



## Reduce Overdose Deaths

### Student Osteopathic Medical Association Opioid Overdose Prevention Task Force

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### A. Abstract

The purpose of this course is to give students the foundations to reduce overdose deaths in their communities by increasing naloxone distribution efforts while educating them about opioid/substance use disorder, harm reduction, and medical-assisted treatments (MAT). This curriculum will introduce students to the principles of harm reduction, patient-centered approaches to substance use disorder, and give multiple tools to utilize in individual patient care as well as in community advocacy. This is a unique approach to education, as it will be a student led train-the-trainer online program with oversight from local/national partners. In total, the training will take 6-8 hours and will provide a certificate of completion from local and/or national partners.

### B. Educational Objectives

As a result of this course, medical students will be able to:

- Describe the principles of harm reduction, including but not limited to:
  - the continuum of drug use
  - the principles of harm reduction
  - patient interventions utilizing the harm reduction approach
  - harm reduction in the context of opioid-related overdose deaths
- Explain medication assisted treatment (MAT) and its use in substance use disorders
- Discuss the social context of substance use, including why people use substances and their reasoning for continued use
- Identify stigmas associated with substance use, including both internal and external factors, and understand the connection between stigma and increased risk of overdose
- Explain the social determinants and racial inequities of substance use
- Describe practical strategies for engaging people who use substances, both in an individual patient encounter and in the greater community

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- Educate others on the basic concepts of:
  - Overdose risk factors
  - How to identify an overdose
  - The steps to respond to a suspected overdose
  - How to administer naloxone
  - How to obtain naloxone

Goals of the course:

- Encourage medical students to take the 8-Hour MAT Training available on SAMHSA.
- Change the culture surrounding substance use disorder and reduce the associating stigma through the education of medical students.
- Demonstrate how medical students can make an immediate impact in their communities and reduce overdose deaths through:
  - The creation of naloxone distribution programs
  - Community advocacy
  - Policy advocacy

## C. Introduction

At the end of the course, students will be able to create their own unique 1-hour presentation and lead a course on the basic principles of opioid use disorder, harm reduction, Good Samaritan Laws, MAT, and how to identify an opioid overdose and respond appropriately, including naloxone administration. These presentations will include details that the student gathers about their surrounding communities to evaluate, analyze, and apply their knowledge to best address the opioid crisis on a local level through student action and advocacy. They must have a firm enough understanding of the above-mentioned topics to answer questions appropriately from other medical students and laypersons. As they lead and educate others, this will allow them to retain and synthesize new information on the topic as needed in the future.

## D. Curriculum Design

The training will consist of roughly 2-3 hours of online modules, videos, and quizzes created by stakeholders with prior experience in harm reduction services, such as the National Harm Reduction Coalition. SOMA would eventually like to create our own modules and testing tools. Schools may contact their local DHHS, harm reduction organizations, and overdose prevention resources in the students' local community to gain a better understanding of local needs and create student-community partnerships. This will focus on naloxone distribution efforts, MAT accessibility, and Good Samaritan Laws.

This will then be followed up with a 1-2 hour session with a trained harm reduction specialist to review important details, insight on using a presentation template to make more specific for each region/state, give additional resources, and answer any questions. These partnerships have already been made through the SOMA Overdose Prevention Task Force and have already been used to train students.

Students may then lead an online training overseen by a trained harm reduction specialist, followed by a short 10-15 minute feedback session on ways to improve the course.

There are online modules prepared through third party stakeholders that provide quizzes, videos, and reflections, although collaboration with these stakeholders or development of proprietary modules would be necessary (**see Appendix A**). Online modules have built in quizzes and self-reflection activities. The online modules will be followed by a live online interactive session with an overdose prevention specialist who will guide students to tailor presentations to their audience and communities. Lastly, they will deliver an online lesson themselves with oversight from the overdose prevention specialist with feedback provided at the end.

The overdose prevention specialist will evaluate the student's abilities and knowledge. Feedback will be given by the overdose specialist throughout the process and evaluated on their ability to create and deliver a presentation to other medical students.

## Appendix

### Resources and Materials Suggested for Implementation

- National Harm Reduction Coalition, 2020. Harm Reduction Education On-Demand. [Online Learning Center | National Harm Reduction Coalition](#)
- **Free:**
  - Get Naloxone Now - [Bystander and First Responder Trainings](#)
  - NHRC - [Free Get Started Toolkit for Naloxone Distribution](#)
  - SAMHSA - [OD Prevention Toolkit](#)
- **Available for a fee:**
  - National Harm Reduction Coalition - [Harm Reduction 101](#) (this option is free for California residents)
  - Overdose Lifeline Learning - [Train-the-Trainer](#)