

## BACKGROUND

Opioid overdose deaths in teens are drastically increasing due to more potent and dangerous drugs.<sup>4</sup> Schools are responsible for keeping students and staff safe by anticipating and preparing for various emergencies on campus.<sup>3</sup> Expanding naloxone availability to include all K-12 schools is a core harm reduction strategy that addresses the opioid epidemic and increases student and staff safety.

### Problem:

- North Thurston Public Schools (NTPS) has received free naloxone kits for every school, but district policy only allows access to naloxone in high schools.

### Purpose:

- Develop a policy addendum for NTPS to include elementary, middle, and high schools.
- Create a training program to educate staff regarding naloxone storage locations for each school, administration education, and opioid overdose response management.

### Practice Question:

- How does implementing naloxone into the emergency response protocol in the K-12 school setting affect the ability of the school personnel to respond to opioid-related drug overdose situations in one school year?

## METHODS

### Theoretical framework:

- The Iowa Model of Evidence-Based Practice<sup>2</sup>

### Literature review:

1. Non-medical bystander administration of naloxone is safe and effective.
2. Naloxone training increases overdose recognition and management.
3. School nurses can implement a naloxone training program and are in the ideal position to provide opioid education and naloxone training to school personnel.

### Deliverables:

- Pre-recorded and narrated PowerPoint presentation to train staff on naloxone administration and opioid overdose response management.
- Pre- and post-assessment surveys to assess the knowledge gained and the effectiveness of the PowerPoint presentation training.
- Naloxone administration infographic handout to attach to each naloxone kit with simple instructions on administering naloxone, recognizing signs of an overdose, and managing an opioid overdose. The infographic will also be used for documentation of training pass-off and to track the number of staff that have completed the training.



Figure 1

## EVALUATION

Step 1: Present deliverables and policy addendum to the NTPS Board of Directors for approval.

Step 2: Upon approval, present the training program to the school nurse team.

Step 3: Send an email to NTPS faculty with instructions for the following:

- PowerPoint presentation
- Pre- and post-assessment survey

Step 4: Send the naloxone administration infographic to the school nurse team for attachment to naloxone kits and documentation of staff training.

Step 5: School nurses to implement the naloxone training program for faculty during the annual emergency preparedness training at the beginning of each school year.

Step 6: Send the nurse survey to the school nurse team to evaluate if the training was valuable and beneficial to them.

## CONCLUSIONS

- Early access to naloxone is an effective strategy for preventing opioid overdose deaths.
- Schools equipped with naloxone better prepare staff to intervene in an opioid overdose among students, staff, parents, spectators at sporting events, or even pedestrians near campus.<sup>1</sup>
- School nurses are often the first responders to a health emergency in the school setting but are not always in each building. Therefore, school nurses are in the perfect position to provide opioid overdose education and naloxone administration training to school personnel to prepare staff to respond in an emergency.
- Incorporating naloxone as part of the school emergency plan is a proactive community-based approach that provides school staff with the necessary tools to prevent overdose deaths and save lives.

## REFERENCES

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2. Melnyk, B. M., & Fineout-Overholt, E. (2019). Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice (Fourth). Wolters Kluwer.
3. National Association of School Nurses. (2020, June). Naloxone in the school setting. NASN. <https://www.nasn.org/nasn-resources/professional-practice-documents/position-statements/ps-naloxone#:~:text=NASN%20POSITION%20is%20the%20position%20of%20the,into%20the%20school%20emergency%20preparedness%20and%20response%20plans>.
4. National Institute on Drug Abuse. (2022a, June 3). Monitoring the future 2021 survey results. <https://nida.nih.gov/research-topics/trends-statistics/infographics/monitoring-future-2021-survey-results>

### Figures

1. NicePNG. (n.d.). Nasal spray. [https://www.nicepng.com/ourpic/u2q8t4u2t4a9u2y3\\_nasal-spray-narcan-nasal-spray-png/](https://www.nicepng.com/ourpic/u2q8t4u2t4a9u2y3_nasal-spray-narcan-nasal-spray-png/)