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**Free Narcan Access & Fentanyl Test Strips**

**Overview:**

In order to address the rising rates of opioid overdose in Cook County, the Illinois Department of Human Services (IDHS)/Substance Use Prevention & Recovery (SUPR) Program offers free Narcan to high-risk individuals from registered Drug Overdose Prevention Programs (DOPPs). The IDHS has approved U. Chicago Medicine **Department of Obstetrics & Gynecology** as a DOPP, making us **eligible to distribute Narcan without cost** to high-risk individuals.

In accordance with the State of Illinois’ Opioid Action Plan (September 2017), increasing naloxone (Narcan) training and access to distribute is one of nine central strategies to reduce opioid deaths.

More information on the program, including helpful Narcan educational materials, can be found here: <https://www.dhs.state.il.us/page.aspx?item=58142>

In addition, the City of Chicago provides free fentanyl test strips for individuals to test their substance of use for fentanyl and carfentanyl at home.

**Indications for free Narcan Distribution:**

Any patient with:

* Any History of opioid overdose, Opioid Use Disorder (OUD), or Substance Use Disorder (SUD) (particularly alcohol and cocaine), regardless of current narcotic prescription
* Any patient on Buprenorphine (including Suboxone, Zubsolv, etc.) or Methadone, regardless of current narcotic prescription
* Any patient receiving a narcotic prescription who also meets one or more of the following criteria:
  + Receiving >50 MME (morphine milli-equivalents)/day or >7 day prescription
  + Family members (especially children and elderly) or caregivers in the home with a history of OUD/SUD, or who may accidentally/purposefully ingest them
  + Concurrent use of benzodiazepines, muscle relaxants (e.g. Flexeril), Gabapentin, or other opioid-potentiators
  + Pregnant or Post-partum (<12 months)
  + Bears additional risk factors for overdose: sleep disorders (e.g. OSA), renal/hepatic insufficiency, age 65+, Depression/Mental Health Condition
* Any patient who specifically requests it for themselves or a family member/partner/peer

*\*Patient’s with Medicaid can receive Narcan without cost through the DCAM Outpatient Pharmacy with or without a prescription from their provider. However, direct distribution of Narcan is highly encouraged so as to eliminate the need for the patient to obtain it from the pharmacy which can at times pose an additional barrier to receiving Narcan.*

**Indications for Fentanyl Test Kit Distribution:**

* Any of the above indications for Narcan Distribution
* Any individual who uses illicit cocaine, methamphetamines, or marijuana and would like a fentanyl drug testing kit for themselves or another individual

**Process & Distribution Instructions:**

1. Identify a patient in need of Narcan
2. Notify Clinic Manager or Operations Director (Chris McMahon or Katie Mussatt) (to obtain from clinic), any OB RN/MD (to obtain from L&D triage), or Dr. Andrew Fisher who will provide you the Narcan Kit and/or Fentanyl Test Kit as well as educational information/instructions, including a take-home Narcan Quick-Start Guide (see below)

* Patient information must be logged in the log book at the time of distribution for Narcan distribution
* Information needed includes:
  + MRN
  + Age
  + Race/Ethnicity
  + Sexual Orientation/Gender Identity
  + Zip Code
  + Diagnoses (e.g. High Risk Pregnancy, OUD, SUD, Opioid Dependence, Metastatic Cervical Cancer, etc.)
* There is no log or information required for Fentanyl Test Kit distribution

1. No additional Narcan prescription (electronic or handwritten) is needed from the provider
2. Counsel the patient on why you are recommending they receive Narcan and/or Fentanyl Test Kit. Emphasize that it is not a suggestion that they suffer from a Use Disorder (although some do, and should be counseled as such), but that it is a life-saving tool that can be used on themselves, or a family member/friend in the event of an accidental or intentional opioid overdose

* Narcan may be requested for a patient by any provider, nurse, or MA
* Both Narcan and Fentanyl Test Kits have been shown to save lives

1. Review the Narcan Quick Start Guide with the patient
   1. Explain that Narcan can be used on any person who is believed to have suffered an opioid overdose
   2. Explain that Narcan is NOT HARMFUL to the person if it is administered and they are not suffering from an opioid overdose
   3. Explain that they are permitted to administer Narcan to ANYONE when there is reasonable suspicion of opioid overdose, and there are NO legal consequences to doing so
   4. Show patient the demo model (located in Katie Mussatt’s office and on L&D in the cabinet behind the Charge RN)
2. Consider short-interval follow-up with your patient, if indicated
3. Enter a brief progress note in the patient’s Epic chart that Narcan was dispensed and education provided, and add Narcan to their Medication List in Epic
   1. Add Narcan instructions to AVS, MyChart Message, or D/C Instructions using SmartText “Narcan” or from the SmartSet “OBGYN OUD/SUD Orders” -> “Patient Education” -> “MNO NARCAN QUICK START GUIDE” and “MNO NARCAN RESCUE LIST”
   2. Feel free to copy SmartPhrases “NARCANDISPENSENOTE”, “NARCANPATIENT”, AND “NARCANPROVIDER” from Andrew Fisher

**Safe Opioid Prescribing Pearls:**

* Develop treatment goals, plan
* Exhaust non-opioid options first
  + Tylenol, NSAIDs, PT
* Use Lowest Effective Dose (doses >50 MME/day a/w increased risks of overdose/OUD
  + - Start at 15-20MME/day, max 90 MME
      * Ex) 2.5mg oxycodone q4h = 15MME/day
      * Mind your APAP- >3-4g Tylenol day = hepatotoxicity (less for chronic EtOH use or liver dzz)
* Limit Rx to less than 7d (<= 3d usually sufficient)
* Start with IR, not ER/LA (higher non-fatal overdose with ER/LA initiation)
* Short-term Follow-up to re-evaluate benefits/harms
* Rx Narcan when additional risk factors for overdose present (or, always)
  + h/o overdose, concurrent EtOH/benzo/potentiators (e.g. Gaba, Benadryl), anticipated tolerance change (preg/postpartum), other medical conditions (sleep disorder, hepatic/renal insufficiency, age >65, depression), children/elderly at home
* Check the IL PDMP & UDS at initiation and q3mo

**Narcan Quick-Start Guide (below)**

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