



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

Always the right time, Always the right place, Always the right service

Naloxone Point of Distribution (POD) Training Guide

The following are the **MINIMUM REQUIRED** elements for training and distribution.

Walk through Overdose Guidance Document (front):

- Identify there are two primary documents in the kit, this one and the instructions page.
- Mention this side as general, overview information about opioids and naloxone
- Highlight each section and the info available... *"This section identifies some tips for preventing an overdose..."*

Walk through 5 Steps of Response (back):

- Step 1: Highlight *unresponsive* and *difficulty/no breathing* as primary signs/symptoms. Include use of the sternal rub to check for responsiveness.
- Step 2: Mention that opioids last longer than naloxone, and overdose could be something other than opioids = need for EMS response. Explain that this also starts the Good Samaritan law and Criminal Immunity law protections (*see Naloxone Access Training PowerPoint for more details*)
- Step 3: Highlight head tilt/chin lift method, creating a good seal, seeing the chest rise, 2 initial breaths and one every 5 seconds after for proper rescue breathing (*OpiRescue App has moving pictures and voiceover to assist*). CPR only if certified and indicated. Reinforce this is BEFORE naloxone.
- Step 4: Will review when we get to the instructions page.
- Step 5: Highlight *staying with the person*, and incorporate Good Samaritan Law and Criminal Immunity statute for relaying all relevant information to responders (and closing the loop for those protections). Point out the rescue position image on the side.

Review Naloxone Instructions page:

- Identify there are both written and pictogram instructions, then skip over the written.
- Walk through the pictogram instructions ("pop all caps," "attach atomizer – ½ turn," "attach vial – ½ turn," "spray ½ in each nostril," "then wait 3-5 minutes")
- Review the look/listen/feel method for rescue breathing (*bottom left*)
- Highlight the carry/storage tips, not leaving naloxone kits in the car long-term (*bottom right*)
- Reinforce the Goal/purpose = restore normal breathing, not awake/alert/walking/talking
- Point out location and date of medication expiration (*show if the kit is opened or on trainer kit*)

Identify other materials in the kit:

- Face shield/barrier device (for rescue breathing), Help Is Here brochure/business card/magnet
- OpiRescue App card. Explain that they can anonymously report naloxone use through the App.
- Identify that refill opportunities/additional trainings are found on the Help Is Here website.

Additional Tips:

- Atomizer is not essential if dirty, broken, lost, etc. Just makes it mist and more easily absorbed.
- Can leave the atomizer and barrel assembled in the bag to minimize assembly time. Do NOT engage the vial into the barrel or it may leak out in the bag (syringe will have punctured the vial).