



Overdose Outbreak Detection: Updates from Tennessee

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Updates

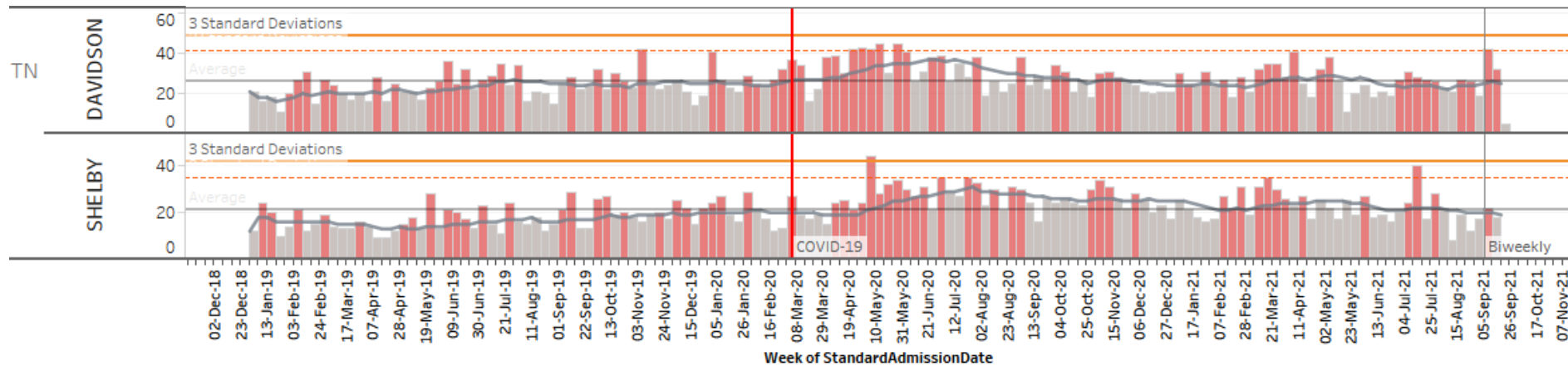
- New thoughts on what drug overdose outbreak detection means for us in TN
 - How we're rethinking surveillance at a state level vs. local level
 - New working group
 - Data vs. Information
 - Data to Action

What We Currently Do

- Monitor nonfatal overdose primarily from TN's Drug Overdose Reporting System (DOR) and ESSENCE
- Monitor fatal overdose from provisional death certificate data

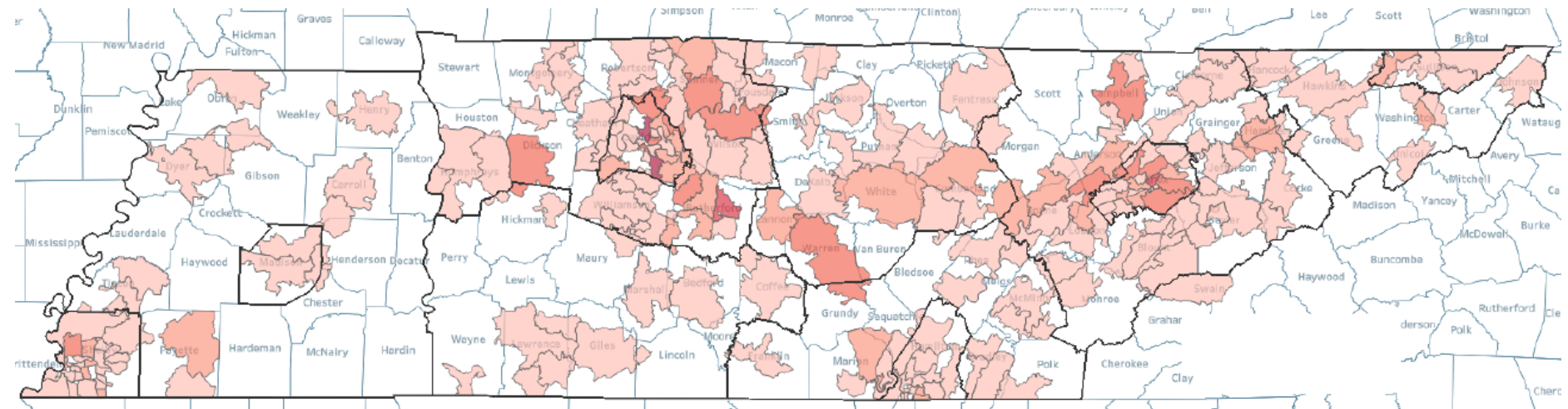
Nonfatal Overdose

- Drug Overdose Reporting System (DOR)
 - Opioid



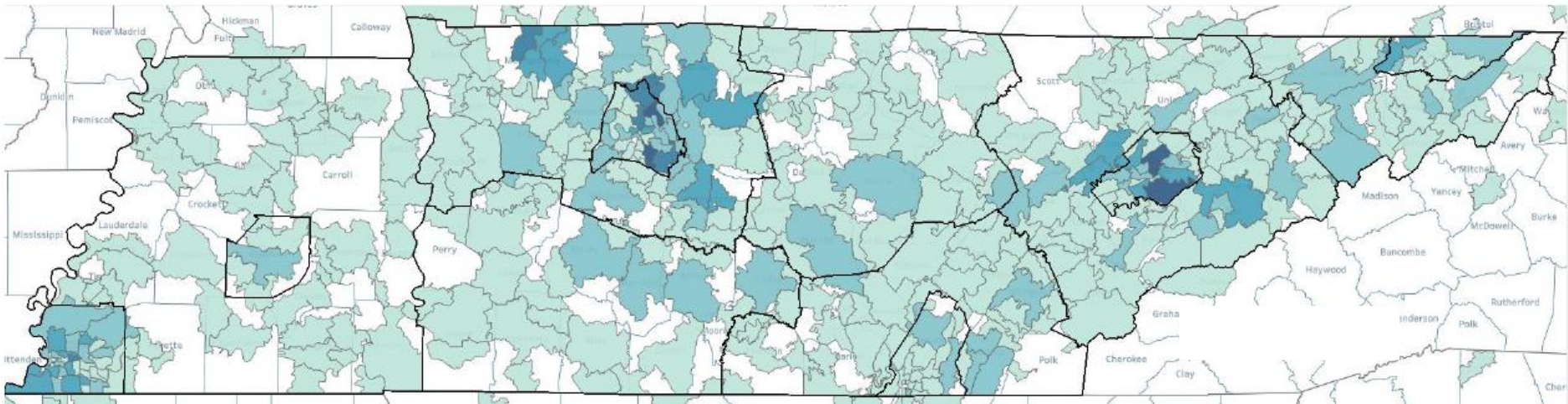
Nonfatal Overdose

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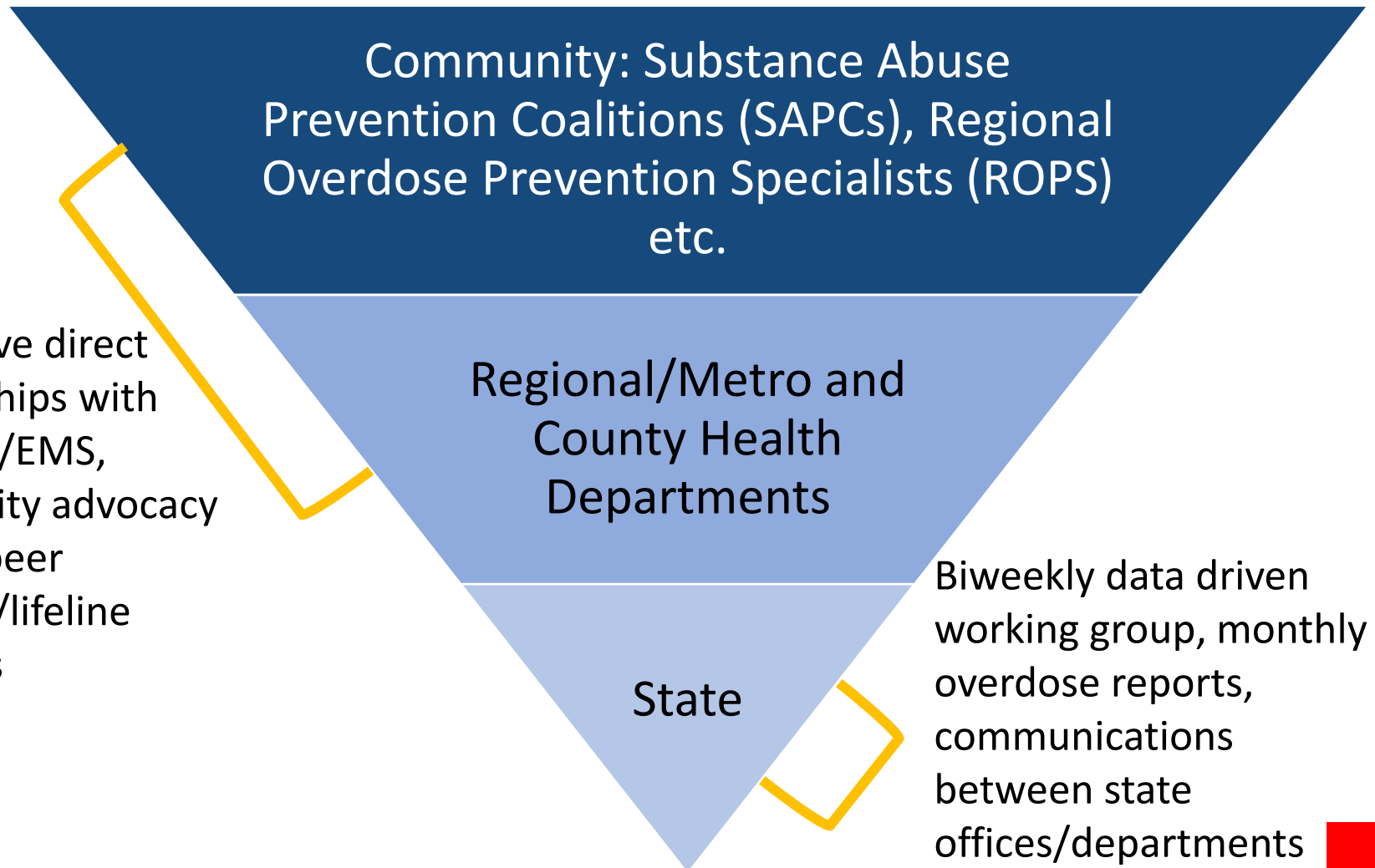


Fatal Overdose

- Provisional death certificate data
 - All drug



Overdose Surveillance at a State Level



Rethinking Surveillance: State vs. Local Level

- State level is missing important data sources (e.g. EMS data)
- Community and regional level partners are often the first to hear about more recent overdose increases or new drugs of concern
 - Our current data sources/systems each have challenges and limitations

Data and Information



What We're Doing

- In collaboration with our Opioid Response Coordination Office started a small overdose alert working group
- Increasing our technical assistance to regional and local partners (e.g. overdose monitoring)
- Being clear about the challenges and limitations of our surveillance data with regional and local partners (e.g. timeliness, race/ethnicity, geographic coverage)

What We're Doing

- Adding our 'High Impact Area' substance misuse resources coordinators to our standing biweekly meetings
- Spotlighting new or emerging drugs of concern (e.g. "Benadryl Challenge")

Emerging Drug Trends in Tennessee



Recent videos posted to social media target teens to take the 'Benadryl Challenge'

TN DATA

From 2019-2020:

- Tennesseans have experienced nonfatal and fatal drug overdoses involving diphenhydramine (commonly known as Benadryl)
- Females experienced more overdoses (fatal and nonfatal) involving Benadryl compared to males
- One in every three nonfatal Benadryl overdoses involved someone <18 years of age

Benadryl taken in excess can lead to overdose and death.



The 'Benadryl Challenge' encourages views on social media to ingest excessive quantities of Benadryl (diphenhydramine) to induce hallucinations.

ABOUT BENADRYL OVERDOSE

Benadryl is an over the counter antihistamine used to temporarily relieve symptoms like hay fever, upper respiratory allergies, and the common cold. It is considered safe when used correctly.

It is possible to overdose on Benadryl, especially when taken in excess and/or combination with other substances.

Signs & Symptoms:



Extreme Drowsiness



Increased Heart Rate



Seizure, Confusion, or Hallucinations



Blurred Vision

PREVENT AN OVERDOSE



Call 911 if you suspect you or someone you know is experiencing an overdose



Contact the poison control hotline (1-800-222-1222) for emergency poison information



Talk with your loved one about social media challenges that encourage life threatening behavior



Learn more about Benadryl Overdose



Data to Action

- Local partners have the pulse of what's happening in their community
- State can help confirm trends or patterns that local partners see or hear about



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