

AKNIATEM YUNGCARALLA: ALASKAGMIUT NALLUNRITAGKAT

» Aknirtellruquvit, pilagturluten wall' kegguciurluten, akniaciquten. Tamatum ilii mumellerka-mun atauq.

Qalarulluku yungcaristen qaillun assirluku aulukellerqanek.

OPIOIDS'AT CIIN IINRUT MULNGAKELERKAIT?

Opioid'at iinrut iinruqaiyaq pitateka heroin'aq, cakneq cangimirnaqluni toi-llu iinruvallagnaqluni, alerqurquciatun atungran:



Iinruvallaumalriit Alaska-mi ciuqliurut tuqulriit 2016'ami. Taum opioid'm cangimirnagqelrim aluluriatun una cangerlak ciuliqagta.

Alaska Department of Health and Social Services'ameq



Pingayun amlenrita talliman iluani iinruvallallrut opioid'ameq iinruut.

Centers for Disease Control and Prevention, Alaska Department of health adn Social Services'ameq



Nunarpamta-llu, staman uqut talliman iluatni iinruvallaumalriit opioid'aq aturluku.

American Society of Addiction Medicine'ameq



Naaquti 7%'aq Alaska'mi ayaguat ukut uinaat qula cipluku erenret iluatni aka aturcurlallrut iinruneq akniacutneq.

2017 Alaska Youth Risk Behavior Survey-meq



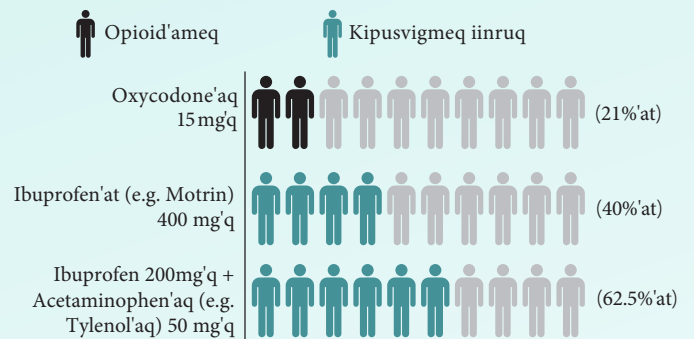
Ayaguat-llu 40%'am amlinri makunek aturrlugaat nakmiin angayuqameng iinruviatnek enemerni.

Partnership for Drug Free Kids'ameq

YUNGCARALLRA AKNIATEM OPIOID'AUNRILNGURNEQ

Iinruaqameng aknaicuatneq, assinruuq opioid-aunrilngugneq pilleq. Allan-neq iinrulleg cangimirngailngurneq assinruq makunek picurlagnailngurneq.

Kipusvigmeq pilret cavqenateng. Uum wani tarengam nasvaga yut avrit 50%'at aknailirit assirillrit pilagturaagluteng:



1/NNT, Cochrane Reviews'at, terguaquamaluni wak'n tarengaq Dr. Don Teater'ameq, Teater Health Solutions'at

Tangerrluku caucia akniatem, iinrunrilngurkun yungcarallerka:



Temen qainga nertaaglukku akniatria cali kaputetgun mingqutnek kapluku.



Qalaruluku umyuanek yuvvarta, calista, yungcarista, ayuquciim yuvvartii wall' alla calista ikaiguituli umyuam ayuqucianeq akniatem-llu kingunraneq.



Tarranqegluni, piyualuni, yagtaarluni, caqtaarluni, kuimarluni, yuragluni una-llu yoga'q.



Allat-llu neqek'at cali kaiguitut, calinguat wall' aturcetat, iinrut pinirnarqelret, yugtat iinrut, cali umyuangcartutait.

OPIOID'AM IINRULLRA: NALLUNRITARKAN

Uum wani opioid'am iinruqsugallran canrituq ilini cakneq akniarr pagmun, mumuilngurmun wall' pilagtunralriamun, amlletut umyuakagkat.

UMEK OPIOID'AMEQ IINRUQISQATEN, QALARULUKU YUNGARISTEN...



» Ayagnera aknirutem, umyuassugam elakluku nanikuaneg wall' angniiteneq, cali ellpeneq elavneq-llu ayagnellra aturryullrat naulluun.

» Iinrut, tang'aq wall' allat cat atuqiten.

» Iinrullra sassa-llu opioid'am.

» Qaill' ayuqellra ayuqucim ayalgneq, anerniqluni, anagciiranaq, aipaqisciiranaq, akniam arcarillra, iinruvall'aq, wall' allat.

IINRUKIICIMAQVET OPIOID'AMEQ AKNIARPALL'REN PETEKLUKU...



» Iinruqellrit opioid'at pingaiyun erenret ciptevkenaki piarkaurut (qulneq iinruneg kiingan).

» Iqirilngugni erenerni opioid;ameq iinrukatgen, cali tukniaqanirluku iinruq, tuaten piiluni cangimirgaicikuk. Apluki tukngailngurmek piskeluten, cali ak'univqinaku.

"OPIOID'AURUQKA?"

Ukut iinrut opioid'at waniwa:

Codeine'aq
Fentanyl'aq (Duragesic)
Hydrocodone'aq
(Vicodin, Norco)
Hydromorphone'aq
(Dilaudid)
Meperidine(Dermerol)
Methadone'aq
Morphine'aq
(MS Contin, Kadian)
Oxymorphone'aq (Opana)
Oxycodone'aq
(OxyContin, Percocet)
Tramadol'aq (Ultram)

Cali amlletut allat, taumeq apqauluku yungcarta iinrun opioid'arucianeq.

IKAYUGLUKI AVATIVNI UITALRET AARNAITE.



QEMANGQALUKI IINRUT

Qemangqaluki tegungailketnun mikilngut, ayaguat cali allanun pingngailngurnun.



MULNGAQLUKI EGLUKI ATUMANRILNGUT IINRUT

» Aqvaaluten caquumek akiilngurmek State of Alaska'mi Public Health Center'ami assilriakun iinrut egcisscutaitngun nevni wetalrit.

Nataqluku center'aq canimellken, tangru:
<http://dhss.alaska.gov/dph/Nursing/>

» Wall' uvrigluku tailriit National'at iinruneg utrucillerkak kaku pillerka.

Tangru www.takebackday.dea.gov



AGRU OPIOID'AMEQ CIKIRTURISQEVKENAK

Aruqtqellerqait alingnarkut ayagringlirqaitnun, iinruvalagmun cali tukumun tekiluku. Iinruqitait opioids'at murill'qumalriarut -- watqapik-llu aruqtnguvauqavqinateng allerqtnguluni navyunaunani.



American College of
Emergency Physicians®
ALASKA CHAPTER
ADVANCING EMERGENCY CARE

NALLUNAIRUTAI:

Fairbanks Wellness Coalition, Bree Collaborative and the Washington Health Alliance.

ALLAT-LLU ATURARKAT:

Effect of a Single Dose of Oral Opioid and Nonopioid Analgesics on Acute Extremity Pain in the Emergency Department: A randomized Trial, JAMA, November 2017. Volume 318, No. 17.