



American Heart Association®

EmPOWERED to Serve™

End Opioid Use

#EmPOWERChange

END OPIOID USE | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson: *End Opioid Use*

- Opioid Education and Training
- Opioid Overdose and Addiction
- Support in Recovery

Closing Thoughts

- Create a Culture of Health
- Online Resources



WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement supporting people who are passionate about driving change through health justice in their communities.

We're catalysts for change, empowering the equity equation.



AHA's Mission Statement:
To be a relentless force for a world of longer, healthier lives.



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POINT 1: SCIENCE-BASED OPIOID EDUCATION AND TRAINING CAN HELP SAVE LIVES.

What are opioids? How do opioids work?

Knowing the answers to these questions can help provide important information about opioid use and the opioid epidemic.



WHAT ARE OPIOIDS?

Opioids include illegal drugs such as heroin and manufactured products such as fentanyl.

Opioids also include prescription medications such as:

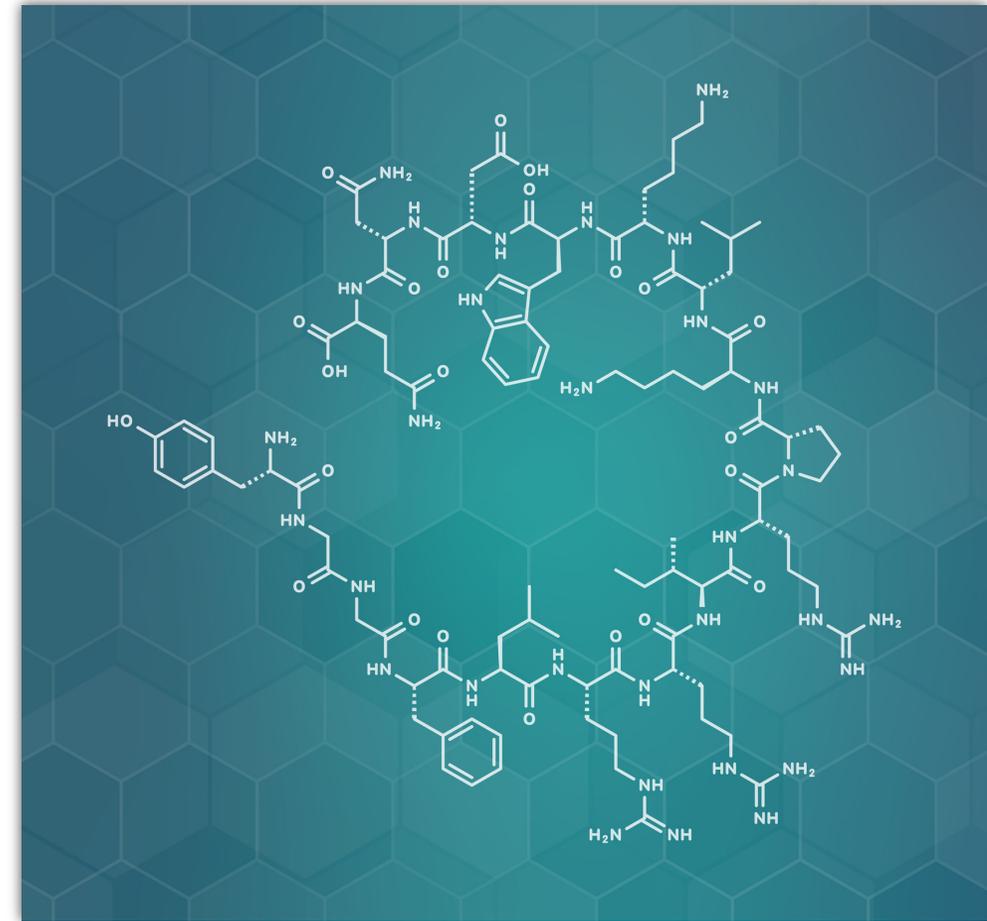
- morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, hydromorphone and buprenorphine



HOW DO OPIOIDS WORK?

Opioids bind to specific receptors in the brain, spinal cord and gastrointestinal tract (lining of stomach and small and large bowel). They decrease the body's perception of pain.

Opioid receptor binding causes the signs and symptoms of overdose as well as the euphoric effects, or "high," with opioid use. So, they're often used for nonmedical reasons and are sold illegally.



COMMON OPIOIDS

People who misuse opioids are at increased risk for addiction and overdose.

It's important to be aware of brand names, common generic names and common street names for opioids.



LIST OF COMMON OPIOID NAMES

Brand Names

Abstral (fentanyl)
Actiq (fentanyl)
Butrans (buprenorphine)
Demerol (meperidine)
Dilaudid (hydromorphone)
Dolophine (methadone)
Duragesic (fentanyl)
Duramorph (morphine)
Exalgo (hydromorphone)
Fentora (fentanyl)
Hysingla (hydrocodone)
Kadian (morphine)
Methadose (methadone)
Morphabond (morphine)
MS Contin (morphine)
Nucynta ER (tapentadol)
Opana (oxymorphone)
Oxaydo (oxycodone)
OxyContin (oxycodone)
Sublimaze (fentanyl)
Xtampza ER (oxycodone)
Zohydro ER (hydrocodone)

Sources: [National Institutes of Health](#),
[National Institute on Drug Abuse](#)

Common Generic Names

Codeine
Fentanyl
Hydrocodone
Hydromorphone
Meperidine
Methadone
Morphine
Oxycodone
Oxymorphone

Source: [National Institute on Drug Abuse](#)

Common Street Names

Apache
Biscuits
Blue Heaven
Captain Cody
China Girl
China White
Cody
D
Dance Fever
Demmies
Dillies
Dreamer
Fizzier
Friend
Lean
Miss Emma

Sources: [National Institutes of Health](#),
[National Institute on Drug Abuse](#)



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POINT 2: RECOGNIZING HOW OPIOID OVERDOSE AND ADDICTION OCCUR CAN PREVENT NEGATIVE HEALTH OUTCOMES.

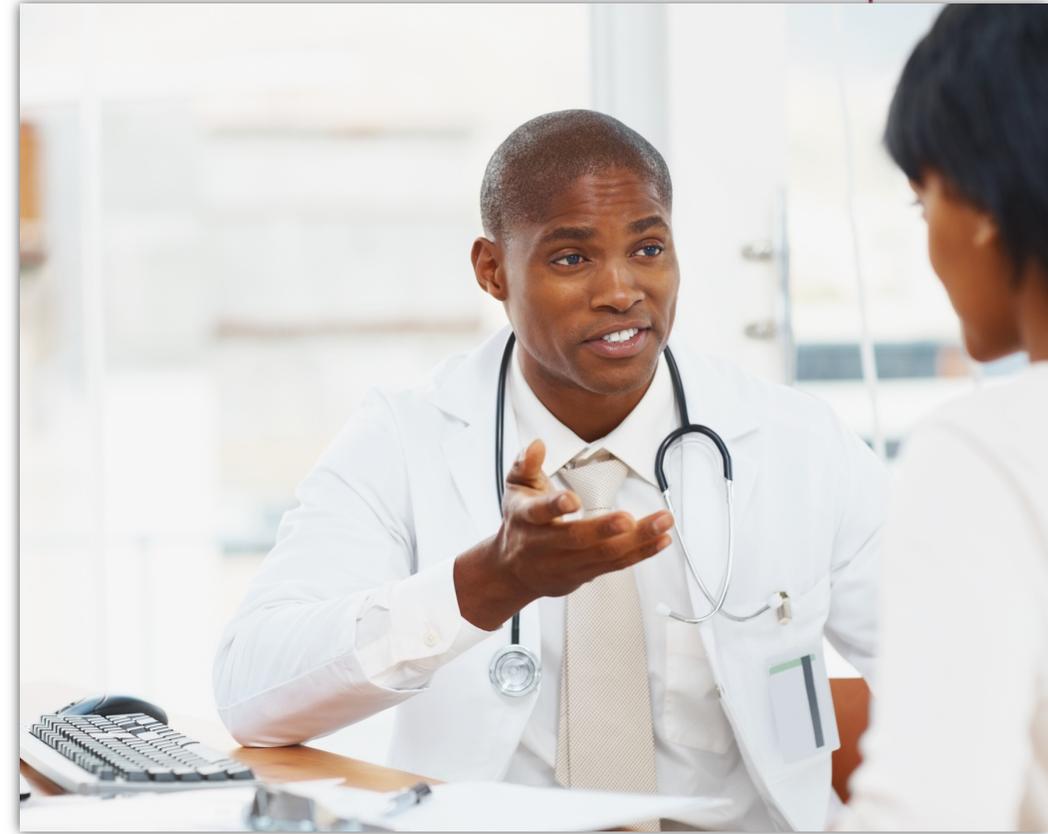
What causes an opioid overdose?

- An overdose is caused by someone taking more opioids than the body can handle.
- This results in unconsciousness or passing out and very slow or no breathing — and sometimes death.



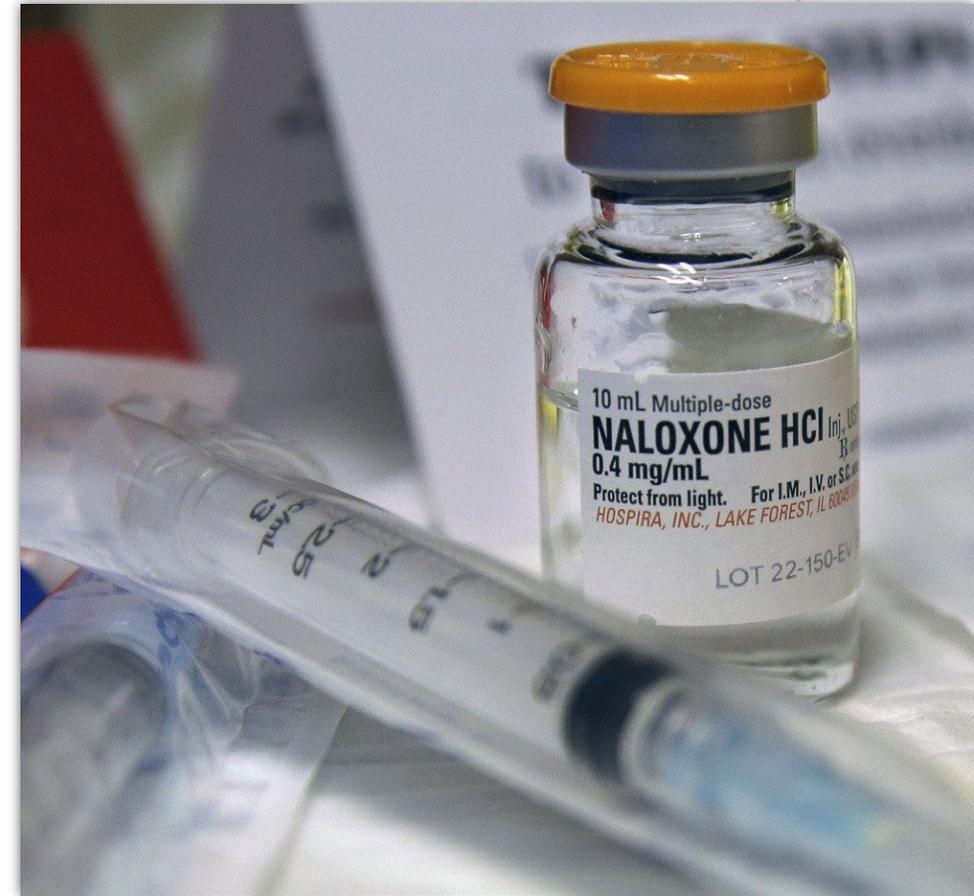
HOW TO RECOGNIZE AN OPIOID OVERDOSE

- **Check** – Is the person hard to wake up? Have they vomited?
- **Listen** – Are they breathing slowly or not at all? Are they snoring or making raspy, gurgling or choking sounds?
- **Look** – Do their lips, fingernails or skin look blue? This may be more difficult to identify with darker skin. Are the pupils of their eyes small?
- **Touch** – Does their skin feel sweaty?



NALOXONE FOR OPIOID OVERDOSE

- It reverses a life-threatening opioid overdose. It only works for opioid overdose.
- Three ways to give naloxone that's FDA approved:
 - Nasal spray
 - Autoinjector
 - Injectable



HOW TO AVOID OPIOID OVERDOSE

- Take medication only if your doctor prescribes it. Make sure to tell your doctor about all medications you're taking.
- Don't take more medication or more often than instructed.
- Call your doctor if your pain gets worse.
- Never mix pain medications with alcohol, sleeping pills or illicit (illegal) substances.



HOW TO AVOID OPIOID OVERDOSE (CONT.)

- Learn the signs of overdose and how to use naloxone to keep an overdose from becoming fatal.
- Teach your family members and friends how to respond to an overdose.
- Dispose of unused medication properly.



HOW DOES ADDICTION OCCUR?

- With repeated substance use, a person prioritizes substance use over other things, even though the amount of the substance must increase to achieve the same level of pleasure. This need for more substance to achieve the same effect is known as tolerance.
- A person with tolerance may feel compelled to keep using a substance just to avoid withdrawal sickness. When a person continues to use a substance despite significant substance-related problems, he or she may have developed a substance use disorder/opioid use disorder.



WHO IS AT RISK FOR OPIOID ADDICTION?

In 2017, synthetic opioids were found to be involved in 70% of all opioid-related overdose deaths among Black people, 56% among Hispanics, and 54.2% among Hispanics in large central metro areas among 45-54 year olds according to the [Center for Disease Control and Prevention](#).

Anyone who uses opioids long term to manage chronic pain, uses heroin or misuses prescription pain relievers is at risk for opioid addiction.

Systemic racism in the medical field can lead to discriminatory practices in prescribing opioids and treating pain in Black and Latine patients, which can lead to harmful outcomes including overdose death.

Others at risk include:

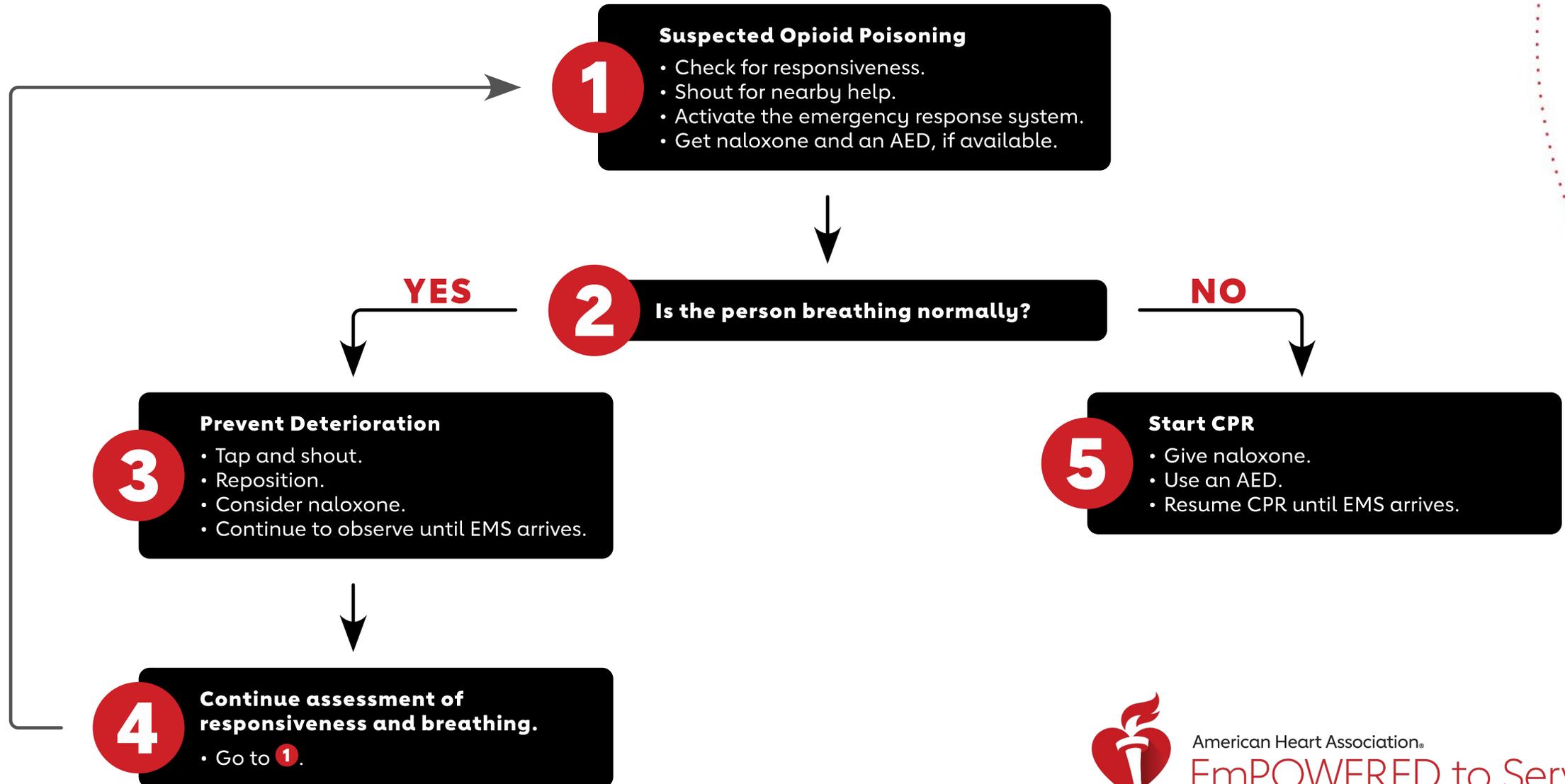
- Those receiving rotating opioid medication.
- Those discharged from emergency care after opioid overdose.



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PROCEDURES FOR OPIOID ASSOCIATED EMERGENCY



POINT 3: KNOWING HOW TO SUPPORT THOSE WITH SUBSTANCE USE DISORDERS IS IMPORTANT FOR RECOVERY.

Opioid use disorder is a chronic disease, much like heart disease.

Destigmatizing addiction is critical to those in recovery, experiencing addiction and loved ones.



SUPPORTING OVERDOSE SURVIVORS

- Survivors of opioid overdose have experienced a life-changing and traumatic event.
- Most need the support of family and friends to take the next steps toward recovery. While many factors can contribute to opioid overdose, it's almost always an accident. The underlying problem that led to opioid use — most often pain or substance use disorder — still exists and requires attention.



SUPPORTING OVERDOSE SURVIVORS

- If it's addiction, the survivor should be referred to a physician who specializes in treating opioid addiction in a residential treatment program or a federally certified opioid treatment program.
- In each case, counseling can help the person manage their problems in a healthier way. The path to recovery can be a dynamic and challenging process, but help is available.



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OTHER RESOURCES

In addition to receiving support from family and friends, overdose survivors can access a variety of community-based organizations and institutions, such as:

- Health care and behavioral health professionals
- Peer-to-peer recovery support groups such as Narcotics Anonymous
- Faith-based organizations
- Educational institutions
- Neighborhood groups
- Government agencies
- Family and community support programs



CHANGING THE LANGUAGE

- Many people who are unfamiliar with substance use disorders may unintentionally use words that perpetuate negative stigmas.
- These words shape the opinions of others, reinforce longstanding stereotypes and adversely affect quality of care and treatment outcomes. They may also deter those with substance use disorders and their families from seeking help.



EXAMPLES OF CHANGING THE LANGUAGE

Avoid These

Use These

Addict, Abuser, Junkie, User	Person with Substance Use Disorder/ Opioid Use Disorder
Clean Sample, Dirty Drug Test	Negative Test, Positive Test
Staying Clean	Maintaining Recovery, Substance-Free
Habit, Drug Habit	Opioid Use Disorder, Opioid Use
Opioid Replacement, Methadone Maintenance	Treatment, Medication-Assisted Treatment, Medication
Suffering from/a Victim of Mental Illness	Experiencing/ Being Treated for/ a Diagnosis/ History of Mental Illness



YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** to join today!



USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us unite communities to build a sustainable culture of health.

Go to EmPOWEREDtoServe.org.

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!



WRAP-UP

We appreciate your feedback!

Tell us what you liked best.

Email us at:
empoweredtoserve@heart.org



WE ARE **EMPOWERED TO SERVE**

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED to Serve Health Lessons. [EmPOWEREDtoServe.org](https://www.heart.org/emPOWEREDtoServe.org)

