

Printable quiz: Recognising and responding to opioid overdose and naloxone administration

(tick all that apply)

1. Which of the following can increase the risk of an opioid overdose?

- using too much heroin/opioids
- change in purity
- using heroin/opioids with other drugs (e.g. alcohol, benzos)
- using heroin/opioids alone
- change in tolerance (e.g. haven't used in a while, after detox, prison)
- using in unfamiliar places, with unfamiliar people

2. Which of the following may be signs of an opioid overdose?

- slow, shallow breathing
- blue lips
- loss of consciousness, won't wake up
- snoring, gurgling sounds (death rattle)
- slumped posture
- clammy skin
- 'On the nod' - in and out of conversation and sleep

3. What would you do in the event of an overdose?

- call an ambulance, Triple Zero, 000
- stay with the person until the risk of overdose has passed
- walk the person around the room
- inject saline, salt water
- give stimulants (e.g. amphetamines, coffee)
- shake the person for a response
- splash the person with cold water
- place the person in a bath or running shower
- perform mouth to mouth resuscitation
- place the person in the recovery position
- give naloxone (Prenoxad™, Narcan™ or Nyxoid®)
- stay with the person until the ambulance arrives
- give naltrexone

4. What is naloxone used for?

- to reverse opioid overdose (e.g. heroin, methadone)
- to reverse amphetamine overdose
- to reverse alcohol overdose
- to reverse benzodiazepines 'benzos' overdose
- to reverse any drug overdose

5. In an overdose situation, what is the recommended way to administer take home naloxone?

(tick all that apply)

- intramuscular injection (inject into the muscle)
- intravenous (inject into the vein)
- oral consumption, swallow (tablet or liquid)
- nasal spray (spray into the nose)
- subcutaneous injection (inject under the skin)

6. What is the preferred location for injection?

- upper outer thigh
- upper outer buttock
- upper outer arm
- vein
- subcutaneous tissue

7. How long does naloxone take to start working?

- 2 – 5 minutes
- 5 -10 minutes
- 10 - 20 minutes
- other_____

8. How long does naloxone last?

- less than 20 minutes
- 2 – 6 hours
- 30– 90 minutes

9. How long before another dose of naloxone can be given?

- 2-5 minutes
- 10-20 minutes
- 1 hour
- anytime is ok

10. What are the steps when giving intranasal naloxone?

- place the person on their back
- squirt the naloxone into the persons mouth
- spray all of the intra-nasal Nyxoid® into one nostril
- test pump the nasal spray

Note: this quiz was adapted from the OOKS Scale¹

¹Williams, A. V., Strang, J., & Marsden, J. (2013). Development of Opioid Overdose Knowledge (OOKS) and Attitudes (OOAS) Scales for take-home naloxone training evaluation. *Drug and Alcohol Dependence*, 132(1–2), 383-386. doi: <http://dx.doi.org/10.1016/j.drugalcdep.2013.02.007>