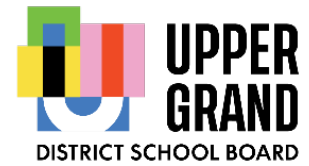


Overdose Protocol

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Purpose

To establish an emergency response procedure in the event that an individual experiences an overdose on board owned, leased or licensed property, or at school sanctioned events, such as field trips.

Definitions

Overdose

A drug overdose is the ingestion or application of a drug, alcohol, or other substance in quantities greater than the body can handle. Typically it is a term used for cases when a risk to health will potentially result. An overdose may result in a toxic state, coma, or death.

Background

Overdose may occur as a result of the use of a variety of substances, including alcohol, acetaminophen (e.g., Tylenol®), opioids, or a mixture of drugs. During an overdose, a person's breathing may slow or stop all together, decreasing the oxygen levels in the blood. This oxygen starvation eventually causes other vital organs like the heart and brain to shut down, potentially leading to unconsciousness, coma, or death.

Signs of an Overdose

The following signs may indicate an overdose:

- Unresponsive to outside stimulus (i.e., can't wake the person up, or awake but unable to talk)
- Breathing is very slow, erratic, or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- For lighter skinned people, the skin tone turns bluish purple; for darker skinned people, it turns grayish or ashen.
- Face can feel clammy
- Body is very limp
- Vomiting
- Pinpoint pupils

Overdose Response

The overarching principle in overdose first-aid interventions is to call 911. After that, choose a first-aid intervention that you feel competent in administering until further medical help becomes available. Note: When performing first-aid and/or CPR, universal precautions (e.g., gloves, protection mask) should be followed.

When an opioid overdose is suspected, Naloxone, in the form of Narcan Nasal Spray can be administered. Naloxone kits and additional one-way valve CPR masks are located in each UGDSB site AED (defibrillator) cabinet. When taking the Naloxone kit, the AED should also be taken to have available if needed.

If an overdose is suspected:

1. First-aid trained staff should follow their training.
2. If staff are not trained in first-aid, staff should:

Step 1: Shout & Shake

- Inform the person you are going to assist them
- Shout their name and shake their shoulders

Step 2: Call 9-1-1

- If the person is unresponsive, yell for support to nearby persons to call 9-1-1 immediately and summon a person with first-aid training to the incident location. If there are other support persons, use for crowd control if needed.
- Tell the dispatcher that the person is not responding to shout and shake. Let them know you think an overdose has happened – describe symptoms (e.g., unconscious, unresponsive person (no breathing))
- Tell the dispatcher exactly where you are; stay with the person

Step 3: Administer Naloxone

- Administer Naloxone as per the instructions included with the kit.

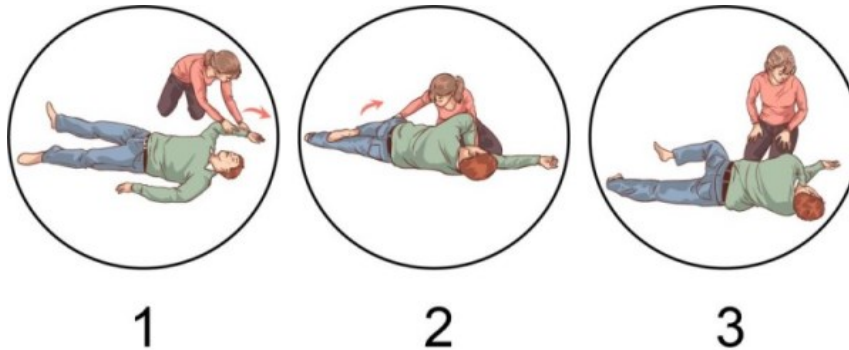
Step 4: Start CPR

- If person is not breathing, administer chest compressions, or CPR, or use AED (automated external defibrillator); use of CPR face shield is recommended for rescue breathing

Step 5: Assess if it is working: Is person breathing?

- If there is no improvement, continue chest compressions, or CPR, or AED until breathing or medical support arrives
- If breathing, put in recovery position and monitor until help arrives

Recovery Position



1. Responder extending victim's closest arm above the victim's head.
2. Responder positions other arm across the victim's chest and bends furthest leg at the knee. Victim is rolled towards responder and placed on side.
3. Victim laying on side with head stabilized on extended arm. Knee is bent and stabilized.

Once paramedics/EMS have arrived:

- Provide paramedics with verbal report of situation and care provided
- Turn over management of medical intervention to paramedics

Post Incident:

- Staff to complete:
 - Online Incident Report when victim is staff;
 - OSBIE report when victim is a student, parent, volunteer, visitor, etc.
- Principal or designate or manager will immediately contact their supervisor
- Principal or designate or manager will debrief with involved staff (Reference: *Administrative Guidelines: Process for School Administration when Debriefing an Employee after a Significant Incident*)
- Debrief with students (as necessary)

First-Aid Kits

Ensure first-aid kit contains the following, in addition to the required contents as per WSIB Regulation 1101:

- CPR face shield with valve
- Disposable vinyl gloves/nitrile gloves

Ensure that supplies are replenished as they expire or are used.

Naloxone Kits

Ensure Naloxone kits, which are stored in AED boxes, contain the following:

- CPR face shield with valve
- Disposable vinyl gloves/nitrile gloves
- Two Narcan Nasal Spray injectors
- Instructions on Naloxone use

Ensure that supplies are replenished as they expire or are used.

Training

Training on the administration of Naloxone can be found on the UGDSB Learning Management System (LMS). It is required training for all school administrators and is available to all other staff.

Liability

The following excerpts from Ontario legislation protect individuals from liability with respect to voluntary emergency medical or first-aid services.

Good Samaritan Act

“2. (1) Despite the rules of common law, a person described in subsection (2) who voluntarily and without reasonable expectation of compensation or reward provides the services described in that subsection is not liable for damages that result from the person’s negligence in acting or failing to act while providing the services, unless it is established that the damages were caused by the gross negligence of the person.”

“(2) Subsection (1) applies to,

- (b) an individual...who provides emergency first-aid assistance to a person who is ill, injured or unconscious as a result of an accident or other emergency, if the individual provides the assistance at the immediate scene of the accident or emergency.”

Appendix A

Overdose Response Poster

- Staff are encouraged to scan or photograph the poster in Appendix A and carry it on their cell phone for quick reference.

References

- [Good Samaritan Act, 2001](#)
- [Chase McEachern Act, 2007 \(AED use\)](#)
- [WSIB Regulation 1101](#)
- [HSP-008 Automated External Defibrillators](#)
- [Emergency Response Plan](#)
- Administrative Guidelines: Process for School Administration when Debriefing an Employee after a Significant Incident