

# Norfolk Drug & Alcohol Action Team Professional Development Programme

## Overdose Prevention and Awareness

**Programme title:**

Overdose prevention and awareness a half day session for staff, service users and their families.

**Trainers:**

Val Sharpe (emergency aid) is a fully qualified first aid trainer with 19 yrs experience working for the Red Cross.

**Training style:** The course will be a mix of discussion, formal lecture, and hands on skills practice involving all participants.

**Number of places available:** There will be a maximum of 12 places on this course. **If you would like to book a place please fill out the enclosed application form.**

**Learning outcomes:**

- Identify key overdose risk factors
- Recognise signs and symptoms of overdose
- Understand the commonly held myths about overdose and responses to overdose & their particular dangers.
- Assess vital life signs & prioritise first aid/ emergency aid action
- Place someone in the recovery position
- Give mouth to mouth & cardio pulmonary resuscitation.

**Course content will include:**

- Signs and symptoms
- Overview of the main risk factors contributing to overdose and death from overdose
- When, how & why to place a person in the recovery position
- Prioritising first aid - checking for vital signs
- When and how to give mouth to mouth resuscitation (with practice exercises using resuscitation models)
- When and how to apply cardio- pulmonary resuscitation (with practice)

**Cost:** This is an important course, with limited places. Places will be offered free of charge, however the Drug & Alcohol Action Team reserve the right to make a charge to cover for Administration and Catering, where people fail to attend. Individual agencies will be responsible for funding staff cover and travelling expenses etc for staff that attend.

**For further information, please contact: M Hutchinson, Training and Workforce Development Coordinator, or Roni Nelhams, Administrator at Norfolk Drug & Alcohol Action Team, Phoenix House, White Lodge Business Park, Hall Road, Norwich NR4 6DG Fax 01603 677566 or Phone 01603 677577. Please send completed application forms to this address.**