Information on the Naloxone Kit Instruction Insert

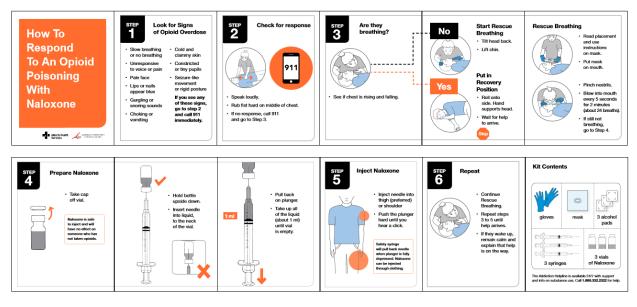
Research partnership results in easy-to-follow instruction insert for Community Based Naloxone Kits

The Naloxone Kit instruction insert started appearing in kits in September 2019. There is no need to replace the previous version of the insert in the kits you have in stock.

Based on feedback from people with lived experience it was identified that an easier to understand how-to insert was needed. Over the past 18 months, the Community Based Naloxone (CBN) Program has partnered with experts in Visual Design at the University of Alberta, an emergency physician from Calgary, the Human Factors team at Alberta Health Services, and <u>Alberta Community</u> <u>Council on HIV</u> (ACCH) harm reduction service providers to update the instruction insert contained in the kits.



Following the collaborative design work, testing with voluntary participants in a simulated suspected overdose/poisoning scenario, and gathering feedback, the final design was completed.



Front and back of new Naloxone Kit instruction insert

The insert can be viewed at <u>https://www.albertahealthservices.ca/assets/info/hrs/if-hrs-cbn-how-to-respond-to-an-opioid-poisoning.pdf</u>.





Community Based Naloxone Program naloxone.kit@ahs.ca|ahs.ca/naloxone Updated February 2020

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Why was the insert updated?

The inserts were developed as part of a research project to improve health literacy with the use of visual design. This project focused on feedback from people with lived experience.

The inserts have simplified instructions with language and accompanying high-contrast graphics that allow people of varying literacy levels to follow the instructions through text and visual cues.

What were the findings of the research?

Some key learnings from this work were incorporated in the revision process and into the final version of the insert.

- It is important to use vocabulary that is familiar to the reader. Illustration should relate what the reader already knows (what they expect and recognize).
- Images need to clearly represent the action and avoid being abstract; it was important to indicate the correct administration of the injection (what the needle would look like and where on the thigh or arm it should be injected.
- Layout and configuration of the text and images needed to be clear enough for the reader to see any options and appropriate sequence of actions.
- Instructions should be designed to reflect the way that people would perform the action of the instructions.
- Shorter sentences and phrases with few words and bullets aid in comprehension of instructions.
- **There is no substitute for training**. Instructions should be a part of a larger educational initiative that includes guided instruction and practice.

If you have any additional questions, feedback, or concerns about the instruction insert in the Naloxone Kits or the research project, please contact us at <u>naloxone.kit@ahs.ca</u>.