

## Full-Sentence Outline - Final

**Specific Goal:** My audience will understand the risk of accidental overdose in children and adolescents as it occurs in households where parents/guardians possess opioid medications and fail to store them properly.

**Application:** Ultimately, with proper tools and knowledge, my audience will be able to prevent an accidental overdose.

**Ethos: Primary Ethos:** I am currently working as a medical assistant for an anesthesiologist / pain specialist. Although it is not our primary method of treatment, our physicians do prescribe opioid medications, so I am fully aware of the dangers associated with them.

**Secondary Ethos:** I will cite three scholarly references out loud in my speech (listed below).

**Pathos:** I will start by sharing the de-identified (for privacy purposes) story of a patient whose young daughter got a hold of her pain medication and passed away secondary to accidental overdose. This will likely trigger a feeling of empathy and will ultimately raise concern regarding my topic.

**Logos:** I will use medical research data and statistics regarding opioid-related overdoses in children and adolescents (detailed below).

**Audience Assessment:** Increasing concern regarding the “opioid epidemic” is a widely discussed topic. My audience likely already knows the dangers that are associated with opioid substances (addiction, abuse, dependence, etc.) They may not know, however, that these medications pose a significant risk on young children and adolescents, not just on those who are prescribed to take them.

**Adaption to Audience:** I will be sure to define any advanced terminology used to ensure that the information presented is easily understood.

**Pattern of Organization:** Cause / Effect in the introduction, Topical in the body, Sequential in the conclusion.

### Introduction

*First, thank you all for coming. Today's topic is “Accidental Overdose” specifically as it pertains to opioid medications. If you don't know what an opioid is, we will discuss it later on in the presentation.*

*According to the CDC, in Utah alone, there were 82-95 opioid prescriptions issued per 100 people in 2012. That's 82-95% of Utah's population who received an opioid prescription that year. Now, you might be asking yourself “How does this topic apply to me?”. Well, even if you never receive a prescription or take an opioid in your life, chances are someone you are close to will (grandparents, aunts/uncles, brothers/sisters, etc.). “How does that affect me?”, you might ask. Let me as you this, by a raise of hands how many of you have children under the age of 10?*

- I. **Hook:** Two years ago I was busy at work when I was asked to take a patient phone call. The woman was hysterical, I could barely understand her.
  1. Her 3-year-old daughter had gotten into her medicine cabinet and had ingested a large amount of her Methadone (a synthetic opioid). The symptoms were mild at first, but within 30 minutes the child was unresponsive. She was rushed to the hospital, but they were unable to save her.
  2. If our patient had received proper education regarding adequate medication storage, she may have been able to prevent this horrible event.

- II. **Thesis:** Knowing the dangers of opioid medications, and understanding the importance of proper medication storage, may be the key to helping you prevent an accidental overdose.
- III. **Preview:** Let me share some useful information regarding opiates and proper storage techniques.
  - A: I will start by defining the term “opioid”
  - B: Next, we will discuss the dangers of opioid medications
  - C: Finally, I will provide ideas regarding proper medication storage

**Transition:** Now that I have given you a brief preview, lets look at what an opioid is.

## **Body**

- I. The term “opioid” refers to a large category of government-controlled substances which are known to bind to opioid receptors in the brain and create analgesic – and sometimes euphoric - effects (What is an Opioid?, 2016)
  - 1. Most opioids are prescribed analgesics – such as Morphine, Hydrocodone, Oxycodone, and Fentanyl – which are commonly used to treat acute and / or chronic pain conditions
  - 2. Other opioids – such as Heroin – are known for their street value and high abuse potential. Although illicit opioids are well-known for their recreational properties, prescribed analgesics are also widely abused and / or misused.

**Transition:** Now, let's take a look at the various risks associated with these types of medications.

- II. Patients who are prescribed opioids face risks such as: opioid addiction, opioid dependence, and even respiratory suppression. You might not guess, however, that these medications also pose a significant treat on young children and adolescents living in the household.
  - 1. As opioids are increasingly prescribed to treat chronic pain, there has been a correlative increase in the number of accidental overdoses among young children and adolescents (Rudd, 2016)
  - 2. These incidents occur as a result of inadequate safe-keeping of opioids and insufficient precautionary action

**Transition:** Finally, let's consider some of the appropriate methods for opioid storage and safe-keeping

- III. Opioids should always be stored – in their original containers – in a locked cabinet or a lock box where they cannot be easily accessed by young children or adolescents (Staff, familydoctor, 2017)
  - 1. If you receive a prescription for an opioid, you should carefully monitor how much you are taking, and how many are left. In keeping a steady inventory, you will quickly be able to discover missing or stolen medications.

## **Conclusion**

- I. In 2015, there were 14 reported cases of overdose related to opioids for children ages 0-14. In that same year, there were 999 reported cases of accidental overdoses related to opioids for adolescents and young adults ages 15-24 (Rudd, 2016)
- II. If you can focus on the risks that opioids pose on young children and adolescents, make proper medication storage a priority you might be able to prevent a devastating overdose.

## References

Rudd R, Seth P, David F, Scholl L. Increases in Drug and Opioid-Involved Overdose Deaths - United States, 2010-2015. MMWR: Morbidity & Mortality Weekly Report [serial online]. December 30, 2016;65(50/51):1445-1452. Available from: CINAHL Complete, Ipswich, MA. Accessed November 19, 2017

Opioid Overdose. (2017, August 30). Retrieved December 02, 2017, from <https://www.cdc.gov/drugoverdose/data/prescribing.html>

Staff, familydoctor.org editorial. "Safe Use, Storage, and Disposal of Opioid Drugs." Familydoctor.org, 16 Mar. 2017, [familydoctor.org/safe-use-storage-and-disposal-of-opioid-drugs/](http://familydoctor.org/safe-use-storage-and-disposal-of-opioid-drugs/)

What Is an Opioid? (n.d.). Retrieved November 19, 2017, from <https://teens.drugabuse.gov/blog/post/what-opioid>