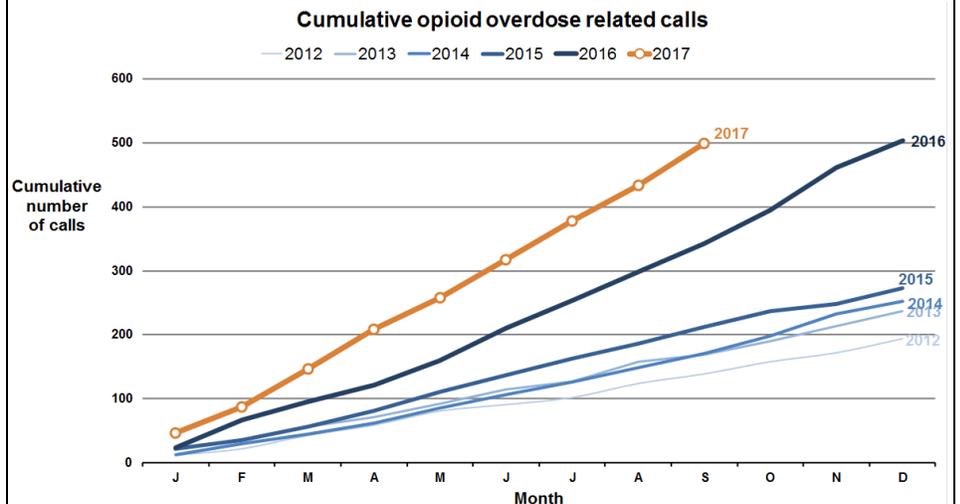


Bulletin #3

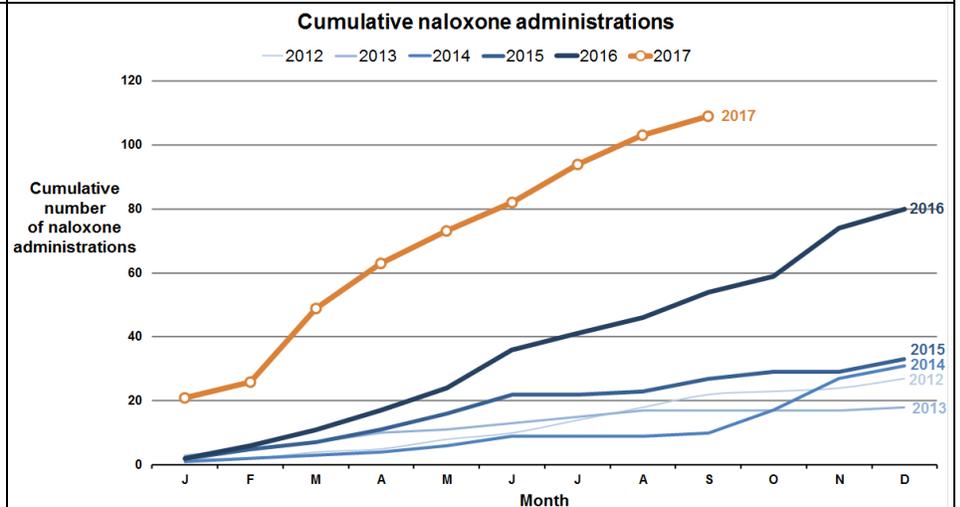
Opioid overdoses continue to be reported in Canada, Ontario and Waterloo Region. Due to a time lag in the availability of provincial data related to overdoses, this bulletin uses proxy measures to ensure some information on local overdoses is available to the community.¹

Paramedic Services Data

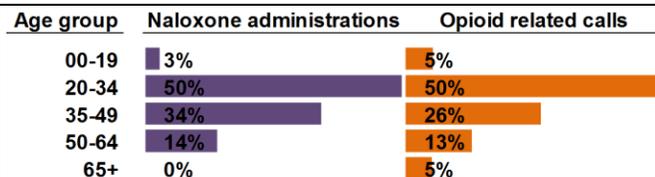
The number of overdose related calls to Paramedic Services continues to increase. From January to September 2017, Paramedic Services responded to 529 overdose related calls²; nearly equaling the total in all of 2016. This is up 45.5 per cent for the same time period in 2016 and 135.4 per cent compared to the same period in 2015 (343 and 212, respectively).



Naloxone administrations are also on the rise. From January to September 2017, naloxone was administered to 109 patients; already (25 per cent) more than in all of 2016. This is up 101.9 per cent for the same time period in 2016 and 303.7 per cent compared to the same period in 2015 (54 and 27, respectively).



Since January 2017, most opioid overdose related calls and naloxone administrations were for people in the 20 to 34 year age group.



Overdose Monitoring, Alert, and Response System (OMARS) Community Report Survey (July to September 2017)

Individuals who either witness or experience an overdose are asked to complete the survey found at www.omars.ca.³

Number of fatal and non-fatal overdoses reported through OMARS: 17	
Number of overdose deaths reported through OMARS: 1	
Overdoses where medical attention was sought	76.5% (13)
Overdoses where medical attention was not sought	17.6% (3)
Overdoses where naloxone was administered	70.6% (12)
Overdoses where 911 was called	76.5% (13)
Overdoses where fentanyl was suspected	23.5% (4)

Ontario Naloxone Program (July to September 2017)

In Waterloo Region, naloxone is dispensed by a number of agencies participating in the Ontario Naloxone Program, as well as select pharmacies. Naloxone is a life saving medication used to temporarily reverse the effects of an opioid overdose. Local agencies participating in this program include: Region of Waterloo Public Health and Emergency Services (ROWPHE), Sanguen Health Centre, Ontario Addiction Treatment Centres (OATC), Towards Recovery Clinic, and the Canadian Addiction Treatment Pharmacy (CATP).

Number of naloxone kits distributed between July and September 2017: 1,316

Key Messages:

- **Know the signs of an opioid overdose.** Signs include: soft or no breath or snoring; pinpoint pupils; blue lips, nails or skin; cold & clammy skin; limp body; no response to shouting
- **Carry naloxone** and don't use alone
- **An overdose is a medical emergency. Call 911** and wait for help

For information about harm reduction and treatment services and supports, visit

www.waterlooregiondrugstrategy.ca

Data limitations

¹ A provincial system to monitor opioid overdoses is currently being developed. Once available, the need for this bulletin will be reviewed.

² Only includes information about overdoses where 911 was called; naloxone is administered by Paramedic Services when all other attempts to resuscitate do not work.

³ Not all people who overdose/witness an overdose complete a survey. Multiple surveys may be completed for one overdose event. Information self-reported and therefore not confirmed to be accurate.

For more information, contact Region of Waterloo Public Health at 519-575-4400