Molly & the Opiates

It's not a new band

History of Opiate Use

- Extract from the Poppy plant
- Used medicinally and recreationally for thousands of years
- Referred to as the “plant of joy” as early as 4,000 BC
- Important and vital medication when used appropriately

Common Opioids

- Hydrocodone (Vicodin)
- Oxycodone (OxyContin, Percocet)
- Morphine & Fentanyl
- Heroin
- Methadone
From the Spokesman Review...

Spokane Fire Department responds frequently to opioid related calls

Special guest: Spokane Assistant Fire Chief Brian Schaeffer

Classic signs of opioid intoxication

- Depressed mental status
- Decreased respiratory rate
- Decreased tidal volume
- Constricted pupils

Classic signs of opioid intoxication

- Signs & symptoms may be complicated by multiple drug ingestion
- Don’t get tunnel vision
  - Assess for hypoglycemia, head trauma & other injuries
Management of Opiate OD

• Airway, airway, airway
  – Support ventilations & oxygenation
  – Suction if necessary
  – Support BP with IV fluids if able

Management of Opiate OD

• Monitor vitals including oximetry and End Tidal CO2 if available
• Check blood sugar and temperature
• Naloxone administration if protocols allow

How Naloxone works...
### Naloxone (Narcan)

- Do not delay basic airway/ventilation support to administer Narcan
- Narcan can be administered:
  - IV
  - IM (manual or auto-injector)
  - Intranasal

### Naloxone (Narcan)

- Products meant for lay-person or first responder use
  - Nasal Spray
  - Auto-injectors

### Naloxone dose

- Check local protocols
  - IV 0.4 mg first dose, may repeat up to 2 mg
  - Intranasal: 1 mg each nostril
- CAUTION: Pt may become combative
  - Be prepared for seizures in opioid-dependent patients
  - Treatment goal is to restore respirations
  - Repeat doses likely needed
Management of Opiate OD

- PROVIDER SAFETY!!
  - Patients may wake up suddenly and violently

Molly, MDMA or Ecstasy

What is Molly?

- Advertised to be a pure form of MDMA (methylene dioxy methamphetamine) or Ecstasy
- In reality, it can contain a variety of drugs like meth (or similar chemical)
- Usually ingested in tablet, powder or crystal form
- Very popular at raves, dance parties & electronic music festivals
What is Molly?

- MDMA is a serotonergic amphetamine that generally causes feelings of euphoria, empathy, excitement, and well-being
- Patients with MDMA toxicity may exhibit CNS agitation or obtundation, hypertension (or hypotension in late stages), tachycardia, hyperthermia, seizures, hyponatremia, DIC, rhabdomyolysis & Serotonin Syndrome

Serotonin Syndrome

- Potentially life-threatening condition associated with increased serotonergic activity in the central nervous system (CNS).
- Clinical features:
  - Anxiety, agitated delirium, hyperthermia, hypertension, tremors, muscle rigidity & hyper-reflexia

What is Molly?

- Even moderate doses can be deadly when used in hot environments in conjunction with physical activity like dancing
- Hyperthermia becomes uncontrollable as the drug interferes with body’s ability to eliminate heat
- The main mechanism leading to death may be leaking of the blood-brain barrier and fluid accumulating in the brain
**General Management**

- Protect airway, Support ventilations, intubate if necessary
- Treat agitation, tachycardia, hypertension and seizures with generous amounts of benzos (do not give phenytoin or haldol)
- For persistent hypertension, treat with nitroglycerine or Nipride- NOT Beta Blockers

**General Management**

- Activated charcoal may be given if ingestion is recent (within an hour)
- Treat chest pain with Oxygen, ASA & Nitro
- Treat hyperthermia aggressively with active external cooling and benzos. (do not give antipyretics like Tylenol)
  - Stop cooling around 102° to avoid over-shooting

**Cooling Measures**

- Ice water bath
  - [http://emcrit.org/wee/ice-bath-hyperthermia/](http://emcrit.org/wee/ice-bath-hyperthermia/)
- Cool, wet towels with fan blowing
- Use spray bottle and mist patient with fan blowing over them
- Ice packs to neck, groin, axila
- Cold IV fluids
- NG lavage with cold water
A Review of the Do’s and Don’ts

• Do give:
  – Generous benzos if BP allows
  – Suggest Versed drips for longer transports
  – Nipride or Tridil for hypertension
  – Early & aggressive cooling measures until temp reaches 102°
    • Ice water bath
    • Spray mist w/ fan
    • Cold, wet towels w/ fan
    • NG lavage with cold water
    • Ice packs & cold IV saline

• Don’t give:
  – Haldol or Droperidol (interferes with heat dissipation)
  – Beta Blockers (unopposed alpha can cause worsening vasoconstriction)
  – Tylenol (ineffective)
  – Phenytoin (ineffective)
  – Dantrolene (questionable effectiveness and low-tech cooling works faster)

Post - Test

1. What are the classic signs of opioid intoxication?
   a) Depressed mental status
   b) Decreased respiratory rate
   c) Decreased tidal volume
   d) Constricted pupils
   e) All of the above
2. You are dispatched for an unresponsive person. Upon arrival, you find a young adult male lying on the sidewalk near the bar. He is unresponsive with a RR of 6 and pulse of 56. What should you do first?
   a) Ask bystanders of they know what happened
   b) Place on cardiac monitor and treat with Atropine
   c) Immediately administer 2mg Narcan
   d) Open airway & assist ventilations with BVM

3. The treatment goal for naloxone administration is:
   a) Restoration of patient's normal level of consciousness
   b) Restoration of adequate respirations
   c) Improvement of GCS by 1 point
   d) Wake patient up enough so they can tell you what drugs they have ingested

4. In their pure forms, Molly & MDMA (Ecstasy) are associated with which of the following signs & symptoms? (Choose all that are correct.)
   a) Feelings of excitement & euphoria
   b) Tachycardia
   c) Bradycardia
   d) Hypertension
   e) Hyperthermia
   f) Hypothermia
   g) Respiratory depression
5. You are caring for a 21 year old female at a Rave who reportedly had a seizure. She is now lethargic with a HR of 136, RR 24, BP 188/96. She feels hot, so you check her axillary temperature, which reads 106.5°. After ensuring her airway & breathing are adequate, what is your next priority?
   a) Get her temperature down
   b) Get her BP down
   c) Get her HR down
   d) Administer Narcan

Special thanks to Sheila Crow of Stitchin' Dreams Embroidery

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For providing our Secret Question prize