


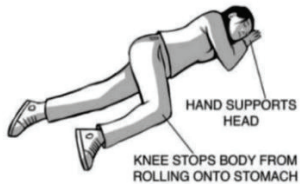
## Opioid Overdose Prevention

**Opioid overdose is a leading cause of preventable maternal mortality in Massachusetts. Opioid use disorder (OUD) greatly increases the risk of death by overdose up to 12 months postpartum.**

Safe Opioid Prescribing	
Ensure the patient and caregivers have access to naloxone.	Prescribe a short duration of narcotic medication (3-7 days).
Use short-acting/immediate-release opioids at the lowest effective dose.	Discuss safe storage and disposal of opioid medication to limit risk for diversion and overdose.
Perform urine drug monitoring for patients taking opioids (confirm use of prescribed medication, and check whether the person is taking other illicit agents).	Engage the patient in an agreement for close monitoring.
<b>Check the Massachusetts Prescription Awareness Tool (MassPAT): All licensed prescribers in Massachusetts have access to MassPAT - <a href="https://massachusetts.pmpaware.net/login">https://massachusetts.pmpaware.net/login</a>.</b>	

Risk Factors for Opioid Overdose
<ul style="list-style-type: none"> <li>Combining use of opioids with other drugs (e.g., benzodiazepines or alcohol)</li> <li>A recent period without any opioid use – high risk of this with postpartum relapse because of the loss of opioid tolerance</li> <li>Contamination of illicit drugs with other active substances (e.g., heroin is often contaminated with fentanyl)</li> <li>Medical risks for respiratory depression (e.g., history of respiratory disease/infection, on other sedating medications)</li> <li>Previous overdose(s)</li> <li>Using alone</li> </ul>

Naloxone (Narcan)	
Naloxone is an opioid antagonist that reverses the effects of opioid intoxication.	
The goal of administering naloxone is to restore respiration and prevent death related to opioid overdose.	
Naloxone is most commonly administered intra-nasally.	
Prescribe naloxone to all patients at risk for overdose.	
Teach patients and friends/family supports how to administer nasal naloxone.	

How to Identify an Overdose	Steps to Manage an Overdose	Recovery Position
<ul style="list-style-type: none"> <li>Pinpoint pupils</li> <li>Decrease/absent breathing</li> <li>Unresponsiveness to loud voice or sternal rub</li> <li>Body goes limp</li> <li>Heart rate slows or stops</li> <li>May have a blue color to skin or nails</li> </ul> <p>Counsel patients and their supports about how to identify an overdose.</p>	<ol style="list-style-type: none"> <li>Call 911 and stay until EMS arrives.</li> <li>Remove the kit from packaging (two sprays per kit).</li> <li>Hold nasal spray with your thumb on the bottom of the plunger and two fingers on either side of the nozzle.</li> <li>Insert the tip of the nozzle into either nostril until your fingers touch the bottom of the person's nose.</li> <li>Press the plunger firmly to deliver the first dose.</li> <li>Remove nasal spray.</li> <li>Wait 3 minutes; if there is no response, administer the second dose in the alternate nostril.</li> <li>Place the patient in the recovery position.</li> </ol> <p>Advise the person not to place the victim in an ice or water bath, induce vomiting, or try to wake by slapping/hitting.</p>	 <p>HAND SUPPORTS HEAD KNEE STOPS BODY FROM ROLLING ONTO STOMACH</p>
<b>The Massachusetts Good Samaritan Law protects people from prosecution for drug possession if seeking help for an overdose.</b>		

Call MCPAP for Moms at: 855-MOM-MCPAP (855-666-6272)

[www.mcpapformoms.org](http://www.mcpapformoms.org)