Emergency Preparedness + Business Continuity Conference Nov 1, 2017

BC Opioid Overdose Emergency



BC Centre for Disease Control An agency of the Provincial Health Services Authority

Jane Buxton MBBS, MHSc, FRCPC Harm reduction lead BC CDC



Overview

- Background overdose crisis
- Public health emergency declared
 - Improving monitoring and surveillance
 - Who is at risk, how/where to target interventions
 - Before OD: Preventing overdose before it happens
 - Awareness and Education
 - Improve treatment opioid agonist therapy & injectable
 - During OD: Immediate response to an overdose
 - Drug use in observed/supervised settings
 - ✤ Training to recognize and respond to OD
 - Naloxone programs: THN and FORB
- What next?
 - Better access to treatment and safer drugs
 - Engaging people with lived experience
 - Reduce stigma
 - Decriminalization





This presentation is made possible by many

Thank you to first responders, staff and people with lived experience who are dedicated to saving the lives of others



Harm reduction....

- ... is pragmatic non-judgmental approach; aims to treat people who use drugs with respect, dignity, and compassion. Meets people where they are and doesn't insist on abstinence
- involves a range of services and strategies to enhance the knowledge, skills, resources, and supports for individuals, families and communities to be safer and healthier.
- …involves the experts (people with lived experience) to provide insights into the reality of drug use and ensures our work is relevant
- Does not enable or facilitate drug use; it makes connections, builds trust and engages people into treatment



BC Drug Overdose & Alert Partnership

Communication is key:



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Communicating drug alerts

Findings

- Be timely
- Be accessible & relevant
 - Use simple language that implies harm
 - Date posters & remove
 - State what to look for and what can do
 - Enable an informed decision
- Avoid:
 - Scare tactics and don't do it messages
- Public media alerts
 - Police or HA get input from service providers and PWUD

Baljak Y, et al Int J Drug Policy (2015)

OVERDOSE ALERT There has been an increase in people needing medical

support after consuming substances in Surrey.

Reports include:

- Loss of consciousness
- Overdoses that involve seizures
- Extreme muscle rigidity

fraser health



FH Harm Reduction

Date Posted: April 18, 2017

(please remove by May 1, 2017)

 High risk of overdose (OD) even from smoking

Please look out for each other.

FOR YOUR SAFETY:

- ✓ Where possible, don't use alone
- \checkmark If you do use alone, make a plan to have someone check on you
- \checkmark Test by using small amounts first and go slowly
- \checkmark Do not use with alcohol or other drugs

Plan to survive, know how to respond to an overdose:



If someone ODs, YOU can help!

1) CALL 9-1-1 immediately

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- 2) Open airway and give BREATHS
- 3) Give naloxone (Narcan) if you can



Overdose Data & Reports

BCCDC Reports:

- The BC Public Health Opioid Overdose Emergency Jan 2017 update
- The BC Public Health Opioid Overdose Emergency Mar 2017 update
- Summary Infographic: The Opioid Overdose Emergency May 2017 - <u>Online</u> version and <u>Print Friendly</u> version
- BC Overdose Action Exchange Meeting Report August, 2017
- BC Overdose Action Exchange Meeting Report July, 2016
- BC Overdose Action Exchange Primers July, 2016

Interactive Dashboard:

Overdose Calls Ingestion Poisonings Overdose Services Deaths

Provincial Overdose Data Hover over a line for more details.



In this section



Mortality and Overdose Maps:

- Illicit Drug Overdose Deaths (Jan 2010 Jul 2017) Maps of <u>Health Service Delivery Areas (HSDA)</u> and <u>Local Health Area</u> (<u>LHA</u>)
- BC Paramedic Attended Overdose Events (2016) Maps of <u>HSDA</u> and <u>LHA</u>

BC Coroners Service Reports:

- Illicit Drug Overdose Deaths (2007-2017)
- Fentanyl-detected illicit drug overdose deaths (2012-2017)

BC Ministry of Health Reports:

<u>Bimonthly reports</u>

















Illicit drug death rates by health authority





Better health

investigation/statistical-reports BCCS Sep 7, 2017

Public Health Emergency Declared

April 14th, 2016 BC Provincial Health Officer declared a Public Health Emergency under section 52 of the *Public Health Act* in response to the rise in opioid overdoses: <u>https://t.co/fwEwCkmmx0</u>

The first time the provincial health officer has served notice under the public health Act to exercise emergency powers.

"The action will allow medical health officers throughout the province to collect more robust, real-time information on overdoses in order to identify immediately where risks are arising and take proactive action to warn and protect people who use drugs."

Public health emergency outcomes

Funding, data linkage and overdose prevention services

Illicit drug overdose deaths (IDD) and death rate/100,000 population



Provisional will change as cases closed; BCCS Oct 12, 2017

http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/death-investigation/statistical/illicit-drug.pdf Data to Aug 31, 2017

Province-wide solutions. Better health.

A PROJECT OF THE PROVINCIAL HARM REDUCTION PROGRAM

Where have deaths occurred?

		2016	2017
Inside:			
Private Residence		602 (61.6%)	508 (58.0%)
Other Residence	89% inside	229 (23.4%)	232 (26.5%)
Other Inside	locations	41 (4.2%)	40 (4.6%)
Outside		97 (9.9%)	91 (10.4%)
Unknown		9 (0.9%)	5 (0.6%)
Total		978	876

Private residence:	driveways, garages, trailer, own/another's residence
Other residence:	hotels, motels, shelters, rooming house etc
Other inside:	facilities, occupational sites, public buildings and businesses
Outside:	vehicles, streets/sidewalks, public parks, woods, camp grounds

Provisional – subject to change as cases closed; Data to July 31, 2017 <u>http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports</u> BCCS Sep 7, 2017

Who has died in 2017?

	Age group (yrs)	# deaths	%
82% male 74% aged 30-59yrs_	10-18	12	1.4
	19-29	154	17.6
	30-39	262	29.9
	40-49	208	23.7
	50-59	175	20.0
	60-69	60	6.8
	70+	5	0.6

Provisional – subject to change as cases closed; Data to July 31, 2017 <u>http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports</u> BCCS Sep 7, 2017

Percentage of illicit drug deaths in which fentanyl detected in BC



Provisional – subject to change as cases closed; Data to July 31, 2017 http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports BCCS Sep 7, 2017



Overdose'







Overdose data linkage flow diagram



DATA FROM OVERDOSE EVENTS IS TAKEN FROM JANUARY 31, 2015 - NOVEMBER 30, 2016 DATA FROM OVERDOSE DEATHS IS TAKEN FROM JANUARY 31, 2015 - JULY 31, 2016



THE OPIOID EMERGENCY HAS EQUALLY AFFECTED FIRST NATIONS MEN AND WOMEN

Across BC, First Nations population overdose events have affected: 52% men and 48% women.

Non-First Nations overdose events in BC have affected: 71% men | 29% women

FIRST NATIONS OF ALL AGES ARE AT A HIGHER RISK OF OVERDOSE EVENTS AND DEATH

1,903 First Nations OD Events between January 1, 2015 - November 30, 2016

60 First Nations OD Deaths between January 1, 2015 - July 31, 2016

http://www.fnha.ca/newsContent/Documents/FNHA_OverdoseDataAndFirstNationsInBC_PreliminaryFindings_FinalWeb.pdf



OVERDOSES ARE HAPPENING IN YOUR COMMUNITY

Learn more: gov.bc.ca/overdose or call 8-1-1













Awareness and Education

BC comprehensive overdose program



OVERDOSE SURVIVAL GUIDE	PREVENTION THE RECO Overagoes is most common when: • Your tokrance is lower: you took a break, were in deto/thermater of ail, or you are new to use	OVERY POSITION	OVERDOSE?	TAKE CHARGE.	TAKE CARE.
	 You have been sick, tired, run down, dehydrated or have liver issues 		OPIOIDS / DEPRESSANTS (e.g., opio	ds: morphine, dilaudid, heroin / depressants: alcohol, GHB, benzodiazepines)	
TIPS TO SAVE A LIFE	You mix drugs: prescribed or not, legal or illegal The drugs are stronger than you are used to: changes in supply, dealer, or town		FEELS AND LOOKS LIKE:	IN CASE OF OPIOID OVERDOSE:	SAVE ME
	 Know CPR and get trained on giving halokone or if they are uncor 	Hand supports head Find supports head Cone disps body from rolling onto atomach	Person cannot stay avake Can't tak or wak: Slow or no pulse Slow or no pulse Slow or no breathing, gurgling Slow looks paile or blue, feels odd Pupis are pinned or eyes rolled back. Vomitig Body is Imp No response to noise or knuckles being rubbed hard on the breast bone	 Stay with person. Use their name. Hell them to breathe Gai 911 and tell them person is not breathing. When parametrics anywe tell them as much as you can about drugs and dose Use nationore if avaitable. Nationore only works on opical overdose After nationore a person might feel withdrawal. Do not take more drugs. Bock tellmg will go away then natione wears of \$30 – 75 minuted). Be aware: overdose can return 	S strutution Carl you wake them up? If not, call 011 If not, call 011 A arway Make sure there's nothing in their mouth that stops them from the resulting, ventilate Branzh for thm, IPug nose, sit had Branzh for thm, IPug nose, sit had V eventate Branzh for thm, IPug nose, sit had E evaluate Are thy any better? M muscular injection lepid: Lo of naisonne? If muscular injection lepid: Lo of naisonne? E evaluate & support is the person nexthing on their own? If they're not awake in firm, another to cole any more drugs right now - werk. Joka had now drugs right now - werk. This is proven to work. Other remedies can actually be harmful.
	CHOOSE & SAFER ROUTE		STIMULANTS (e.g., cocaine, methamphetamine,	ecstasy)	
\times	SAFER SNORTED / SMOKED	MORE LIKELY	FEELS AND LOOKS LIKE:		Y EXPERIENCING A OR B?
		KOTED MORE LIKELY	Fast pulse or no pulse Cherd pain Shord of breath Shord of breath Softer and preash Conclusion, hallucinations, unconscious Cannot talk Cherched pain There are NO medications to safely reverse a stimulant overdose.	A: MENTAL, DISTRESS/OVERNAMP Associated with: Sinely designation, crashing, anxiety, parancia, if a person is conscious, and you are sure this is not medical in nature, you may part need outport and reat. Call Poisson Control to help assess. WHAT TO DO: New pc calm. Stay with person. Use their name Oive water of fluid with electrolytes. Do not overhydrate Pible cod, wet doits hunder, amptish, taka do in enck, and head Open a window for fresh air Get them controlatels. How a way from activity	B: PHYSICAL DISTINESS/ACUTE STIMULANT TOXICITY Medical attention is required immediately if person has: • Janking or rigid limbs • Rapidly escalating body temperature and pulse • In and out of consciouranes • Server: headache, sweating, agitation • Critet pains WHAT TO DO: • Call 911 • Stay with person
	-	27	PAMPHLET INFORMATION BC Harm Reduction Program: Tel: 604.707.2400 e-mail: outreach@towardtheheart.com	 If aggressive/ paranoid suggest they close their eyes, give person space 	Keep person: conscious, hydrated, calm If heart has stopped do 'hands-only' CPR

OVERDOSE INFORMATION: Poison Control Centre (24 hrs)

· Tell medical professionals as much as possible

Encourage person not to take any other substances

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BC (An age



Have a Buddy

Use with someone you trust. Use an overdose prevention sites if available. If you do use alone, make sure there is someone who can check on you and call for help if needed.

Safer Drug Use Tips



Start low, go slow.

Test a small amount first, then go slowly.



Use one drug at a time

Using more than one substance increases risk of overdose. Mixing your drugs (including prescription drugs) with other substances, or with alcohol is dangerous.

If you do mix, use less than you normally would and go slowly.



Be aware of your health and tolerance.

Being sick, run down, sleep deprived or having a chronic illness can increase risk of overdose.

Changes in your tolerance after a period of non-use, or if you are using a substance for the first time also increases the risk of overdose.



Have an overdose plan. Carry naloxone

Discuss with the people you are using with what you will do in case an overdose happens. Make a plan, get trained and carry naloxone.





Not Responding

Doesn't move and can't be woken.

Know the Signs



Slow or Not Breathing

A breath every 5 seconds is normal.



Making Sounds

Choking, gurgling sounds or snoring



Blue Lips & Nails



Cold or Clammy Skin



Tiny Pupils





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 - Improve treatment opioid agonist therapy & injectable

1200

800

200

308 217 301 300 400 272 236 236 172 190 183 230 229 202 183 201 211 294 269 333 369 519 982 103 8.4 5.7 7.8 7.6 100 6.8 5.8 5.8 4.2 4.6 4.4 5.5 5.4 4.7 4.2 4.6 4.7 6.5 5.9 7.3 7.9 11.1 20.7 31

600 400

- III New opioid prescribing guidelines may have unintended consequences
- Improve methadone and buprenorphine/naloxone access (physician training, costs etc)
- Injectable-opioid treatment (diacetylmorphine and hydromorphone)

Cross Town clinic; Pier Pharmacy



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117 162 354 308 217 301 300 400 272 236 236 172 190 183 230 229 202 183 201 211 294 269 333 369 519 982 1013 35 47 99 84 57 7.8 76 100 68 5.8 5.8 4.2 4.6 4.4 5.5 5.4 7.7 4.2 4.6 7.6 5.9 7.3 7.9 11.1 207 31.6

600 Gently 400

During OD: Immediate response to an overdose

- Drug use in observed/supervised settings
- Training to recognize and respond to OD

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- ✤ Naloxone programs: THN and FORB
- What next?
 - Better access to treatment and safer drugs
 - Engaging people with lived experience
 - Reduce stigma
 - Decriminalization



Ministry Directives:

Overdose Prevention Services

Dec 9, 2016 Ministerial order under Emergency Health Services Act and Health Authority Act

- Temporary safe spaces for people who use drugs to be monitored in case of overdose
- 24 Sites throughout the province
- Sites vary between and within region
 - Supportive housing facilities
 - Existing harm reduction/drop-in sites
 - New stand alone sites
- Collect minimum data
- 2,000 ODs reversed



32 File photo: KIM ANDERSON / iNFOnews.ca

Supervised Consumption Sites

Fraser Health opens 2 sites June 2017

Illegal substances can be snorted or swallowed as well as injected Each has 7 booths, 7am-1am, 7days/wk

1) Safe Point; 135A Street, Surrey



Photo credit Georgia Straight

2) Quibble Creek Sobering and Assessment Centre





Supervised Consumption Sites

Vancouver opens Powell St Getaway July 28, 2017

Sep 2017: Illegal substances can be snorted or swallowed as well as injected



Photo VCHnews.ca







Home > Fentanyl checking expanding to more VCH sites

One line is positive for fentanyl, two lines is negative for fentanyl

Fentanyl checking expanding to more VCH sites

The pilot project at Insite offering a free fentanyl checking service is expanding to offer more locations for clients. People can now check their drugs for fentanyl at any of Vancouver's four overdose prevention sites and Powell Street Getaway supervised injection service, in addition to Insite. If you have clients in the Vancouver area who use illicit substances please let them know about this life-saving service.



- Opioids depress breathing; become unconscious, breathing stops, brain damage and death
- Naloxone opioid antidote temporarily reverses opioid OD
- No pharmacologic action in absence of opioids

Naloxone

How does **NALOXONE** work?




BC Take Home Naloxone kit

- Program evaluation qual and quant youth
- Input from Community Advisory Board



Case - changes with input Proud to carry naloxone White zip - easy find in bag Belt hook – easy to carry

Silver cross

Contents

Amp snappers 3 amps naloxone 0.4mg/ml 3 safety needles Breathing barrier



Reducing Harm Naloxone Programs Overdose Working Together

Site Locator







http://towardtheheart.com/site-finder

BC Centre for Disease Control An agency of the Provincial Health Services Authority

BC take home naloxone sites



NALOXONE KITS DISTRIBUTED

Replacements for Stolen, Lost, Expired & Confiscated Kits

Kits Reported as Used

Kits for New Participants

http://towardtheheart.com/naloxone/

THN Kits Distributed per Month through the BC Take Home Naloxone Program, August 2012 to June 2017 (data updated September 30th, 2017)



BC Take Home Naloxone Program

	Sept - Dec 2012	2013	2014	2015	2016	2017*	Total
Sites Enrolled (Active)	6	27	28	46	299	184	590
Kits Distributed**	107	622	1,199	3,394	22,494	27,296	55,112
THN Kits administration events***	5	36	126	428	4,293	6,370	11,258

* based on data entered to September 30th, 2017

** 200 dispensation records missing date

***based on kit refills for reason: used on self or other for to reverse an overdose;

2 reversals have no year









Need for training resources

NEW Naloxone Administration Quick-Learn Lesson



New App

The BC Centre for Disease Control has developed a new online e-learning lesson outlining what to do if you witness or suspect an opioid overdose.

Correcting myths through data

Naloxone always causes withdrawal

% reporting withdrawal





% report giving breaths

Lay responders won't give breaths

In 2017 – 20% reporting no breaths given as were breathing

Correcting myths through data

People are afraid to call 911

% reason not call 911



% report calling 911



VPD don't routinely attend (30%) Highest rate calling 911

BCEHS no longer routinely inform police re OD, crew can request





BC Centre fo An agency of the Prov

THE GOOD SAMARITAN DRUG OVERDOSE ACT **IS NOW LAW**

THE LAW SAYS:

If you are at the scene of an overdose and you or someone else calls 911 to get medical assistance, you are not to be charged with simple possession (possession for your own personal use) of an illegal substance.

You are also not to be charged for breach of probation or parole relating to simple drug possession.

After calling 911, give breaths and naloxone if you have it.



Stay with the person until help arrives.

For more information, visit: http://www.pivotlegal.org/good_samaritan_drug_overdose_act

CALL 911

CALLING 911 SAVES LIVES

http://canada.ca/opioids



July 18, 2017











BC Centre for Disease Control An agency of the Provincial Health Services Authority

Facility Overdose Response Box program



Dec 1, 2016

Boxes with 5-20 doses of naloxone and OD supplies given to approved community based organizations

http://towardtheheart.com/naloxone/forb/program-4nodules





Facility Overdose Response Box program

Sites: Non-profit community organizations where people may overdose e.g. shelters, supportive housing, drop-in centres and Friendship Centres

Registered sites commit to

- Develop OD response policy
- Staff training, debriefing & support
- Plan exercises/drills to maintain staff competencies and train new staff
- Documentation to BCCDC: report naloxone use; BCCDC restocks supplies

To date 400 sites registered

http://towardtheheart.com/naloxone/forb/program-modules





Ref: Mieke Fraser, Laura MacDougall, Margot Kuo and Sunny Mak







WORKING TOGETHER | REDUCING HARM

Last Updated: September 30h, 2017



https://vimeo.com/231898539





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