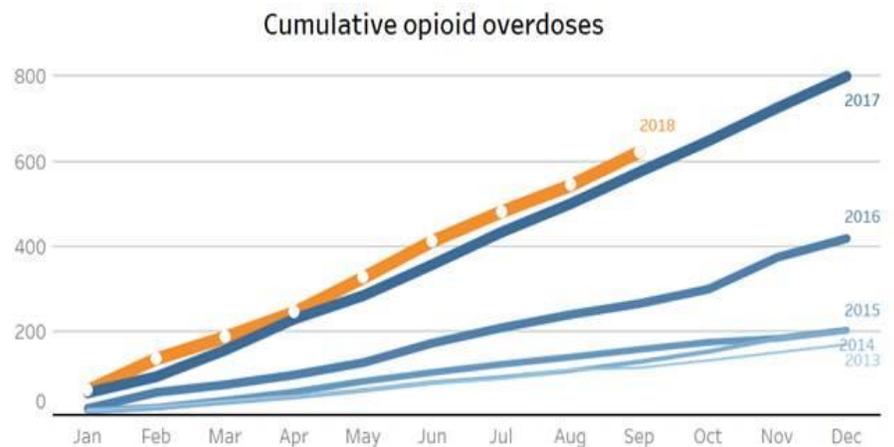


Bulletin #7

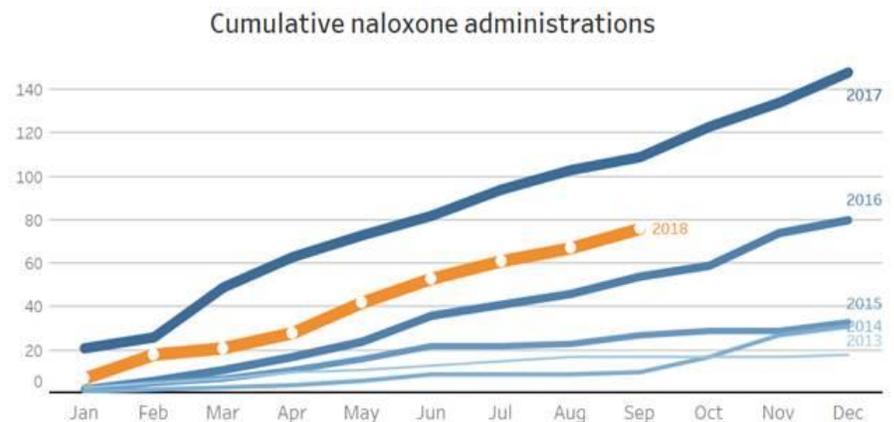
Opioid overdoses continue to be reported in Canada, Ontario and Waterloo Region. Due to a time lag in the availability of provincial data related to overdoses, this bulletin uses proxy measures to ensure some information on local overdoses is available to the community. ¹

Paramedic Services Data

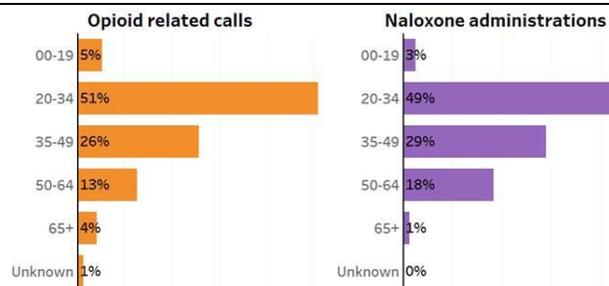
The number of overdose related calls to Paramedic Services continues to increase. From January to September 2018, Paramedic Services has responded to 623 overdose related calls; an 8 per cent change from the 576 calls responded to during the same time period in 2017. As of September 2018, Paramedic Services has averaged 2.3 overdose calls per day, or 71.3 calls per month over the last 12 months.



Naloxone administrations are down. From January to September 2018, naloxone was administered to 76 patients; a 30 per cent change from the 110 patients administered naloxone during the same period in 2017. Naloxone administrations decreased from 32 in 2018-Q2 to 23 in 2018-Q3; a change of 28 per cent.



The 20 to 34 year age group continues to be the most affected. For 2018 year-to-date, most opioid overdose related calls and naloxone administrations were for patients aged 20 to 34 years.



Overdose Monitoring, Alert, and Response System (OMARS) Community Report Survey (July to September 2018)

Individuals who either witness or experience an overdose are asked to complete the survey found at www.omars.ca.²

Number of fatal and non-fatal overdoses reported through OMARS: 18³

Number of overdose deaths reported through OMARS: 0

Overdoses where medical attention was sought	72.2% (13)
Overdoses where medical attention was not sought	27.8% (5)
Overdoses where naloxone was administered	66.7% (12)
Overdoses where 911 was called	72.2% (13)
Overdoses where fentanyl was suspected	61.1% (11)

Ontario Naloxone Program (July to September 2018)

In Waterloo Region, naloxone is dispensed by a number of agencies participating in the Ontario Naloxone Program. To find out where to get a free naloxone kit, click [here](#).

Number of naloxone kits distributed between July and September 2018⁴: 1,806

Opioid Related Deaths (2015-2018)

Year	Number of Deaths	Source
2015	23	Office of the Chief Coroner for Ontario
2016	38	Office of the Chief Coroner for Ontario
2017	85	Office of the Chief Coroner for Ontario
2018 (as of September 30)	37 ⁵	Waterloo Regional Police Services

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

² Not all people who overdose/witness an overdose complete a survey. Multiple surveys may be completed for one overdose event. Information is self-reported and therefore not confirmed to be accurate.

³ There was a significant decline in the number of responses to the OMARS survey this quarter. Possible reasons for this are being investigated.

⁴ Does not include naloxone distributed by pharmacies.

⁵ These are suspected drug overdose deaths not limited to opioids and have not been confirmed by toxicology reports.

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