



## Lay Rescuer How To Training Guide for Trainers

Timing: 70 minutes

### Materials Required:

- REVIVE! PowerPoint
- Training Guide for participants to follow along
- Naloxone demo devices
- Trainer practice REVIVE! kit
- REVIVE kits
- REVIVE! completion cards
- Internet access or downloaded “nuggets” video

### Introductions and Learning Objectives

~3 minutes

Facilitators: **Slides 1-2:** Introduce yourself to the group. Provide a little background and why you are doing the REVIVE training. Engage the group and ask if anyone wants to share why they are taking the training.

### REVIVE! History and Relevant Laws

~5 minutes

Facilitator **Slide 3:** In 2018, Virginia had 1,213 fatal opioid overdoses and since 2013, fatal drug overdose has been the leading method of unnatural death in Virginia. The data shows the need for more access to naloxone.

Facilitator: **Slide 4: Refer specific questions to the commonwealth attorney’s office or advise the group you are not an attorney and cannot give more specific information or interpretation.**

**Immunity from Civil Liability information on slide.** Tip: this law protects lay people from being responsible if they give someone naloxone if they had good intentions.

**Safe Reporting of Overdoses information on slide.** Tip: this law provides a defense for someone involved in an overdose if they sought medical attention.

**The standing order Slide 5:** allows Virginians to walk into a pharmacy and purchase naloxone without needing an individual prescription. “No cost naloxone” can be obtained at local health departments and community services boards. At pharmacies patients can purchase naloxone through insurance or pay out of pocket.

### Understanding Addiction

~ 7 minutes

Facilitator: **Slide 6:** Read information on the slide. Introduce Nuggets video: A short illustrated addiction video.

Question: How did you all feel about this video? Any thoughts?

Facilitator: **Slide 7:** The video shows the initial innocence in trying something. The chase of the great feelings associated with that substance and the steady decline of those feelings. The kiwi (bird) is beat up and bruised from the substance yet no longer able to cope without the substance, the cause of his decline.

What is an Opioid?

~5 minutes

Facilitator: **Slides 8-9:** Read from the slide and then go over some examples of opioids. Explain that terms are regional and they change frequently, google searches of street drug names will help them find relevant an up-to-date terms for their areas.

What is an Overdose?

~2 minutes

Facilitator: **Slide 10:** An overdose is when too many opioids are in the body. **Read the illustration.** The opioid binds to all receptors in the brain, overwhelms the system, the central nervous system becomes depressed and breathing slows, eventually stopping.

What are risk factors for and signs of an Opioid Overdose?

~ 5 minutes

Facilitator: **Slides 11-14:** Read from the slide. Encourage a discussion by asking open ended questions.

What NOT to do in an Opioid Overdose Emergency.

~3 minutes

Facilitator: **Slides 15-16:** Be mindful of jokes/stigmatizing language. Read from slide.

How Naloxone Works and How to administer it

~10 minutes

Facilitator: **Slides 18-23:** Read from the slide illustration. Each formulation has three steps. Point out each formulation comes with **2 doses** in case more than one dose is needed. Demo how Narcan and Evzio work. **Injectable naloxone will NOT be demonstrated by groups not dispensing injectable naloxone, however, it is being more widely distributed across the state so people should be aware of its formulation.**

**Facilitator not dispensing IM injection:** Injectable naloxone is being dispensed by some grassroots organizations that work with high risk groups. In this class we don't teach *how* to administer the injection but it is an FDA approved formulation. This option is preferred by some because they feel it works a little faster, you can taper the dosing, and it has a much lower cost.

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**5 minute break:** during break, assemble dummies and prepare practice stations and practice kits

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Responding to a Suspected Opioid Overdose

~10 minutes

Facilitator: **Slides 26-35: This protocol has changed!**

1. Check for **Responsiveness**
2. Call **911**, if the person isn't breathing give two even rescue breaths.
3. Administer **naloxone**
4. Continue **Rescue Breathing**
5. **Aftercare**

The steps are detailed in the presentation and tips can be read from the presentation.

## Hands-On Training

~20 minutes

Facilitator: Practice going through scenarios with participants. Show how easy the devices are to use to take anxiety in case of a real emergency.

Scenarios will depend on the group—e.g. someone comes home to find someone who is passed out or a friend that has been using drugs is found unresponsive.

**Rescue breathing** may be the only interventions someone can provide if they don't have naloxone during the emergency. Practice how to administer rescue breaths. One breath every five seconds “count out loud, one-one-thousand...two-one-thousand...three-one-thousand...four-one-thousand...Breathe.”

If someone isn't breathing...if someone is breathing still but you are concerned they may soon stop... you aren't sure if this is an overdose but you know they take opioids. Be creative! Remember you are preparing people to save a life!

Ask for Questions and encourage an open conversation.

## Wrap-Up

Facilitator: At the end of the training ensure that you have collected the sign in sheets, as well as, evaluation forms and completed registrations for anyone who did not register in advance. Give them the card verifying they received REVIVE training.