

Universal Precautions

Many times when someone gets a prescription for opioid analgesics (pain medication), they are asked to sign a pain agreement. When this happens, it means your health care provider is using Universal Precautions, a tool to improve communication between patients and doctors.

These things are part of Universal Precautions:

- Use of Prescription Monitoring Program (PMP) by doctors & pharmacists
- Random pill counts for patients
- Urine testing for patients
- Substance use disorder screenings

To learn more about pain medications and Universal Precautions, talk to your health care provider.



Your resource for life.

MaineGeneral
Medical Center

Prevention Center

30 Chase Avenue
Waterville, ME 04901
207.872.4102

www.maine-general.org/preventioncenter

08-12

MEDSmart

Medication Education for Drug Safety



Are you at risk for an overdose?



Your resource for life.

MaineGeneral
Medical Center



Take this quiz and find out.

In 2010, there were 167 drug overdose deaths in Maine, compared to 34 in 1997. That's a 400 percent increase.

In Maine, there are more deaths from drug overdoses than from car crashes.

You may be surprised by who is at risk for a drug overdose.

- Have you been prescribed an opiate for the very first time?
- Do you take a high dose of an opioid prescription? (More than 120 mg/day)
- Have you had recent emergency medical care involving opioid poisoning, intoxication, or overdose?
- Have you recently been released from jail or prison?
- Do you take an anti-depressant?
- Do you drink alcohol?
- Do you live in a rural area where it is hard to get medical care?
- Have you recently finished a opioid detox program?
- Do you have kidney disease or renal dysfunction?
- Do you smoke?
- Do you have COPD or emphysema?
- Do you have asthma or sleep apnea?
- Do you take a benzodiazepine (Xanax, Valium, Ambien) ?
- Do you have a history of substance use?
- Are you in methadone or buprenorphine detox treatment for addiction or pain?

If you checked any of these questions, you may be at risk for overdose.

Signs & symptoms of overdose:

- Not breathing
- Turning blue
- Not responding
- Snoring deeply
- Central nervous system problems (confusion, vertigo, nausea, vomiting, seizures)

Sternal (chest) rub:

To check if someone is unresponsive, use the sternal (chest) rub.



What to do:

- Call 911
- Place the person in the recovering position, on his/her side (see picture below)
- If the victim is not breathing:
 - ◆ Place the person on his/her back
 - ◆ Open the victim's airway
 - ◆ Pinch the victim's nose shut
 - ◆ Seal your mouth over the victim's mouth and give him/her a breath
 - ◆ Give the victim one breath every five seconds until help arrives, or he/she starts to breathe on his/her own

Recovery position:

