

# 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 [Alberta Community Council on HIV](#) (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.

<p><b>How To Respond To An Opioid Poisoning With Naloxone</b></p> <p>Alberta Health Services   MEDICAL SERVICES</p>	<p><b>STEP 1</b> Look for Signs of Opioid Overdose</p> <ul style="list-style-type: none"> <li>Slow breathing or no breathing</li> <li>Unresponsive to voice or pain</li> <li>Pale face</li> <li>Lips or nails appear blue</li> <li>Gurgling or snoring sounds</li> <li>Choking or vomiting</li> <li>Cold and clammy skin</li> <li>Constricted or tiny pupils</li> <li>Seizure-like movement or rigid posture</li> </ul> <p>If you see any of these signs, go to step 2 and call 911 immediately.</p>	<p><b>STEP 2</b> Check for response</p> <ul style="list-style-type: none"> <li>Speak loudly.</li> <li>Rub fist hard on middle of chest.</li> <li>If no response, call 911 and go to Step 3.</li> </ul>	<p><b>STEP 3</b> Are they breathing?</p> <ul style="list-style-type: none"> <li>See if chest is rising and falling.</li> </ul>	<p><b>No</b></p> <p><b>Start Rescue Breathing</b></p> <ul style="list-style-type: none"> <li>Tilt head back.</li> <li>Lift chin.</li> </ul> <p><b>Put in Recovery Position</b></p> <ul style="list-style-type: none"> <li>Roll onto side. Hand supports head.</li> <li>Wait for help to arrive.</li> </ul> <p><b>Stop</b></p>	<p><b>Rescue Breathing</b></p> <ul style="list-style-type: none"> <li>Read placement and use instructions on mask.</li> <li>Put mask on mouth.</li> <li>Pinch nostrils.</li> <li>Blow into mouth every 5 seconds for 2 minutes (about 24 breaths).</li> <li>If still not breathing, go to Step 4.</li> </ul>
<p><b>STEP 4</b> Prepare Naloxone</p> <ul style="list-style-type: none"> <li>Take cap off vial.</li> </ul> <p>Naloxone is safe to inject and will have no effect on someone who has not taken opioids.</p>	<ul style="list-style-type: none"> <li>Hold bottle upside down.</li> <li>Insert needle into liquid.</li> <li>Insert needle into the neck of the vial.</li> </ul>	<ul style="list-style-type: none"> <li>Pull back on plunger.</li> <li>Take up all of the liquid (about 1 ml) until vial is empty.</li> </ul>	<p><b>STEP 5</b> Inject Naloxone</p> <ul style="list-style-type: none"> <li>Inject needle into thigh (preferred) or shoulder.</li> <li>Push the plunger hard until you hear a click.</li> </ul> <p>Safety syringe will pull back needle when plunger is fully depressed. Naloxone can be injected through clothing.</p>	<p><b>STEP 6</b> Repeat</p> <ul style="list-style-type: none"> <li>Continue Rescue Breathing.</li> <li>Repeat steps 3 to 5 until help arrives.</li> <li>If they wake up, remain calm and explain that help is on the way.</li> </ul>	<p><b>Kit Contents</b></p> <p>3 syringes   3 vials of Naloxone</p> <p>The Addiction Helpline is available 24/7 with support and info on substance use. Call 1.866.932.2322 for help.</p>

Front and back of new Naloxone Kit instruction insert

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

### 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 [naloxone.kit@ahs.ca](mailto:naloxone.kit@ahs.ca).