

Effect of Student-Led Community Workshops on Knowledge and Attitudes About Opioid Overdose

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BACKGROUND

- Opioid overdoses in New Jersey more than tripled from 2014-2018.
- Opioid overdose education and naloxone distribution (OEND) programs:
 - Improve knowledge and attitudes regarding opioid overdose.
 - Provide adequate training for bystanders to respond to overdoses with naloxone.
 - **Reduce overdose deaths.**

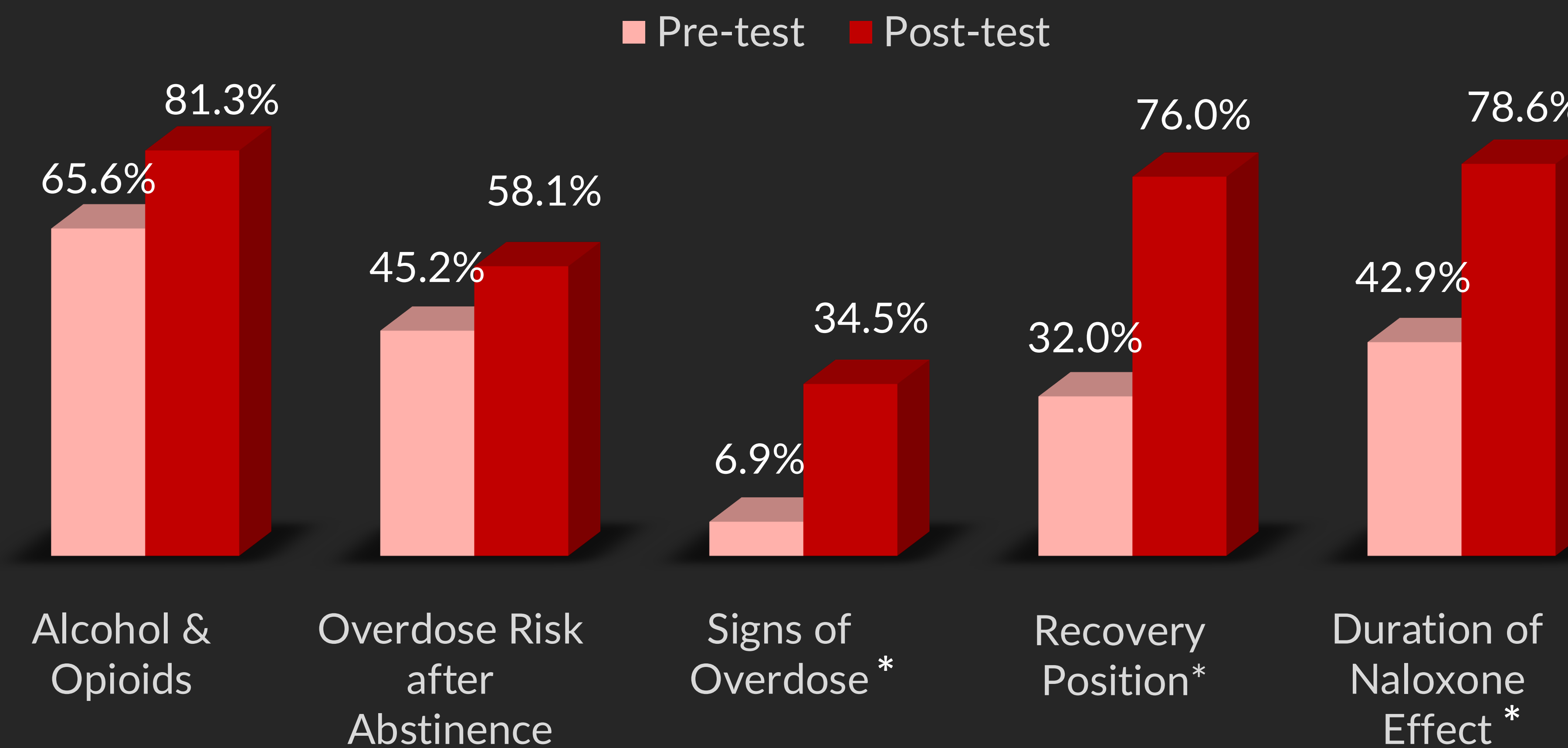
METHODS

- Medical students designed and facilitated five OEND workshops for 32 residents and staff of local emergency and transitional housing programs.
- **Student Training:**
 - National Harm Reduction Coalition's online courses on harm reduction and overdose prevention and response.
 - Shadowing and partnered workshop facilitation
- **Topics:** opioid overdose prevention, mechanism of overdose, signs of overdose, overdose response with and without naloxone, and legal protections for responders and people experiencing overdose.
- **Assessment:** pre- and post-workshop survey of knowledge and attitudes regarding opioid overdose. Adapted from the Baltimore Student Harm Reduction Coalition.
- **Matched Analysis:** McNemar test for knowledge questions. Wilcoxon signed-rank tests for Likert attitude questions.

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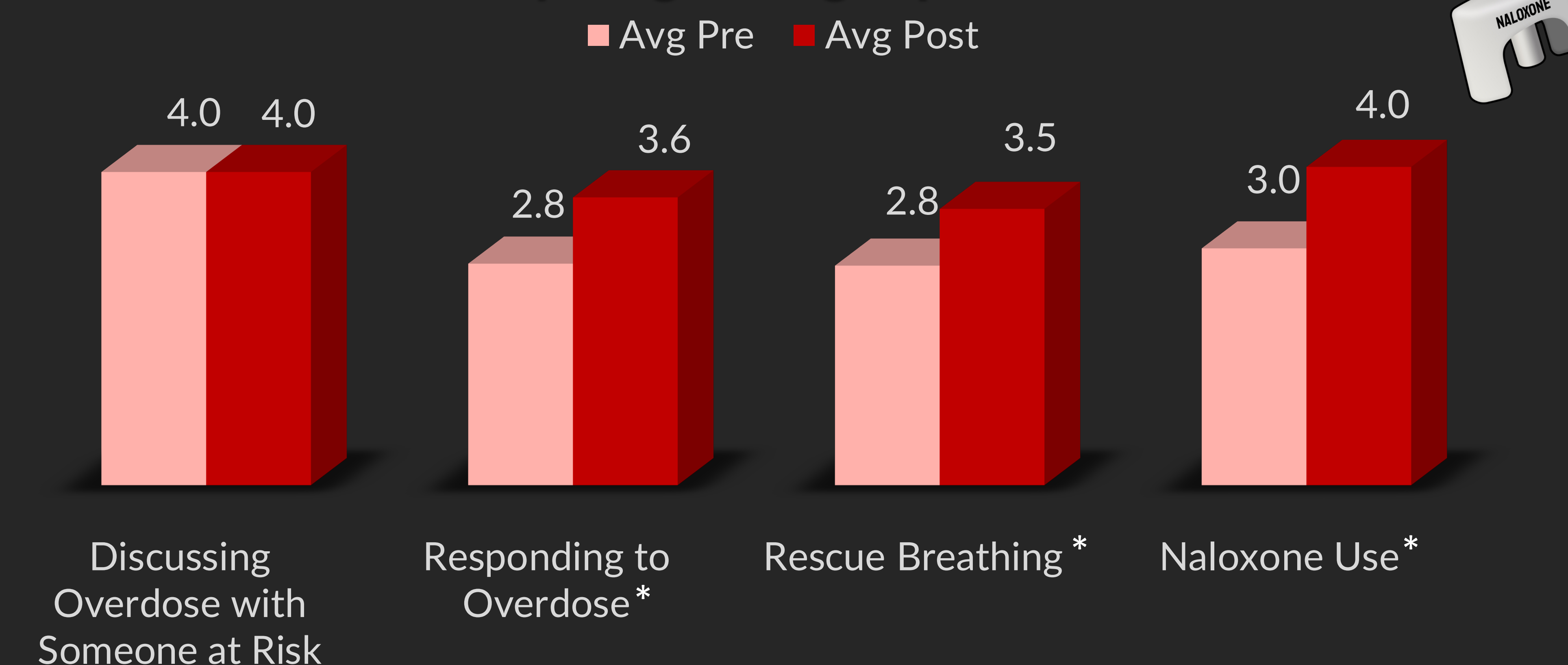
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Knowledge of Opioid Overdose



Student-led Overdose Education and Naloxone Distribution (OEND) programs are effective at improving community knowledge of opioid overdose and confidence in overdose response.

Self-efficacy Regarding Opioid Overdose



* Indicates significant change from pre- to post-test.

RESULTS

- Improved knowledge of overdose risk:
 - Alcohol and opioid use (65.6 vs. 81.3%, $p=0.227$)
 - Use after abstinence (45.2 vs. 58.1%, $p=0.424$)
- Improved knowledge of overdose and overdose response:
 - Signs of opioid overdose (6.9 vs. 34.5%, $p=0.008$)
 - Use of recovery position (32.0 vs. 76.0%, $p<0.001$)
 - Duration of naloxone's effects (42.9 vs. 78.6%, $p=0.003$)
- Improved self-efficacy:
 - Effectively dealing with overdose (2.81 vs. 3.65, $p=0.005$)
 - Performing rescue breathing (2.78 vs. 3.65, $p=0.003$)
 - Administering naloxone (3.00 vs. 4.03, $p<0.001$)
- Increased confidence in legal protections for responders (3.7 vs. 4.3, $p=0.014$)
- High pre-workshop attitudes, with no significant change post-workshop:
 - Ability to discuss overdose with those at risk (3.97 vs. 3.97, $p=0.968$)
 - Utility of discussing overdose with those at risk (4.23 vs. 4.07, $p=0.285$)

CONCLUSIONS

- Student-led OEND programs can be effective in improving community awareness of opioid overdose and self-efficacy in overdose response.
- Assessment of all knowledge topics improved, but signs of overdose and risk of use after abstinence did not reach desired levels.
- Mid-workshop assessment of participant comprehension may assist accurate retention of workshop material.
- Additional active demonstration and participant roleplay may further improve participant self-efficacy in opioid overdose response.
- Pre-workshop knowledge and attitudes may vary. Facilitators should adjust workshop delivery to address the needs of each group of participants.

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