

LOS ANGELES POLICE DEPARTMENT
Naloxone Hydrochloride (NARCAN®)
Lesson Plan
Curr Code SP444N

Instructional Goal: This training will provide officers with a life-saving measure that could increase survivability for a person suffering from an opioid overdose or fentanyl exposure. This training would satisfy the requirements set forth by the Los Angeles County Emergency Medical Services Agency, pursuant to California Health and Safety Code 1797.197.

Performance Objective: Using lecture and learning activities, the student will:

- ❑ Recognize the signs and symptoms of an opiate overdose.
- ❑ Identify the indications and contraindications of administering Naloxone Hydrochloride (Narcan® Nasal Spray).
- ❑ Understand the proper storage.
- ❑ Understand how to properly administer Naloxone Hydrochloride (Narcan® Nasal Spray).
- ❑ Demonstrate competency in preparing and administering naloxone via nasal atomizer (Nasal Spray).

References: Instructors, facilitators and training supervisors shall ensure that current references are utilized.

I. Course Overview

(10 Minutes)

- A. Welcome and Introduction
 - 1. Welcome participants
 - 2. Instructor introductions
 - 3. Handouts
- B. Administrative Duties
 - 1. Training roster

II. Naloxone Hydrochloride (Narcan® Nasal Spray) Program

(45 Minutes)

- A. Naloxone Hydrochloride (Narcan® Nasal Spray) Video
 - 1. View Naloxone Hydrochloride (Narcan® Nasal Spray) and demonstration video.
- B. NARCAN
 - 1. Naloxone Hydrochloride (Narcan® Nasal Spray) is an opioid (narcotic) antagonist that may reverse central system and respiratory depression secondary to an overdose of opioids.
 - a. Been in use for decades
 - b. Very high safety profile
 - c. Short acting with no permanent side effects
 - d. Mild side effects, if any
 - e. Can be administered to someone not experiencing an overdose with no adverse effects.
 - 2. Naloxone Hydrochloride (Narcan® Nasal Spray) is to be given right away and does not take the place of emergency medical care. Get emergency medical help right away, even if the person wakes up.
- C. History
 - 1. Abuse of opioid related drugs is at epidemic levels:
 - a. Since 1990, overdose rates have increased roughly five times and resulted in an average of 115 opioid-related deaths per day in 2018.

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- i. These opioid related deaths outnumber deaths from gunshot wounds or motor vehicle crashes.
 - b. Between 2001 and 2014, Heroin overdose deaths have increased 594% (since) in the United States.
 2. Due to the increase in overdose deaths, Naloxone Hydrochloride (Narcan® Nasal Spray) is now being used by law enforcement field personnel in at least 39 states nationwide.
 - D. Signs and Symptoms
 1. Multiple bottles of the same prescription medication
 2. Multiple bottles of the same prescription medication that don't belong to the patient or anyone else at the residence.
 3. Syringes, "track marks", belts or rubber tubing.
 4. Unresponsive or minimally responsive, with a pulse
 5. Depressed respiratory rate (<8 per minute)
 6. Agonal respirations (gaspings)
 7. Respiratory arrest
 8. Cyanosis
 9. Constricted pupils (miosis)
 10. Altered mental status
 - E. . Indications and Contraindications
 1. Indications:
 - a. Respiratory arrest or hypoventilation (≤ 8 /minute) in addition to:
 - b. Suspected opioid/opiate use
 - c. Bystander report
 - d. Drug paraphernalia
 - e. Opioid prescription bottles
 - f. "Track Marks"
 - g. Heroin balloons or other small packaging
 2. Contraindications:
 - a. Cardiac arrest
 - b. Pediatric patients (age ≤ 12 months)
 - c. Nasal Trauma, such as bleeding or deformity, or obstruction
 - d. Seizure activity
 - F. Storage requirements
 1. Store at room temperature between 59° F to 77° F (15° C to 25° C). It can be stored for short periods between 39° F to 104° F (4° C to 40° C).
 2. Keep it in the sealed foil package until ready to use. Protect from light and heat
 3. Replace Naloxone Hydrochloride (Narcan® Nasal Spray) before the expiration date. The expiration date should be written on the box of Naloxone Hydrochloride (Narcan® Nasal Spray) and the individual sealed foil package.
 4. Keep opioid antagonist pack readily accessible.
 5. Do not freeze or store in trunk.
 - G. Administration of Naloxone Hydrochloride (Narcan® Nasal Spray)
 1. Identify Opioid Overdose and Check for Response

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- a. Ask person if okay
- b. Shake shoulders and firmly rub middle of chest
- c. Check for signs of opioid overdose:
 - i. Unresponsive
 - ii. Breathing is slow, irregular, or has stopped
 - iii. Pinpoint pupils
2. Administer Naloxone Hydrochloride (Narcan® Nasal Spray)
 - a. Lay person on their back
 - b. Remove Naloxone Hydrochloride (Narcan® Nasal Spray) from the box
 - c. Gently insert the tip of nozzle into either nostril
 - d. Press plunger firmly
3. Disposal of Utilized Naloxone Hydrochloride Cartridge
 - a. Dispose Naloxone Hydrochloride cartridge in the rescue ambulance's trash bin.
4. Disposal of Expired Naloxone Hydrochloride Cartridge
 - a. Officers shall exchange the cartridge with their divisional training coordinator.
 - b. Training coordinators shall replace expired cartridges.
 - c. Training coordinators shall deliver expired cartridges to Supply Division.

III. Competency

(20 Minutes)

- A. Demonstration (Practical Application)
 1. LAPD Opiate (Heroin) Respiratory Emergency: Naloxone Hydrochloride (Narcan® Nasal Spray) Skills Sheet
- B. Written Test
 1. LAPD Naloxone Hydrochloride (Narcan® Nasal Spray) Quiz