

Nanaimo – Drug Overdose Impact

City of Nanaimo Committee of the Whole

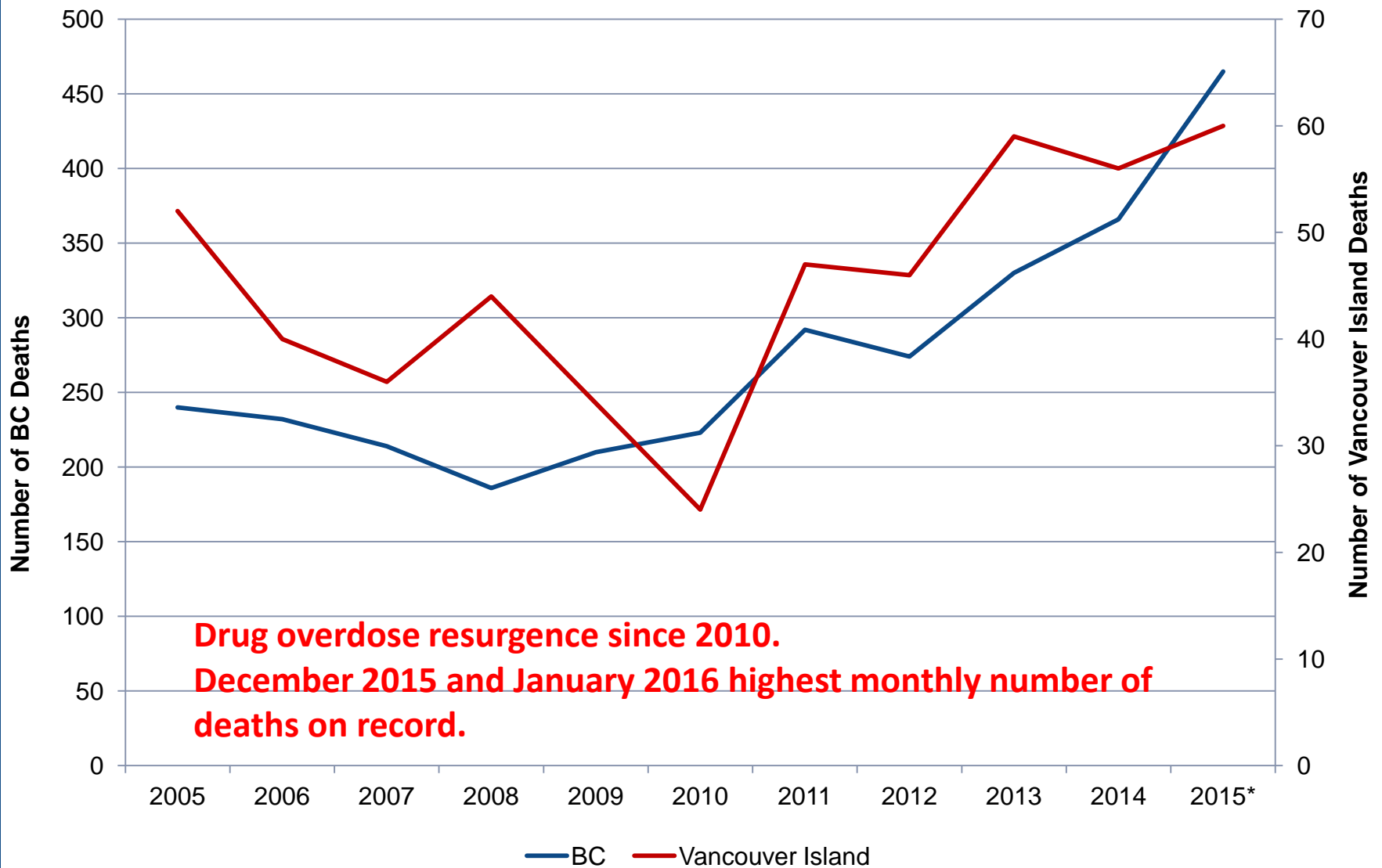
March 14, 2016

Presentation

Paul Hasselback

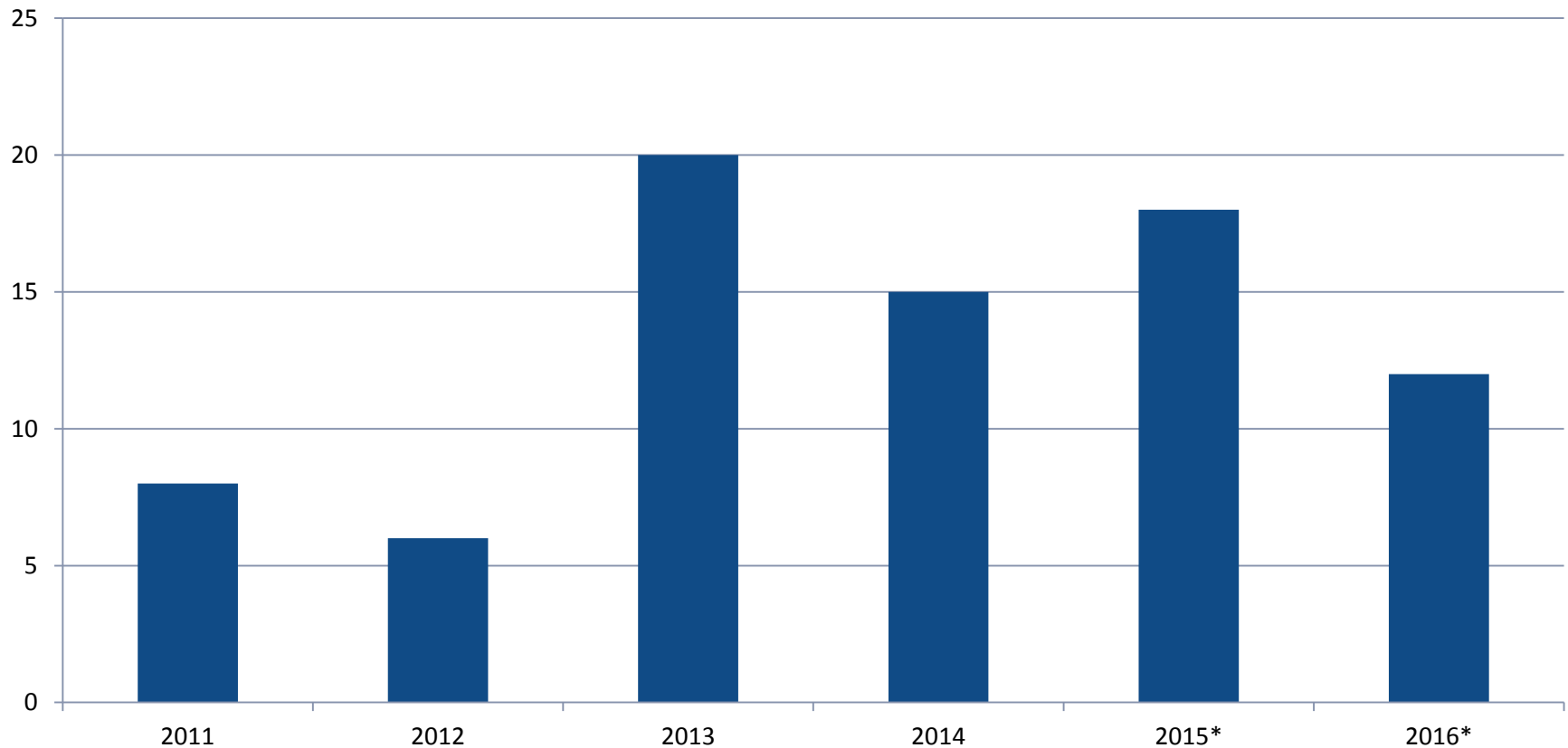
Central Island Medical Health Officer

Illicit Drug Overdose Deaths in BC and Vancouver Island, 2005-2015



Nanaimo Overview

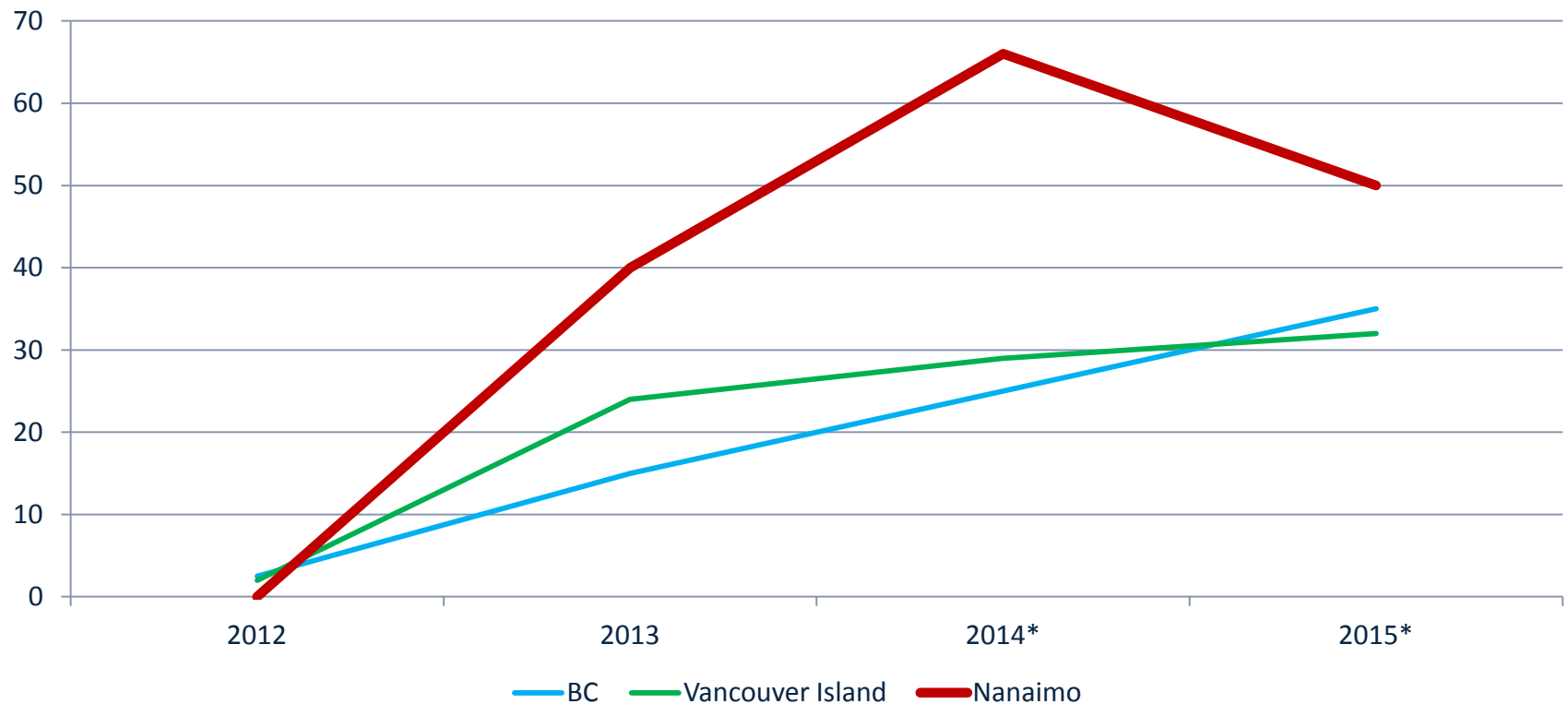
Total Illicit Drug Overdose Deaths, Nanaimo, 2011-2016
As of February 29, 2016



*Data include cases under investigation by coroner's office

Overdoses with Fentanyl Involvement

Proportion of Fentanyl-Involved Overdose Deaths, 2012-2015

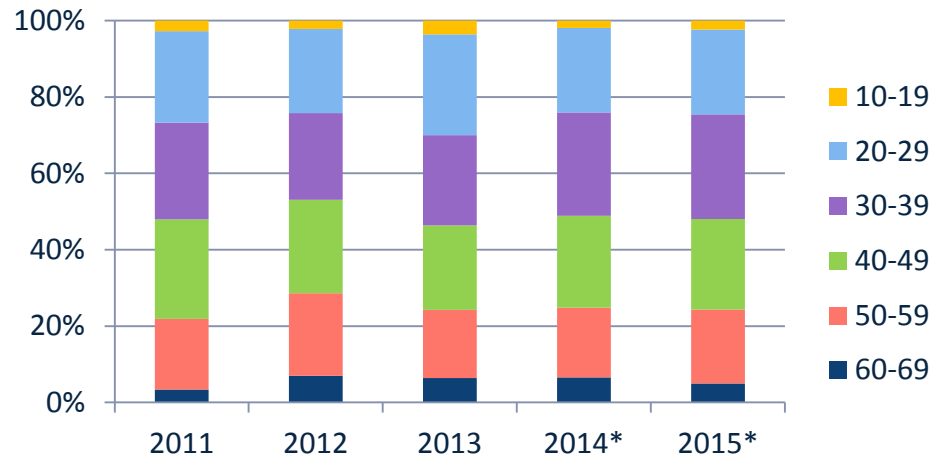


Provincial Overview

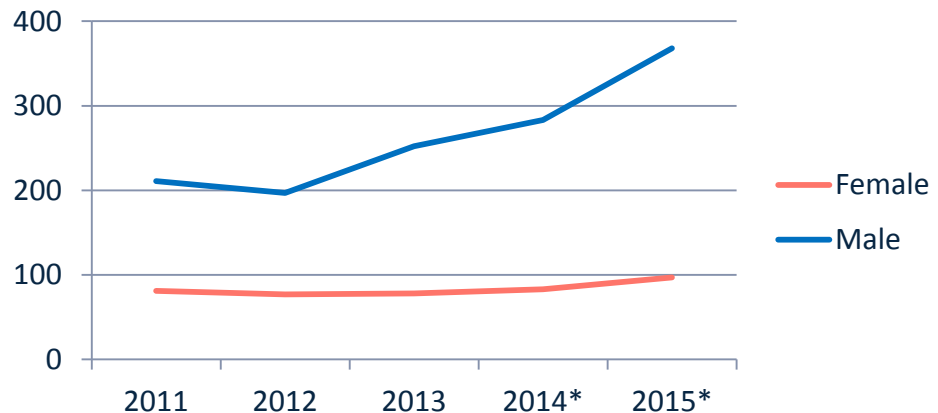
*Illicit Drug
Overdose
Deaths by
Gender
2011-2015:
Female ~25%
Male ~75%*



Illicit Drug Overdose Deaths by Age Group, 2011-2015

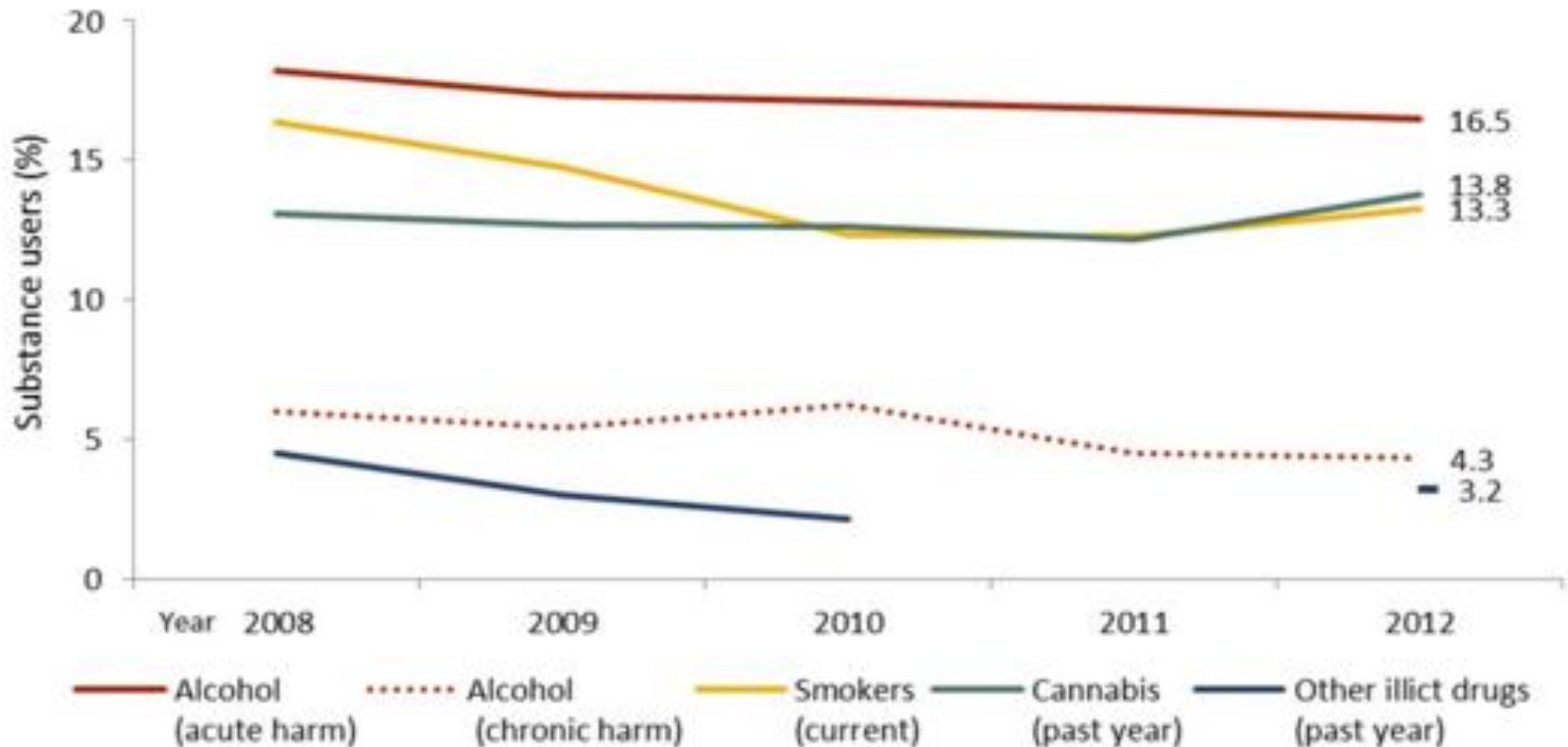


Illicit Drug Overdose Deaths by Gender, 2011-2015



Substance Use Trend

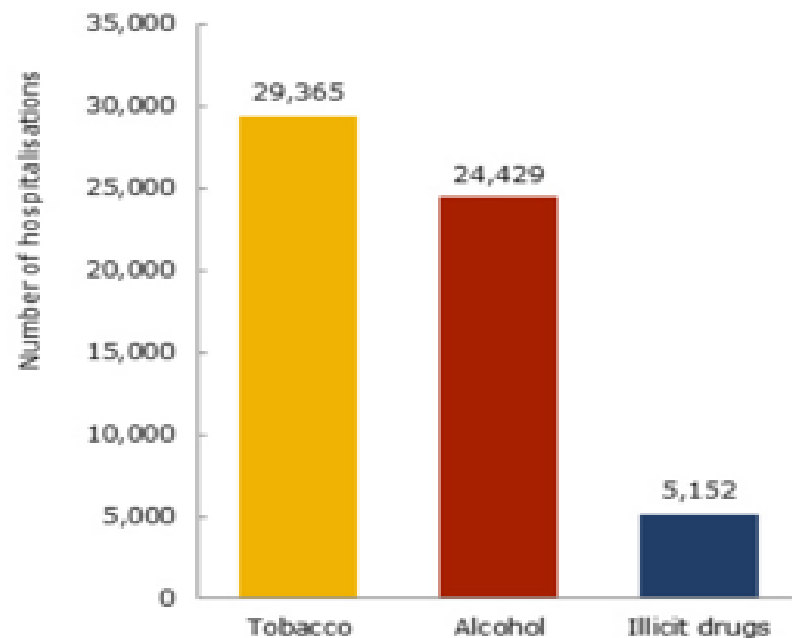
Prevalence of past year substance use in BC, age 15+ 2008-2012



Estimate unstable for other illicit drug use in 2011 and has been suppressed.

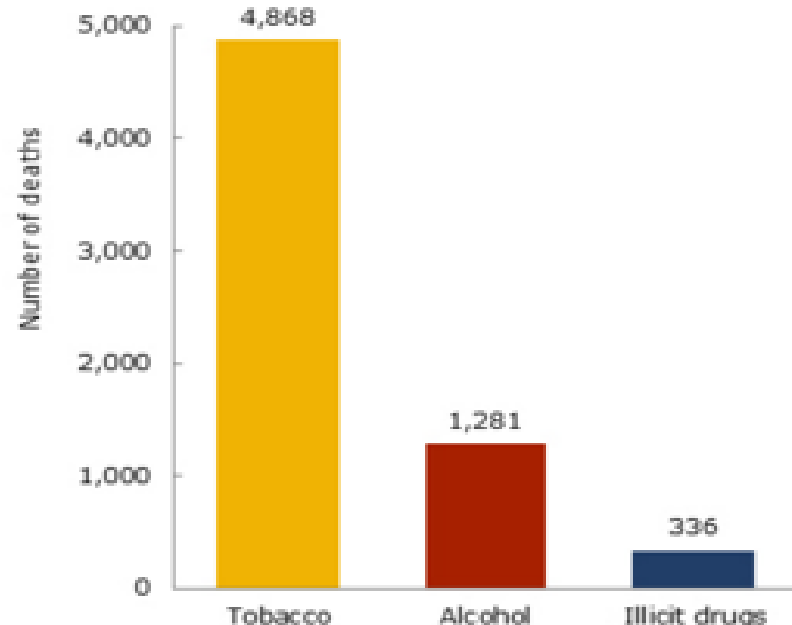
Substance use: Mortality and Morbidity

Number of BC Hospitalizations Related to Substance Use, 2013



Source: BC Alcohol and Other Drugs (AOD) Monitoring Project, Centre for Addictions Research of BC

Number of BC Deaths Related to Substance Use, 2013



carbc.ca



University of Victoria

Centre for Addictions Research of BC

The Changing 'Street' Environment

- Fentanyl has become more available in last 3 years.
- Effect comparable to heroin - may be longer lasting.
- Most product 'imported' - not medical diversion.
- Higher concentration allows for smaller weights to be smuggled.
- Cheaper.
- Newer analogues being seen that are more potent per weight.
- Poly pharmacy with many street supplies including narcotics and stimulants.

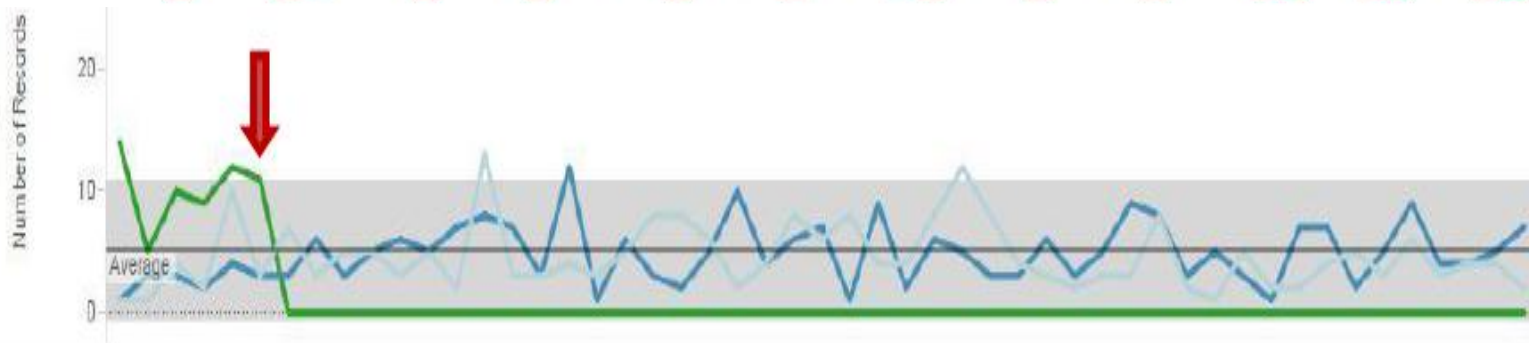
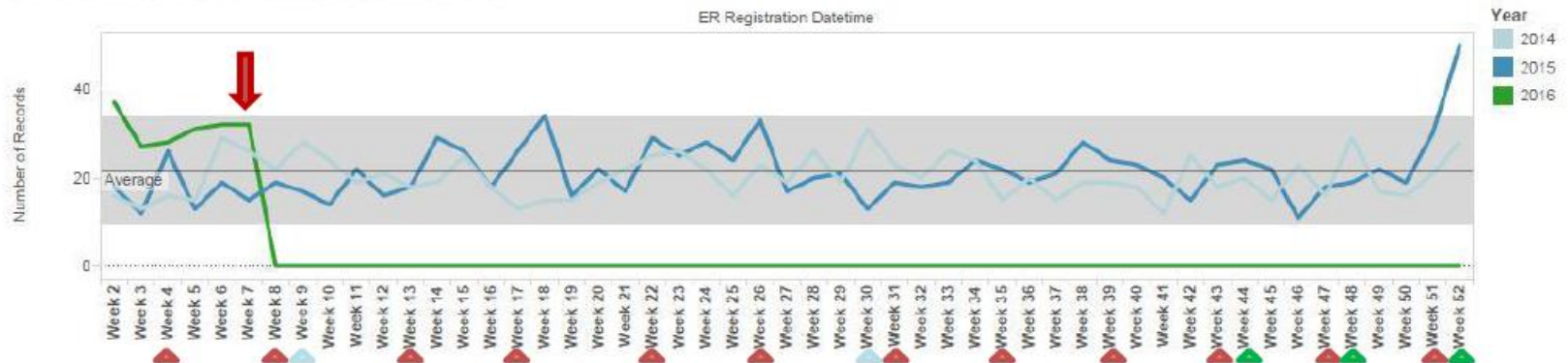
Nanaimo Overdose Prevention & Management – Working Group

- Formed in late 2014 in response to increased burden of overdoses associated with fentanyl.
- Focused on:
 - Developing an overdose surveillance system.
 - Coordinating community alerts in a timely fashion.
 - Increase access to Take Home Naloxone.
 - Bring together key service providers.
 - Medical Health Officer, BC Coroner Services, BC Ambulance Services, RCMP, Aids Vancouver Island, NARSF, Public Health, Mental Health & Substance Use, Discovery YFSUS, Nanaimo Regional General Hospital – ER Department, Chief Pathologist, Opioid Substitution Therapy – Physician.

Overdose Monitoring System

- Active collaboration and information exchanges with:
 - Actively generating weekly reports for Vancouver Island.
 - Participate in the BC Drug Overdose Alert Partnership (DOAP).

Weekly volume of ED Visits with Overdose-Ingestions Presenting Complaint, all FirstNet sites by year
For the week beginning 07/02/2016



OVERDOSE ALERT

Overdose deaths are happening in your community.

Don't Use Alone—Carry Naloxone! Naloxone saves lives. Find out where you can get this life-saving antidote and carry it with you. Ask a friend. Visit www.towardtheheart.com or call Health Link B.C. at 8-1-1.

BE DRUG SMART:

- Try a smaller amount first
- Don't use alone
- Don't mix drugs; one at a time
- Have an overdose response plan
- Carry Naloxone (*Narcan)



SIGNS OF AN OVERDOSE:

- Slow breath or no breath
- Slow pulse or no pulse
- Trouble walking and/or talking
- Blue lips and/or fingertips

DON'T WAIT! **CALL 911**

POSTED JANUARY 2016

Overdose Prevention

- Together is better – avoid using alone.
- Test a small sample of drugs – confirm what it is, strength and tolerance.
- Avoid mixing drugs – mixing increases the risk of overdose.
- Have an overdose response plan.
- Get trained in Take Home Naloxone .
- Call 911.

Take Home Naloxone Kit



SAVE ME – Overdose Response with a Take Home Naloxone Kit

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



Stimulate
Unresponsive? **CALL 911**



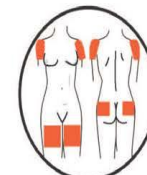
Airway



Ventilate
1 breath every 5 seconds



Evaluate



Muscular Injection
1 mL of naloxone

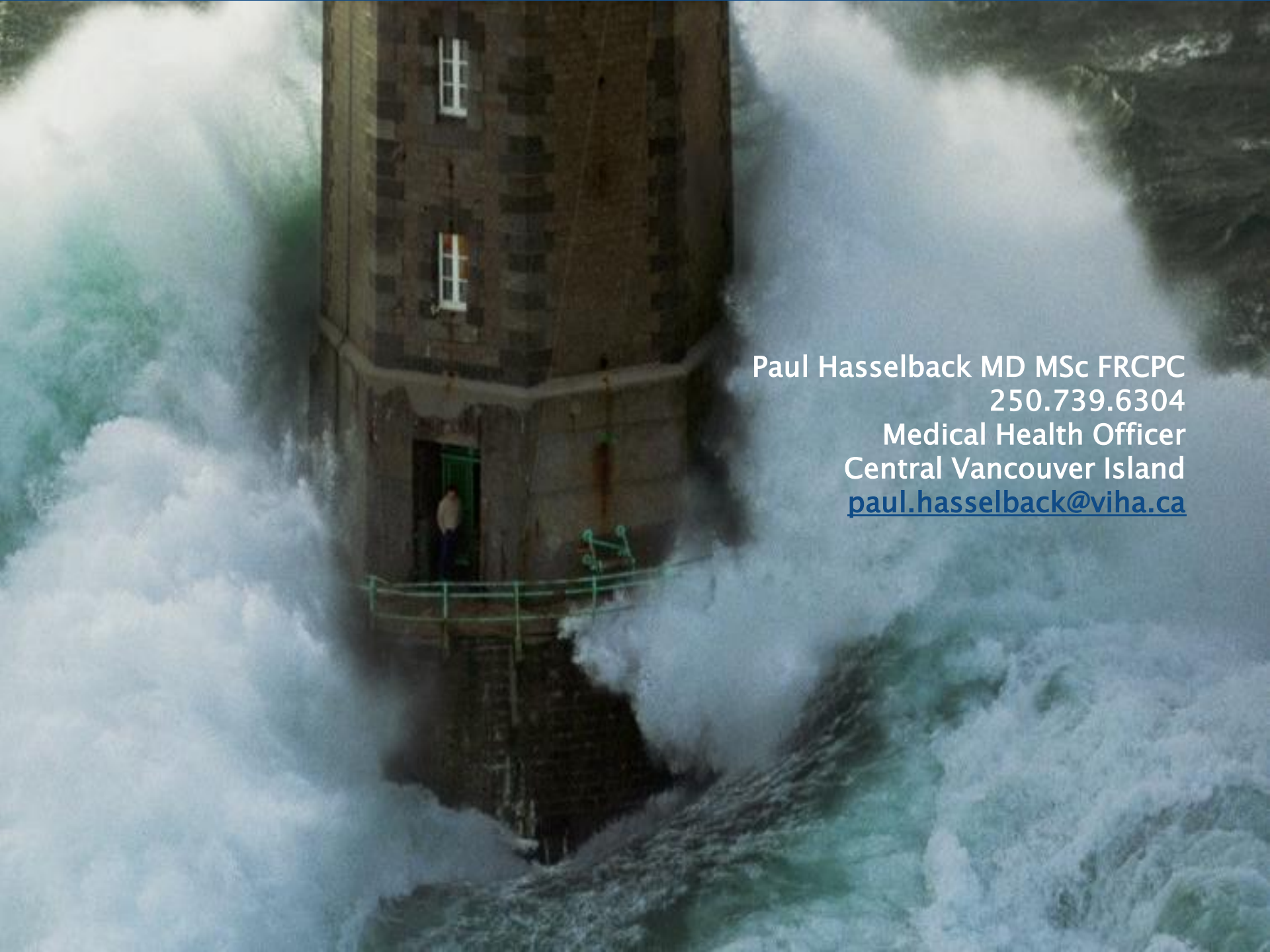


Evaluate
2nd dose?

For more information visit www.towardtheheart.com

Longer Term Needs

- Effective prevention of drug use and addiction.
 - School/university programming
- Early intervention activities
 - Access to peer support/counselling
- Major policy shifts.
 - Address negative impacts of underground economy
 - Access for users to test drug product
- Safer consumption sites.
- Increased access to detox and treatment programs. Treatment effectiveness low and best setting unclear
 - Current 12 detox beds for whole of Central Island 2-3 wk wait
 - 500 beds initiative
 - Rehab expensive
- Health professionals with more addiction training.
- Increased access to opiate substitution (methadone).



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