



Recognizing and Responding to Opioid Overdose

Meryl Hooker

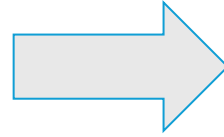
University of Hawai'i at Mānoa
Department of Learning Design and Technology
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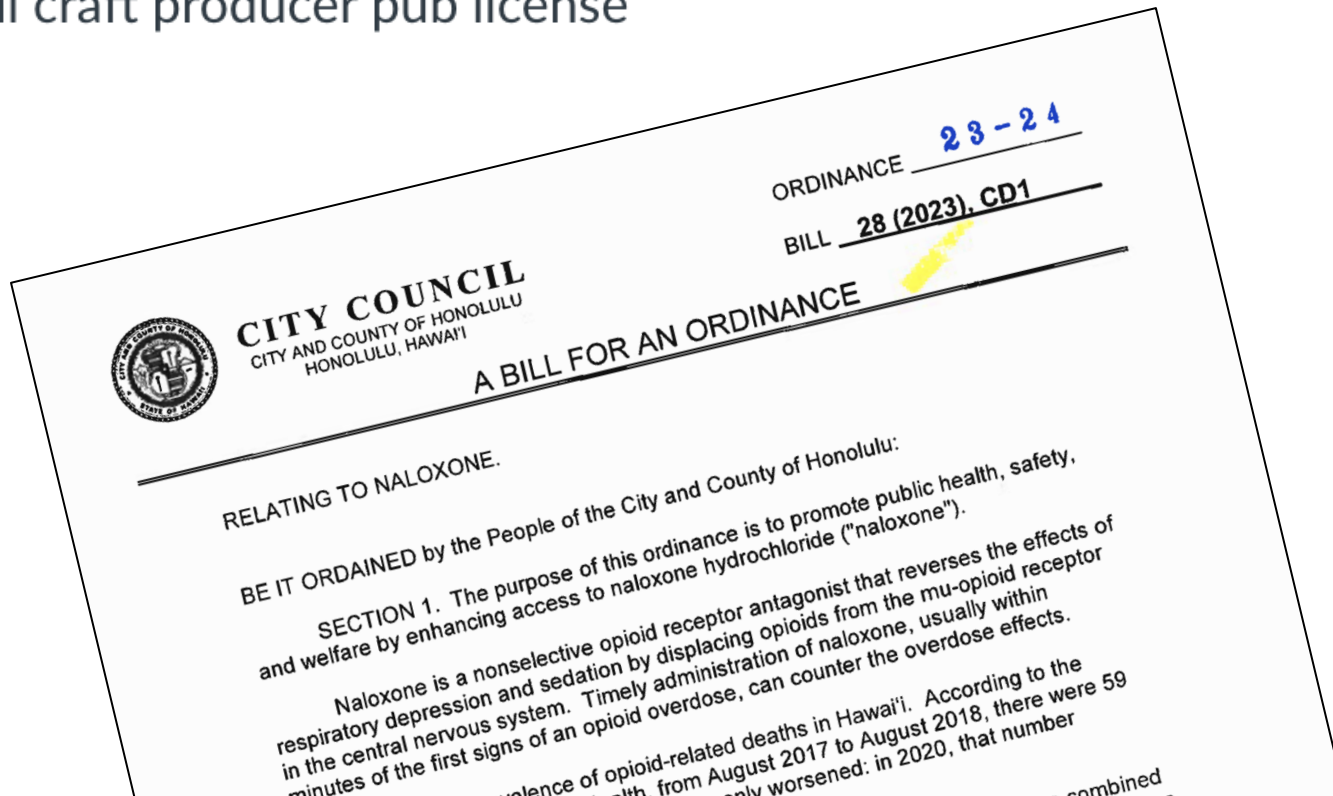
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Identifying A Need

Class 2: Restaurant license;
Class 5: Dispenser license;
Class 9: Tour or cruise vessel license;
Class 11: Cabaret license;
Class 14: Brewpub license; and
Class 18: Small craft producer pub license



- must always have at least two (2) unexpired and properly stored doses of Narcan on its premises
- train managers on proper usage and administration



Meeting A Need

Hawaii 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 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.

Services include Case Management, Outreach, Clinical Services, and Training

<https://www.hhhrc.org/> 

CONNECT WITH US

ADDRESS

677 Ala Moana Blvd Suite 226
Honolulu, Hawaii 96813

Email: info@hhhrc.org
Tel: (808) 521-2437

HOURS

• **Monday - Friday**
9:00AM - 4:30PM

HHHRC will be closed in observance of Federal & State holidays.

HHHRC is considered a community health center, and for the safety of our clients and staff, all visitors are required to wear a mask while at HHHRC.





Meeting A Need

- Asynchronous and on-demand
- Community health and social service providers in Hawai'i
- Learners bring a variety of experiences, exposures, and beliefs

Challenging Decisions



Course Design

Recorded webinar

Static PowerPoint slides

Dated content

Learner bias

Stereotypes



Editorial

What to include

What to exclude

Determining knowledge vs skills



Activities

Low risk environment to apply knowledge

Replicate a real-life intervention



Assessments

Quizzes seemed inadequate

Course Design Sample



- 1 Lesson 1: What Are Opioids
- 2 Lesson 2: Understanding the Opioid Epidemic
- 3 Lesson 3: Opioid-related Laws in Hawai'i
- 4 Lesson 4: Recognizing and Responding to Overdose

Course Overview and Introduction

- Welcome
- Approaching the Course
- Course Goals and Learning Objectives
- Need a break? Take a break.**
- Introduction to Opioid-related Services in Hawai'i
- Activity 1 - Personal Reflection

1 What Are Opioids?

Lesson 1: What Are Opioids Introduction

- What are Opioids?
- Opioids: An Overview
- Opioid Pharmacology

Types of Opioids

- Types of Opioids
- Opioid vs Opiate - What's the Difference?
- Difference Between Opioid and Opiate
- Opioids and Receptors

Check Your Knowledge: Know Your Opioids
10 pts

Lesson 1 Summary: What Are Opioids?

Take a Deeper Dive

- NIDA Hawaii Opioid Summary.pdf
- Pharmacology - Opioids (Made Easy)
- Basic Opioid Pharmacology- An Update (Pathan and Williams).pdf

Additional Resources

Additional Resources

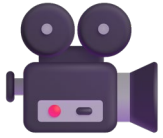
- Naloxone Card.pdf
- Naloxone-Fact-Sheet-508.pdf
- Naloxone Poster.pdf
- Respond-To-An-OverdoseJan23.pdf

Service Providers in Hawai'i

- Local Service Providers
- Hawai'i CARES
- Hawaii Health & Harm Reduction Center (HHRC)
- Hawai'i Opioid Initiative

Activities and Interactions

Required videos:



1. Opioids: An Overview
2. Opioid Pharmacology
3. Fentanyl and Other Potency Synthetic Opioids
4. Signs of an Overdose
5. How to Administer Narcan
5. The Six Steps to Overdose Response
7. Reverse Overdose
3. Responding to an Overdose
9. What Actually Happens When You Overdose on Heroin

Activities:



1. Personal Reflection
 2. Know Your Laws
 3. Find a Naloxone Vending Machine
 4. Part A: Video Companion Worksheet
- Part B: Personal Reflection

4. What Actually Happens When You Overdose on Heroin

It is completely normal to have concerns about how you might respond when confronting a medical emergency. It can be difficult to think fast in the moment, especially when the environment is chaotic and emotionally charged. This is why having the Response Steps committed to memory is so important.

Two sets of response steps are included here. The five-step version is from the Toronto Department of Public Health. It is a little different from the six steps from the Hawaii Health & Harm Reduction Center. Both are equally correct. They are both included here so you can see different approaches to the same process.

There are two parts to this activity.

Part A: Video Analysis

As you watch the video, keep these steps in mind. It may be helpful to watch the video clip first and then replay it as you identify the steps. [You can download a copy of the companion worksheet here.](#)

In this 11-minute clip from the television show VICE, a street outreach worker responds to an overdose. Be advised: this video is graphic and may be difficult to watch. It is included here to help you be better prepared for crisis response.

Graphic: <https://www.toronto.ca/content/covid19-health-wellness-centre/health-equity-advice/overdose-prevention-and-response/what-use-services-and-support/>

Click the Next button to continue to Part B.

Activity 4: Video Evaluation

Review the steps below. Then, watch the video with these steps in mind. It may be helpful to watch the video clip first and replay it as you identify the steps.

After being asked for Narcan by Kenny, Allie responded to an overdose in the video. As you watch the video, note how Allie implemented the six-step intervention model.

STEP	ACTION	NOTES
1	1) Check for responsiveness 2) Breathing a) Weird b) infrequent c) None 3) Not Responsive to pain or sound 4) Skin is gray, blue, or pale	
2	Call 911	
3	Administer Naloxone	
4	Rescue Breathe	
5	Give Support	
6	Get Support	



Part B: Free response questions:

1. How do you feel after watching the video?
1. How does it compare with your own experiences?
1. How do you think you would have responded?
1. Identify self-care strategies.

Scenario Activities

▼ Practice Quizzes

  **Apply Your Knowledge: Auntie Ada**
3 pts 3 Questions

  **Apply Your Knowledge: North Shore Party**
7 pts 7 Questions

  **Apply Your Knowledge: Grocery Store Parking Lot**
2 pts 2 Questions

  **Activity 4 Part B: Personal Reflection**
4 pts 4 Questions

Apply Your Knowledge: North Shore Party

Due No due date Points 7 Questions 7 Time Limit None

Instructions

You are at a large outdoor party and having a great time with your friends. Suddenly, you hear someone calling, "Narcan! Narcan! Get some Narcan now! Help her!"



Image: <https://thesurfmagazine.com/north-shore-top-5-parties/>

Take the Quiz

Question 1

1 pts

You rush over and see a woman lying on the ground. Her friend is yelling and crying. You see that her breathing is very slow, and she is making gurgling sounds as though she is struggling to breathe. You conclude that she is overdosing. What do you do? Select all that apply.



Image: Shutterstock image #:2290395811

- Stay calm
- Observe the surroundings
- Announce that you will help
- All of these

Apply Your Knowledge: Auntie Ada

Due No due date Points 3 Questions 3 Time Limit None

Instructions

You are conducting a weekly home visit to Auntie Ada, who is recovering from surgery on her back. When you arrive, Ada tells you she is very uncomfortable and asks for her medication. You ask when she last took the medication, and she says it was last night. You remember seeing her medication in the kitchen. Since it is now mid-afternoon, you pour her a glass of water and take a pill out of the container. Ada is very appreciative of your help. She takes the pill and lays down for a nap. After about 20 minutes, Ada struggles to stay awake and has trouble breathing. Her pupils are very small and her lips are starting to turn blue. How do you respond?



Image: Wikimedia/Public Domain

Apply Your Knowledge: Grocery Store Parking Lot

Due No due date Points 2 Questions 2 Time Limit None

Instructions

You are at the grocery store with your sister. In the parking lot, you see a car with a man slumped over. He seems to be having trouble breathing. What do you do?

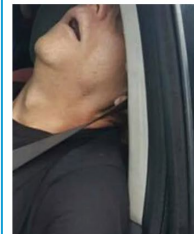


Image (source): <https://www.dispatch.com/story/news/crime/2016/09/14/ohio-boy-seen-in-car/23866149007/>

- Stay calm
- Observe the surroundings
- Announce that you will help
- All of these

Correct!

All of these are correct. Making sure you are calm and understand the environment, who is present, and who will do what is a strong start.

Lessons Learned



Course Design

Resources tend to be highly clinical or sensationalized.

Knowledge vs skills is the determining factor for content design.



Editorial

Hawaiian resources tend to be more holistic about opioid use.



Activities

Creating a variety of activities helps learners with retention in different scenarios.

Branching scenarios give learners a chance to explore all options.



Assessments

Traditional quizzes are good tools for supporting learners remembering facts.

Scenarios supported learners applying knowledge.



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