

UiO **Institute of Clinical Medicine**
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Nasal naloxone for overdose prevention in Norway: results from the first IV years



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Seraf

Conflicting interests

- None to report
- This is an investigator initiated study that received governmental funding from 2014 to 2018
- It was recently extended with another 4 years for 2019 to 2022

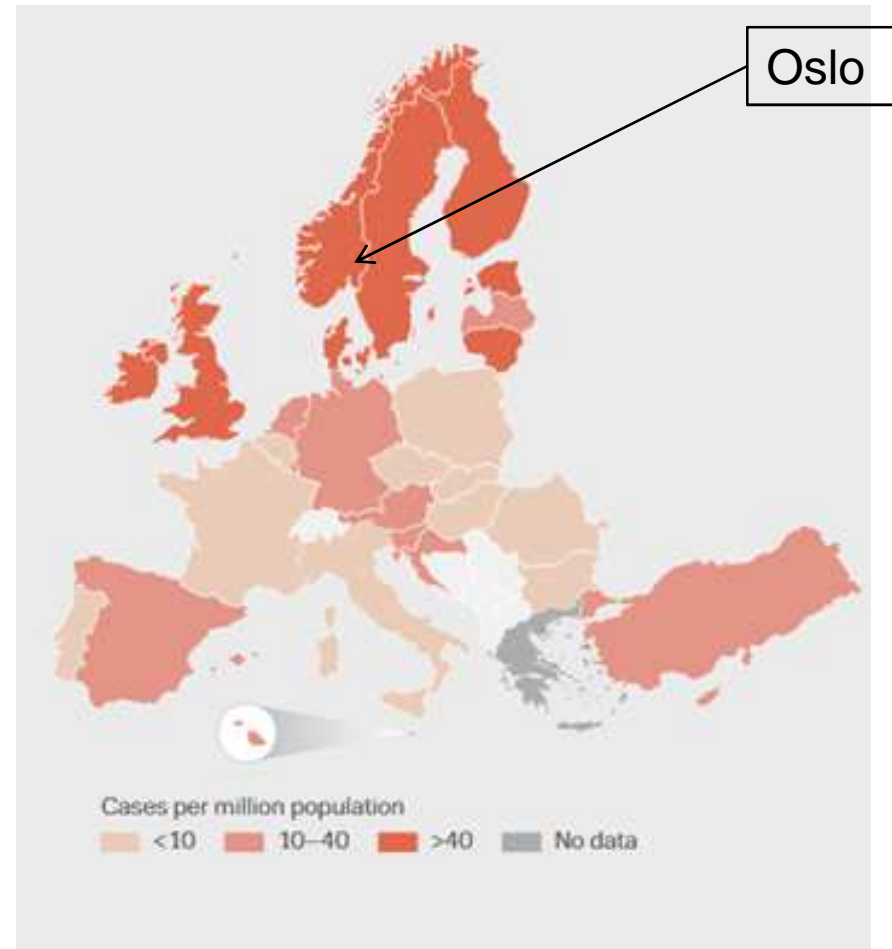
Norway

- 5.5 million people
- 8500-12500 “opioid drug users”
- +/-260 annual deaths
- 68/1,000,000 (15-64 yrs)
- High rates of injection

Since 2014:

A national overdose prevention policy

Multifaceted strategy



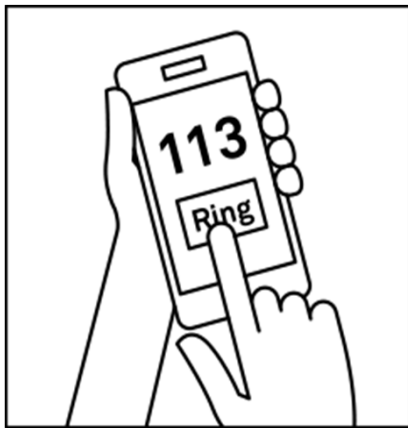
Take home naloxone foundation

- Acquisition of the best commercially available intranasal device (transition in 2018)
- Ability to distribute without prescription
- No cost to participant
- Staff training via existing facilities



Goal: Overdose prevention training

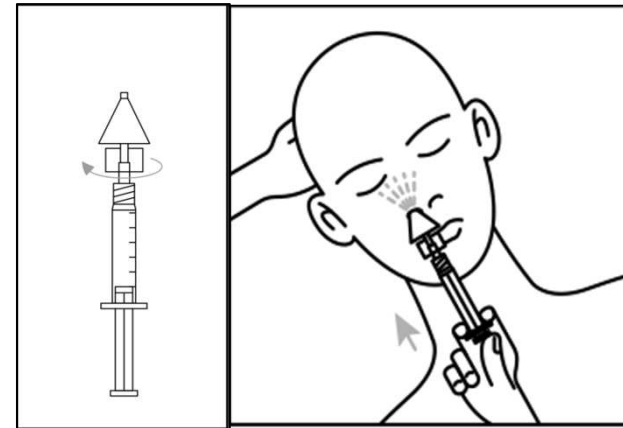
- Clients trained on overdose risks, recognition and response



Ambulance



Rescue
breathing



Naloxone



Recovery position & aftercare

Data collection

1. Self-reported questionnaire data:
 - Initial: demographic data, risk factors, overdose history (personal and witnessed)
 - Refil: use of naloxone, overdose situation, outcomes
2. Permission to link with the Norwegian prescription drugs database (NorPD)
3. Causes of death registry - for the future

Data collection considerations

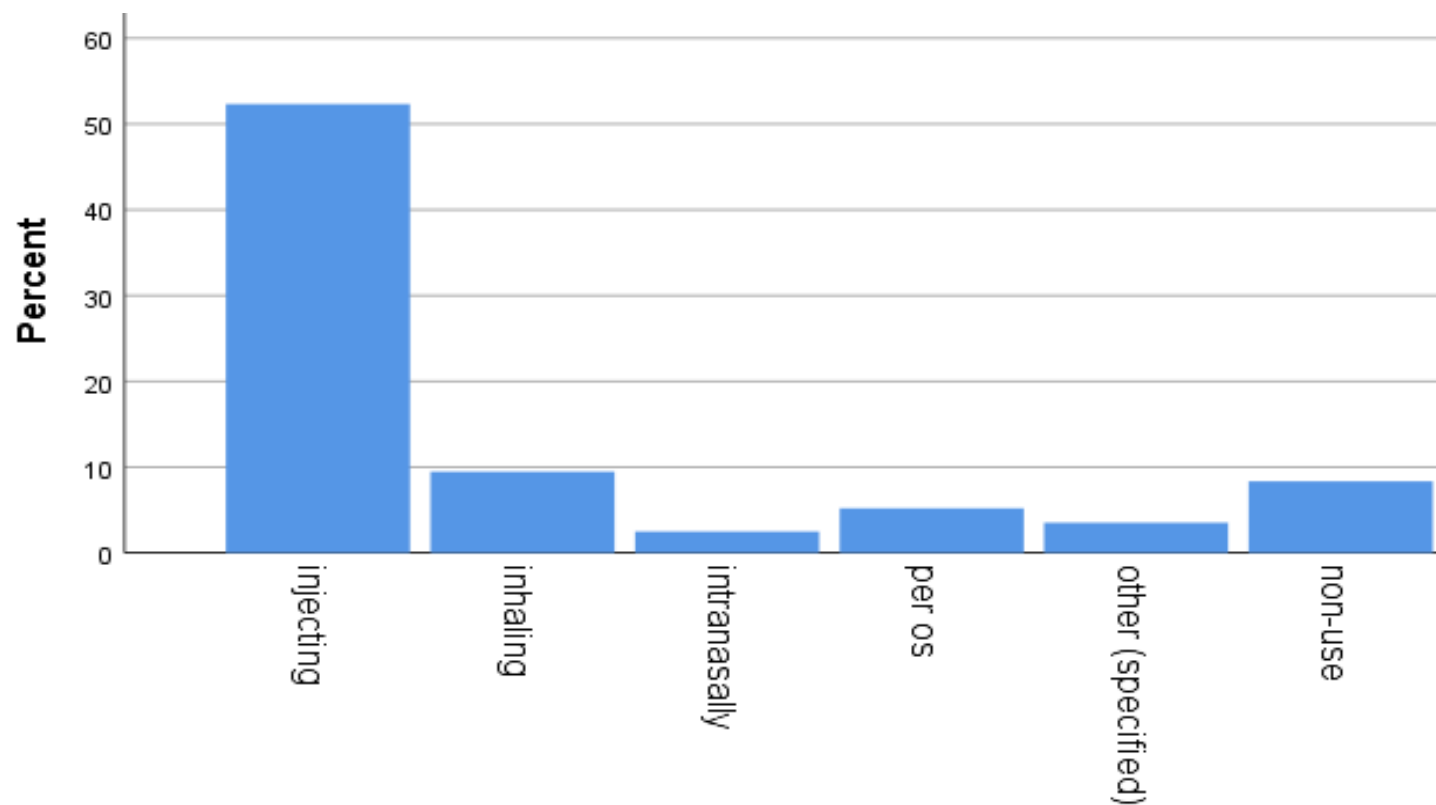
- Completed by one of the 1000+ staff trainers (not researchers)
- Forms used as a tool for discussions around OD prevention (risk factors)
- Debriefing when discussing ODs
- Transition to exclusive online data collection
- Combining paper with electronic dataset

Findings

Participant characteristics

- 85% were opioid users
- 63% male
- Most exhibited at least one known risk factor for overdosing
 - Periods of non-use
 - Mixing opioids with other drugs
 - Injecting
 - Using while alone

Risk factor- injecting: (N=1047)



Using alone

- 85% reported using alone (either sometimes, most of the time, or all of the time)
- Inherently difficult with take-home naloxone
- Area for outreach

Distribution rates and refills

- Approx. 10,000 sprays distributed since the start
- In 2018 refills exceeding initial
 - 61% refills
 - 63% of refills used on an overdose

Coverage

- 497 substance users in 7 Norwegian cities
- Estimate proportion of those that had:
 - Attended a naloxone training (58%)
 - Currently possessed naloxone (43%)
 - Had used naloxone (15%)

Findings for 2014 – 2018

- Covered the target group through cooperation with existing low threshold facilities (> estimated 100 sprays per 100,000 pop per year)

Bystander reported mortality

- None during ambulance transport
 - 1 death at the site
 - 1 death in hospital
 - 3 reported «unknown»

Findings summary

- Indication that target group met
 - High distribution rates, refills, and reported saves
- Naloxone was successful at nearly all events
- Coordinated use of existing network offered access to heterogeneous group
 - More effort towards non-injecting groups

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