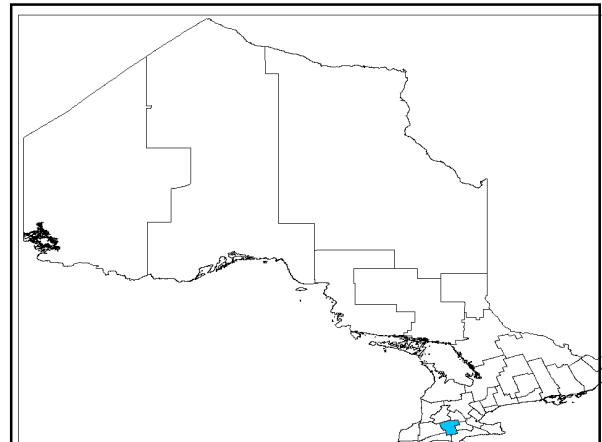


Overdose Prevention/ Peer Naloxone In Rural Ontario

Lisa Gillespie RN, PHN




Why is this important in Oxford County?

- We know that people in Oxford County are dying from drug overdoses. We also know that these deaths can be prevented.
- In Oxford County between 2004-2009 there were 23 deaths from accidental poisoning and exposure to drugs.
- Oxford EMS received at least 68 calls for drug overdose in 2012.
- The top problem substance in Oxford for people seeking treatment in 2012 was opioids, followed by alcohol and cannabis.




Ontario

- Death from drug-related overdose is a leading cause of accidental death in Ontario-the rate has doubled in the last ten years
- From 2004-2009, admissions into treatment for problem opioid use doubled in the province
- From 2006-2011 emergency room visits in Ontario related to narcotics intoxication, harmful use, withdrawal, psychosis and overdose increased by 250%
- Approximately 50,000 people in Ontario are addicted to Opioids




Literature Review

- Opioid related deaths doubled from 13.7 per million in 1991 to 27.2 per million in 2004 (CMAJ, 2009)
- Addition of long-acting oxycodone (January 2000) to the drug formulary was associated with a 5-fold increase in oxycodone-related mortality & a 41% increase in overall opioid related mortality (CMAJ, 2009)
- Barriers to calling 911 during an overdose-fear of criminal justice (Region of Waterloo & Waterloo Region Crime Prevention Council, 2012)



Literature Review

- A systematic approach is needed – changes in prescription laws, increasing education & communication between police, EMS & opiate users and reducing stigma that prevails in these areas (Harm Reduction Journal, 2009)
- Community based opioid overdose prevention programs providing naloxone (US, Edmonton) have showed that users of illicit drugs are interested in learning more about overdose & helping themselves and others
- Evaluation of existing programs (US, Canada) indicate that drug users are motivated to respond during an overdose & can be trained to properly & safely administer naloxone



Goal of Program

- To decrease overdose morbidity and mortality in Oxford County



Short-term outcome objectives

- Increase knowledge of community decision-makers of current situation regarding overdose in Oxford County
- Increase number of key stakeholders supporting the implementation of an overdose prevention program in Oxford County



Medium-term outcome objectives

- Develop train the trainer for sexual health staff on Overdose Prevention Program



Long-term outcome objectives

- Train the consumer how to prevent an overdose, how to identify and respond to an overdose and administer Naloxone



Achieving outcome objectives

- Standing item on agenda of Oxford County Drug Task Force
- Presentations to key stakeholders (police, EMS)
- Distribution of overdose prevention wallet cards
- Recruit and train a consumer/peer to increase awareness to other consumers
- Develop and deliver training to consumers



Program Launch

- Soft launch on March 10, 2014
- Posters to various community partners
- Posters in Needle Exchange Program
- Addition of Naloxone Training on NEP intake form
- Word of mouth important



Client Training

- Overdose risks, risk reduction and overdose prevention
- How to recognize an overdose
- Debunking common overdose myths
- How to respond to an overdose and calling 911
- Naloxone: how it works, how to administer, refill procedures
- Basic first aid (chest compressions, rescue breathing, recovery position)
- How to interface with Emergency Medical Services, police



Take-home Naloxone Kits



Training to date

- 11 clients trained and 11 kits dispensed in three months (goal 20 for the year)
- 1 client used the kit and came back for a refill



Lessons Learned

- Methadone clinic key supporter
- Doing a lot of ground work and advocating prior to program launch helped with success of the program
- Easier 'sell' to the community than needle exchange
- Small community, important to have buy-in from police, EMS and other key stakeholders
- This is a program that clients want and are interested in



Client feedback

- Very positive experience for both clients and trainer

Quotes

- "I was just going to stay home and get high today and now I've learned how to save a life"
- "This is making me feel so good about myself"
- "I did it (drugs) because I was broken and it took the pain away"



Future goals

- Continued work in the community to reduce stigma around addiction and overdose
- Establishment of a Harm Reduction Working Group in Oxford County
- Advocacy for changes to the Good Samaritan Law
- Availability of intra-nasal naloxone in Canada



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