

Spectrum Health Systems: Developing a Training Module for Opioid Overdose Prevention and Reversal

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UMMS Class of 2018

About Spectrum Health Systems

Spectrum Health Systems provides treatment and recovery programs for people struggling with drug abuse and addiction. They are New England's leading addiction treatment provider.

Spectrum has both in-patient and out-patient treatment programs, including:

- Detoxification program
- Transitional program
- Residential program
- Methadone clinic
- Buprenorphine clinic
- Mental health counseling
- Drug free housing

Spectrum is continuing to expand its network of treatment facilities in order to meet the large demand, opening a new methadone clinic in Leominster in July 2015 and the New England Recovery Center in June 2015.



New England Recovery Center, Westborough MA

Materials for Training Module

- Opioid Overdose: Prevention and Rescue Powerpoint
- Prevent an Overdose, Save a Life video (<https://www.youtube.com/watch?v=bgU2s9fwNjU>)
- Physical Demonstration of intranasal naloxone assembly and administration
- Opioid Overdose: True or False Powerpoint
- Opioid Overdose: True or False Quiz
- Training module evaluation form
- Overdose Prevention and Response Pamphlet



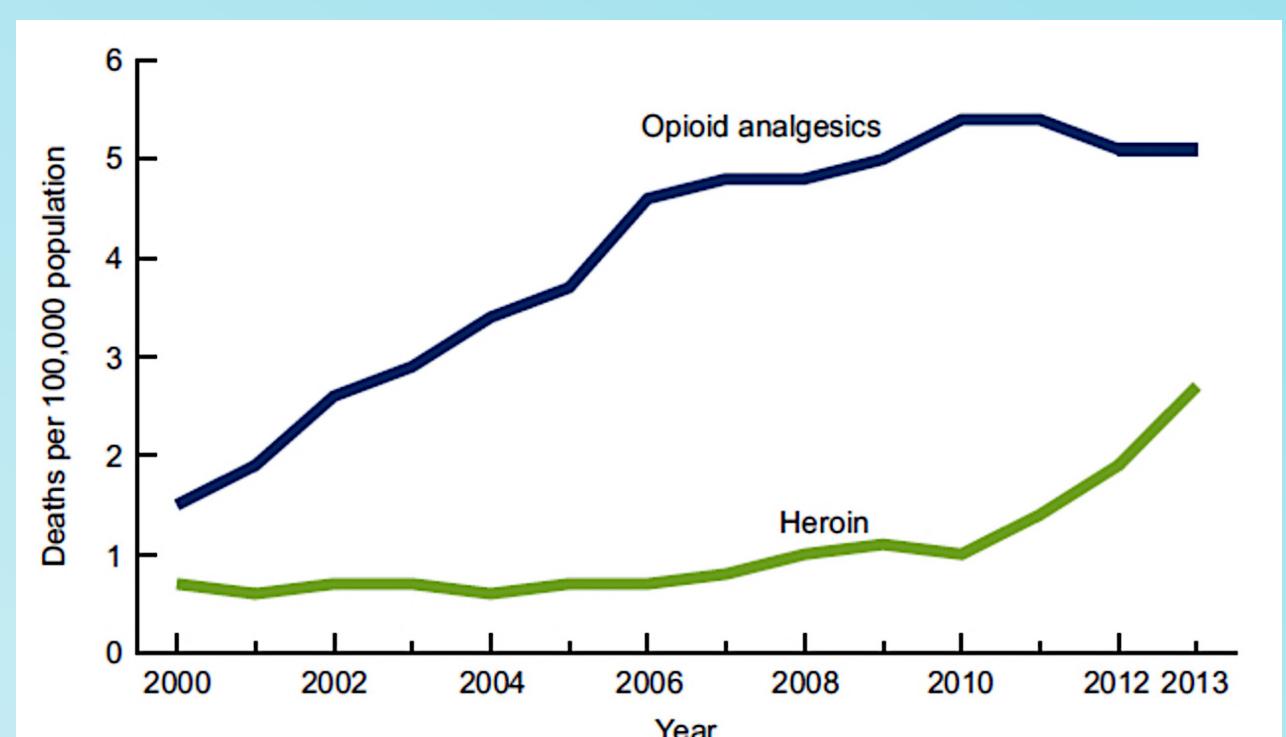
Why Care About Naloxone?

Naloxone is a competitive opioid receptor antagonist, meaning that it binds to opioid receptors and prevents opioids from binding, thus blocking the effect of opioid drugs.

It is used as an effective overdose reversal drug, and saves lives. Because it has minimal side effects, no overdose potential, and only has an effect if a person has opiates in their system, this drug has been approved for layperson use, similar to the way epinephrine autoinjectors are used.

Most overdoses are witnessed, meaning that if more people had access to naloxone and were trained to use it, many lives would be saved.

The United States is currently experiencing an opioid overdose epidemic, and the need for increased availability of naloxone and naloxone training is critical.



Opioid overdose deaths in United States, 2000 – 2013
Hedegaard H, Chen LH, Warner M. Drug-poisoning Deaths Involving Heroin: United States, 2000-2013. NCHS Data Brief. 2015 Mar;(190):1-8.

My Work with Spectrum

My objective for the summer was to develop a training module about overdose prevention and response, with an emphasis on training patients, families, and Spectrum staff to use intranasal naloxone, also known as nasal Narcan.

Features of the module:

- Interactive presentation, audience participation is encouraged throughout
- Modular design, facilitates addition and removal of pieces according to time constraints and audience
- Standardized content for effective delivery across multiple sites
- Detailed presenters notes to facilitate delivery
- English and Spanish versions

Personal goals for the summer included learning more about:

- Spectrum and other community resources for people struggling with opioid addiction
- Overdose prevention strategies
 - Harm reduction ideas
 - Physician prescribed pharmaceuticals
- Challenges faced by patients seeking opioid addiction treatment
 - Transportation
 - Battling withdrawal
 - Underlying mental health issues
 - Lack of social support/structure
 - Stigma in medical community and general society
 - Underfunded and understaffed treatment facilities

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