

# NALOX-NOW

## OPIOID OVERDOSE RESPONDER TRAINING PROGRAM

Drug Overdose Prevention Program

Certified by  IDHS

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*Midwestern University  
Chicago College of Pharmacy*

# *Nalox-Now Summary*

# *Timeline*

Midwestern University's  
American Pharmacist's Association  
– Academy of Student Pharmacists

GenerationRx – Prevent the abuse  
and misuse of prescription drugs

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- 2017
  - March: Shantel Jones (Lead Chair) conceived idea
  - July: Jack Chang & Samantha Korsak wrote grant proposal for NABP/AACP
  - August: Developed ESCAPE Action plan and designed carrying cards
  - October:
    - Gave first training program to MWU APhA-ASP executive board
    - Trained MWU Security and Student Housing staff
    - Students from all colleges
- 2018
  - March: Trained practicing physicians and dentists at MWU Multi-Specialty Clinic
  - May: Trained pharmacy staff and students at the MWU Multi-Specialty Clinic
  - June: Trained high school students in Careers in Pharmacy program
  - September: Participated in MWU Wellness Fair and community health fair
  - October: Incorporated into PS-3 curriculum, in-service at food pantry clinic, additional training session

# *The Program*

Multiple topics that can apply to those in the healthcare field and the general public. The training is approximately 90 minutes in length with an evaluation at the end to measure competency in naloxone administration.

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- The opioid epidemic
  - What it is
  - Why it is so prevalent
  - Statistics on a national, state, and county level
- Who is at risk?
  - Reduce the stigma
  - Educate on high risk populations/trends in opioid overdoses
- How to recognize an overdose
- Naloxone
  - Formulations, administration, side effects
  - \*Counseling for pharmacists/pharmacy students
- ESCAPE Action Plan
- Interactive with hands-on demonstration
  - Demos of different devices
  - Videos on administration, recovery position, real-life examples
- Evaluation – Opioid Overdose Knowledge Scale (OOKS)

# *The Audience*

Differences in healthcare professional and general public presentation

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- Healthcare professional
  - Mechanism of action
  - Prescribing guidelines and evidence based medicine
    - SPACE trial study
  - Legislative response as it relates to pharmacists in Illinois
  - For pharmacy students/pharmacists: counseling points and education on how to get patients to carry naloxone with them
- General public
  - Why naloxone matters
  - Background on prescription vs. illicit opioids
  - Preparedness: fire extinguisher analogy

*Example  
Slides from  
the Training  
Session*

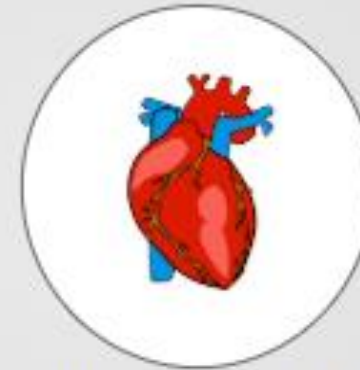


# *How to Recognize an Opioid Overdose*

## Recognizing Signs of an Overdose



Slow/lack of breathing



Slow heartbeat/  
low blood pressure



Small "pinpoint" pupils



Blue lips/fingertips



Sedation/slurred speech



Drowsiness

**NALOX-NOW**



# *ESCAPE Action Plan*

## 6 Step Action Plan

- E**valuate signs of opioid overdose
- S**urvey responsiveness
- C**all 911
- A**irways
- P**erform rescue breathing
- E**quip Naloxone

# Carrying Card

Every attendee of the program gets a carrying card to take home with him/her.

These are also included in the naloxone kits on campus.

# NALOX-NOW

## Nasal spray



- 1 Peel back tab with the circle to open the Naloxone nasal spray.
- 2 Hold Naloxone nasal spray with thumb on bottom of the plunger & first and middle fingers on either side of nozzle.
- 3 Tilt their head back and support their neck with your hand. Gently insert tip of nozzle into one nostril until your fingers are against the bottom of the their nose.
- 4 Press plunger firmly to give dose of Naloxone.

GenerationRx  
Preventing the Misuse and Abuse  
of Prescription Medications

Midwestern University is an approved ILDHS  
Drug Overdose Prevention Program

APhA-ASP  
AMERICAN PHARMACISTS ASSOCIATION  
ACADEMY OF STUDENT PHARMACISTS



## NALOX-NOW PLAN OF ACTION:

- E** Evaluate signs of opioid overdose
- S** Survey responsiveness - Rub your knuckles hard over their chest bone (sternum) and check for shallow breathing or none at all.
- C** Call 911.
- A** Airway - Clear the airway by tilting head back, lift chin, pinch nose.
- P** Perform rescue breathing - 1 breath every 5 seconds.
- E** Equip and administer Naloxone.  
Give 2nd dose if no response after 3-5 minutes.  
Continue to give rescue breaths in between.

**\*\*NOTE: Naloxone will NOT harm someone who is not on opioids**

# *Evaluation*

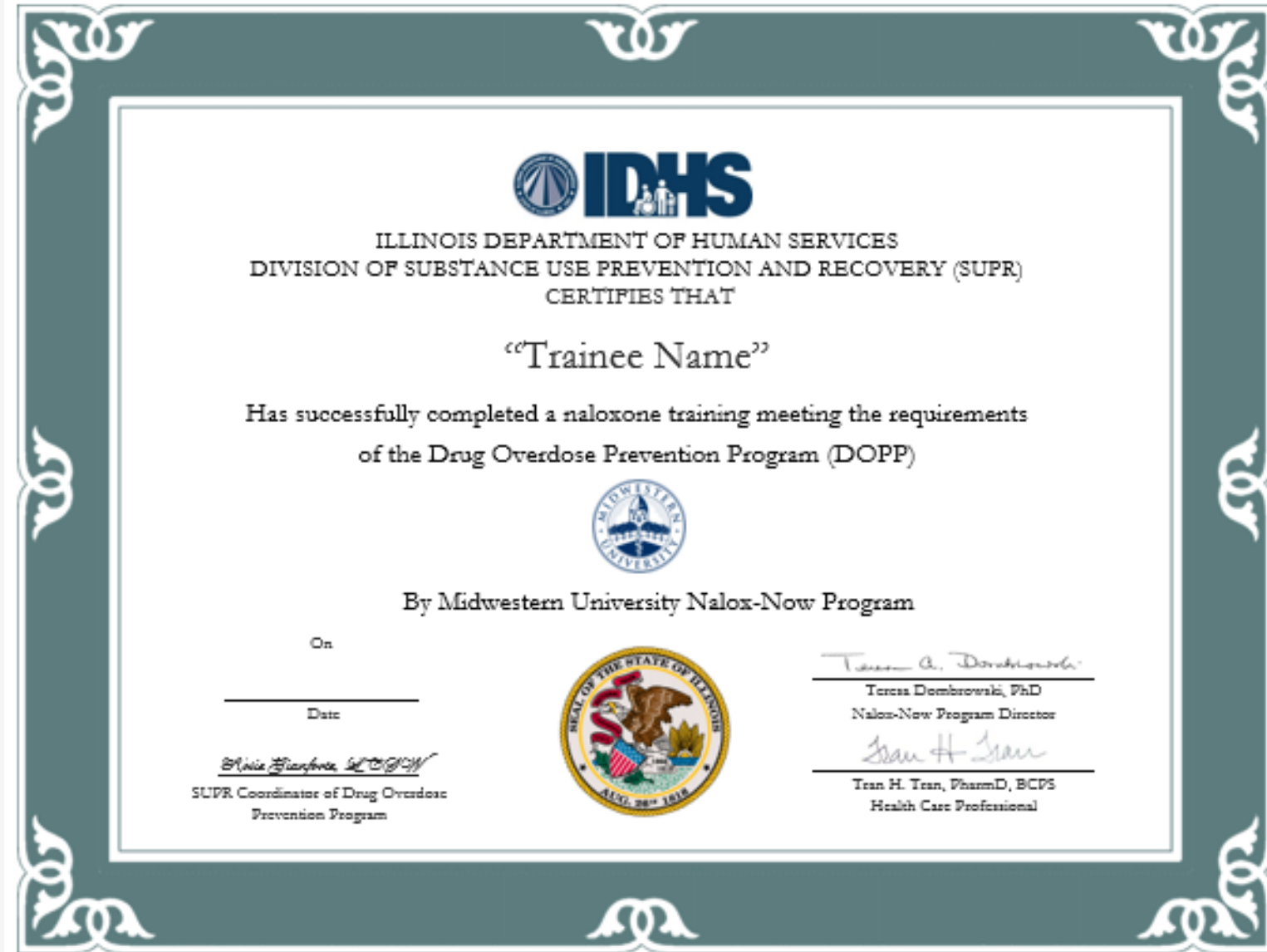
Opioid Overdose Knowledge  
Scale

- Nalox-Now presentation is based on this assessment
- 14\* questions
  - Multiple Choice
  - True/False
  - Select all the apply
- Signs and symptoms of an opioid overdose
- Steps in managing an opioid overdose
- Naloxone administration
- Given at the end of the session
- Must achieve a score of 80% or higher to receive the certification

**\*Pharmacists and pharmacy students are given additional questions to assess proper counseling and dispensing of naloxone**

# Certificate

NOTE: Pharmacists/pharmacy students also receive additional certification as a "Naloxone Trainer," which allows them to counsel patients in the community on how to respond to an overdose and administer naloxone.

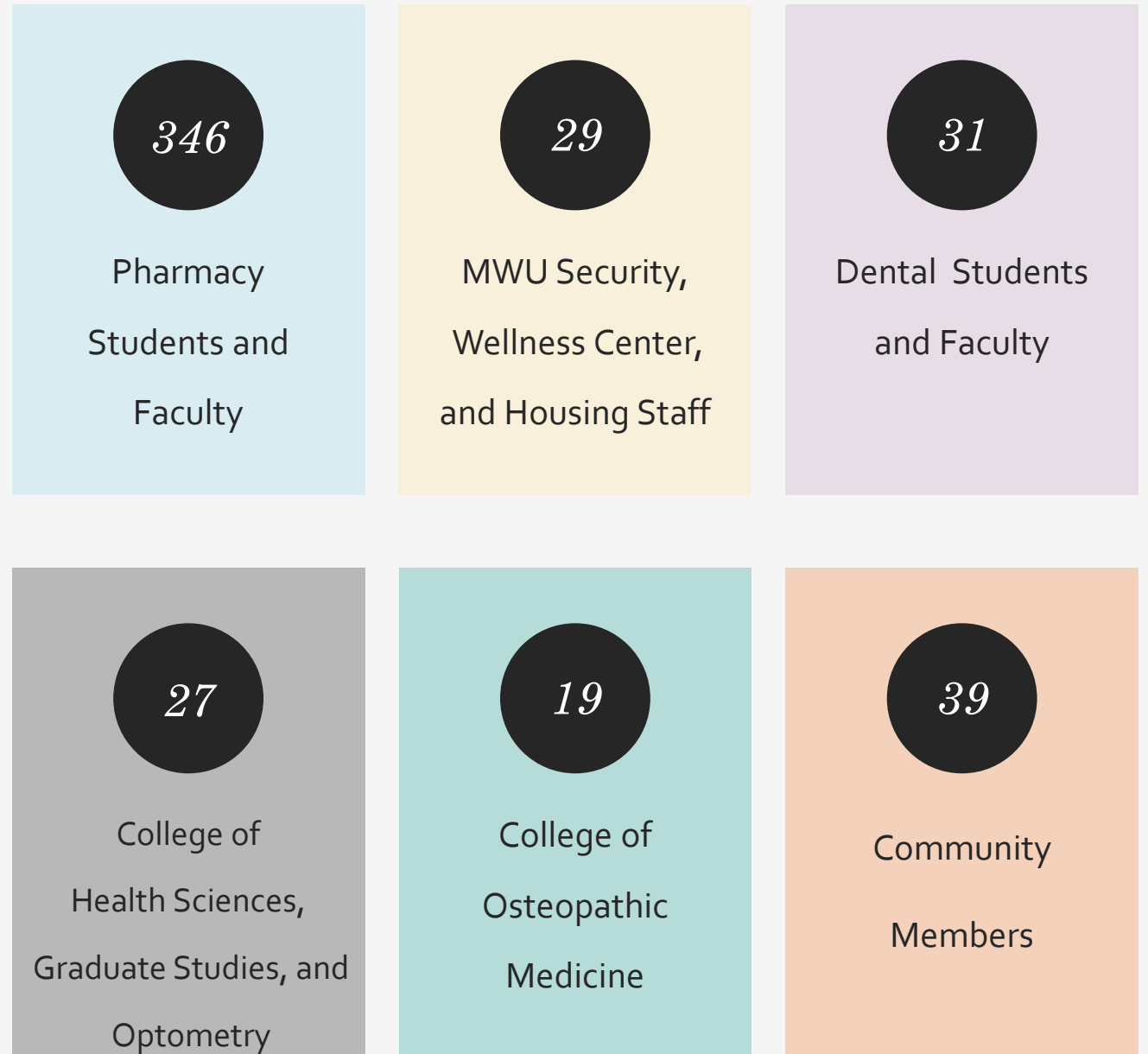


# Completed Trainings

Total of 491 trained

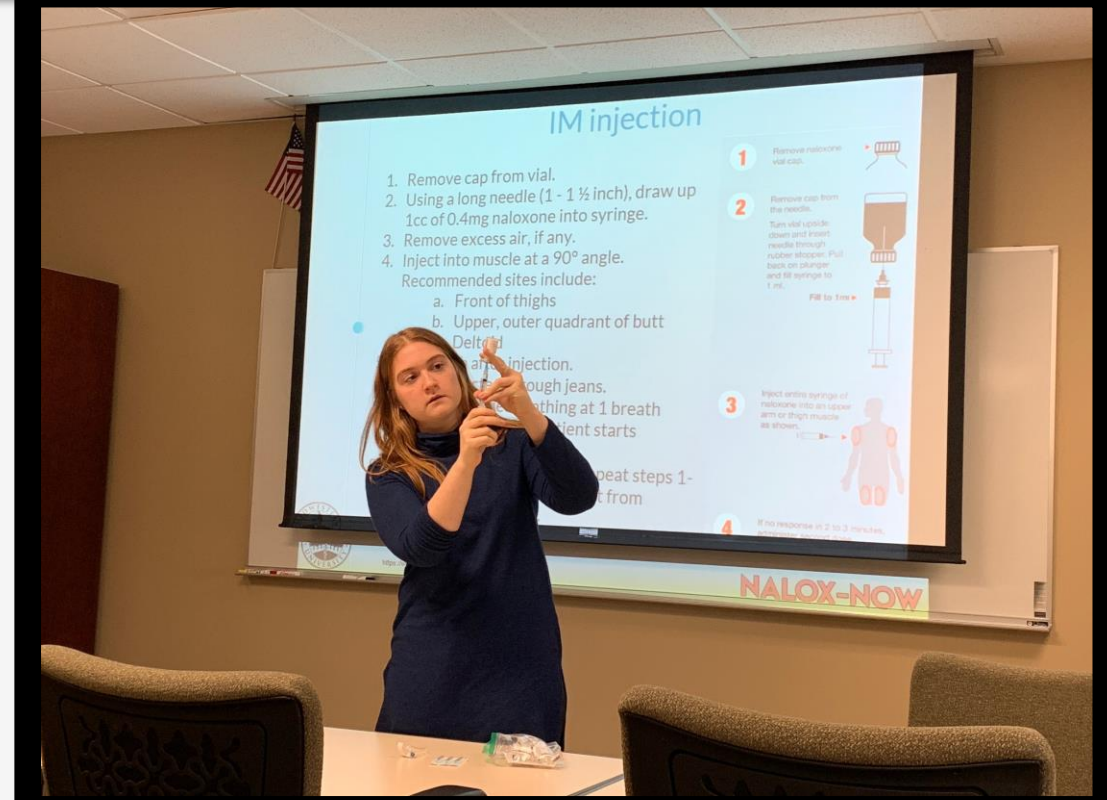
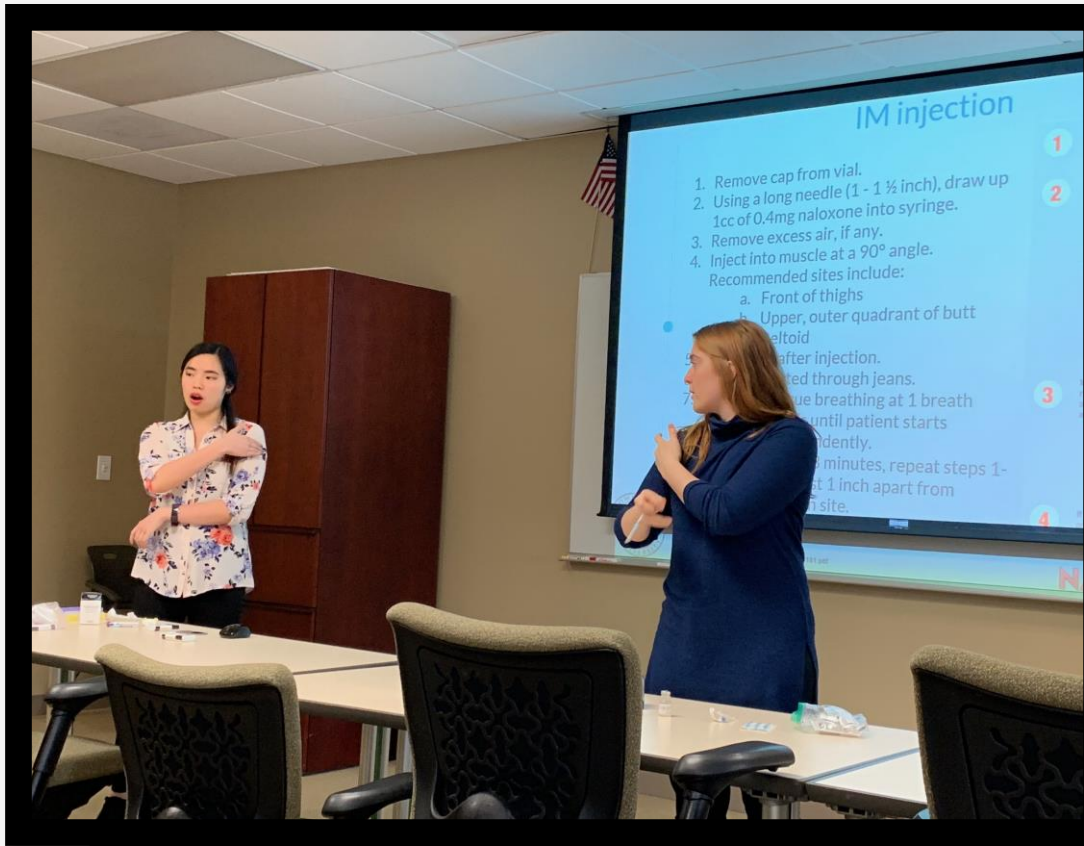
NOTE: As of the end of the study period (September 2018), total of 93 were trained

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Updated as of 11/6/2018

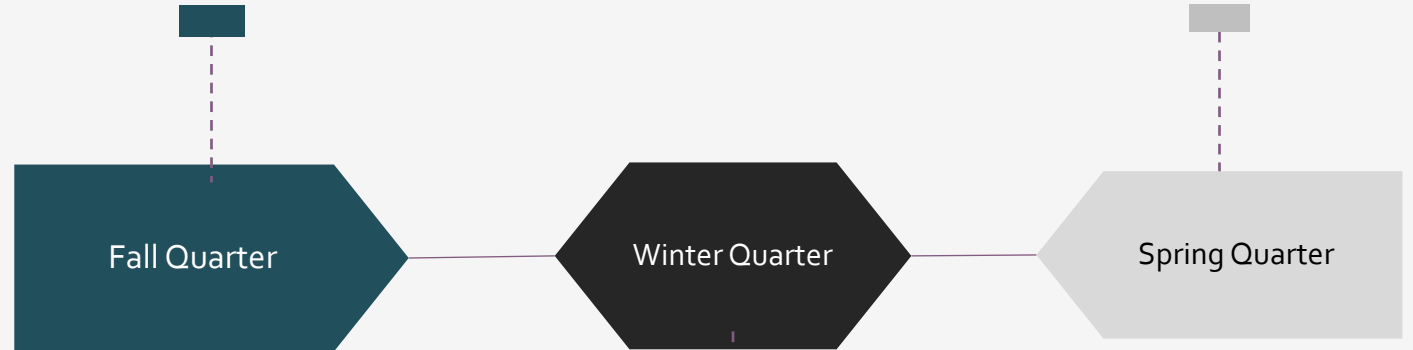




# Future Goals

Projected timeline for the upcoming academic year

- o Naperville clinic in-service on opioid epidemic and naloxone education
- o Nalox-Now training session
- o Old Quarry Middle School Science Night – opioid education and role of pharmacists in overdose prevention



- o Hold two additional training sessions
  - GOAL: 1,000 trained
- o Transition leadership
- o Finalize plans for the integration of Nalox-Now into all future MWU HCP curriculum

- o Hold three additional training sessions
- o Solidify MWU liaisons
  - One from each college (CCOM, CDMI, CCO, CHS)
  - Incorporate training into curriculum for the next academic year

# *Special Thanks*

- **Dr. Walter Siganga**, BS, MS, PhD, Director of CPE – *Board of Directors of District IV NABP/AACP*
- **Dr. Curtis Black**, PhD – *Executive Secretary of District IV NABP/AACP*
- **Dr. Susan Cornell**, BS, PharmD, CDE, FAPhA, FAADE – *Faculty Advisor*
- **Dr. Tran Tran**, PharmD, BCPS – *Faculty Advisor*
- **Dr. Shantel Jones**, PharmD – *Originator*
- **Jack Chang**, PS-4 – *Co-Founder*
- **Angie Suh**, PS-3 – *Chair-At-Large*
- **Skyler Boll**, PS-2 – *Chair-Elect*

# NALOX-NOW

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*Questions?*