St. John's Regional Fire Department
Policy and Operational Guidelines

Title: 02-02-11	Intranasal Naloxone Administration
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Index:	02 Employee Resources
Section:	02 Health and Safety
Title:	11 Intranasal Naloxone Administration

Purpose

To describe the indications of Intranasal Naloxone treatment by Firefighter for an individual with suspected opioid overdose.

Background

This replaces POG # 02-02-11, *"Intranasal Naloxone Administration"*, dated January 18, 2023.

Context

There has been an upward trend in the use of opioid drugs in our region over the past few years. Newfoundland and Labrador have experienced opioid related harms including overdose and deaths. Drug use affects all sectors of society and all ages: from those using daily to those who casually experiment.

Common opioids taken for pain relief or euphoria, including:

- Fentanyl
- OxyContin
- OxyNEO
- Hyrocodone
- Morphine
- Heroin
- Methadone
- Percocet

Fentanyl

- Illicit Fentanyl is 50-100 times more toxic than other opioids
- Can be hidden in other drugs
- Small doses can be lethal, or cause brain damage

Naloxone

Naloxone works by replacing the opioid receptors in the brain. This reverses or blocks the effects of opioids in the body. This action can restore breathing in the event of an overdose. The effects of naloxone is 20-90 minutes and additional medical attention is required. Naloxone has no harmful side effects and should be administered when an opioid overdose is suspected.

Procedure

Naloxone is to be used in the management of suspected opioid overdose.

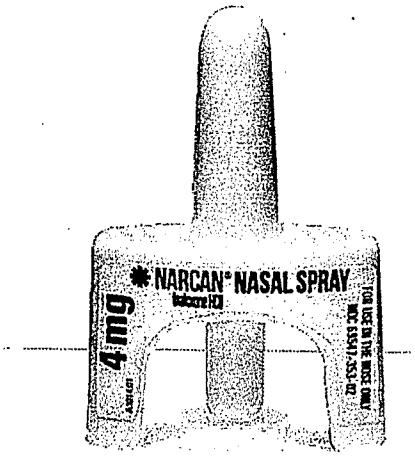
Common indications for use of Naloxone

Decrease level of consciousness that usually accompanies one of the below indications.

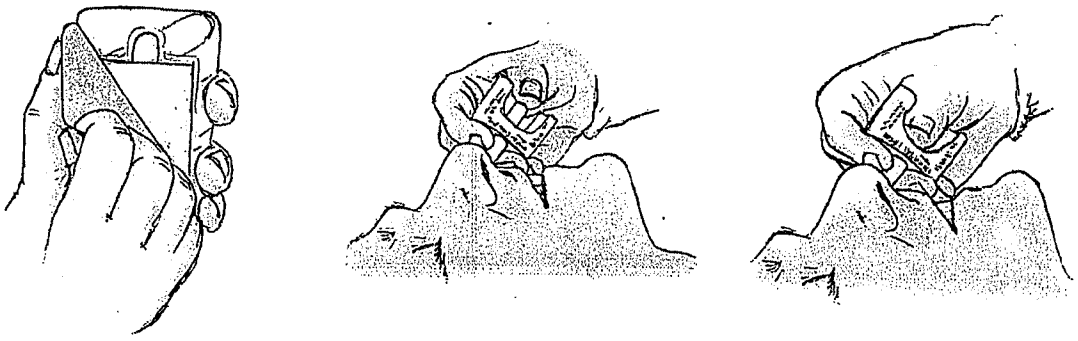
- ❖ Evidence of drug paraphernalia during the scene survey
- ❖ Decrease respirations – Less than 10 breaths per minute
- ❖ Need for assistant ventilation
- ❖ Decreased blood pressure
- ❖ Constricted pupils

How to Administer Naloxone

Naloxone will be supplied in 4mg pre-loaded atomizers.



- Don PPE – gloves, mask, and face shield
- Place the individual on their back
- Remove the Naloxone nasal spray from the box
- Peel back the tab to open
- Hold the Naloxone nasal spray with your thumb on the bottom of the plunger and your first & middle finger on either side of the nozzle
- Tilt the individual's head back and gently insert the tip of the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the nose
- Press the plunger firmly to give the dose of Naloxone Nasal spray
- Remove the Naloxone Nasal spray from the nostril



The Naloxone Nasal spray can be repeated in 2-3 minutes if there is no improvement in the respiratory effort

Important Points

- Naloxone should only be used in the case of a suspected opioid exposure with respiratory suppression.
- Standard Basic Life Support Care should take preference over the administration of Naloxone.
- Naloxone will generally be effective for 20-90 minutes depending on the concentration and level of exposure. If Naloxone is required, there is a need for careful monitoring until transferred to a higher standard of care.
- All existing SJRFD exposure control and universal precaution protocols will continue to be in effect when dealing with potential or confirmed exposures to illicit drugs, drug paraphernalia or drug storage spaces.

- Do not touch unknown powders; avoid contact with eyes, nose, and mouth. If you do come in contact with an unknown powder, seek medical attention immediately.

The Replacement of Naloxone Kits

- When replenishing kits on apparatus, the Officer in Charge for that day will request a kit from their Platoon Chief on duty and provide him/her with the incident # and number of doses administered at the incident. The Platoon Chief will then document it in the Tracking Log.

- Officers are required to also add in their Incident Report the number of doses used at the incident.

NOTE

All Operational Guidelines are provided as a guideline only and may be altered by the OIC to meet extenuating circumstances.

Approvals
Fire Chief/Director

Responsibility
St. John's Regional Fire Department

POG #02-02-11
Approved by:

Sherry L. Colford
Fire Chief
Director of Regional Fire and Emergency Services

NOV 20, 2024
Date

Appendix/Appendices
None