

• Offer naloxone to every patient with an opioid prescription

Make offering naloxone a habit. Normalize it to reduce stigma.

- ✓ Place naloxone kits in your line of sight as a visual reminder.
- ✓ Place a kit on display for patients to see.
- ✓ Teach other staff members to offer naloxone to distribute the workload.

• How to start a conversation with patients about naloxone

Be direct and consistent.

- ✓ You are a role model for your patients and coworkers. Be a leader.
- ✓ Think of naloxone as part of the counselling for each opioid prescription. Always include naloxone in your conversations about opioid prescriptions.

Use a regular and routine conversation starter:

- ✓ *"Have you heard about naloxone? I offer it to every patient I have with an opioid prescription."*

• Watch your language

Words can be stigmatizing and can stop people who use substances from asking for help.

- ✓ Use language that reduces stigma to allow for more positive and open conversations between you and your patients.
- ✓ Use patient-friendly language to describe overdose symptoms such as slow breathing or adverse reaction to opioids.

Less stigmatizing:

- ✓ Person who uses drugs
- ✓ Substance use disorder
- ✓ Harmful substance abuse

More stigmatizing:

- ✗ Addict
- ✗ Dirty
- ✗ Drug abuse

• Identifying patients with risk factors for opioid toxicity

Offer a naloxone kit to everyone with an opioid prescription, especially:

- ✓ Acute opioid prescription ≥ 50 MED/day
- ✓ Chronic opioid prescription ≥ 90 MED/day
- ✓ Taking multiple sedating medications (e.g. benzodiazepines)
- ✓ Restarting an opioid or rotating from one opioid to another
- ✓ History of mental illness, including alcohol use disorder
- ✓ Renal, hepatic, respiratory, or heart disease
- ✓ Receiving opioids from multiple sources
- ✓ Taking opioid agonist therapy (i.e. methadone)
- ✓ History of opioid overdose or intoxication
- ✓ No social support
- ✓ Using while alone
- ✓ Individuals experiencing homelessness
- ✓ Older adults (over 65) / frail
- ✓ Recent abstinence (detox program, prison)

• Tips for when patients decline a naloxone kit

Be respectful. Not everyone feels like they're in a position to use a kit. If a patient declines:

- ✓ The first conversation doesn't have to be the last conversation.
- ✓ Focus the discussion on how to safely use opioids for pain.
- ✓ Let them know if they change their mind, the kits are always available at the pharmacy.
- ✓ Invite them to contact you if they have any further questions.

Mention naloxone again the next time you speak with them:

- ✓ *"Have you given any more thought to a naloxone kit?"*
- ✓ *"Do you have any more questions or concerns about naloxone that I can help you with?"*
- ✓ *"Would you like me to add a naloxone prescription to your refill?"*