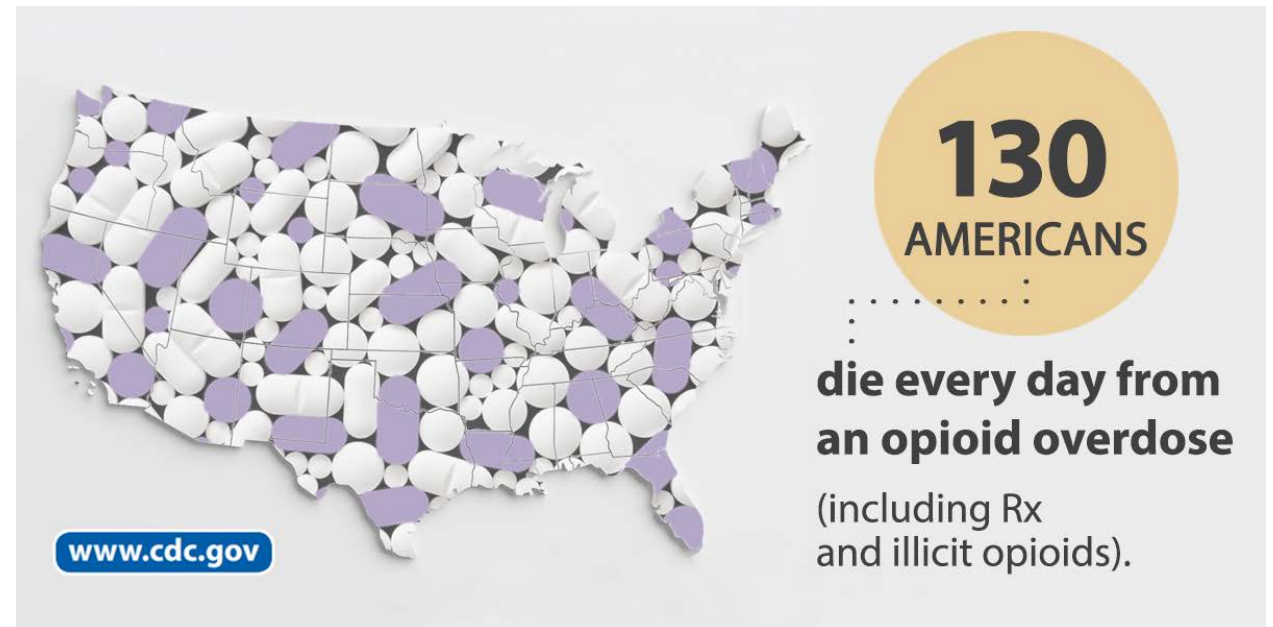


Block pain;  
Getting “High”

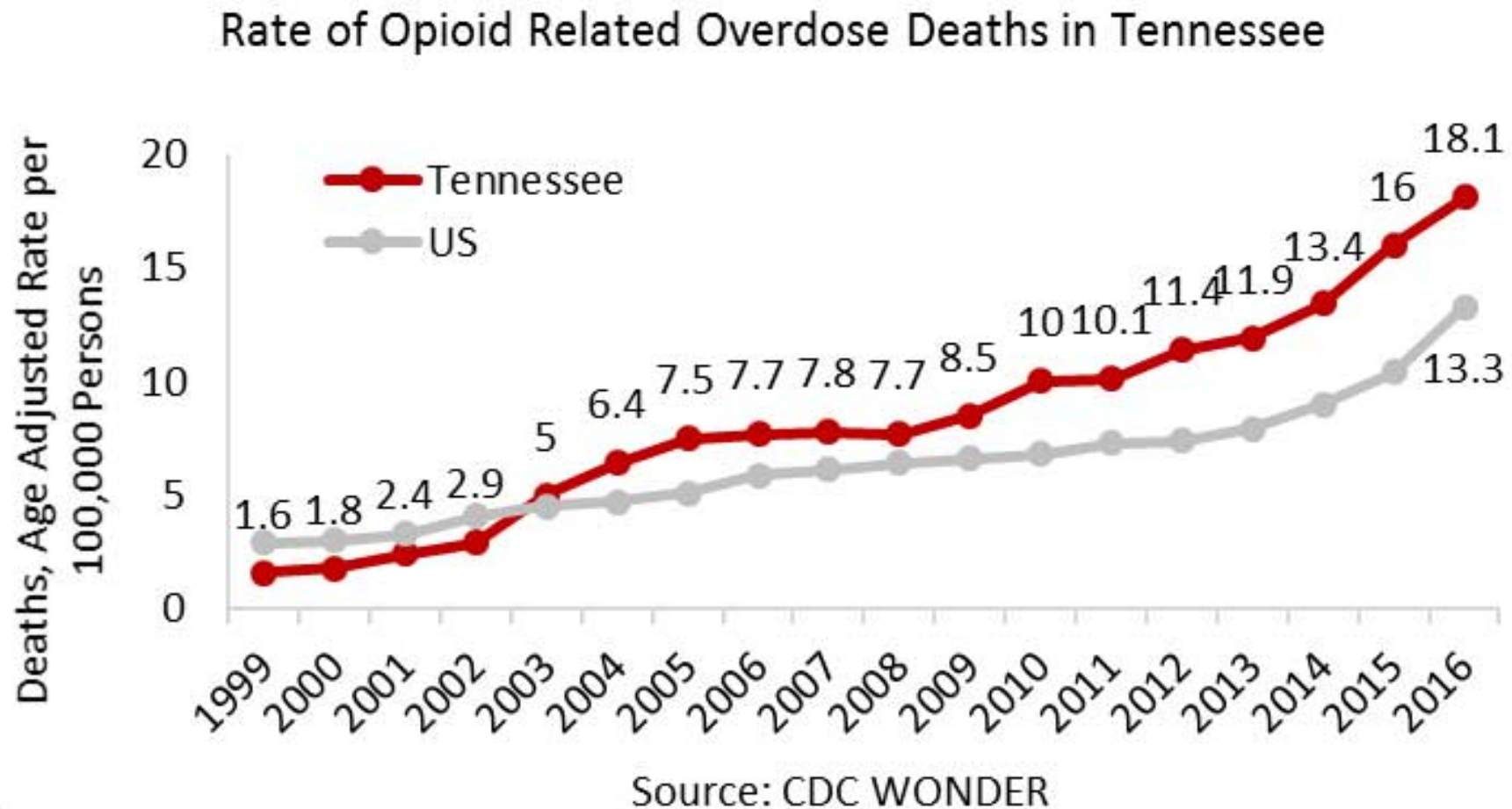


# Opioids Statistics – USA

- 48.5 million Americans used illicit drugs or misused prescribed drugs in 2016.



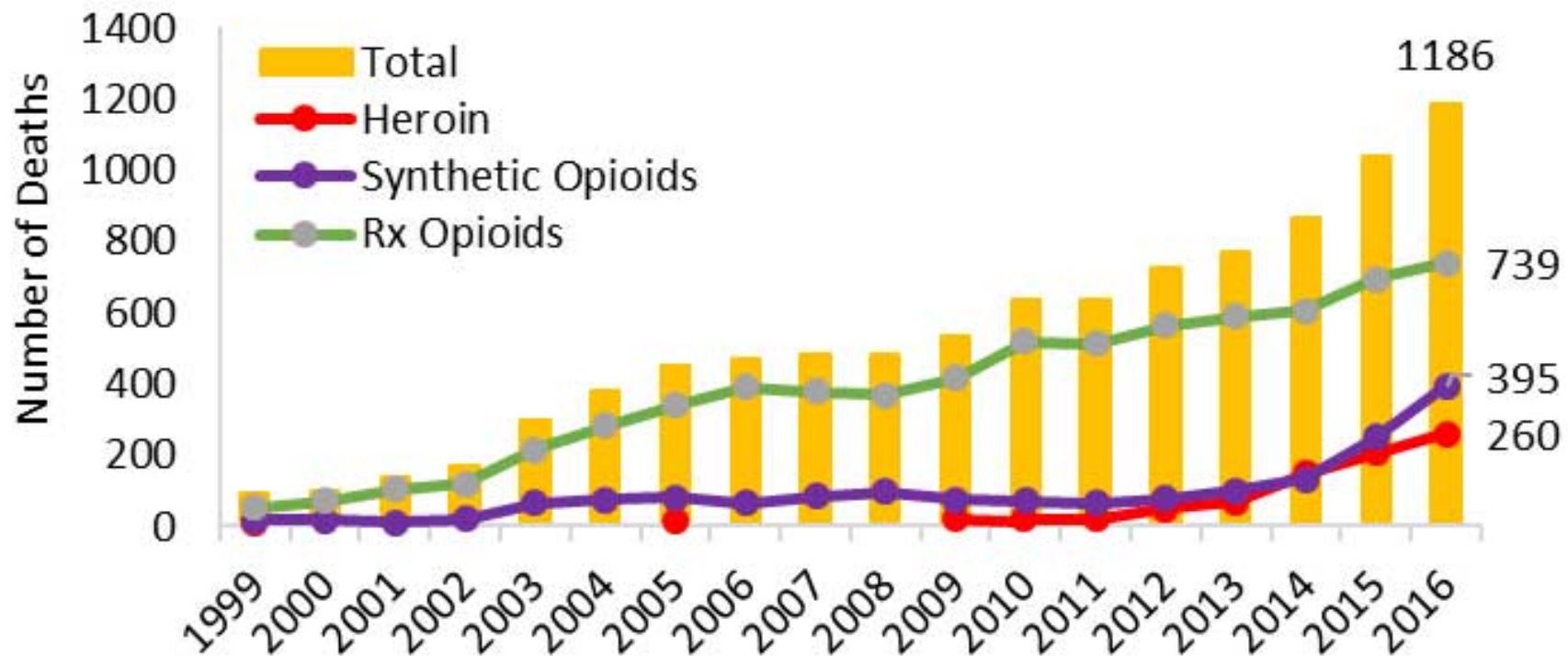
# Opioids Statistics - TN





# Opioids Statistics - TN

Number of Opioid Related Overdose Deaths in Tennessee



Source: CDC WONDER

# Stories

- **Devin's RX Awareness Story (0.30)**

<https://www.youtube.com/watch?v=OzO6NBEBh5c>

- **Ann Maria's Rx Awareness Story (0.30)**

<https://www.youtube.com/watch?list=PLvvp9iOILTQYcHqukShtAlqk0IFTDGV9m&v=IZ9CGi-9J50>

- **Mike's Rx Awareness Story (0.30)**

<https://www.youtube.com/watch?v=-oHUNpHzIA0&index=3&list=PLvvp9iOILTQYcHqukShtAlqk0IFTDGV9m>

# Causes of Opioid Overdose

- **Prescribed Drug Misuse:**
  - Not following prescription
  - Use without prescription
  - Use to get high
  - Mix with other drugs or alcohol

**Patient-Healthcare  
Provider  
Miscommunication**



# Causes of Drug Overdose

- **Use illicit opioids**

e.g., heroin (Big H, Horse, Hell Dust, Smack )

Some people who get addicted to opioid pain relievers switch to heroin because it's cheaper and easier to get.

Opioid Facts for Teens, National Institute on Drug Abuse (NIDA)

- **Use opioids contaminated with potent opioids**

e.g., fentanyl

Fentanyl is **50 times** more powerful than heroin.

# Drug Use, Misuse, Addiction



**“Anyone who takes prescription opioids can become addicted to them”**

# Addiction: A Brain Disease

- Compulsive drug seeking, despite harmful consequences
- Long-lasting changes in the brain
  - Impaired self-control

Can Opioid Addiction  
be Treated?

# Stories

- **Addiction as a Disease-Not a Moral Failure (3:04)**  
<https://www.youtube.com/watch?v=kGwo-CMTcVs>

# What Patients Should Do?

- Communication with healthcare providers

**Shared Decision Making  
Opioid Agreements**





# What Patients Should Do?

- Communication with healthcare providers

## Non-Opioid Options for Pain Management

Medications: Tylenol, Advil

Physical therapy

Mindfulness

...



### Managing Your Pain: Which Approach Is Right for You?

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and therapies available. Whether one approach is safer and more effective than another will depend on your unique situation.

Do not use this information to diagnose or treat any medical condition. Use this information to help you discuss your pain management options with your provider so that together you can identify the most effective approach to your care. This list is not exhaustive.

To minimize the risk of negative effects and ensure the best possible treatment of your pain:

- Learn as much as possible about the therapy you are considering.
- Discuss all treatments, including complementary and nonpharmacologic practices, with your doctor before beginning or changing a treatment approach.

#### Acupuncture

Acupuncture is a practice that involves the stimulation of specific points on the body, usually through the insertion of thin needles into the skin.<sup>1</sup>

<https://nccih.nih.gov/health/acupuncture/introduction>



#### Chiropractic

Chiropractic care typically involves manipulation or adjustment of the spine and other parts of the body by a chiropractor or osteopath.<sup>2,3</sup>

Chiropractors are health care professionals who are licensed by the state in which they practice.<sup>6</sup>

<https://nccih.nih.gov/health/spinalmanipulation>

<https://nccih.nih.gov/health/chiropractic/introduction.htm>



#### Cognitive behavioral therapy

Cognitive behavioral therapy is a form of psychotherapy that focuses on helping patients change their thinking patterns in order to change unhealthy behavior or moods.<sup>4</sup> Sessions involve structured meetings with a trained mental health counselor or psychologist for a limited amount of time.<sup>4</sup>

Cognitive behavioral therapy often involves relaxation exercises, journal writing, and certain stress and pain relief methods.

<http://www.nlm.nih.gov/health/topics/psychotherapies/index.shtml>



#### Massage therapy

Massage therapy may have many different forms, but typically massage therapy involves the manipulation of soft tissue for health-related issues.<sup>5</sup>

<https://nccih.nih.gov/health/massage/massageintroduction.htm>



continued... >>>

[WWW.CDC.GOV/DRUGOVERDOSE](http://www.cdc.gov/drugoverdose)



# What Patients Should Do?

- Communication with healthcare providers

## Drug Interactions

- Alcohol
- Illicit drugs
- Other medications:
  - Benzodiazepines
  - Muscle relaxants
  - Sleep aids



## Brown Bag Medications Review



# What Patients Should Do?

- Communication with healthcare providers

## Opioids Side Effects

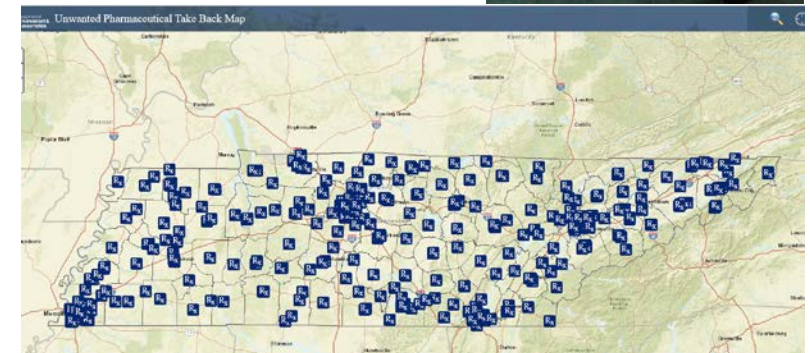
- Confusion
- Drowsiness
- Nausea
- Constipation
- Change in mood (euphoria)
- Slowed breathing, less oxygen to brain, coma and death

# What Patients Should Do?

- Follow-up with healthcare provider
  - Monitor for safety
- Do not use higher amounts nor more often of prescribed drugs
- Do not share prescriptions

# What Patients Should Do?

- Store prescriptions in a secure place
- Discard unused drugs
  - Take-back program  
<http://tdeconline.tn.gov/rxtakeback/>
  - County Sherriff's Department
- Do not flush medications down the drain



# Who is at Risk?



## *Risk Factors for Prescription Opioid Pain Reliever Abuse and Overdose*



Obtaining overlapping prescriptions from multiple providers and pharmacies.



Taking high daily dosages of prescription opioid pain relievers.



Having mental illness or a history of alcohol or other substance abuse.



Living in rural areas and having low income.

# Who is at Risk ?

- **Returning to opioid use after reduced opioid tolerance**
  - Have completed opioid detoxification
  - Have been released from incarceration



# Signs of an Opioid Overdose

Unresponsive

Shallow breathing

Blue skin, specially  
around the lips or  
fingernails

Pinpoint pupils



# How To Respond To Opioid Overdose?

Opioid Overdose Response-Naloxone  
Administration Training

**TN Department of Health**

# What is Naloxone?

- Naloxone reverses the effects of opioids
  - It DOES NOT have the potential for abuse.
  - It DOES NOT work for overdoses caused by substances such as cocaine, ecstasy, or alcohol.
  - Naloxone is available as an auto-injector and an intranasal spray.

# What NOT to do During an Overdose?

- DO NOT put the individual into a cold bath or shower. They could drown.
- DO NOT inject the person with any substance other than naloxone.
- DO NOT try to make the person vomit or give them something to eat or drink. They could choke.
- DO NOT give over-the-counter drugs or vitamins.

# Resources

- Metro drug coalition (MDC)
- Prevention Alliance of TN (PAT)
- Regional Overdose Prevention Specialists
- Prescription drug take-back boxes
- Lifeline Peer Project
- Opioid Overdose Response-Naloxone Administration Training (TN Department of Health)

# Resources

- Managing Your Pain: Which Approach Is Right for You?
- Opioid Facts for Teens
- SAMHSA Opioid Overdose Prevention TOOLKIT
- Opioid Overdose Response-Naloxone Administration Training (TN Department of Health)

Visit [TNOpioid.utk.edu](http://TNOpioid.utk.edu) and



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