

# Naloxone for opioid safety



**A provider's guide** to prescribing naloxone to patients who use opioids

# Overdose is the leading cause of injury-related death in the U.S.

100 PEOPLE DIE FROM DRUG OVERDOSE EVERYDAY IN THE UNITED STATES.

FIGURE 1. DEATH BY LEADING CAUSE OF INJURY (PER 100,000)<sup>1</sup>

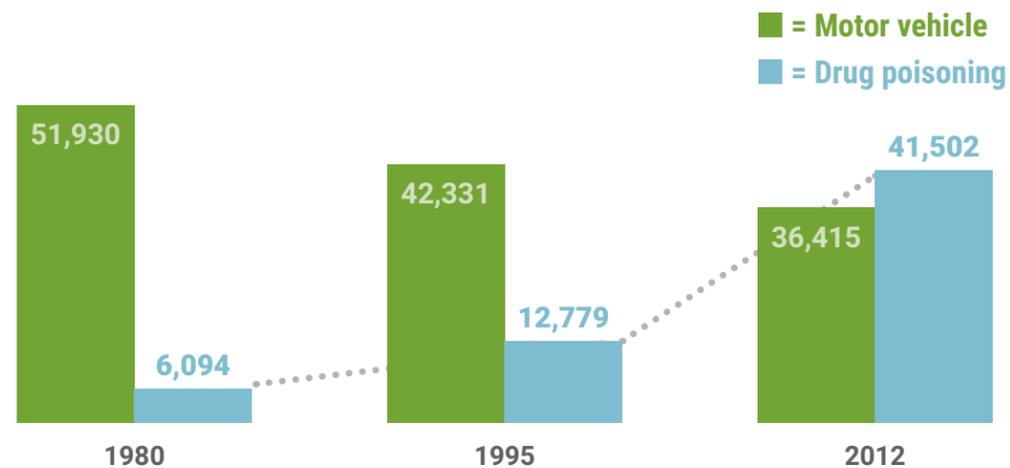
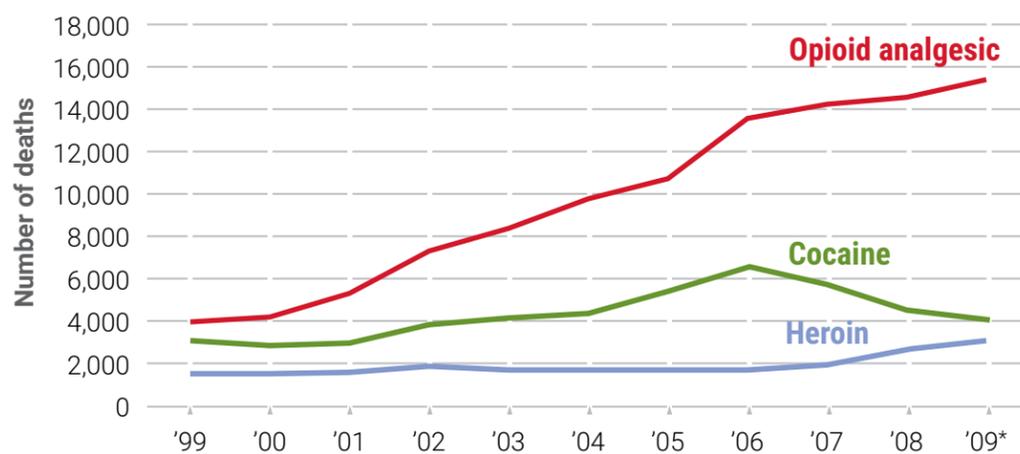


FIGURE 2. OVERDOSE DEATH BY DRUG TYPE<sup>2</sup>



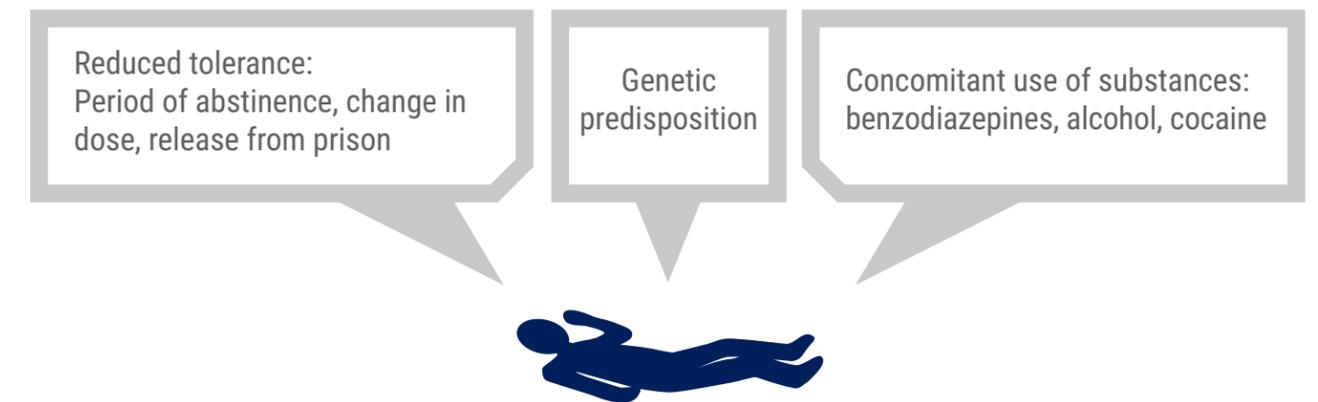
Opioid analgesics accounted for over 16,000 deaths in 2010.

\* The reported 2009 numbers are underestimates. Some overdose deaths were not included in the total for 2009 because of delayed reporting of the final cause of death.

## Accidental opioid overdose is preventable

The main risk of death from an opioid overdose is prior overdose. A patient who has previously overdosed is six times more likely to overdose in the subsequent year.<sup>3</sup>

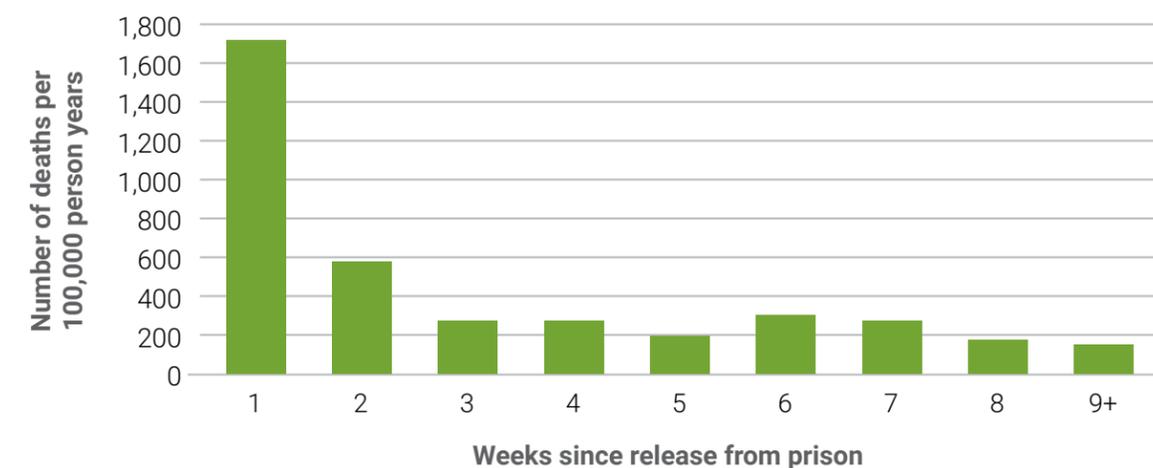
### OTHER FACTORS THAT INCREASE RISK OF OVERDOSE:



➤ The majority of opioid overdose deaths involve at least one other drug, including benzodiazepines, cocaine or alcohol.<sup>4</sup>

FIGURE 3. OVERDOSE MORTALITY RATE BY WEEK SINCE PRISON RELEASE:

An example of overdose risk if opioids are discontinued and restarted<sup>5</sup>

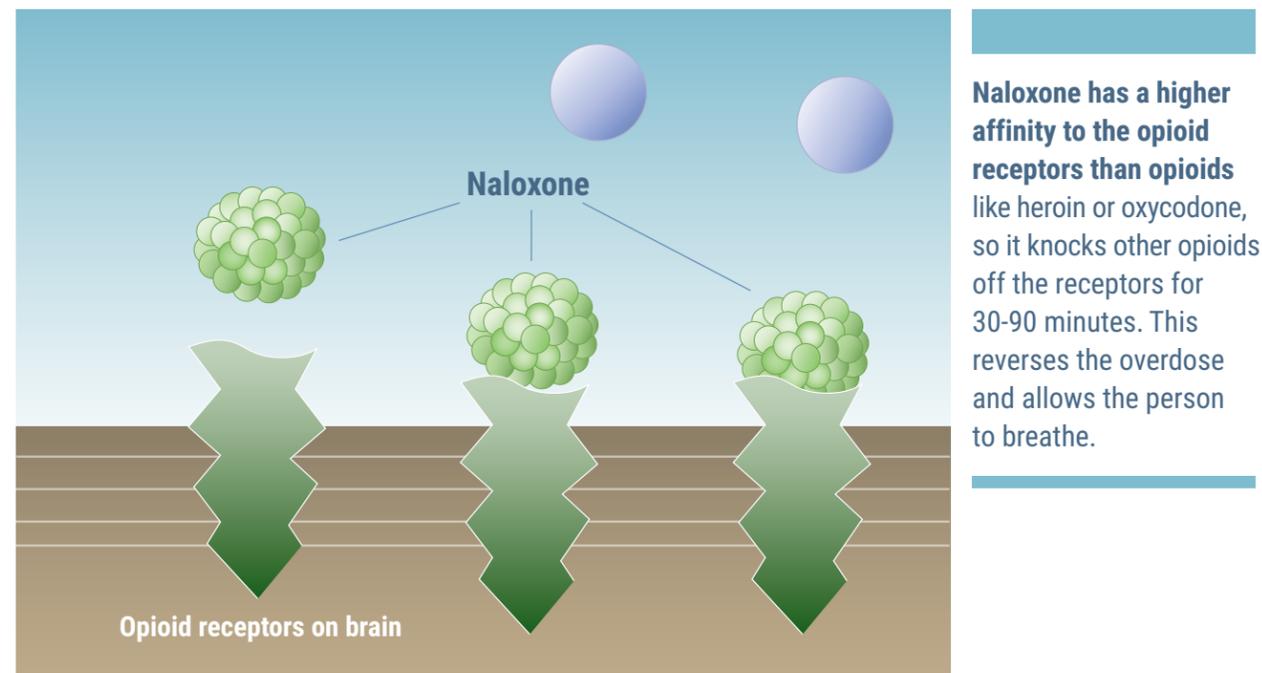


When a patient reduces or stops opioid use, there is an increased risk of overdose death if opioid use increases again.

# Naloxone

- This is a highly specific, high-affinity opioid antagonist used to reverse the effects of opioids.
- This drug can be safely administered by laypersons via intramuscular or intranasal routes, with virtually no side effects and no effect in the absence of opioids.
- The effects last 30-90 minutes; this is usually sufficient for short-acting opioids, but help should always be sought.
- While high doses of intravenous naloxone by paramedics have been associated with withdrawal symptoms, lower lay-administered doses produce much more mild symptomatology.<sup>6</sup>

FIGURE 4. NALOXONE MECHANISM OF ACTION<sup>7</sup>



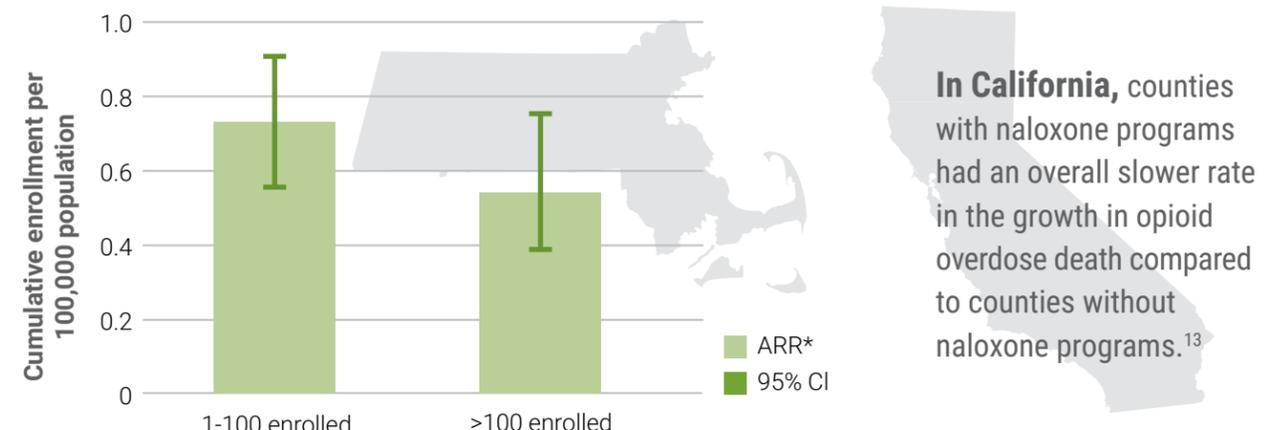
The American Medical Association has endorsed the distribution of naloxone to anyone at risk for, having or witnessing an opioid overdose.<sup>8</sup>

There are 240 sites across 18 states that prescribe or distribute naloxone. Since 1996, naloxone has been distributed to over 53,000 people, and more than 10,000 overdose reversals have been reported.<sup>9</sup>

The off-label intranasal is supported by the American Medical Association (AMA). The FDA approved intranasal (IN) administration of naloxone in 2015. Prior to that, off label IN has been supported by the AMA and is the preferred route of administration for many emergency responders.<sup>10, 11, 12</sup>

# Naloxone is effective

FIGURE 5. FATAL OPIOID OVERDOSE RATES BY NALOXONE IMPLEMENTATION IN MASSACHUSETTS<sup>10</sup>



\* Adjusted Rate Ratios (ARR) adjusted for population age <18, male; race/ethnicity; below poverty level, medically supervised inpatient withdrawal, methadone and buprenorphine treatment; prescriptions to doctor shoppers, per year.

## ... and cost-effective<sup>14</sup>

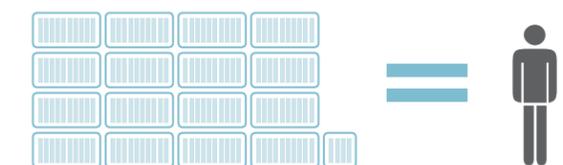
A manuscript in the “Annals of Internal Medicine” indicated that providing naloxone to heroin users is robustly cost-effective and possibly cost-saving. Investigators believe similar results apply to other opioid users.

### Cost:



### Benefit:

**164 naloxone scripts = 1 prevented death**



Emerging data suggests that providing naloxone may encourage patients to be safer with their opioid use. If this is the case, the intervention would be cost-saving and **36 prescriptions** would prevent one death.

# Indications for naloxone prescription

## CONSIDER OFFERING A NALOXONE PRESCRIPTION TO:

- All patients prescribed long-term opioids; or
- Anyone otherwise at risk of experiencing or witnessing an opioid overdose.

## WHY PRESCRIBE TO ALL PATIENTS ON LONG-TERM OPIOIDS?

It is difficult to predict which patients who take prescription opioids are at risk for overdose.

Many patients do not feel they are at risk for overdose. Prescribing to all patients on opioids will help patients understand naloxone is being prescribed for risky drugs, not risky patients.

About 40 percent of overdose deaths result from diverted medications.<sup>15</sup> Whether intentional or unintentional, diverted opioids are a serious risk. Co-prescribing naloxone increases the chance that the antidote will remain with the medication.

# Potential behavioral impact

## Being offered a naloxone prescription may lead to safer opioid use.

U.S. army base Fort Bragg in North Carolina averaged eight overdoses per month. After initiating naloxone distribution, the overdose rate dropped to zero — with no reported naloxone use.<sup>16</sup>

“[W]hen I prescribe naloxone...there’s that realization of how important this is and how serious this is in their eyes.” — U.S. army Fort Bragg primary care provider

## Selected San Francisco Health Network clinics began co-prescribing naloxone to patients on opioids in 2013.

“I had never really thought about [overdose] before...it was more so an eye opener for me to just look at my medications and actually start reading [about] the side effects, you know, and how long should I take them...I looked at different options, especially at my age.”

— San Francisco patient<sup>17</sup>

## Offering a naloxone prescription can increase communication, trust and openness between patients and providers.

“By being able to offer something concrete to protect patients from the danger of overdose, I am given an opening to discuss the potential harms of opioids in a non-judgmental way.”

— San Francisco primary care provider<sup>18</sup>

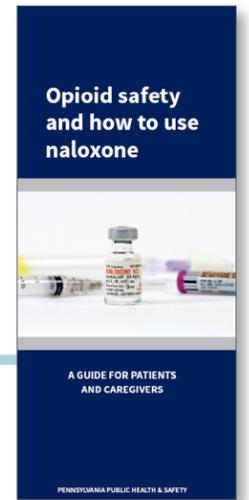
# How to educate patients on naloxone

Clinic staff can educate patients about naloxone.

Education generally includes:

- When to administer naloxone;
- How to administer naloxone (including demonstration); and
- Informing patients to alert others about the medication, how to use it and where it’s kept, as it is generally not self-administered.

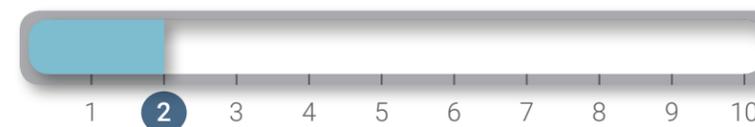
Brochures remind patients and caregivers how to manage an overdose. Example brochures can be found at [www.prescribetoprevent.org](http://www.prescribetoprevent.org).



## OPIOID SAFETY LANGUAGE

The word “overdose” has negative connotations and prescription opioid users may not relate to it.

**Patients prescribed opioids (including high-risk persons with a history of overdose) reported their risk of “overdose” was 2 out of 10.<sup>19</sup>**



Instead of using the word “overdose,” consider using language like “accidental overdose,” “bad reaction” or “opioid safety.” You may also consider saying:

“Opioids can sometimes slow or even stop your breathing.”

“Naloxone is the antidote to opioids — to be [sprayed in the nose/injected] if there is a bad reaction where you can’t be woken up.”

“Naloxone is for opioid medications like an epinephrine pen is for someone with an allergy.”

# State law encourages naloxone prescribing

Naloxone is NOT a controlled substance. **Any licensed health care provider can prescribe naloxone.** David's Law - PA Act 139 of 2014 provides additional protections to encourage naloxone prescribing and distribution.



## PROVIDER AND PATIENT INFORMATION

- **Providers are encouraged to prescribe naloxone** to patients receiving a chronic opioid prescription.
- **Naloxone prescriptions also can be written directly to third party individuals** (caregivers, family members, friends, etc.) who are in a position to witness and assist a person at risk of an opioid overdose.
- **A licensed health care prescriber can issue a standing order** for the dispensing of naloxone by health care or community workers to individuals at risk of experiencing or witnessing an overdose.
- **Members of the community, family members, friends and bystanders** may be prescribed naloxone and can lawfully administer the drug to someone who is experiencing an overdose.

Additional resources for prescribers can be found at [www.prescribetoprevent.org](http://www.prescribetoprevent.org). Individuals are encouraged to complete overdose awareness and naloxone administration training at: [www.getnaloxonenow.org](http://www.getnaloxonenow.org) or [www.pavtn.net/act-139-training](http://www.pavtn.net/act-139-training). Completion of this training is not a requirement to prescribe naloxone to an individual. However, it will prepare that person to respond appropriately to an opioid-related overdose event.

## GOOD SAMARITAN PROTECTION (David's Law - PA Act 139)

- Through the Good Samaritan provision of Act 139, **witnesses of an overdose who seek medical help are provided legal protection** from arrest and prosecution for minor drug and alcohol violations.

## COUNSELING

- Instruct patients: 1) to administer if non-responsive from opioid use 2) and how to assemble for administration.
- Include family/caregivers in patient counseling or instruct patients to train others.
- Free training approved by the Pennsylvania Department of Health can be accessed online at: [www.getnaloxonenow.org](http://www.getnaloxonenow.org) or [www.pavtn.net/act-139-training](http://www.pavtn.net/act-139-training).
- A Friends and Family Guidance Toolkit, Standing Order (which serves as a prescription) for naloxone, and other opioid overdose resources can also be found at the Pennsylvania Department of Drug and Alcohol Programs website at: [www.ddap.gov](http://www.ddap.gov).

# Examples of how to prescribe naloxone

## INTRANASAL (FDA APPROVED)

- Naloxone HCl nasal spray. Administer a single spray to adults or pediatric patients intranasal into one nostril. Call 911. Administer additional doses of nasal spray, using a new nasal spray with each dose, if the patient does not respond or responds and then relapses into respiratory depression. Additional doses of nasal spray may be given every two to three minutes until emergency medical assistance arrives.



## INTRANASAL (OFF-LABEL)

- Naloxone 2mg/2ml prefilled syringe, spray ½ into each nostril if overdosed. Call 911. Repeat if necessary. #2
- MAD (Mucosal Atomization Device) nasal adapter



## AUTO-INJECTOR

- Naloxone auto-injector 0.4mg #1 two pack, use as needed for suspected opioid overdose



## INJECTABLE

- Naloxone 0.4mg/1ml IM if overdosed. Call 911. Repeat if necessary. #2
- IM syringes (3ml 25g 1" syringes are recommended) #2



# Pharmacy access

All pharmacies can fill naloxone prescriptions, but naloxone is new for many pharmacists, so some may not know how. If a pharmacist is unsure how to fill a naloxone prescription, the information outlined on this page may be helpful.

**Pennsylvania has a standing order in place for naloxone.** A standing order is a pre-written medication order and specific instructions laid out by a physician. Standing orders allow pharmacies to dispense medication, rather than needing a separate prescription written out to each individual by his/her personal physician for the medication. A copy of the standing order can be found on the Department of Drug and Alcohol Programs website at: [www.ddap.gov](http://www.ddap.gov).

In some instances, insurance may not pay for a prescription that is not written for/issued to a specific individual by name. In this instance, it may still be helpful to acquire a prescription written by a health care provider to a particular person.

## ORDERING:

- Intranasal (FDA Approved): NDC#69547-353-02
- Intranasal (Off-Label): NDC#76329-3369-01
- MAD (atomizer) nasal devices produced by Teleflex
- Auto-injector: NDC#60842-030-01
- Intranasal (FDA Approved Narcan): Will be available in 2016
- Injectable: Hospira NDC#00409-1215-01; Mylan NDC#67457-292-00

## BILLING:

- Naloxone is covered by Medicaid, Medicare and many other private plans.
- The MAD does not have a National Drug Code (NDC), and therefore cannot be billed through usual pharmacy billing routes. Pharmacies may be willing to cover the cost of the MAD, or patients may be requested to pay for the cost of the MAD, which is around \$5 per atomizer.

**SIDE EFFECTS:** Anxiety, sweating, nausea/vomiting or shaking. Talk to your doctor if these occur. This is not a complete list of possible side effects. If you notice other effects not listed, contact your doctor or pharmacist.

# Resources

**Pennsylvania Medical Society:** Pennsylvania guidelines for Prescribing Opioid Substances for Pain: <http://www.pamedsoc.org/>

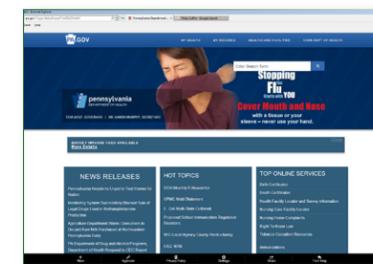


## GetHelpNow Mobile App:

Access addiction informational resources such as treatment providers, insurance and drug take back locations: [www.ddap.pa.gov](http://www.ddap.pa.gov)



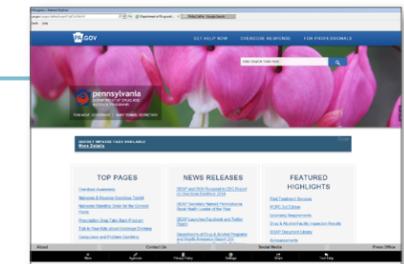
**Prescribe to Prevent:** Clinic-based prescribing information and guidelines: [www.prescribeto prevent.org](http://www.prescribeto prevent.org)



**Pennsylvania Department of Health:** Resource materials on opioid abuse: [www.health.pa.gov](http://www.health.pa.gov)



**Pennsylvania Department of Drug and Alcohol Programs:** Information about overdose awareness, ACT 139 and naloxone: [www.ddap.pa.gov](http://www.ddap.pa.gov)



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## About this publication

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