Nasal NARCAN Spray Distribution on the BP: Why and How

Dartmouth Hitchcock Medical Center
Birthing Pavilion
In Partnership with NH DHHS, Doorway NH and HRSA

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Drug Overdose Deaths in the U.S. Up 30% in 2020 (cdc.gov)

- 93,331 drug overdose deaths in the United States during 2020
- 29.4% increase from the 72,151 deaths predicted in 2019
Maternal Mortality

• US has the highest rate of maternal death of any industrialized country

• New Hampshire ranks 19th in the in U.S. for maternal mortality

Sources:
Why Nasal NARCAN?

HARM REDUCTION

• Most maternal deaths in NH occur
  • Postpartum
  • Due to Overdose
  • Due to Suicide

Alliance for Innovation on Maternal Health (AIM)

• National data-driven maternal safety and quality improvement initiative
• Works to reduce preventable maternal mortality and severe morbidity
• AIM works to promote respectful care for all birthing persons, and eliminate disparities in perinatal outcomes

Source: NH Maternal Mortality Review Committee (CDC-funded)
<table>
<thead>
<tr>
<th>Full Agonist</th>
<th>Partial Agonist</th>
<th>Mixed Agonist</th>
<th>Antagonist</th>
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<tbody>
<tr>
<td>Codeine</td>
<td>Buprenorphine</td>
<td>Buprenorphine</td>
<td>Naloxone</td>
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<td>Fentanyl</td>
<td>Butorphanol</td>
<td>Butorphanol</td>
<td>Naltrexone</td>
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<td>Heroin</td>
<td>Pentazocine</td>
<td>Nalbuphine</td>
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<td>Hydrocodone</td>
<td>Tramadol</td>
<td>Pentazocine</td>
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<td>Hydromorphone</td>
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<td>Levorphanol</td>
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<td>Meperidine</td>
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<td>Methadone</td>
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<td>Morphine</td>
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<td>Oxycodone</td>
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<td>Oxymorphone</td>
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</table>

**Do NOT use Nubain for people on MAT (Subutex, Suboxone, or Methadone). It causes rapid withdrawal!**
Narcan reversing an overdose

Narcan has a stronger affinity to the opioid receptors than opioids like heroin or Percocet, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.

Source: Understanding Naloxone - National Harm Reduction Coalition
What are you asking me to do?

Ask patients with SUD hx if they want to talk with someone about taking home nasal NARCAN

Educate about NARCAN storage and administration

Document that you provided the education or that the patient declined the NARCAN

Give NARCAN to provider
How NARCAN Spray is Distributed on the BP

• We have a *Standing Order* for NARCAN Nasal Spray from the State of NH

• DHMC *Policy #22887/Procedure #23372* for NARCAN Nasal Spray Distribution
Who gets NARCAN?

• Screen all patients who come to the inpatient obstetrics unit

• **Script** to use with patients:
  • “Opioid overdose is a serious problem in our communities. Naloxone can reverse an overdose. Would you like to talk to someone about having Naloxone? It can be for friends, family members, yourself or other people in the community.”

• Screen all patients through eDH:
  
  ‘Are you or is someone you know at risk of witnessing or experiencing an overdose?’
Who does what?

1) Nurse or Provider *educates* patients and families and documents in eDH progress note using .NARCANED smart phrase

2) **Only Providers *give* the NARCAN to the patient or family member**

- Nurses can administer, but cannot dispense medications
Patient Education

- Effects of opioids
- Mitigation strategies to reduce the risk of opioid overdose
- Recognizing signs and symptoms of opioid overdose
- Overdose response steps
- Use of naloxone HCL
- Mechanism of action
- When to administer
- How to administer
- Possible side effects
- Proper storage, handling, and disposal
- When and how to get a prescription refill
2 Doses of NARCAN per Box

Narcan in Communities - Fix for Addiction  Photo by Emily Rowan
Quick Start Guide
Opioid Overdose Response Instructions

1. Identify Opioid Overdose and Check for Response

   Ask person if he or she is okay and shout now.
   Shake shoulders and firmly rub the middle of their chest.

   Check for signs of an opioid overdose:
   • Will not wake up or respond to your voice or touch
   • Breathing is very slow, irregular, or has stopped
   • Corners of their mouth are very small, a condition called “pinpoint pupils”

   Lay the person on their back to receive a dose of NARCAN Nasal Spray.

2. Give NARCAN Nasal Spray

   REMOVE NARCAN Nasal Spray from the box.
   Point the tip of the nozzle delivery system at the bottom of the red plunger until the plunger is a firm fit.
   Hold the NARCAN Nasal Spray with your thumb on the bottom of the red plunger and your first and middle fingers on either side of the nozzle.
   Gently insert the tip of the nozzle into either nostril.
   • Fill the person’s nose and provide support under the neck with your hand.
   • Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person’s nose.
   • Press the red plunger firmly to give the dose of NARCAN Nasal Spray.
   • Remove the NARCAN Nasal Spray from the nozzle after giving the dose.

3. Call for emergency medical help right away.

   Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

   Watch the person closely.
   • If the person does not respond by walking up, to voice or touch, or breathing normally within 2 minutes, call emergency medical help.
   • Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril.

For more information about NARCAN Nasal Spray, go to www.narcan.com, or call 1-800-NARCAN (1-800-627-2262).
You are encouraged to report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Patient Education Talking Points

- **Effects of opioids (fentanyl, heroin, oxycodone, etc)**
  - Slowed breathing, drowsiness

- Mitigation strategies to reduce the risk of opioid overdose
  - Don’t use alone. Start with a small amount and go slow.

- Recognizing signs and symptoms of opioid overdose
  - Will not wake up or respond to voice or touch.
  - Breathing is very slow, irregular or has stopped.
  - Pupils of eyes are very small, like “pin-points”.

- Overdose response steps
  - Ask the person if they are okay and shout their name.
  - Shake them and firmly rub their chest to see if they respond.

- Use of naloxone HCL
  - If they do not respond, give NARCAN. It is safe even if you do not know what medication they took. It could save their life.
  - It is safe for pregnant people to get NARCAN.

- Mechanism of action
  - NARCAN knocks the opioids off the opioid receptors to reverse the overdose.

- When to administer
  - Immediately after confirming that they are not responding and may have overdosed.

- How to administer
  - See NARCAN medication insert (on reverse side of this page).
  - Repeat dose every 2-3 minutes until they respond.

- Possible side effects
  - Rapid withdrawal including nausea, vomiting, pain, confusion

- Proper storage, handling, and disposal
  - Do NOT store in the car. Do NOT freeze or keep in a place with temperature over 80.
  - Store in a cool place away from bright light.

- When and how to get a prescription refill
  - Doorway NH provides NARCAN
  - Many pharmacies provide it without a prescription or Call 211

Revised 1-18-2023
OPIOID OVERDOSE + PREGNANCY

When overdoses happen, giving naloxone (Narcan®) saves lives - including the lives of pregnant people and their babies.

Place the person in the recovery position on their left side to improve blood flow to the placenta.

Call 911

Tell the dispatcher that you are with a pregnant person who is not breathing and you need paramedics.

You do not need to tell them that this may be a drug poisoning or overdose. If you do they may send police officers.

Stay with the person or find someone who can until paramedics arrive.

Tell the responders that the person takes opioids and may have taken too much and overdosed.

Respond to overdose in a pregnant person exactly the same as you would for anyone else.
Patient @name@ requested information about naloxone HCL (Narcan) nasal spray today. Patient (WAS/WAS NOT:2100118327) accompanied in the office by her (companion:315061). Education was provided regarding all of the following:

- Effects of opioids
- Mitigation strategies to reduce the risk of opioid overdose
- Recognizing signs and symptoms of opioid overdose
- Overdose response steps
- Use of naloxone HCL
- Mechanism of action
- When to administer
- How to administer
- Possible side effects
- Proper storage, handling, and disposal
- When and how to get a prescription refill

Teaching methods used to provide education included explanation, demonstration, and handouts.

Patient (WAS/WAS NOT:2100118327) able to explain the indication for, and proper use of, naloxone nasal spray.

Patient (MICU_DID_DID NOT:26015) accept Narcan kit.

Patient (WAS/WAS NOT:2100118327) able to return demonstrate proper administration technique of naloxone HCL nasal spray with

Patient (WAS/WAS NOT:2100118327) provided two (2) 4-mg doses of naloxone HCL nasal spray.

Lot number: *** Expiration date: ***

@name@ knows how to contact OB/GYN Nurse Triage should she have further questions or concerns.

@MES@
<table>
<thead>
<tr>
<th><strong>NH DHHS Data Collection Form</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date</strong> ____________</td>
</tr>
<tr>
<td><strong># of Kits Received</strong> __________</td>
</tr>
<tr>
<td><strong>Who is the kit for?</strong></td>
</tr>
<tr>
<td>Circle all that apply.</td>
</tr>
<tr>
<td>Self; Friend; Family Member; Other</td>
</tr>
<tr>
<td><strong>If the kit is for yourself what is the Month and Year of Your Birth? Example: “05/1990”</strong></td>
</tr>
<tr>
<td><strong>What is your gender?</strong></td>
</tr>
<tr>
<td>Circle one:</td>
</tr>
<tr>
<td>Male, Female, Transgender, Other, Refused to Answer.</td>
</tr>
<tr>
<td><strong>If the kit(s) is for you, do you have insurance?</strong></td>
</tr>
<tr>
<td><strong>If you have insurance who is your insurance provider?</strong></td>
</tr>
<tr>
<td><strong>How many times have you overdosed?</strong></td>
</tr>
<tr>
<td><strong>Number of times Narcan/Naloxone has been administered to you to reverse an overdose?</strong></td>
</tr>
<tr>
<td><strong>What was the primary reason you started using Opioids?</strong></td>
</tr>
<tr>
<td>Coping with mental health problems</td>
</tr>
<tr>
<td>Depression &amp; grief</td>
</tr>
<tr>
<td>Easier to evade detection than marijuana</td>
</tr>
<tr>
<td>Given by partner</td>
</tr>
<tr>
<td>Life struggles</td>
</tr>
<tr>
<td>Pain management following injury or surgery</td>
</tr>
<tr>
<td>Experimented in School/College or Other setting</td>
</tr>
<tr>
<td>Taking any pills she/he could find</td>
</tr>
<tr>
<td>Unavailable</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td><strong>Where did you first get opioids?</strong></td>
</tr>
<tr>
<td>Partner</td>
</tr>
<tr>
<td>Ex-partner</td>
</tr>
<tr>
<td>Friend(s)</td>
</tr>
<tr>
<td>Own Prescription</td>
</tr>
<tr>
<td>Someone Else’s Prescription</td>
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<tr>
<td>Unavailable</td>
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<tr>
<td>Other</td>
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</tbody>
</table>
NARCAN NASAL SPRAY
CHECK LIST

☐ Remove kit. Update inventory sheet with lot number and expiration date.

☐ Meet with patient. RN or Provider provides education.

☐ Provider dispenses Narcan kit.

☐ Complete Data Collection Form with patient (for the State of NH).

☐ Document in EMR, using smartphrase .NARCANED.

☐ Place Data Collection Form in the Narcan Distribution folder.

(Don’t worry, there’s a reminder check-list in the front of the ‘Narcan Distribution’ binder.)
*Give one to every patient who goes home with narcotics!*

*Located in Med Room under epidural pumps!*
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