

# Naloxone Updates



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Hawaii Health & Harm Reduction Center



HAWAII HEALTH  
& HARM REDUCTION CENTER  
*The New Chapter for Life Foundation and The CHOW Project*

# Hawai'i Health & Harm Reduction Center (HHHRC)

Reducing harm, promoting health, creating wellness and fighting stigma in Hawai'i and the Pacific.

*Hawai'i Health & Harm Reduction Center serves Hawai'i communities by reducing the harm and fighting the stigma of HIV, hepatitis, homelessness, substance use, mental illness, and poverty in our community. We focus our efforts on those disproportionately affected by social determinants of health, including but not limited to: people living with and/or affected by HIV, hepatitis, drug use, and the transgender, LGBTQ and the Native Hawaiian communities. We foster health, wellness, and systemic change in Hawai'i and the Pacific through care services, advocacy, training, prevention, education, and capacity building.*





**HOUSELESSNESS**



**CRIMINAL  
LEGAL SYSTEM**



**SUBSTANCE  
USE**



**CHRONIC  
DISEASE**



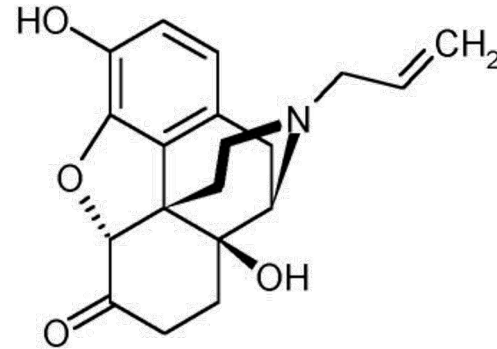
**MENTAL HEALTH**



**HAWAI'I HEALTH  
& HARM REDUCTION CENTER**  
*The New Chapter for Life Foundation and The CHOW Project*

# Agenda

- Introduction
- Opioids and overdose
- Responding to overdose
- Hawai'i naloxone laws
- Harm Reduction
- Resources



# Objectives

After this session, participants will be able to:

- Describe the symptoms of an opioid overdose and how to respond
- List the factors that increase risk of opioid overdose
- Identify where to get free naloxone across the islands

# Opioids

- Derivatives of opium poppy plant or synthetic product that acts on the same receptors as natural derivatives
- Act on nervous system, causing pain relief, cough suppression, warm euphoric feeling, constipation, nausea, dry mouth, constricted pupils
- Tolerance develops with ongoing use, uncomfortable withdrawal symptoms can occur with decreased dosage or cessation
- High doses can cause cessation of breathing resulting in brain damage and death



**natural alkaloids**

**Semi-Synthetic**

**Full Synthetic**



**morphine**

**codeine**

**heroin**

**hydrocodone**

**Fentanyl**

**PURE AGONISTS**

**FULL**  
**morphine**  
**oxycodone**  
**fentanyl**

**ANTAGONISTS**

**PURE**  
**naloxone**

**MIXED AGONISTS/  
ANTAGONISTS**

**buprenorphine**



# Xylazine aka “tranq”

- **Not an opioid – not currently scheduled in the United States**
  - Naloxone not effective
- **Effects include sedation, disorientation, slurred speech, skin lesions, wounds**
- **Can compound overdose with opioids and require more naloxone**
- **Found in Hawaii – very common on continent**



# Fentanyl and analogs



Equivalent doses of heroin and fentanyl.

Cross-contamination (shared prep surfaces, etc.) can result in enough fentanyl present to cause overdose, especially in people without opioid tolerance.

Fentanyl has been found in counterfeit pressed oxy, Xanax, etc. as well as powder and tar heroin products, cocaine products, and meth.

Fentanyl-involved overdose can cause body to be rigid rather than limp.



# Risk of Exposure to Fentanyl in First Responders and other LE



## **ACMT and AACT Position Statement: Preventing Occupational Fentanyl and Fentanyl Analog Exposure to Emergency Responders**

The position of the American College of Medical Toxicology (ACMT) and American Academy of Clinical Toxicology (AACT), is as follows:

Fentanyl and its analogs are potent opioid receptor agonists, but the risk of clinically significant exposure to emergency responders is extremely low. To date, we have not seen reports of emergency responders developing signs or symptoms consistent with opioid toxicity from incidental contact with opioids. Incidental dermal absorption is



## (U//FOUO) Fentanyl Forms

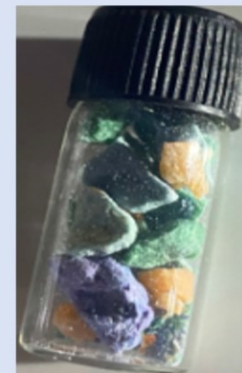
1. Rainbow Tablets



2. Fentanyl Chalk



3. Fentanyl Rocks



4. "Chewed Gum"



5. Black Tar Fentanyl



6. Coffee Fentanyl

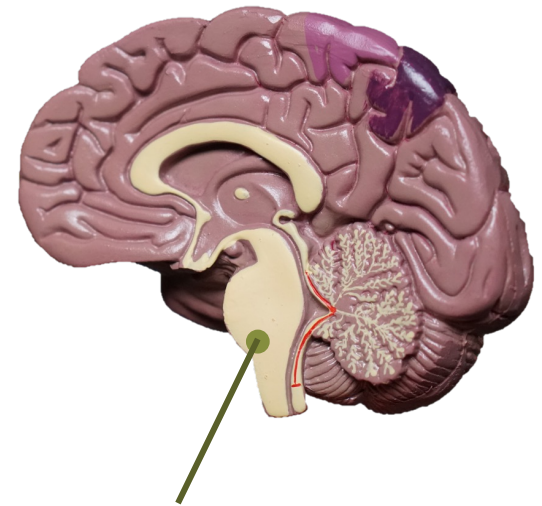


# Fentanyl in HI Drug Supply

- **According to Hawaii HIDTA, fentanyl has been found in:**
  - Meth/ice
  - Ecstasy
  - Cocaine
  - Heroin
  - Fake pills – benzos, opioids, ecstasy

# Opioid-induced respiratory depression

- Primarily decreased rate rather than volume
- Dose-dependent
- Automatic breathing originates in the medulla
  - pre-Bötzinger Complex
    - Premotor neurons → motor neurons in spinal cord
    - Phrenic motor neurons → diaphragm
- Opioids directly inhibit neurons in this area



pre-Bötzinger Complex:  
respiratory rhythm  
generator

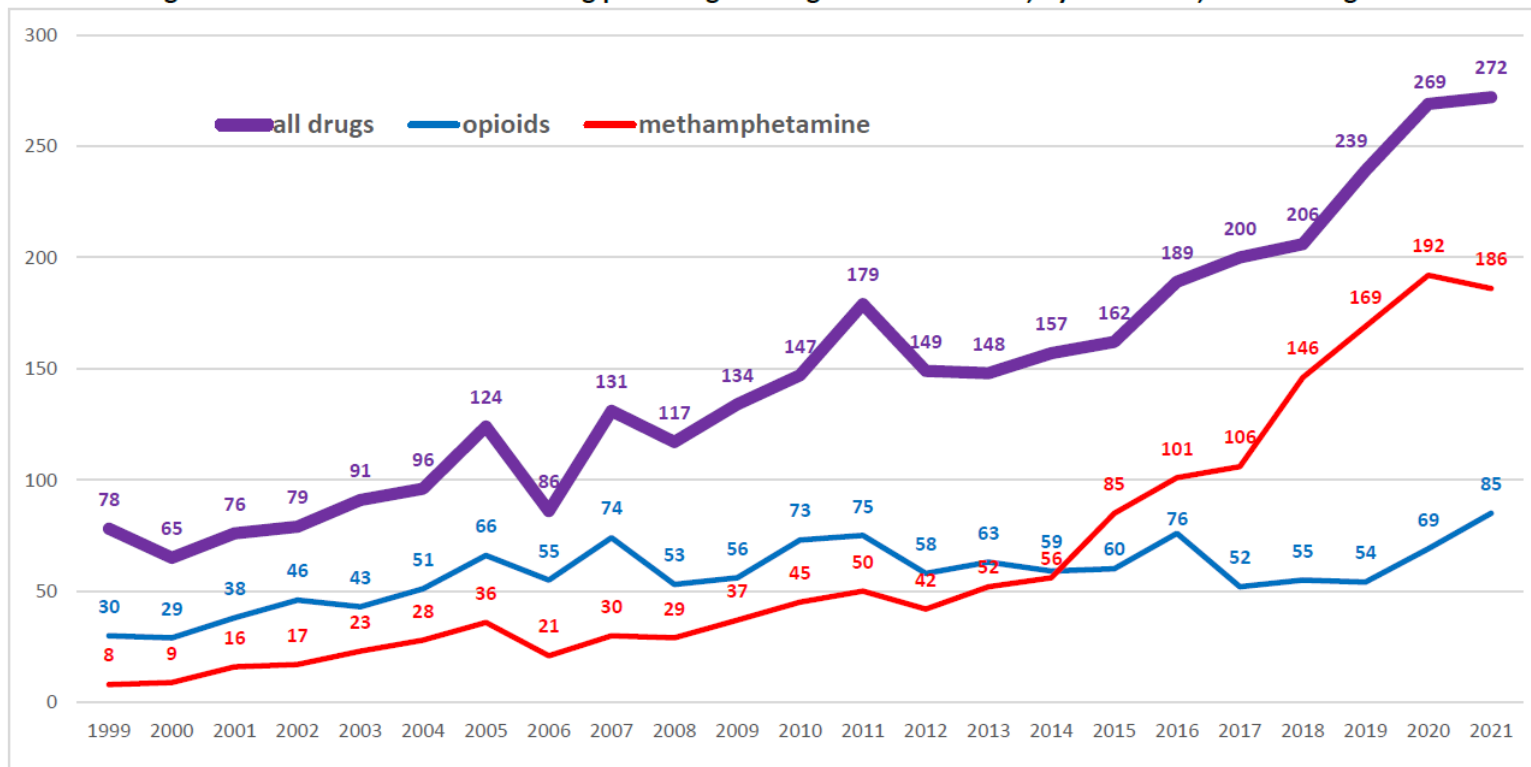


# Opioid Overdose

- **North America has the highest drug-related mortality rate in the world, accounting for 1-in-4 drug-related deaths worldwide**
- **On average 130 Americans die a day from opioid overdose (CDC).**
- **Unintentional drug poisonings (overdose) is one of the leading causes of injury-related death in Hawai'i (along with suicide)**

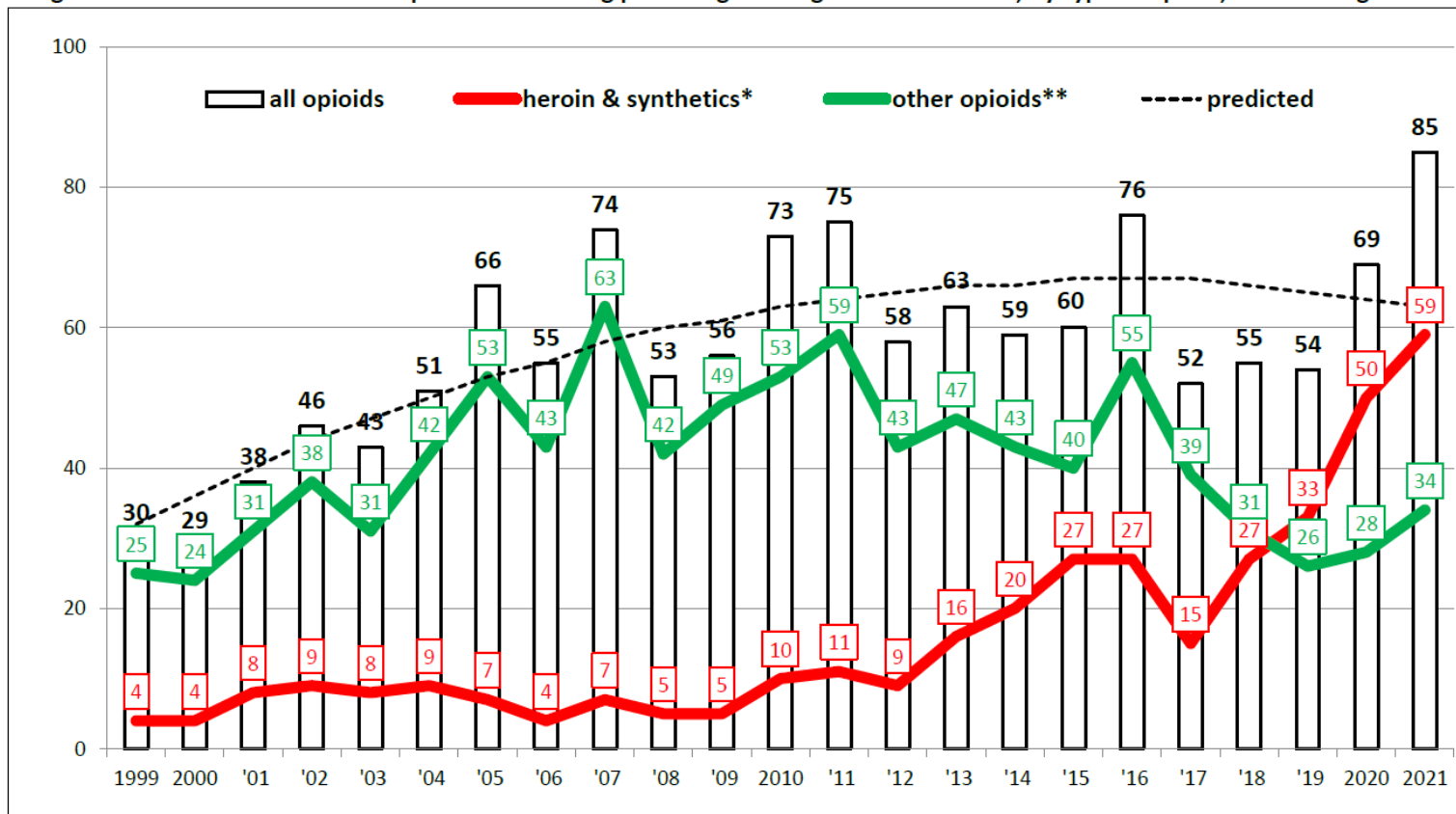
# HDOH Data

Figure 1. Annual number of fatal drug poisonings among Hawaii residents, by substance, 1999 through 2021



# HDOH Data

Figure 2. Annual number of fatal opioid-related drug poisonings among Hawaii residents, by type of opioid, 1999 through 2021



\*Includes heroin and synthetic opioids other than methadone (e.g. fentanyl, tramadol).

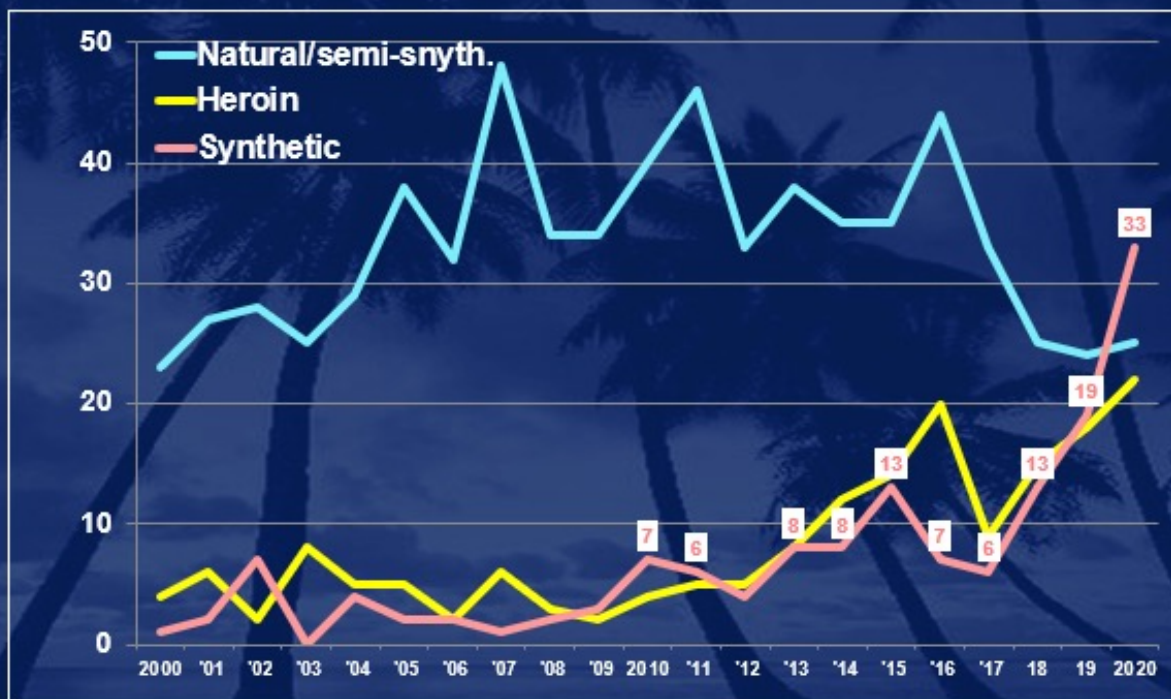
\*\*Includes naturally derived opioids (e.g. codeine, morphine), semi-synthetics (e.g. oxycodone, hydrocodone) and methadone.





# HDOH Data

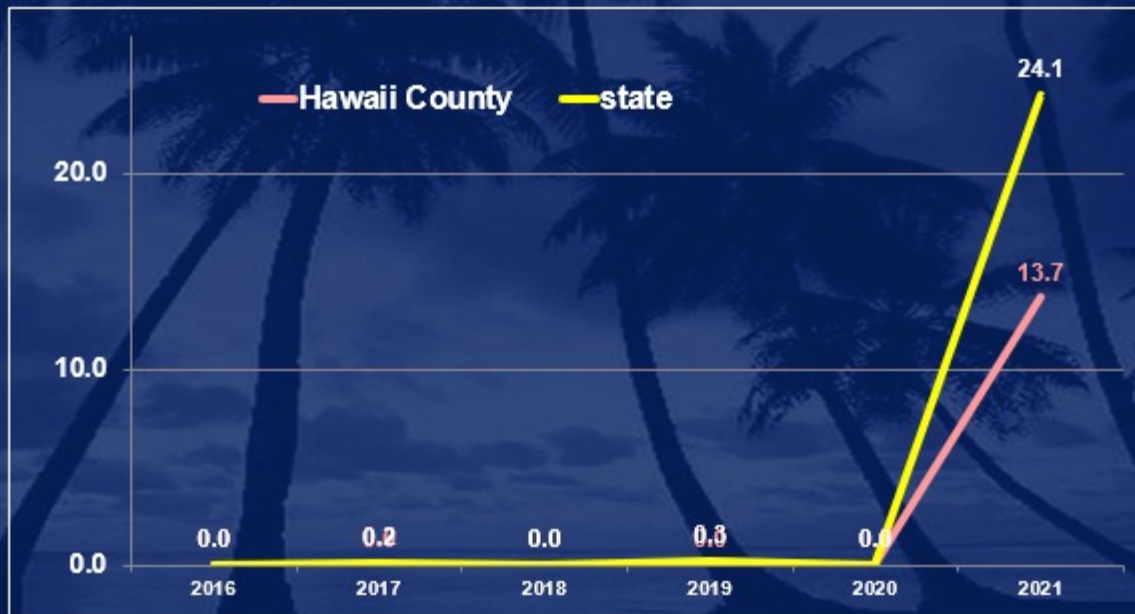
Annual number of fatal opioid poisonings among Hawaii residents, by type of opioid, 2000-2020



# HDOH Data

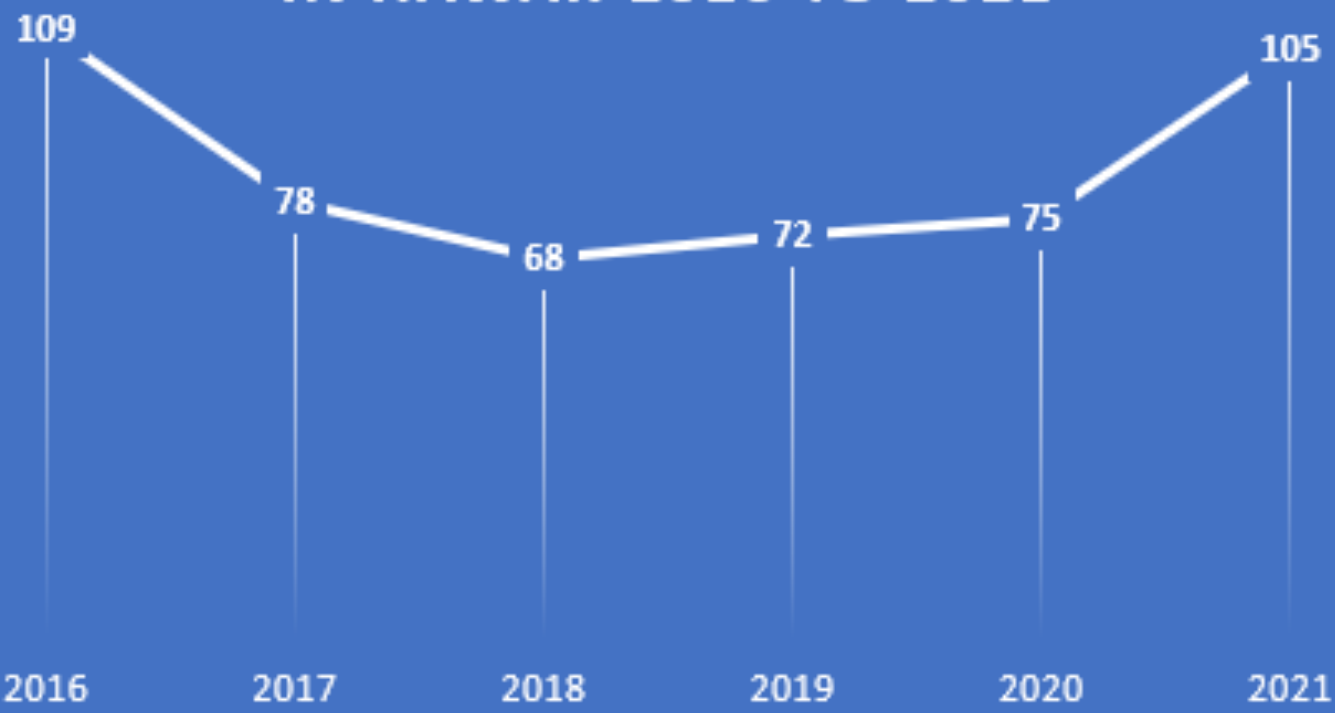
Annual amount (Kg.) of fentanyl seizures, in Hawaii County and state of Hawaii, 2016-2021

(\*Data source is Hawaii HIDTA (High Intensity Drug Trafficking Area), from Rico Witt, Drug Intelligence Officer.)



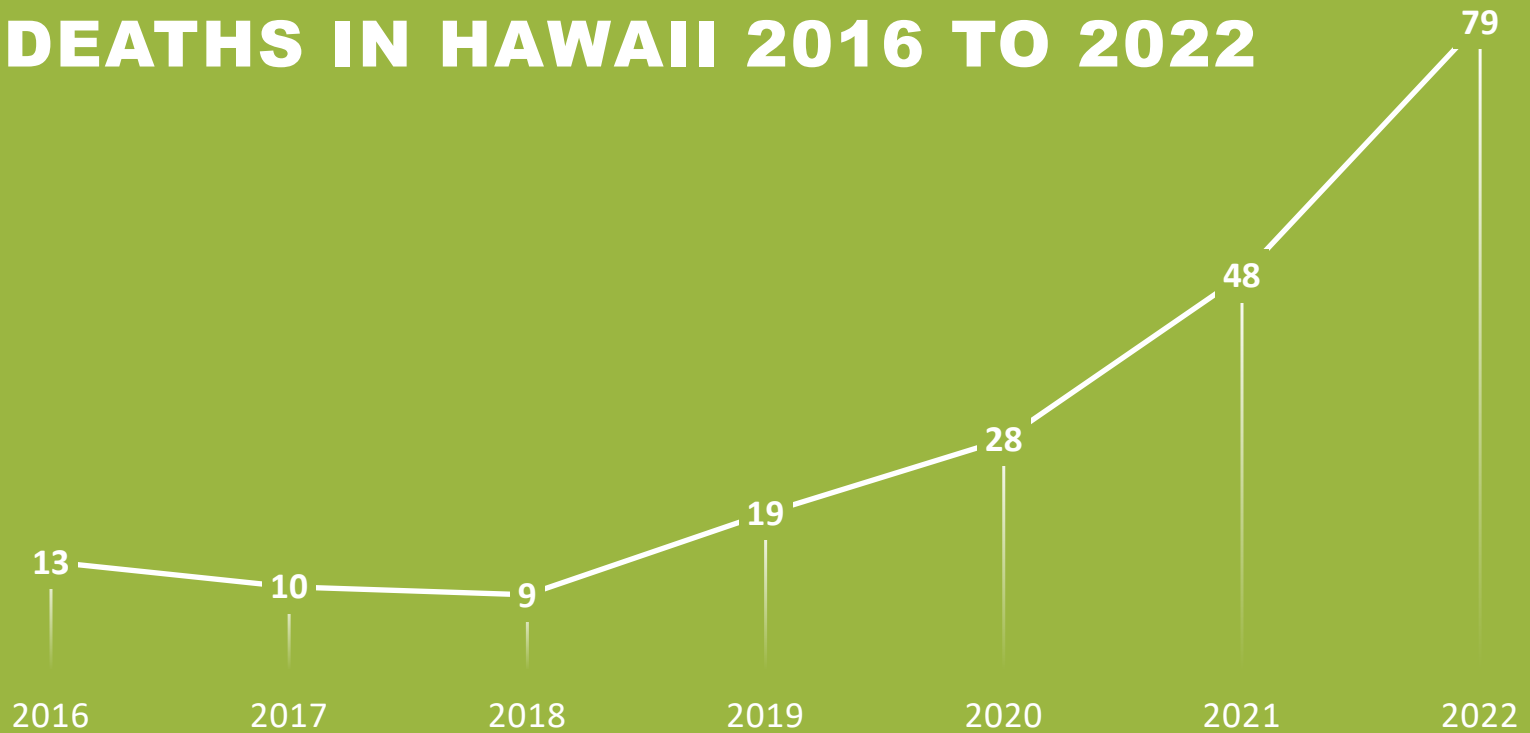


## NUMBER OF OPIOID RELATED DEATHS IN HAWAII 2016 TO 2021





# NUMBER OF FENTANYL RELATED DEATHS IN HAWAII 2016 TO 2022





## Fentanyl Seizures by HIDTA Hawaii 2016 to 2022

<b>Fentanyl Seizures By HIDTA Groups *:</b>							
<b>Fentanyl Presentation</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>	<b>2022</b>
<b>Fentanyl Powder</b>	<b>0</b>	<b>38 gr</b>	<b>12 gr</b>	<b>62 gr</b>	<b>44 gr</b>	<b>11,779 gr</b>	<b>3,600 gr</b>
<b>Fentanyl Patch</b>	<b>3</b>	<b>5</b>	<b>0</b>	<b>76</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Counterfeit Fentanyl Pills</b>	<b>1387</b>	<b>429</b>	<b>471</b>	<b>1674</b>	<b>1148</b>	<b>39,405</b>	<b>8,181</b>

# Increase OD Risk

- **Using opioids at the same time as other substances can increase OD risk**
  - Mixing opioids with other downers like alcohol and benzodiazepines (Xanax, Valium, Ativan, Klonopin, etc.) significantly increase OD risk – as much as 10x higher risk of overdose than opioid alone
  - Xylazine
- **Periods of reduced use or abstinence**
  - Impact of tolerance
- **Highly concentrated opioids such as fentanyl**



# About Naloxone (Narcan)

- Naloxone reverses opioid-induced sedation and respiratory depression
- Not psychoactive, no abuse potential
- May cause withdrawal symptoms
- Acts within 30 seconds to 2 minutes
- May be administered IM, IV, SC, Intra-Nasal
- Lasts 30 to 90 minutes, overdose may return\*
- May be repeated

## FIRST and ONLY FDA-Approved

Nasal Naloxone for Emergency  
Treatment of Opioid Overdose<sup>1</sup>

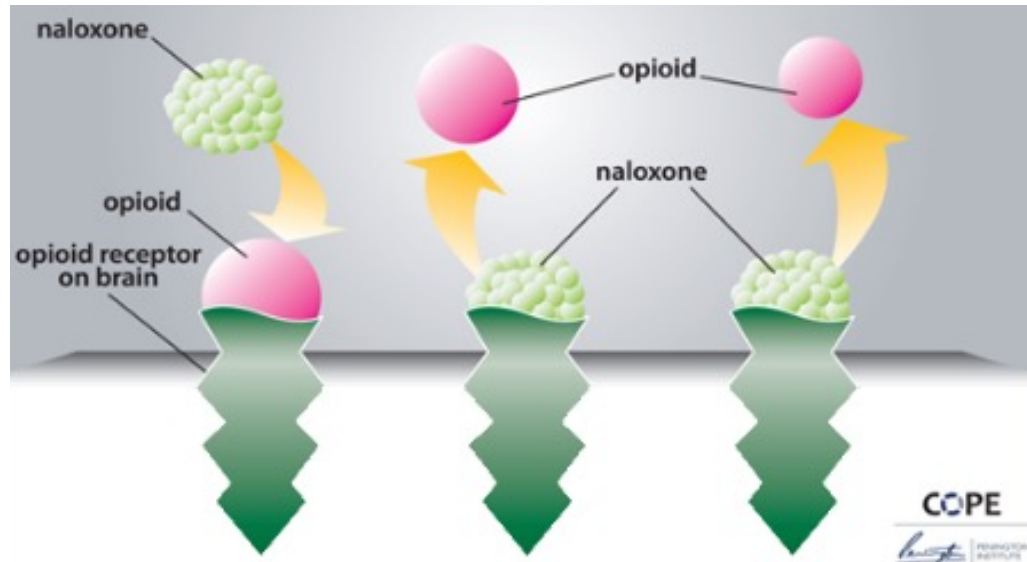
- Needle-free
- Ready-to-use

NARCAN® Nasal Spray is not a substitute  
for emergency medical care.



# Naloxone reverses opioids, not...

- Alcohol
- Benzodiazepines (Xanax, Valium, Klonopin)
- Stimulants: cocaine, amphetamine, cathinones
- It will not cause harm in the absence of opioids





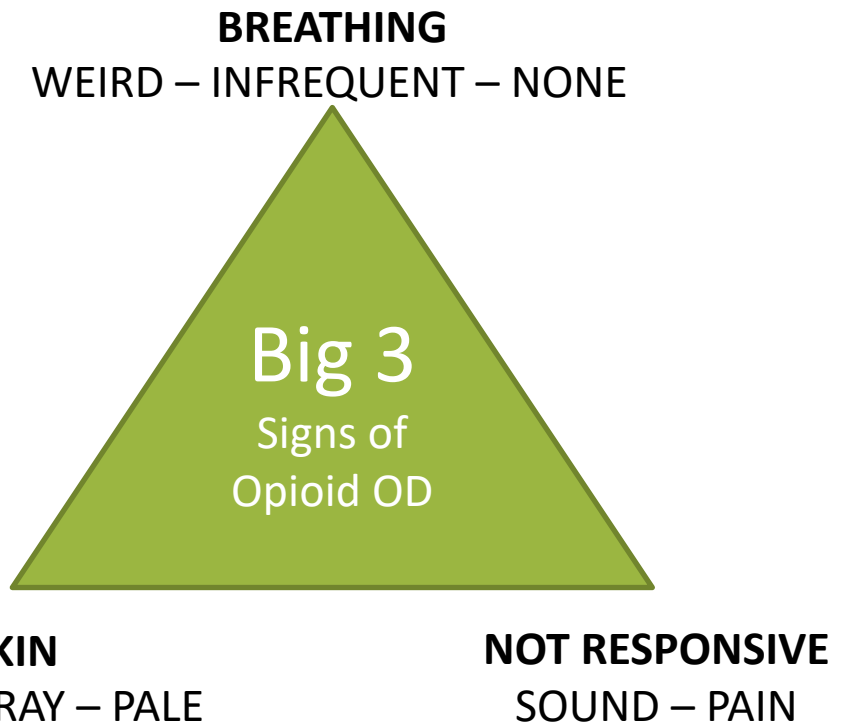
# Higher Amounts of Naloxone for Fentanyl?

While anecdotal information indicates more than one dose (Nasal 4mg) is needed for fentanyl overdoses, need to balance with unnecessary precipitated withdrawal

- Best practice is to have multiple doses and to only give more if necessary
- 8mg formulation (Kloxxado) actively marketing

# Overdose Response

1. Check for responsiveness
2. Call 911
3. Naloxone
4. Rescue breathe
5. Give support
6. Get support



# Overdose Response

1. Check for responsiveness
2. Call 911
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**Before you start...**

**Stay calm...**

**Observe your surroundings...**

**Assign roles**, ask how you can help if someone else is taking the lead...



# Overdose Response

## 1. Check for responsiveness

### Cause discomfort without hurting them

- Sternum rub
- Back of arm pinch
- **Do not do anything that could injure them**

## 2. Call 911

## 3. Naloxone

### Raise your voice and ask for consent

- “I am worried you are overdosing. If you don’t start talking to me/get up right now, I am going to give you naloxone”
- If someone cannot say no (or if they say yes), provide emergency response
- **If someone can say they do not want naloxone, they don’t need it and have denied consent**

## 4. Rescue breathe

## 5. Give support

## 6. Get support



# Overdose Response

1. Check for responsiveness

## DO say...

“I am with someone who is NOT BREATHING and NOT RESPONSIVE”, give your location.

2. Call 911

## DON'T say...

Anything about drugs or overdose.

3. Naloxone

4. Rescue breathe

## If you need to leave the scene...

Move the person someplace they will be easily found by 911 responders and place them in the recovery position.

5. Give support

6. Get support

# Overdose Response

1. Check for responsiveness
2. Call 911
3. **Naloxone**
4. Rescue breathe
5. Give support
6. Get support

## Nasal naloxone (Narcan)

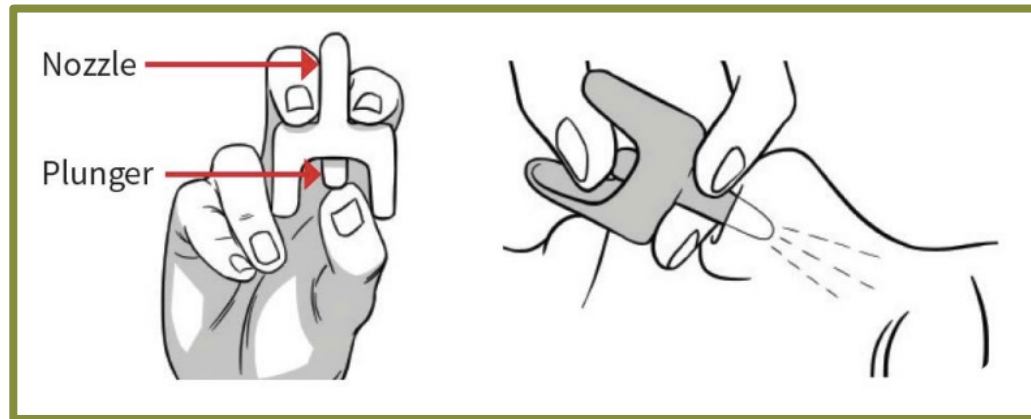
Fully insert applicator tip of cartridge into nostril and press the button.

**DO NOT TEST IT-** it only contains one spray!



# One-step nasal spray

- 4mg single dose device
- No assembly or priming needed
- Lay the person on their back, tilt head back
- Spray once in one nostril
- Dose may be repeated every 2-3 minutes
  - New nasal spray device for every dose
  - Alternate nostrils



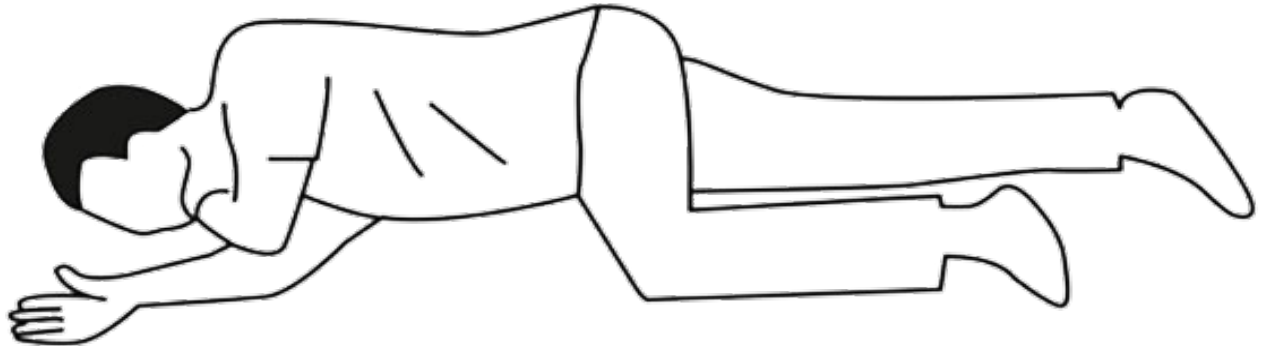
# Overdose Response

1. Check for responsiveness
2. Call 911
3. Naloxone
4. **Rescue breathe**
5. Give support
6. Get support

**You administered naloxone – now what?**  
Naloxone takes up to two minutes to take effect. Use a clock or timer if possible.

While you are waiting, you can administer rescue breathing.

If you do not want to or are unable to provide rescue breathing, move the person into the **recovery position** to keep the airway clear.





# Overdose Response

1. Check for responsiveness

2. Call 911

3. Naloxone

4. Rescue breathe

5. Give support

6. **Get support**

**Responding to overdose can be very stressful...**

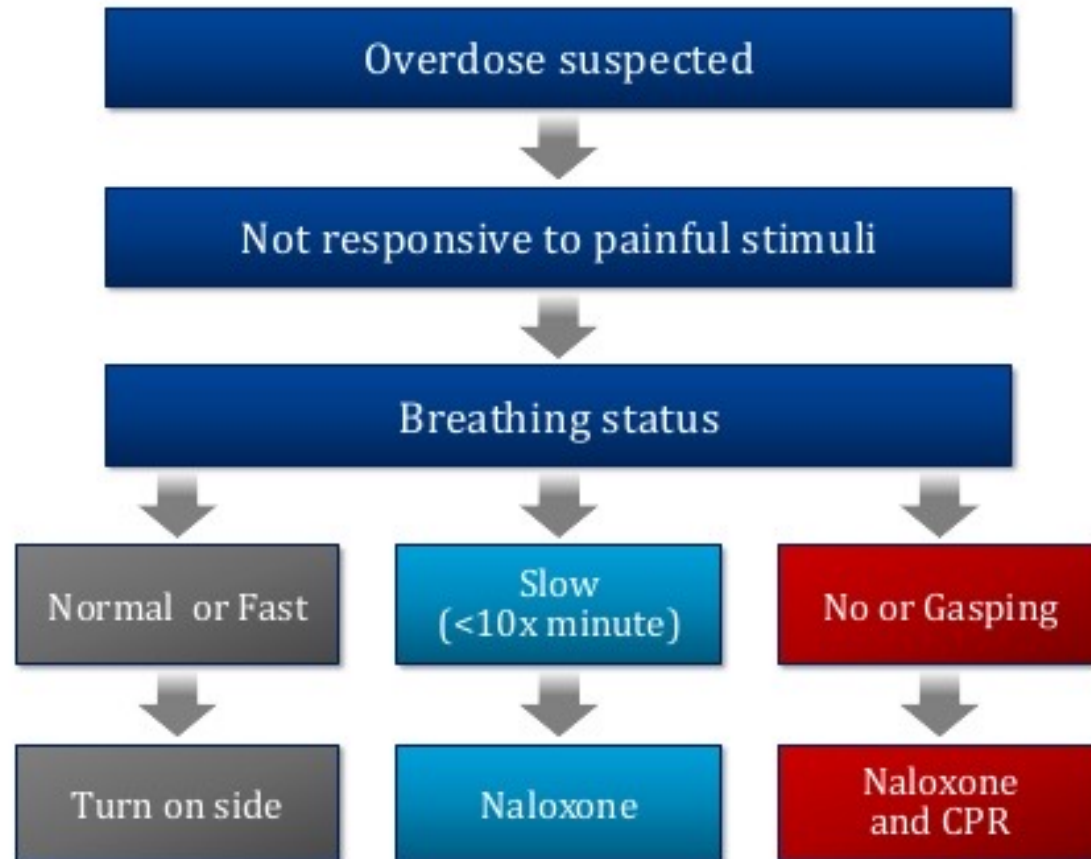
- Contact HR or manager whatever about support options.
- Talk to someone you trust.



# First Responders - NY Model



## When to Use Naloxone





## ~~Breathe~~

- The danger of fentanyl (and opioid) overdoses is the depression of the respiratory drive – everything else is a result of the lack of breathing.
- If you can keep them breathing, you can keep them alive.
  - (e.g. using CPR if naloxone is unavailable)
- Unconsciousness isn't necessarily a sign of overdose, it's the breathing that counts.



# www.Narcan.com



https://www.narcan.com/#how-to-use-narcan



We use cookies to ensure that we give you the best experience on our website. If you continue to use this site we will assume that you are happy with it. [Ok](#)

## Key Steps to Administering NARCAN® Nasal Spray

NARCAN® Nasal Spray was developed to be used at home without the need for any medical training.\* If you suspect an opioid overdose, administer NARCAN® Nasal Spray and get emergency medical assistance right away. NARCAN® is an opioid overdose reversal medication and should be part of an opioid safety checklist.

 [QUICK START GUIDE](#)

 [WATCH HOW TO USE](#)

### Peel



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and two fingers on the nozzle.

### Place



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

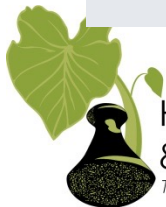
### Press



Press the plunger firmly to release the dose into the patient's nose.

\* Administer in accordance with the [Instructions for Use](#).

Not a substitute for emergency medical care. When administering NARCAN® Nasal Spray, always be sure to call 911 right away, even if the person wakes up. Keep the patient under surveillance or close watch. If breathing does not return to normal or if breathing difficulty resumes, after 2-3 minutes, give an additional dose of NARCAN® Nasal Spray using a new device in the alternate nostril. Repeat doses may be necessary.



# **NARCAN<sup>®</sup>** (naloxone HCl) **NASAL SPRAY**

## **QUICK START GUIDE** **Opioid Overdose Response Instructions**

Use **NARCAN<sup>®</sup>** (naloxone hydrochloride) Nasal Spray for known or suspected opioid overdose in adults and children. **Important: For use in the nose only. Do not remove or test the NARCAN<sup>®</sup> Nasal Spray until ready to use.**

### **1 Identify Opioid Overdose and Check for Response**

**Ask** person if he or she is okay and shout name. **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
- Center part of their eye is very small, sometimes called "pinpoint pupils"

**Lay the person on their back to receive a dose of NARCAN<sup>®</sup> Nasal Spray.**



### **2 Give NARCAN<sup>®</sup> Nasal Spray**

**REMOVE** NARCAN<sup>®</sup> Nasal Spray from the box. Peel back the tab with the circle to open the NARCAN<sup>®</sup> Nasal Spray. **HOLD** the NARCAN<sup>®</sup> Nasal Spray with your thumb on the bottom of the red plunger and your first and middle fingers on either side of the nozzle.

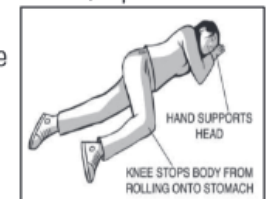


**Gently insert the tip of the nozzle into either nostril.**

- Tilt the person's head back 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<sup>®</sup> Nasal Spray.
- Remove the NARCAN<sup>®</sup> Nasal Spray from the nostril after giving the dose

### **3 Call for Emergency Medical Help, Evaluate, and Support**

**Get emergency medical help right away. Move the person on their side (recovery position) after giving NARCAN<sup>®</sup> Nasal Spray. Watch the person closely. If the person does not respond** by waking up, to voice or touch, or breathing normally, another dose may be given. NARCAN<sup>®</sup> Nasal Spray may be dosed every 2 to 3 minutes, if available. **Repeat Step 2 using a new NARCAN<sup>®</sup> Nasal Spray to give another dose in the other nostril.** If additional NARCAN<sup>®</sup> Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.





# Opioid Policies in Hawai'i

- **Act 217 Good Samaritan - limited immunity for individuals who call 911 in overdose**
- **Act 68 of 2016 (SB 2392) Provides immunity for any person who administers an opioid antagonist to a person suffering from an opioid-related drug overdose. Authorizes emergency personnel to administer opioid antagonists**
- **Act 255 – allows pharmacists to prescribe naloxone without prescription**

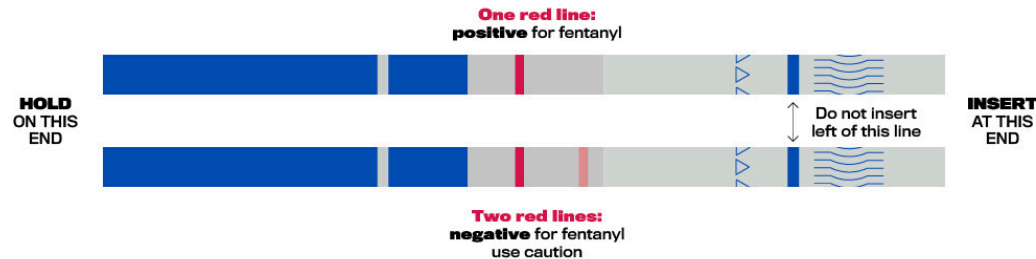
# Naloxone in Nightclubs and Bars in HNL - Bill 28

Free overdose prevention kits distributed to Chinatown bars and nightclubs



Honolulu Mayor Rick Blangiardi held a signing ceremony for Bill 28 on Tuesday. (Photo courtesy of Office of Honolulu Mayor Rick Blangiardi)

# FENTANYL TEST STRIPS



- SB 671 passed unanimously in 2023 legislature
  - Decriminalizes fentanyl test strips
- DOH/ADAD will be disseminating FTS for community
  - Integrate into vending machines
- Xylazine test strips currently legal





# Hawaii Opioid Initiative (HOI)

- **Started in July 2017 – developed opioid strategic plan**
  - Opioid 2.0 in Dec. 2018 with 3.0 released in 2019
- **Interdisciplinary: public safety, public health, prescribers, community**
- **[www.hawaiiopioid.org](http://www.hawaiiopioid.org)**

THE HAWAII OPIOID INITIATIVE

[GET THE FACTS](#) [GET HELP](#) [IN THE COMMUNITY](#) [TAKE BACK](#) [THE PLAN](#) [NEWS](#) [WATCH OUR PSAs](#)

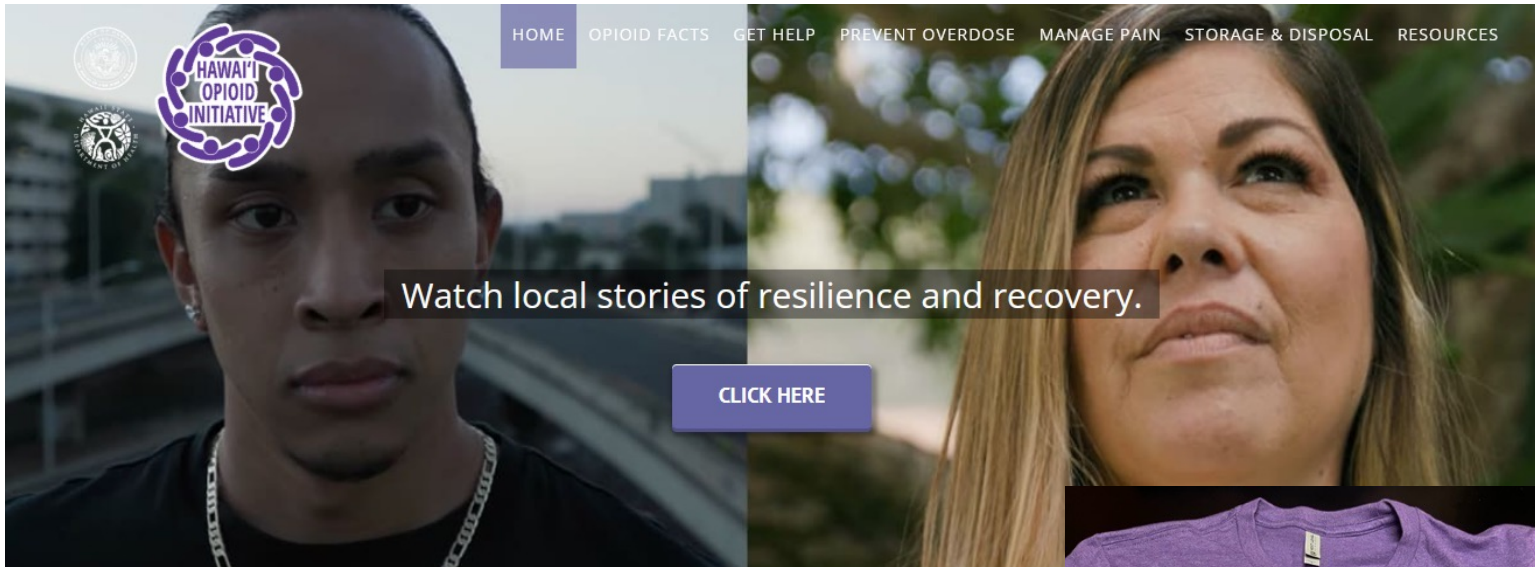
**CLICK HERE TO FIND OUT  
IF YOU OR A LOVED ONE COULD BE AT RISK FOR OPIOID  
DEPENDENCE**

**WELCOME TO  
THE HAWAII  
OPIOID  
INITIATIVE**

*The Hawaii Opioid Initiative (HOI) is a collaboration of public health, public safety, healthcare professionals and community partners working together to respond to opioid use, misuse and opioid-related overdoses in Hawaii. Started in 2017, the HOI has seven workgroups that meet regularly to implement the HOI strategic plan and promote system*



# Overdose Campaigns



- Get Naloxone ○
- Use Naloxone ○
- Naloxone Laws ○
- Resources ○

## Be Akamai Project

In response to the growing number of accidental opioid overdose deaths in Hawai'i, the Department of Health Adult Mental Health Division ("DOH/AMHD") teamed up with Hawai'i Health & Harm Reduction Center ("HHRC") to create the Be Akamai ("B-Akamai") Project in 2020 to provide naloxone kits and opioid & overdose trainings throughout the state. "Akamai" in Hawaiian means to be smart and/or skilled which aligns with the project's goal of educating the people of Hawai'i on ways to reduce opioid overdose deaths.

## What is naloxone?

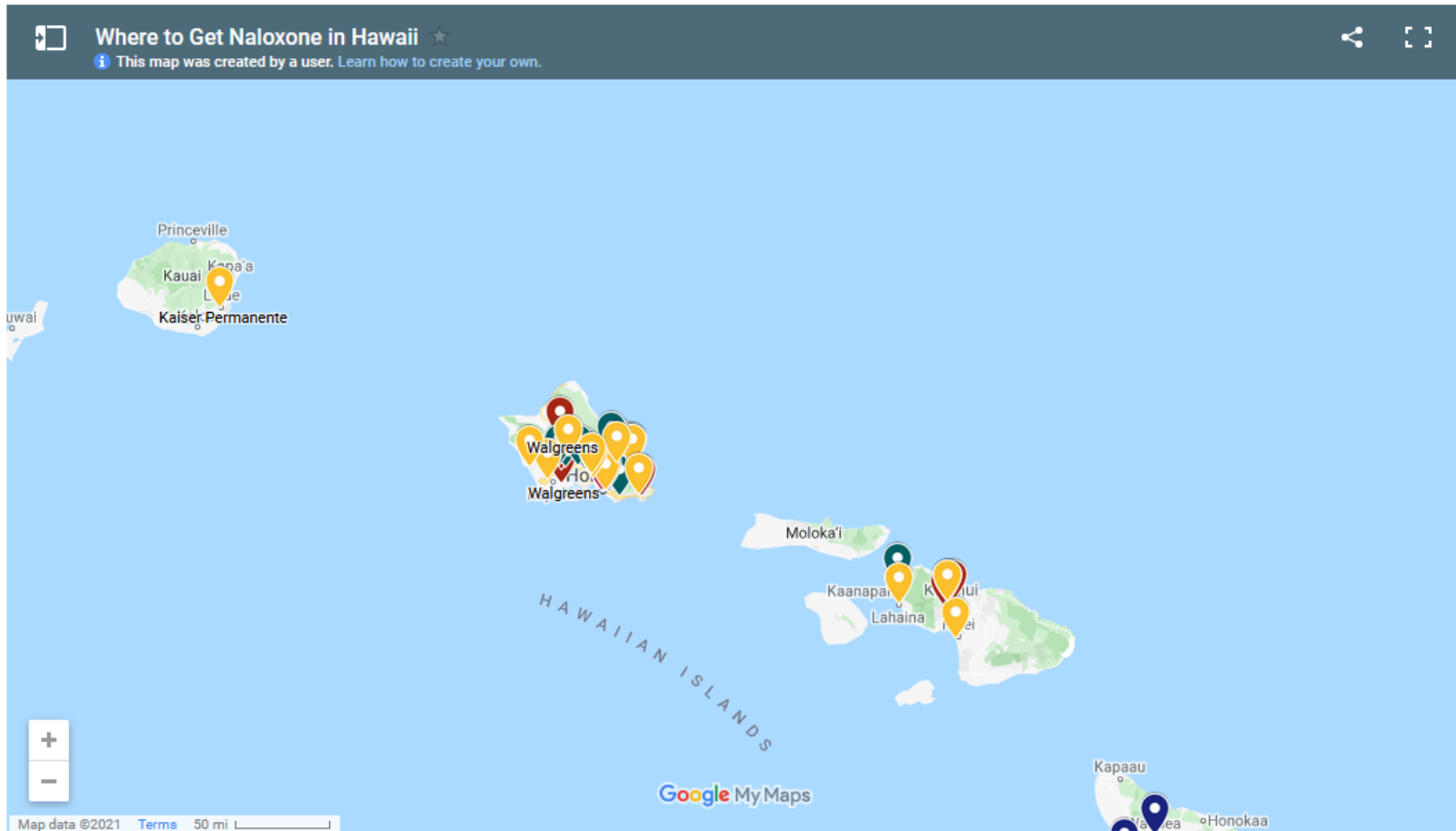
Naloxone, also known by the brand name Narcan, is a Food and Drug Administration (FDA) approved, non-narcotic medication designed to rapidly reverse an opioid overdose. It is an opioid antagonist - it binds to opioid receptors and can reverse and block the effects of other opioids, such as heroin, morphine, and oxycodone. It is administered to an individual who is showing signs of an opioid overdose and acts as temporary treatment to restore breathing. Therefore, it is critical to obtain medical intervention as soon as possible after administering or receiving naloxone.



REMEMBER.  
**ACT.**  
#endoverdose

# www.hawaiiopioid.org/prevent-overdose

Pharmacists in Hawai'i can prescribe and dispense Naloxone to anyone at-risk for an opioid overdose and their loved ones — Act 154(18). View the map below to find where to get Naloxone in your area.



# Naloxone Vending Machines

- 30 in the islands – another 10 on order (all counties)
  - Special mahalos to Erika Vargas and Alakai Vending
- **Free, easy to access for anyone**
  - Research from continent indicates many family and loved ones access



# Naloxone Training at [www.hhhrc.org](http://www.hhhrc.org) & 3rd Thursday

Every 3rd Thursday of the Month. 11am via Zoom Opioid Overdose: Prevention & Response

*Overdose is the leading cause of accidental death in Hawaii and around the U.S. This interactive session will explore the impact of opioids on the body and identify the risks for accidental opioid overdose. Participants will be certified to administer Naloxone, the opioid antagonist. One-hour training.*

## Personal Information

Name \*

  
First Name  
Last Name

Email \*

Phone \*

Organization/Employer

Job Title

Would you like to be notified of future trainings? \*

Yes

No

I'm not a robot



Submit

**Opioids and Overdose**

After completion of this training, you will be able to 1) recognize an opioid overdose, 2) know how to respond effectively to an opioid overdose and administer nasal naloxone, and, 3) receive naloxone for free by mail and be linked to additional resources, including HHHRC's further trainings and naloxone finder maps.

**Completion time: 20 minutes**

Marker Tools

HAWAII HEALTH & HARM REDUCTION CENTER

**OUTLINE**

Search

1. Opioids and Overdose
2. What this training will cover:
3. Why is overdose prevention significant?
4. What are opioids?
5. Comprehension check!
6. What is naloxone?

1 / 24 00:00 / 00:00

PREV NEXT



### NEW ONLINE OVERDOSE PREVENTION TRAINING COURSE

Take our new 20-minute self-guided online overdose prevention training. After completion, we will mail you a free Narcan overdose prevention kit.

TAKE OUR TRAINING COURSE HERE

## NALOXONE

The medication Naloxone has been proven to stop the effects of opioid overdose and save lives, and is legal to carry in the state of Hawai'i. Naloxone can be provided by HHHRC staff to any individuals who want it. Our naloxone program is free and anonymous, and available on O'ahu, Kaua'i, Maui, and Hawai'i Island. **If you live in Hawai'i and want naloxone, please fill out the form below.**

LEARN MORE ABOUT HHHRC'S OVERDOSE PREVENTION PROGRAM!



## NALOXONE REQUEST FORM

Please use this form to request for a naloxone kit containing two doses of NARCAN® Nasal Spray to be mailed to you, free of charge.

Please note: this service is anonymous. By providing your full name and address below, you are only consenting to have your naloxone sent to you by mail, and we will not use your information



Top



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[TAKE OUR TRAINING COURSE HERE](#)

to stop the effects of opioid overdose and save lives, and is  
ne can be provided by HHHRC staff to any individuals who

# HHHRC Services

## Street-based Services

Outreach & Linkage to  
Services

Wound Care

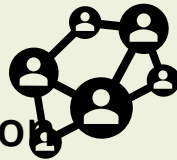
Syringe Exchange

Naloxone Distribution

HIV/HCV/STD Testing

HIV/HCV Case Mgmt &  
Care Coordination

Law Enforcement Assisted  
Diversion



## Warm Hand Off Referrals

Wound Care\*

Buprenorphine &

Other SUD services\*

HIV/HCV Testing, Case  
Management & Care  
Coordination\*\*

Transgender Services\*\*

Mental Health

Smoking Cessation



\*referral form at  
[www.hhhrc.org](http://www.hhhrc.org)

\*\*often can transport/meet



# Clinic Location, Hours, & Contact



**Phone: 808-521-2437**

**[www.hhhrc.org](http://www.hhhrc.org)**

**HHHRC Clinic Location: 677 Ala Moana Blvd Suite 226 Honolulu, HI 96813**

**Clinic Hours (By appointment or Walk-in):**

<b>Days:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Times:</b>	9:00-4:30	1:00-4:30	9:00-4:30	9:00-4:30	1:00-4:30



**HAWAI'I HEALTH  
& HARM REDUCTION CENTER**  
*The New Chapter for Life Foundation and The CHOW Project*



# Overdose Resources

Prescribe to Prevent: [www.prescribetoprevent.org](http://www.prescribetoprevent.org)

Hawai'i Health & Harm Reduction Center: [hhrc.org](http://hhrc.org)

Hawaii Opioid Initiative: [hawaiiopioid.com](http://hawaiiopioid.com)

DOH – ADAD: [health.hawaii.gov/substance-abuse/](http://health.hawaii.gov/substance-abuse/)

Don't Die HI: <https://westhawaiiichc.org/programs/dontdiehi/>