

Emergency Treatment for Opioid Overdose

STATEMENT OF PURPOSE

Schools shall be prepared to provide appropriate emergency services to promote the health and safety of individuals in need and provide for safety of by-standers and of those providing care.

AUTHORIZATIONS/LEGAL REFERENCES

V.S.A. 18 § 4240: *Prevention and treatment of opioid-related overdoses:*

<http://legislature.vermont.gov/statutes/section/18/084/04240>

V.S.A. 16 §1165: *Effective Discipline Measures- Alcohol and drug abuse*

<http://legislature.vermont.gov/statutes/section/16/025/01165>

V.S.A. 16 §§ 131-136 *Comprehensive Health Education*

<https://legislature.vermont.gov/statutes/fullchapter/16/001>

V.S.A. 26 § 28: *Professions and Occupations: Nurse Practice Act*

<http://legislature.vermont.gov/statutes/chapter/26/028>

The Board of Pharmacy Protocol for Dispensing Naloxone Kits

<https://www.sec.state.vt.us/media/663043/Adopted-Naloxone-Protocol-Jan-28-2015.pdf>

Vermont Board of Nursing Rules:

<https://www.sec.state.vt.us/media/702345/5-RX-Rules-2015-Final-Adopted-August-24-2015.pdf>

Vermont Agency of Education:

- 4212.3B Emergency first aid: <https://education.vermont.gov/sites/aoe/files/documents/edu-state-board-rules-series-4000.pdf>
- 121.5 Tiered System of Support [Education Quality Standards](#) p. 14
http://education.vermont.gov/documents/EDU-FinalEQS_AsAdopted.pdf
- Rules Governing the Licensing of Educators and the Preparation of Educational Professionals—
 - https://education.vermont.gov/sites/aoe/files/documents/Rules%20Governing%20the%20Licensing%20of%20Educators_9_20_2019.pdf.
 - School Nurse/Associate School Nurse Endorsement: *5440-65 School Nurse (Revised March 2017) (page 178); 5440-65A Associate School Nurse (Revised Sept. 2019) (page 182)*

BACKGROUND

Fatal and non-fatal overdoses from opioids play an increasing role in the mortality and morbidity of Vermonters. In 2013, the Vermont Legislature tasked the Vermont Department of Health (VDH) with developing and administering a statewide pilot program for distributing emergency overdose rescue kits to people at risk of an overdose, and to family members and others who may be in a position to help in the event of an overdose.

The opioid antagonist medication Vermont has selected is naloxone hydrochloride, also known by the trade name Narcan®. Opioid antagonists are safe and effective medication that quickly reverses the life-threatening effects of an opioid overdose. Naloxone is administered by spraying a fine mist up the person's nostrils.

In late 2013 the VDH began distributing Overdose Rescue Kits with nasal naloxone (Narcan®). Each Overdose Rescue Kit contains two doses of naloxone. Naloxone usually acts dramatically, allowing slowed or absent breathing to resume. It is both safe and effective and has no potential for abuse. Naloxone has been used by

paramedics in ambulances and by emergency room clinicians for decades. Direct dispensing to individual Vermonters began in December 2013, with approximately 800 kits dispensed to new clients, and an additional 600 kits dispensed as refills. As of 2018, 7,507 kits have been distributed in Vermont in a pilot program for individual patients.

DESIRED OUTCOMES

School health team response plan for life threatening emergencies includes preparations to safely manage and refer to EMS an individual with symptoms of opioid overdose. Schools will be prepared to minimize sequela of an opioid overdose.

REQUIRED SCHOOL NURSE/ASSOCIATE SCHOOL NURSE ROLES

- Health services, including health appraisal and counseling, communicable disease control, mental health, and emergency and first aid care, shall be made available in a confidential manner to students in each school (Education Quality Standards [EQS], 2014, pg. 11).
- Health services shall be delivered in accordance with the school district's written policies and procedures, which shall be developed in collaboration with parents and community health resources (EQS, 2014, pg. 11).
- Utilize concepts the *Framework for 21st Century School Nursing Practice*™, particularly public and community health in implementing nursing judgement to develop your plan to address substance abuse prevention and emergency response.

RECOMMENDED SCHOOL NURSE/ASSOCIATE SCHOOL NURSE ROLE

- Identify resources for learning about opioid use and abuse, to learn the signs and symptoms, training, emergency treatment and safety needs, skill and equipment needs, and outline the process for notifying EMS and monitoring of unconscious individuals related to opioid overdose.
- Identify stakeholders who will participate in developing and incorporating a naloxone protocol into the supervisory/school district's health services and comprehensive substance abuse prevention program:
 - Administration
 - Students and their family/caregivers
 - Risk management team
 - Student Assistance Program staff
 - Community services and medical providers
- Identify and evaluate competencies and capacity of school response team members who are trained:
 - To provide restraint for any person/student in the school who has a violent behavioral reaction per the school's written procedures (the school nurse role here is about patient safety from the nursing perspective only).
 - And qualified to administer naloxone. Training specific individuals for a specific task for specific students is different from providing a training class to a group of persons for general information. See the Delegation Section of the Manual.
- Identify school prevention programs and follow up/ referral systems
- Outline documentation and follow up procedures that should occur after such an event that includes family centered care, referrals, and a school reentry process.
- Obtain a prescription from the school's consulting physician for the school; have it filled at a pharmacy near you.

RESOURCES

These will be posted on-line. If you have questions please contact the State School Nurse Consultant, sharonlee.trefry@vermont.gov .

National Association of School Nurses:

- *Emergency Preparedness and Response in the School Setting - The Role of the School Nurse* (2014)
<http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smId/824/ArticleID/117/Default.aspx>
- *Drug Testing in Schools* (2013)
<http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatements/tabid/237/smId/824/ArticleId/568/Default.aspx>
- *Mental Health of Students* (2013)
<http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smId/824/ArticleID/36/Default.aspx>

Naloxone: can be purchased through a local pharmacy. Individuals can be directed to Narcan Distribution Locations as listed by VDH.

<https://www.healthvermont.gov/response/alcohol-drugs/narcan-naloxone-overdose-rescue>

SAMPLE POLICIES, PROCEDURES, AND FORMS

NARCAN / NALOXONE OVERDOSE RESCUE <https://www.healthvermont.gov/response/alcohol-drugs/narcan-naloxone-overdose-rescue>

Vermont School Crisis Preparedness Team

- VERMONT SCHOOL CRISIS GUIDE: <https://schoolsafety.vermont.gov/planning/vermont-school-crisis-guide>
- [Summary of School Nurse Roles in a Crisis](#)