

Appendix 1a. Older adult baseline and post-education knowledge assessment questionnaire.

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|---|---|
| <p>1. My opioid medication is safe for long-term use.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>2. Only opioids can help my chronic pain.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>3. I can't overdose on my opioid medication if I follow my doctor's instructions.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>4. Someone who is overdosing on opioids might:</p> <ul style="list-style-type: none"> ● Have trouble breathing ● Become unconscious and have trouble waking up ● Have very small pupils (the black part in the middle of the eye) | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>5. Naloxone is a medicine that reverses the effects of opioids. It can be used if you think someone might be experiencing an opioid overdose.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>6. Naloxone is easy-to-use and sprayed into the nose of a person who is unconscious from an opioid overdose.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>7. Naloxone can help people who are overdosing on prescription medicines and illegal drugs like heroin.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |
| <p>8. A person must have a prescription to get naloxone from a pharmacy.</p> | <p><input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know</p> |

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|---|--|
| 9. If someone is given naloxone, 911 should be called immediately for medical help. | <input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know |
| 10. It isn't a crime to give someone naloxone if you think they might be overdosing from opioids. | <input type="checkbox"/> True <input type="checkbox"/> False <input type="checkbox"/> I don't know |

Appendix 1b. Home health worker perception of older adults' baseline knowledge assessment questionnaire

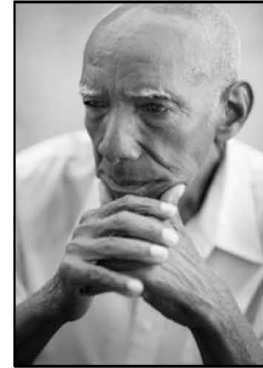
| | Completely disagree | Somewhat disagree | Somewhat agree | Completely agree | I don't know |
|--|---------------------|-------------------|----------------|------------------|--------------|
| My clients understand the risks of their opioid medications. | | | | | |
| My clients know what naloxone is. | | | | | |
| My clients know <i>how to get</i> naloxone | | | | | |
| My clients know <i>when to use</i> naloxone. | | | | | |
| My clients know <i>how to use</i> naloxone | | | | | |



Opioid Medications for Older Adults: What You Need to Know

What are opioids?

Opioids are pain medicines, usually for very bad pain. You need a prescription for them. You might have heard of morphine, oxycodone, and fentanyl.



What are the side effects of opioids?

- Trouble sleeping
- Feeling confused
- Having low energy
- Constipation
- Being more likely to fall
- Feeling depressed
- Overdosing

How are side effects different for older adults?

Your body processes medicine slower as you get older. Opioids stay in your body longer. You might be at risk for more health problems or side effects from opioids.

Are opioids safe for long-term use?

You can become dependent on opioids after taking them for just a few days. You could also:

- Start to feel you have to take more and more to function
- Still be in pain, even on opioids
- Be at risk for serious side effects, such as an overdose

We now know there are better ways to help with ongoing pain.

What can I do for my ongoing pain?

There are other ways to help pain. The first thing to do is talk to your doctor. Your doctor can work with you to stop opioids slowly. Your doctor can help you find another way to deal with your pain.

What are other ways to manage pain?

- Other medicines (non-opioid)
- Physical therapy
- Tai Chi
- Exercise
- Rest
- Massage
- Acupuncture



I am following my doctor's orders. Can I still overdose on opioids?

You can still overdose, even if you follow your doctor's directions. Many things can make your risk higher:

- Sleep apnea
- Lung disease
- Alcohol use
- Taking other medicines that make you sleepy



Only take how much medicine your doctor prescribed. Only take it as often as they say. **If you have any questions about opioids, talk to your health care provider.**



Opioid Overdoses: What You Need to Know about Naloxone

What are opioid overdoses?

Opioids are pain medicines. An opioid overdose happens when someone takes too much. It is serious. It can cause death.

Common Opioid Medicines:

- Morphine
- Oxycodone
- Fentanyl

What are the signs of an opioid overdose?

- Not waking up or being very sleepy
- Pinpoint pupils (very small centers of the eyes)
- Trouble breathing
- Blue or gray lips
- Snoring or making noises but won't wake up

What can I do?

Naloxone (Narcan®) is a medicine. It can undo the effects of opioids.

You can:

- Get naloxone **without a prescription**
- Keep it on hand and **save a life**
- Use naloxone to **help people** who overdose on opioid medication or illegal opioid drugs, like heroin



Important! It's not a crime to give naloxone to someone you think is overdosing on opioids.

How do I use naloxone?

It's easy to use. You spray it into the nose of a person who is unconscious from an opioid overdose.

Use it right away if you think someone is having an opioid overdose.

What to do:

The medicine comes in a nose spray:

1. Put the nozzle in one of the person's nostrils.
2. Then, push the plunger to spray the medicine.

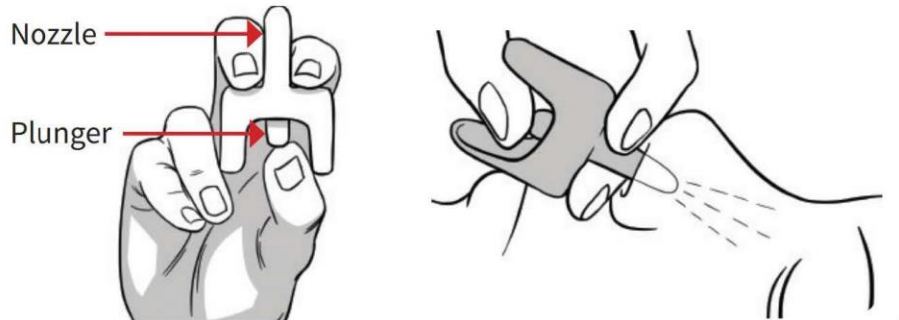


Image adapted from Naloxone Fact Sheet: San Francisco Department of Public Health

I gave someone naloxone. What if they are still not breathing normally?

You can give them another dose 2-3 minutes after the first dose.

What should I do after I give someone naloxone?

After you give someone naloxone, call 911 or get them to a hospital. They must get medical help right away, even if they think they feel better.

Appendix 4. Older adult self-efficacy questionnaire

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|---|---|
| 1) Since the education, have you considered getting naloxone? | <input type="radio"/> Yes <input type="radio"/> No |
| 2) If yes to question #1, were you able to obtain naloxone? | <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A |
| 3) If unable to obtain naloxone, why not? | <input type="radio"/> Did not think I needed it <input type="radio"/> Pharmacy unable to dispense <input type="radio"/> Cost <input type="radio"/> Could not get to pharmacy <input type="radio"/> Other <input type="radio"/> N/A |
| 4) If you were able to get naloxone, how did you get it? | <input type="radio"/> From the pharmacy with a prescription from my doctor <input type="radio"/> From the pharmacy without a prescription <input type="radio"/> Other <input type="radio"/> N/A |
| 5) If you have naloxone, have you needed to use naloxone on anyone? | <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A |