

Naloxone Distribution and Administration in Vermont – Data Brief

Opioid Misuse in Vermont

The United States is in the middle of an opioid epidemic. In 2015, 12.5 million Americans misused prescription pain relievers.¹ In that same year, Vermont had the 5th highest prevalence of past year heroin use compared to other states.² In 2016, there were 106 accidental and undetermined opioid-related fatalities in Vermont, up from 75 in 2015 and 61 in 2014.³

Vermont's Response

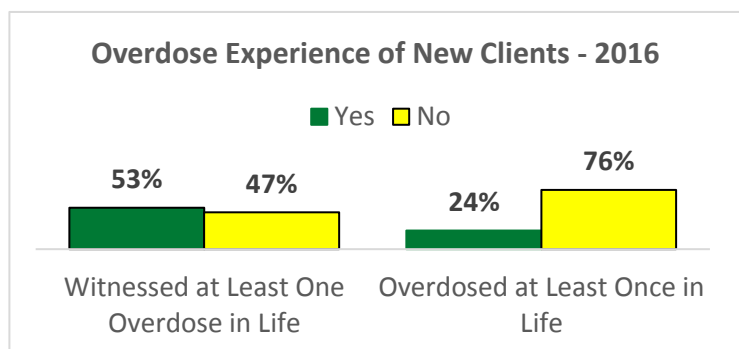
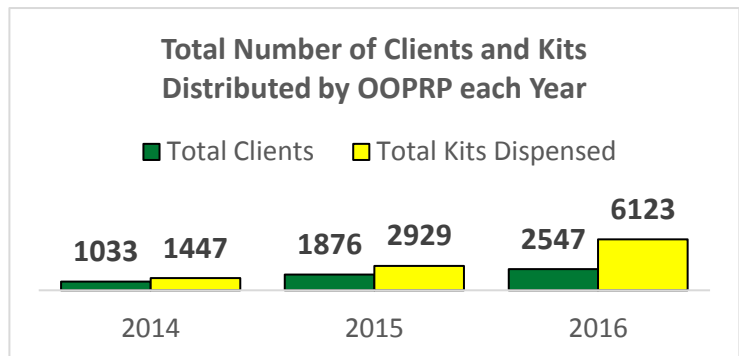
In an effort to reduce the number of opioid-related fatalities, the Department of Health began distributing naloxone (Narcan®) as part of the Naloxone Pilot Project in December of 2013. Naloxone is an opioid antagonist. When sprayed into the nose of a person who has overdosed, it will block the effects of the opioid, restoring normal breathing. In the event of an overdose, naloxone should be administered as quickly as possible. It is safe, easy to administer, and has no potential for abuse.

The goal of the Pilot Project has been to distribute naloxone overdose rescue kits, containing a single 4 mg dose of nasal naloxone spray (originally two-2 mg doses until July of 2016), to individuals who are at risk for overdose, family members of those at risk, and anyone who may be in a position to help in the event of an overdose. Additionally, community-based organizations who distribute naloxone provide overdose response training, opioid misuse prevention training and referrals to treatment. After several years of providing these services to surrounding communities, the Pilot Project is now known as the Opioid Overdose Prevention and Reversal Project (OOPRP).

OOPRP Survey and 2016 Client Profile

Since 2014, there has been a steady increase in both the total number of clients and the amount of naloxone distributed. Over twice as many naloxone rescue kits were dispensed in 2016 than in 2015.

In 2016, the OOPRP collected information from new clients. New clients were 37 years old on average. Half were men, and most were white (94%) and non-Hispanic (98%). About half said they had witnessed at least one overdose in their life (53%). Of the 24% of new clients who reported that they had overdosed at least once in their life, 68% said they most recently overdosed on heroin.



¹ National Survey on Drug Use and Health (NSDUH) Data Review: <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR2-2015/NSDUH-FFR2-2015.htm#tabb-3>

² 2015 NSDUH

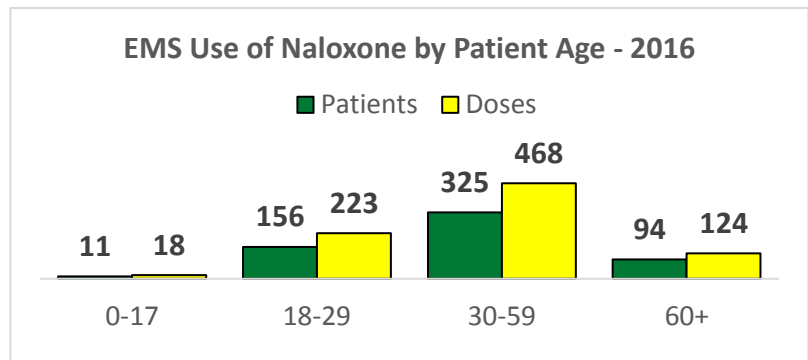
³ Vermont Opioid-Related Fatalities: http://www.healthvermont.gov/sites/default/files/documents/pdf/ADAP_Data_Brief_Opioid_Related_Fatalities.pdf

EMS Use of Naloxone

Contacting emergency medical personnel could be the difference between life and death for someone suffering from an overdose, whether they have been administered naloxone or not. All Vermont-based EMS agencies report their use of naloxone into the Statewide Incident Reporting Network (SIREN).

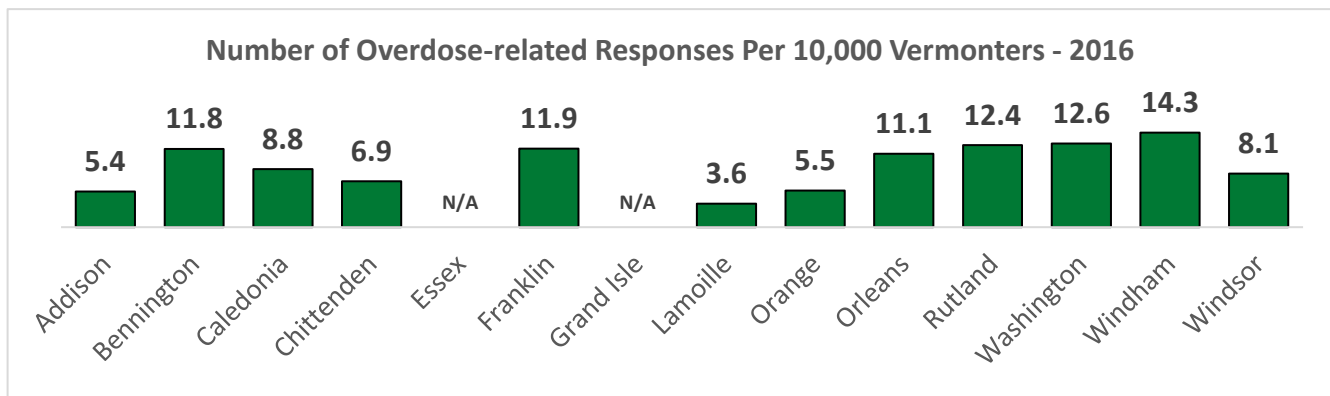
In 2016, SIREN indicates Vermont EMS agencies administered 835 doses of naloxone to reverse opioid overdoses in

587 patients.* Individuals who were administered naloxone by EMS personnel were about 42 years old on average, 61% were female, and 55% were between 30 and 59 years old. Most doses were administered intravenously or intranasally (87%), and the majority of patients were administered either 1 (68%) or 2 (26%) doses.



Data Source: Vermont State Incident Reporting Network (SIREN).

Although EMS agencies in Chittenden County accounted for about one-fifth of Vermont EMS-reported overdoses and administration of naloxone, the actual rate of overdose-related responses by EMS agencies in other counties like Windham, Washington, and Rutland was higher. The rate of overdose-related responses by EMS agencies in Chittenden County was 6.9 per 10,000 Vermonters while the rates of overdose-related responses by EMS agencies in Windham, Washington, and Rutland counties were 14.3, 12.6, and 12.4 per 10,000 Vermonters, respectively.



Data Source: Vermont State Incident Reporting Network (SIREN).

Note: Data from Essex and Grand Isle has been suppressed due to insufficient data.

Conclusion

The opioid epidemic has taken a significant toll on the state of Vermont. A large amount of naloxone spray has been given out at the community level through the Opioid Overdose Prevention and Reversal Project which has led to a large amount of overdose reversals and saved hundreds of lives. In 2016, among those who reported that naloxone was used in a perceived overdose setting, 98% said it reversed the overdose. In addition, Vermont EMS agencies have administered hundreds of doses of naloxone to those suffering from overdose, further helping Vermonters in need.

***Note - EMS agencies do not administer a standardized dose of naloxone so this data is not comparable to that collected by the Opioid Overdose Prevention and Reversal Project.**

Opioid Overdose Prevention and Reversal Project Data – 2017:

The following data is updated on a quarterly basis. Historic data may change if there are delays in reporting, and all data in the following tables should be considered preliminary until final data is published.

Quarterly totals will not match yearly totals for returning clients. For example, if a unique client visits an OOPRP site in 3 out of 4 quarters during the year, they count 3 times toward the total number of unique returning clients if counted by discrete quarters. However, they would only count one time toward the total number of unique returning clients if a count was done for that single year.

Clients and Distribution of Kits – 2017*				
2017 Quarter	Q1	Q2	Q3	Q4
Number of New Clients	412	364	417	266
Number of Returning Clients	236	260	243	214
Other Clients	23	66	48	46
Total	671	690	708	526
Kits of Naloxone Distributed	1585	1735	1629	1724

*Clients are classified as new/returning/other using the following criteria: (1) new clients are those receiving naloxone who are filling out a naloxone survey for the first time; (2) returning clients are those receiving naloxone who have filled out a naloxone survey at any point since the start of the naloxone program (December 2013) prior to their visit; and (3) other clients are those not receiving naloxone who are filling out the survey – regardless of whether they have visited an OOPRP site for naloxone in the past or not.

Information Reported by Naloxone Kit Recipients*					
2017 Quarter	Q1	Q2	Q3	Q4	Total
Overdoses Reported by Naloxone Kit Recipients	58	101	102	126	387
Number of Individuals Administered Naloxone in Response to a Perceived Overdose	51	97	98	120	366
Number of Kits Used to Reverse a Perceived Overdose	81	185	213	234	713
Successful Overdose Reversals Reported	48	94	94	113	349

*This information is reported by individuals who have received a naloxone kit through the OOPRP at any point in time – not just those picking up a naloxone kit at the time of the survey.

For more information about this report, please contact Jeffrey Trites at Jeffrey.Trites@vermont.gov.

More information about the Opioid Overdose Prevention and Reversal Project can be found at:

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

More information about SIREN can be found at:

<http://www.healthvermont.gov/emergency/ems/siren-statewide-incident-reporting-network>