

Doctors Against Tragedies

A serious game
for saving lives.

The Trivia Version

Our Goal:

To educate the public about both the positives and negatives of fentanyl use. The target audience includes high school and university students. We are currently working on another fentanyl awareness project for elementary school children. Please check our website in February for updates or email Dr. Maruyama for more details.

Printing Instructions:

Print out this file and cut out the cards along the thin grey lines. The best type of paper to use is cardstock, but any paper will work. If you have the blank perforated business card paper (from Staples or other stationary stores), please use the file with no grey lines. Your feedback is greatly appreciated! Please let us know if there are any spelling or grammar errors.

Game Instructions:

Choose a player to go first. The person to their right picks up the top card from the deck and reads the question out loud to the person whose turn it is. If the person answers the question correctly, they get to keep the card. The person to get 5 cards first, wins.

Please let me know your feedback:

Dr. Michiko Maruyama
maruyama@ualberta.ca

What form does fentanyl come in?

- a) Lollipop
- b) Pill
- c) Patch
- d) All of the above

Answer: D - Fentanyl can be prescribed as a lozenge, lollipop, spray, dissolving strip, tablet, patch, or as an injectable solution.

Why is fentanyl being added to other street drugs?

- a) To increase potency
- b) To decrease cost of production
- c) To create addiction
- d) All of the above

Answer: D - Fentanyl is being added to other street drugs by drug dealers in order to increase potency, decrease cost of production and to create addiction.

Which of the following is NOT a street name for fentanyl?

- a) Serial Killer
- b) China Girl
- c) Big Rush
- d) Dance Fever

Answer: C - Big Rush is a street name for cocaine. Street names for fentanyl include: drop dead, beans, shine, Apache, Goodfella, Jackpot, Murder 8, TNT, green apples, apples, and Percopop.

What is the usual cause of death from overdosing on fentanyl?

- a) Seizures
- b) Stop breathing
- c) Suicidal thoughts
- d) Heart attack

Answer: B - The most dangerous aspect of fentanyl is the ability to cause apnea (stop breathing).

True or False: Most fentanyl found on the street was stolen from the hospital.

Answer: False - Although the media has been focused on the misuse of prescription opioids, the fentanyl crisis is largely the result of illicit manufacturing in China and overseas distribution by organized crime.

You slipped on ice!
Be careful next time.

Skip a turn...

Signs of fentanyl overdose include all except:

- a) Dilated Pupils
- b) Slow breathing
- c) Drowsiness
- d) Death

Answer: A - Signs of fentanyl overdose include pin-point pupils, respiratory depression (slow breathing), drowsiness, coma and death.

How much more powerful is fentanyl than morphine?

- a) 2 - 5 times
- b) 10 - 20 times
- c) 25 - 40 times
- d) 50 - 100 times

Answer: D - Fentanyl is 50-100 times stronger than morphine

True or False: Fentanyl is often used during general anesthesia.

Answer: True - Fentanyl is often used during general anesthesia for surgery. It is also used as a pain medication for cancer patients.

Addiction is a:

- a) Behavioural disorder
- b) Physical need for the drug
- c) Decreased response to the drug

Answer: A - Addiction is a behavioural disorder

Which one of the following is NOT classified as an opioid?

- a) Fentanyl
- b) Morphine
- c) Oxycodone
- d) Lidocaine

You are feeling very constipated from all the street opioids.

It's not so much fun anymore when you're stuck on the toilet.

Skip a turn.

If someone is dependent on a opioids and stops taking it, they may experience all of the following except:

- a) Shaking
- b) Vomiting
- c) Slow breathing
- d) Seizures
- e) Diarrhea

Why is fentanyl so profitable for drug dealers?

- a) It is very potent, so a small amount goes a long way
- b) It is a synthetic chemical
- c) It can be made in bulk quickly
- d) All of the above

Naloxone is:

- a) A pain medication similar to morphine
- b) A cure to fentanyl overdose
- c) Medication that reverses opioid effects

Answer: D - Lidocaine

Answer: C - Symptoms of withdrawal include depression, seizures, coma, shaking, vomiting, anxiety, or death

Answer: D

Answer: C - Naloxone is a medication that reverses the effects of opioids

Dependence is a:

- a) Behavioural disorder
- b) Physical need for the drug
- c) Decreased response to the drug

Which body part is fentanyl mainly broken down by?

- a) Kidneys
- b) Liver
- c) Saliva
- d) Bowel

You left your drink unattended at the bar. Now you feel very drowsy.

Skip a turn.

Never leave your drink unattended.

True or False: If you give naloxone and your friend gets better, you do not have to call 9-11.

Fact or Myth: Fentanyl overdoses may require more than one dose of naloxone.

Answer: B - Dependence is the physical need for the drug because the body has adapted to it.

Answer: B - Fentanyl is broken down by the liver and some by the intestine.

Answer: False - You should call 9-11 first before you even give naloxone.

Answer: Fact - The effect of naloxone only lasts for a limited period of time. If signs and symptoms reappear, re-administer naloxone.

Fact or Myth: You cannot overdose on fentanyl on your first try.

Fact or Myth: As long as you have some naloxone nearby, it is safe for you to use fentanyl.

Tolerance is a:

- a) Behavioural disorder
- b) Physical need for the drug
- c) Decreased response to the drug

Fact or Myth: You can tell by the colour if a drug has been laced with fentanyl.

You wanted to show everyone how cool you are by taking some pills at a party. **Big Mistake.**

Return all your black cards to the bottom of the deck.

Answer: Myth - Fentanyl can be fatal on your first try. It should only be taken under the direction of a doctor.

Answer: Myth - Fentanyl is so fast acting, a lethal dose may not allow time to give naloxone.

Answer: C - Tolerance is when someone has less and less response to a drug.

Answer: Myth - It is often difficult to tell if a drug has been laced.

Fact or Myth: Fentanyl is cheap to buy.

Fact or Myth: Cannabis cannot be laced with fentanyl.

Fact or Myth: You should not touch someone who has overdosed on fentanyl because there is a chance of absorbing the drug from skin to skin contact.

When should you put a person into the recovery position?

- a) Conscious and breathing
- b) Unconscious and breathing
- c) Conscious and not breathing
- d) Unconscious and not breathing

Fact or Myth: Many people do not know they are buying a fentanyl laced drug until it's too late.

Answer: Fact - Fentanyl is cheap, which is why drug dealers are lacing other drugs with it. It is cheap and addictive if improperly used.

Answer: Myth - Any street drug can be laced with fentanyl.

Answer: Myth - There has been rumours about paramedics dying from overdose by skin to skin contact, however, these are just rumors. Don't be afraid to help a friend in need!

Answer: B - The recovery position is used for people who are unconscious but still breathing to help protect their airway.

Answer: Fact - It is very difficult to tell if a drug has been laced with fentanyl.

What does 'cutting' the drug mean?

- a) To make the portion smaller
- b) To mix in another substance in order to 'dilute' the drug

Your addiction to heroin makes you steal from your friends.

Take 1 black card from each player and put it on the bottom of the pile.

Answer: B

True or False: Fentanyl used in the hospital is usually in liquid or patch form.

You passed out at a party and someone stole your black cards.

Return all your black cards to the bottom of the pile

Answer: True

If you suspect someone is having an addiction problem, what should you do?

- a) Ignore it since it is not your business
- b) Tell their parents or a family member
- c) Suggest to go and seek help from addiction services

Answer: C - Addiction services is an excellent resource to help people with addiction.

True or False: Opioids are unsafe to prescribe for pain because of the risk of breathing problems such as respiratory depression (very slow or no breathing).

Answer: False - Respiratory depression (slow or stop breathing) is a risk associated with opioid use. The risk is low when supervised by a physician. The first choice for mild to moderate pain medication is non-opioid pain relievers like acetaminophen and ibuprofen.

Fact or Myth: People who use pain killers for chronic pain are less likely to suffer harm from fentanyl overdose.

Answer: MYTH - Fentanyl is much more potent than many other opioids.

Common side effects seen with opioid use include all except:

- a) Nausea
- b) Diarrhea
- c) Constipation
- d) Itching

Answer: B - Diarrhea is one of the signs of sudden opioid withdrawal.

True or False: Pain serves an important biological purpose.

Answer: True - It serves as a warning of potential injury. It elicits a rapid and protective stimulus-response.

What is the first thing to do if you suspect someone has overdosed on fentanyl?

- a) Give naloxone
- b) Call 9-11
- c) CPR
- d) Rescue breathing

Answer: B - Call 9-11 to get help.

Fact or Myth: Morphine is a naturally occurring extract of the opium poppy.

True or False: Drugs like morphine and fentanyl act on naturally-occurring opioid nerve receptors located throughout the body.

You forgot to return your library book on time.

Return 1 black card to the bottom of the pile

True or False: Using someone else's prescribed pain medication is illegal.

Most drug users are first exposed to illicit drugs through:

- a) Drug dealers
- b) Friends
- c) Accidentally
- d) In hospital

Answer: True - Morphine is a major component of the latex that is extruded from the cut capsule of Papaver somniferum.

Answer: True - Opioid nerve receptors are widely distributed throughout the brain, spinal cord and peripheral nervous system.

Answer: True - It is illegal to use someone else's prescribed medication.

Answer: B

Administration of naloxone is based on which of the following findings?

- a) Level of consciousness
- b) Amount of drug taken
- c) Respiratory status
- d) Time since drug taken

Which of the following medications is an opioid:

- a) Roofies
- b) Ativan
- c) Crystal Meth
- d) Codeine

True or False: The number of opioid-related deaths involving fentanyl more than doubled in January to March 2017 as compared to the same time period in 2016.

The most commonly abused drug in Canada is:

- a) Cannabis
- b) Cocaine
- c) Fentanyl
- d) Alcohol

True or False: Fentanyl used on the street is usually in the form of a white powder.

Answer: C - Naloxone should be given if the person is hyperventilating (very slow breathing) or has completely stopped breathing.

Answer: D

Answer: True - The number of fentanyl related deaths is on the rise.

Answer: D - Alcohol

Answer: True

Fact or Myth: You can get addicted to opioids if you take them for severe pain after surgery.

Answer: Fact - Some people are biologically more susceptible to addiction. There are some identifiable subgroups of patients who exhibit this increased risk and we seek to switch them to non-opioids as soon as possible.

True or False: It's better to tough out moderate to severe pain than to take pain medication.

Answer: False - Untreated moderate-severe pain causes serious physiological and mental stress.

True or False: A single dose of naloxone reliably reverses opioid overdose and its associated breathing problems.

Answer: False - Naloxone is capable of rapidly reversing the effects of opioid overdose. HOWEVER, sometimes a single dose of naloxone will not be sufficient.

True or False: Genetics can affect how fentanyl is metabolized (broken down) in the body.

Answer: True - Enzymes are determined by genes. Some of us are fast metabolizers and others are slow in breaking down the drug. The slow metabolizers have higher drug concentration in their blood, rendering them more susceptible to the effect of the drug.

Synthetic opioids, like fentanyl, are very useful in clinical settings for all the following reasons except:

- a) High potency
- b) Low cardiac toxicity
- c) Rapid onset
- d) Short duration of action
- e) Inability to cross the blood-brain barrier

Answer: E - Fentanyl analogues are highly lipophilic which means that they can dissolve easily in fats and cross the blood-brain barrier.

True or False: The drug properties that make fentanyl such a useful drug in the clinical setting also contribute to its life-threatening effects when taken outside the context of properly supervised use.

Answer: True - The high potency and rapid onset of drugs like fentanyl make them very dangerous when taken illicitly.

The standard naloxone dose of 0.4 mg successfully reverses overdoses in what percentage of cases?

- a) < 20%
- b) 30-40%
- c) 50-75%
- d) None of the above

Answer: A - Sometimes up to 10-20 mg may be required. This emphasizes the importance of calling 911, staying with the victim until paramedics arrive and giving repeat doses if needed.

True or False: Carfentanil which is a fentanyl analogue that was developed for use in veterinary medicine is 10,000 times more potent than morphine.

Answer: True

True or False: Synthetic cannabinoids have not been associated with stroke or heart attack.

Answer: False - A rare, but very serious reported occurrence of stroke and heart attack has been reported in the literature.

True or False: Naloxone is an effective antidote for the treatment of the adverse effects associated with synthetic cannabinoids.

Answer: False - There is no antidote for the serious clinical effects of cannabis or the synthetic cannabinoids.