

The Opioid Public Health Crisis & Harm Reduction Programs

“We need to understand that licit and illicit drug use is part of our world, and it is important we choose to minimize the harmful risks associated with substance use and incidental exposure, rather than ignoring it”

OPIOID OVERDOSE

Officials: Tavares police officer accidentally overdosed on fentanyl while on duty. Will that shock Arizona awake?

BY ASHER WILSON
PUBLISHED 5:00 PM


Cambria County police officer overdosed on drugs from evidence

State police are investigating the West Hills Police Department officer's death.

By [6abc Digital Staff](#)
Saturday, July 1, 2023

A Mesa police officer overdosed on fentanyl while on duty. Will that shock Arizona awake?


Opinion: A Mesa police officer overdosed on fentanyl in his patrol car. Is this the incident that finally shakes Arizona awake to the opioid epidemic?


 **Phil Boas**
Arizona Republic

Published 1:12 p.m. MT Aug. 21, 2023 | Updated 1:18 p.m. MT Aug. 22, 2023

US child under nurse's care

© 3 hours ago







SWAN

SAN JOSE

SJPD Officer's Death Linked to Fentanyl: Coroner

Multiple sources with direct knowledge of the case told NBC Bay Area that De'Jon Packer was at a party with fellow police officers the night before he died

By **NBC Bay Area staff** • Published April 30, 2022 • Updated on April 30, 2022 at 7:13 pm

WHAT ARE OPIOIDS?

- Analgesic (painkiller) medication used to treat physical pain
- Opioids produce euphoria, anti-depressive and dissociative effects
- Opioids are respiratory depressants

PRESCRIPTION DRUGS

- There is currently **10,545 people** in New Mexico with opioid/benzodiazepine prescriptions(NMDOH PMP, Q4, 2022)
- Overdose risk increases when opioids and benzodiazepines are **mixed with alcohol**
- Methadone implicated in **majority of fatal overdoses** statewide (NMDOH, 2021)

- Health: 4
- Flammability: 1
- Reactivity: 0
- Special:



EXAMPLES OF OPIOIDS



- Oxycodone (Oxycontin, Percocet)
- Hydrocodone (Vicodin, Lortab)
- Hydromorphone (Dilaudid)
- Fentanyl (Duragesic)
- Buprenorphine or BUP (Suboxone, Subutex, Belbuca)

- **Codeine (Tylenol 3)**
- Tramadol (Ultram)
- Morphine (Embeda)
- Methadone
- Illicitly manufactured Fentanyl (IMF)
- Heroin

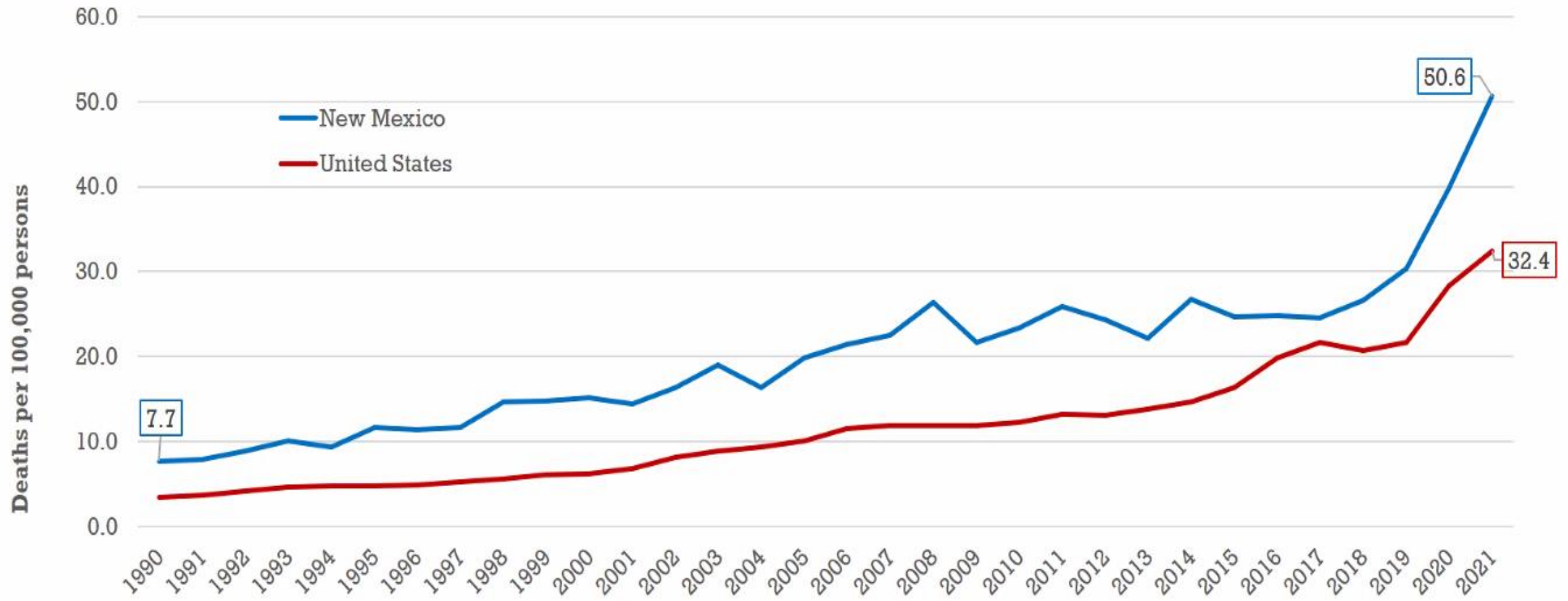
DRUG OVERDOSE IMPACT ON NEW MEXICO

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- Between 1990 and 2021, the drug overdose death rate in New Mexico (and the rest of the US) (NMDOH): 1990 – 7.6 per 100,000 2021 – 50.6 per 100,000
- NM drug overdose mortality rate in 2021 = 50.6 per 100,000 (US = 32.4 per 100,000).
 - Doña Ana County Drug Overdose Mortality Rate 2019 = 20.9
 - Doña Ana County Drug Overdose Mortality Rate 2021 = 28.4
- New Mexico is now ranked 6th in the U.S

“Overdose is now the leading cause of death for people under 50 (CDC)”

“We are statistically more likely to die from an overdose than in a car accident”

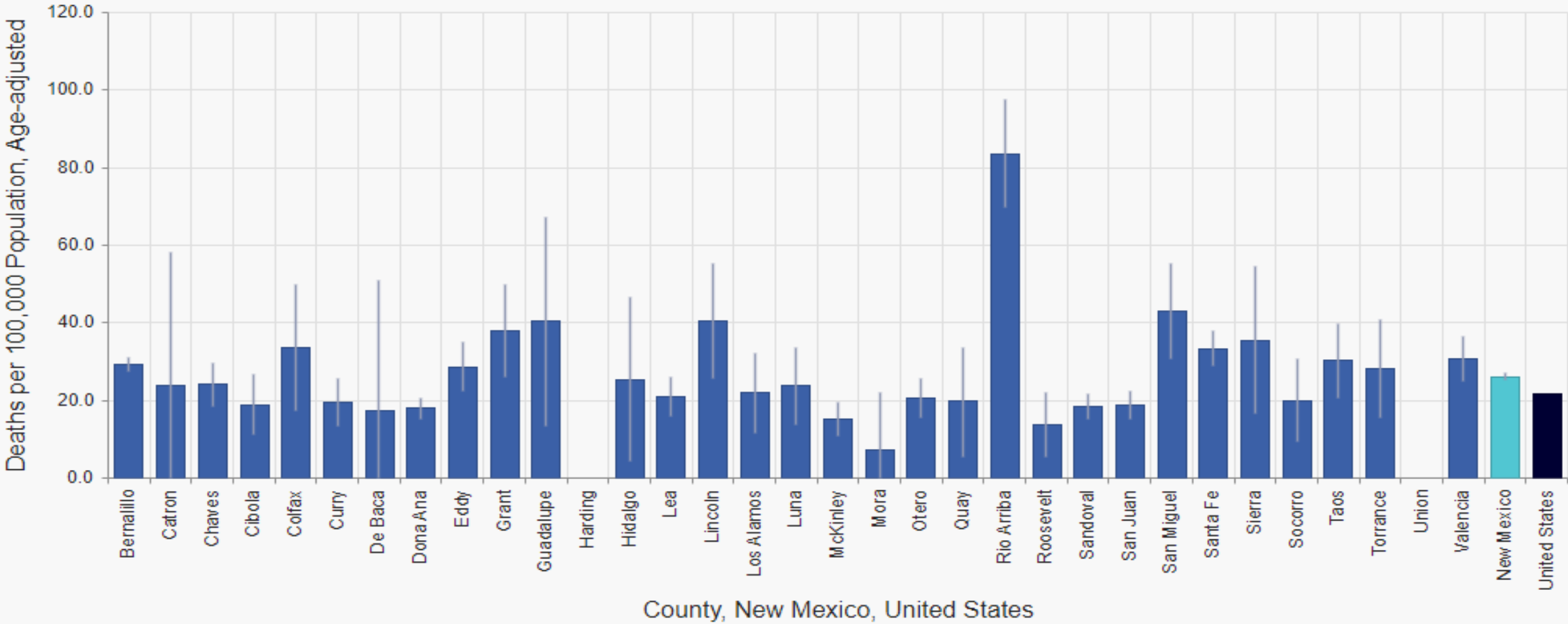
Drug Overdose Death Rates, New Mexico and United States 1990-2021



Rates are age adjusted to the US 2000 standard population

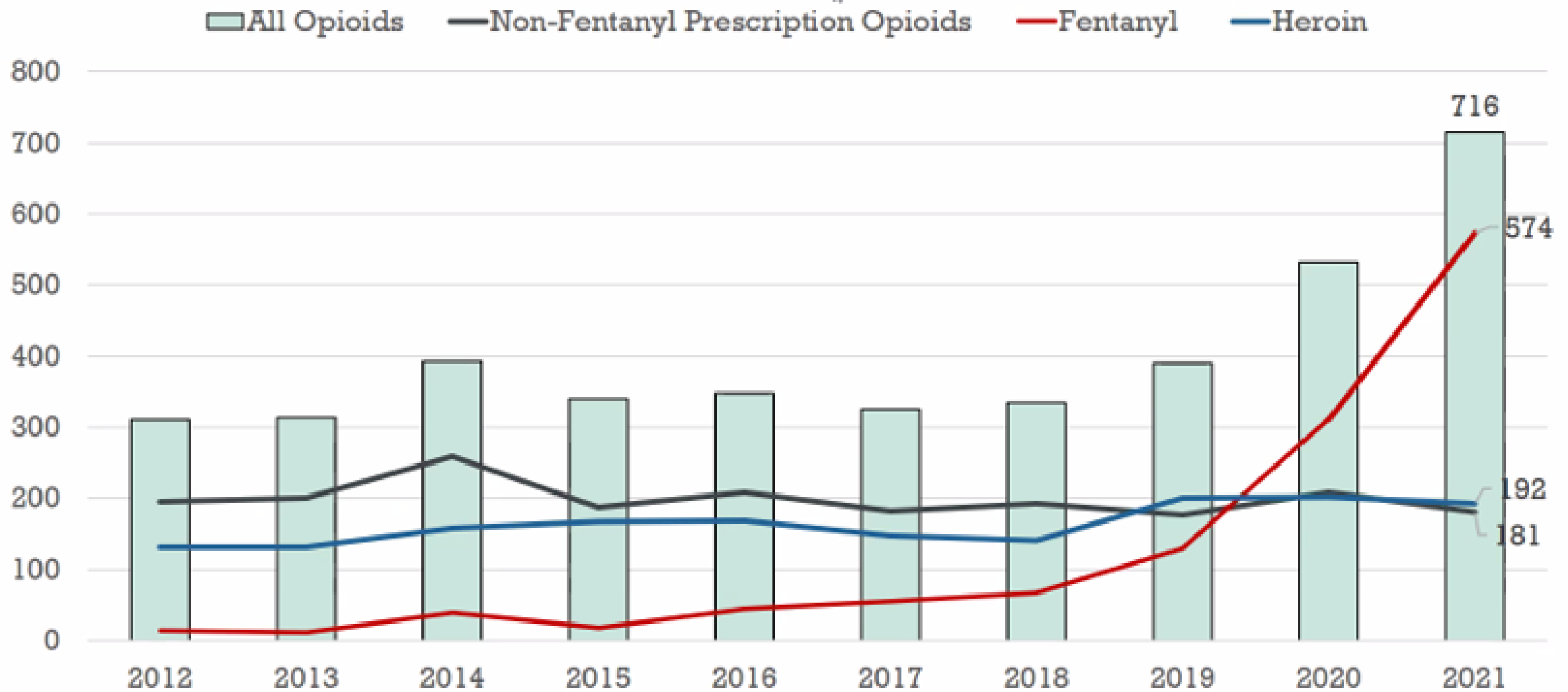
Source: United States - CDC Wonder; New Mexico - NMDOH BVRHS death data

Deaths due to Drug Overdose by County, New Mexico, 2015-2019



Rio Arriba County had the highest total drug overdose death rate (83.6 deaths per 100,000) among all New Mexico counties during 2015-2019. However, the problem of drug overdose is by no means limited to Rio Arriba County. Bernalillo County had the largest number of drug overdose deaths and many New Mexico counties had total drug overdose death rates more than twice the U.S. rate.

Opioid-Involved Overdose Deaths, New Mexico 2012-2021



EXAMPLES OF OPIOIDS



➤ Oxycodone (Oxycontin, Percocet)

➤ Hydrocodone (Vicodin, Lortab)

➤ Hydromorphone (Dilaudid)

➤ Fentanyl (Duragesic)

➤ Buprenorphine or BUP (Suboxone, Subutex, Belbuca)

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➤ Tramadol (Ultram)

➤ Morphine (Embeda)

➤ Methadone

➤ Illicitly manufactured Fentanyl (IMF)

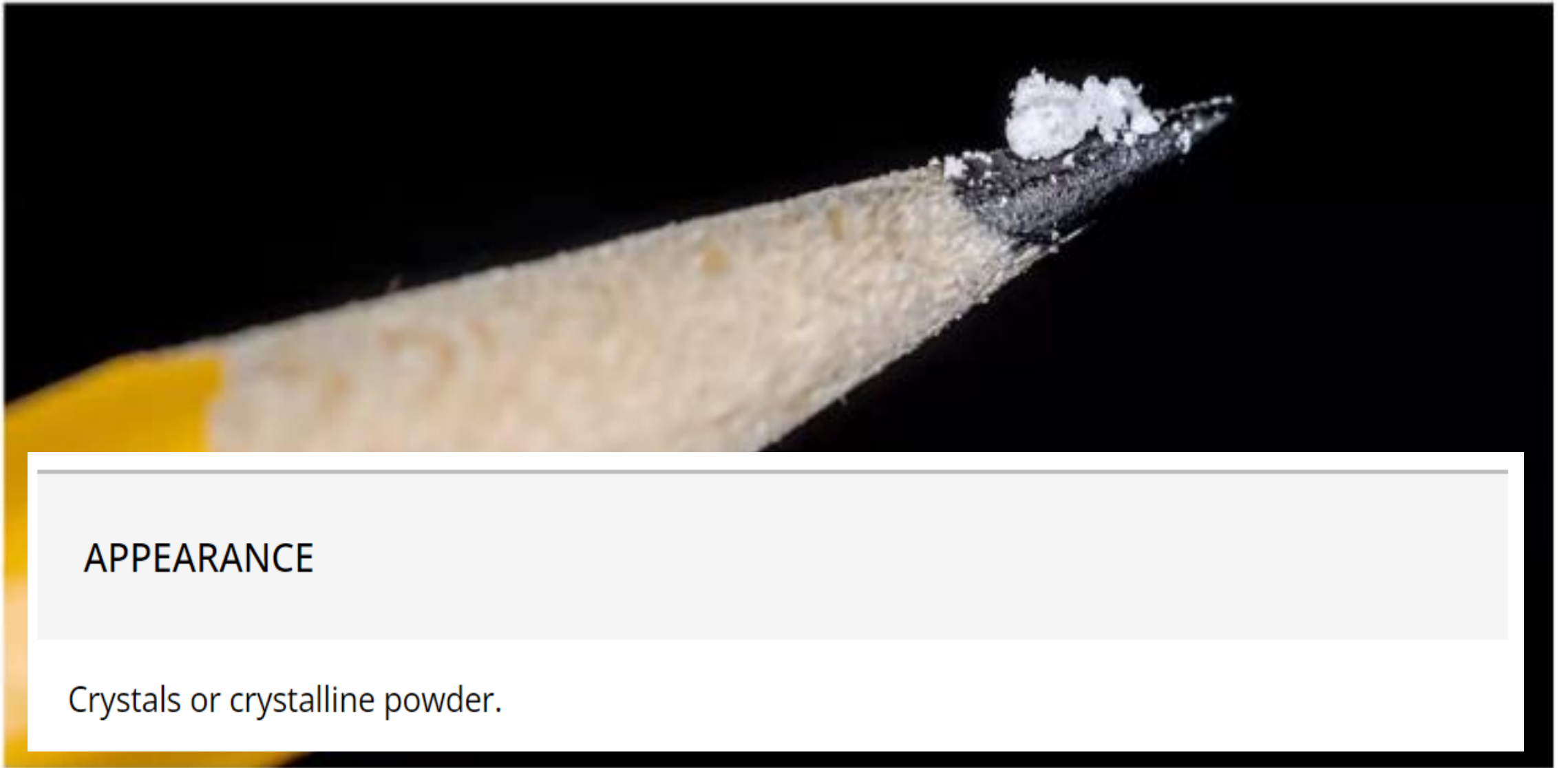
➤ Heroin

FENTANYL

Fentanyl is a short-acting opioid and is 50 to 100 times more potent than morphine

Fentanyl is widely prescribed, widely diverted

Prescription and illicitly manufactured (IMF)



APPEARANCE

Crystals or crystalline powder.

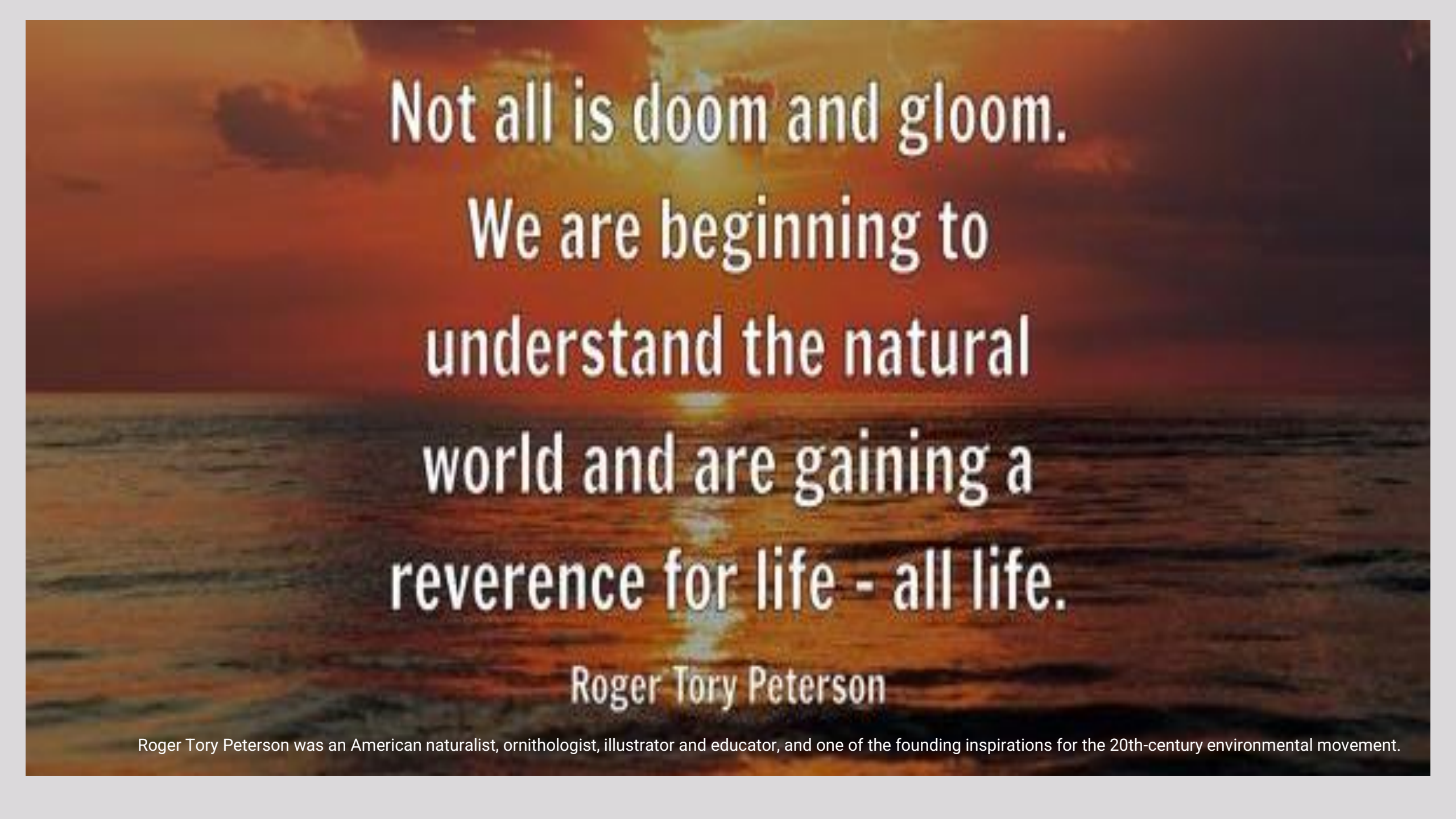
2 milligrams can be lethal depending on person's body size, tolerance and past usage.

ROUTES OF EXPOSURE

Fentanyl can be absorbed into the body via inhalation, oral exposure or ingestion, or skin contact. It is not known whether fentanyl can be absorbed systemically through the eye. Fentanyl can be administered intravenously (IV), intramuscularly (IM), or as a skin patch (transdermally).

METHODS OF DISSEMINATION

- Indoor Air: Fentanyl can be released into indoor air as fine particles or liquid spray (aerosol).
- Water: Fentanyl can be used to contaminate water.
- Food: Fentanyl can be used to contaminate food.
- Outdoor Air: Fentanyl can be released into outdoor air as fine particles or liquid spray (aerosol).
- Agricultural: If fentanyl is released into the air as fine particles or liquid spray (aerosol), it has the potential to contaminate agricultural products.



Not all is doom and gloom.
We are beginning to
understand the natural
world and are gaining a
reverence for life - all life.

Roger Tory Peterson

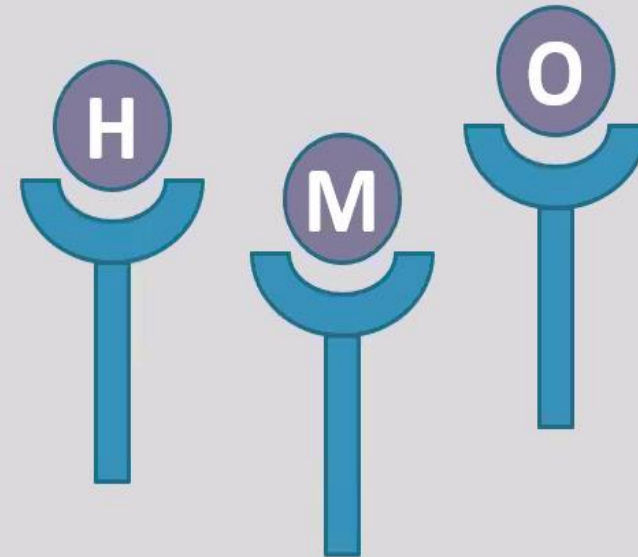
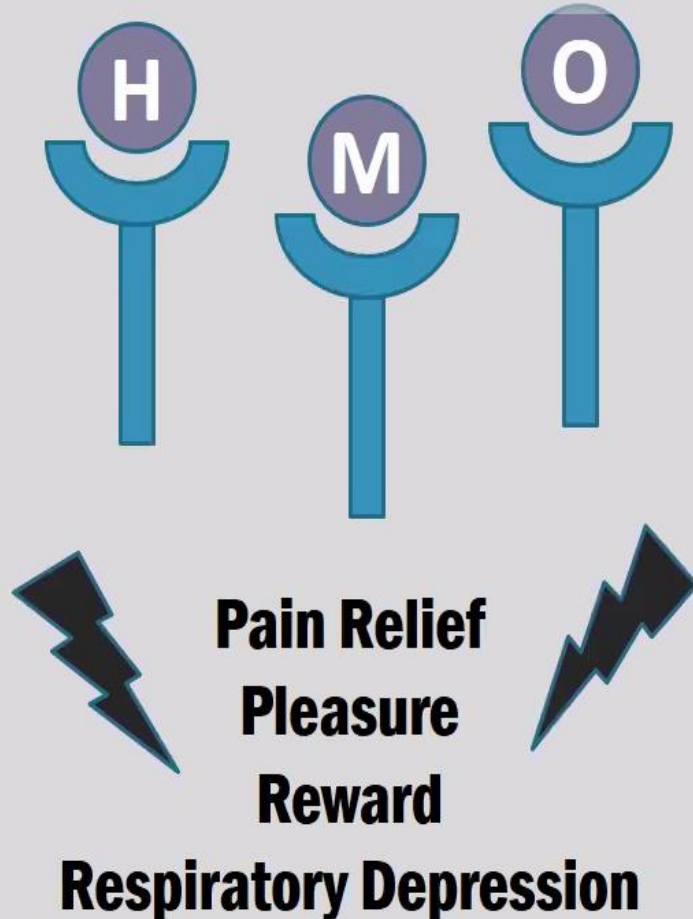
Roger Tory Peterson was an American naturalist, ornithologist, illustrator and educator, and one of the founding inspirations for the 20th-century environmental movement.

WHAT IS NARCAN® (NALOXONE)?

- Opioid Antagonist (fills the Mu (μ) receptor but does not stimulate it)
- Temporarily (30 to 90 minutes) displaces opioid to restore respiratory drive (naloxone does NOT remove opioids from the body)
- Safe, extremely effective, no "abuse" potential (fewer side effects than aspirin)
- If administered to a person NOT overdosing on an opioid, nothing will happen

NALOXONE () IN THE BRAIN

*opioid receptors activated
by heroin and prescription opioids*



NALOXONE STORAGE AND EXPIRATION

- Storage temperature range = 57 to 77 degrees
- Deviation permitted up to 104 degrees
- Try not to freeze
- Naloxone is a very stable medication
- Technically it expires 3 years after manufactures date



"In a study where expired samples from 1980 were tested, all samples contained around 90% of the active ingredient"

"Use of expired naloxone, even years after the expiration date, may be safe and efficacious." -American Congress of Clinical Toxicology, 2018

SIGNS OF OPIOID OVERDOSE

- Unconscious, unresponsive (they won't wake up)
- Decreased respirations or not breathing at all (Normal respiratory rate 12 – 20 times per minute, 1-2 breaths every 5-6 seconds). If breathing, snoring or gurgling sound
- Blue or purplish skin (around lips and nail beds)
- Pinpoint pupils (enlarged pupils usually more typical of a head injury)

SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.



Breathing
slow or absent



Cannot be woken up
or not moving



Choking
or coughing, gurgling,
or snoring sounds



Dizziness
and disorientation



Cold
or clammy skin



Pupils
extremely small



Discolouration
of lips and nails

CALL 911 IMMEDIATELY!

Your address: _____

THEN:



Give breaths
1 breath every
5 seconds



Use naloxone
if you have it

THE IMPORTANCE OF B.L.U.E

SIGNS OF AN OPIOID OVERDOSE. B.L.U.E.

BREATHING

Breathing during an overdose is shallow, gurgling, erratic, or completely absent.

LIPS

Lips and fingertips are blue, due to decreased oxygen throughout the body.

UNRESPONSIVE

The victim will not respond to verbal or physical stimulation.

EYES

Pupils are pinpoint, as the opioids constrict the pupils to an unusually small size.

Accidents Happen...

- Like children, pets are also prescribed medications and opioids. And they are known to accidentally consume drugs or prescription medications if left unattended or easily accessible
- Naloxone is used most in dogs and cats to reverse depressant effects of opiate drugs
- In veterinary medicine, it is sometimes necessary to administer a drug to reverse the effects of another drug

NEW MEXICO GOOD SAMARITAN LAW

- No person who comes to the aid or rescue of another person by providing care or assistance in good faith at or near the scene of an emergency, as defined in **Section 24-10-4 NMSA** 1978, shall be held liable for any civil damages as a result of any action or omission by that person in providing that care or assistance, except when liable for an act of gross negligence; but nothing in this section applies to the provision of emergency care or assistance when it is rendered for remuneration or with the expectation of remuneration or is rendered by a person or agent of a principal who was at the scene of the accident or emergency because he or his principal was soliciting business or performing or seeking to perform some services for remuneration

How Do Good Samaritan Laws Protect Me?



State wide laws protect you from liability when rendering emergency care or rescue during an accident or other emergency if the following conditions are true of the situation:



It's An Emergency Situation

You are providing care after an accident, house fire, cardiac arrest or other emergency.



You are NOT the Cause

You did NOT cause the accident or emergency.



Provide Compassionate Care

You provide reasonable care in good faith, with a sincere desire for the victim's wellbeing with no intent to harm.

Additional States with Good Samaritan Laws/Naloxone Access



Source: GAO analysis of jurisdiction laws. | GAO-21-248

NEW MEXICO OVERDOSE PREVENTION REGULATION

- Good Samaritan Law(Overdose Immunity Law) – 2007 (First state to pass)
 - Protects overdose witnesses and victims who seek medical attention from arrest and prosecution for simple drug offenses
- HB 277 was signed in 2016 by Gov. Martinez, to make community-based naloxone more accessible under a standing order
 - Allows for broader community access under standing order authority (no personalized prescription required)
- SB221, 2019 Amendment
 - Requires naloxone be co-prescribed with any opioid prescription with a five day or longer duration

RESPONDING TO AN OPIOID OVERDOSE

- **Look, listen, and feel** for breathing, clear airway if necessary (minimal contact to check for breathing- high risk for COVID-19 transmission) *Rescue breathing although an important part of the response, it is a risk for COVID-19 transmission, even when using a face shield/barrier
 - The person is in respiratory arrest, not cardiac arrest
 - If there is no pulse, continue with CPR protocols
- **Rub hard** on the person's breastbone or upper lip, if there is no response
- **Call 911** and tell the operator someone is **unconscious or not breathing**
- **Administer first dose of naloxone**
- **Perform rescue breathing** (mouth to mouth) using the face shield - Start immediately with 2 breaths one right after the other



OVERDOSE RESPONSE CONTINUED

- After the first dose continue rescue breathing for **2 minutes**: 1 breath **every 5 seconds**: Say aloud, "1-1000, 2 -1000, 3 -1000, 4 -1000," then breathe for the person on "5 -1000"
- If person doesn't wake up, **administer second dose of naloxone**, and continue rescue breathing (3 minutes and if necessary, give third dose, etc.)
 - After 3 doses, if no improvement, consider overdose may have been caused by a non-opioid substance (alcohol and benzodiazapines, for example)
 - As long as there is a pulse, continue rescue breathing until EMT's arrive

Note: Sometimes rescue breathing alone can wake a person up



WHAT TO DO IF/WHEN THE PERSON WAKES UP

- Maintain at least 6 feet of distance. Speak to the person in a calm and reassuring way
- Stay with the person until medical care arrives, they are still vulnerable to respiratory depression and another overdose
- Narcan works for 30 to 90 minutes, does not remove opioids from the body
- If a person goes back into the overdose, give them more Narcan





OVERDOSE PLANNING

Have an overdose response plan

- For agencies — same as fire plan or other risk management plans
- For individuals/families — ensure that an identified rescue buddy/rescuer knows where naloxone is kept and how to use it

ADDITIONAL RESOURCES ON NALOXONE PICK UP LOCATIONS AND MEDICATION DISPOSAL SITES



- **Online Resources**

- www.doseofreality.com

- **Doña Ana County facilities that provide Naloxone**

- Las Cruces Central Public Health Office
- Alianza of New Mexico
- Anthony Public Health Offices
- Harm reduction sites

- **Medication disposal**

- Walgreens, Walmart, CVS, DEA takeback day (occurs twice a year)

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