



JOSH DAVIS/BAYSIDE GAZETTE

Worcester County Health Department workers set up several items for a demonstration on naloxone, a drug that can counter the effects of a heroin overdose, at the Ocean Pines Library. The free class was offered on April 27 and will return on the fourth Wednesday of every month.

WCHD offers free training classes for anti-overdose drug

By Josh Davis
Associate Editor

(May 5, 2016) Looking for new ways to address the spread of illegal opioid use, which, has contributed to an increase in heroin and other opioid overdoses, the Worcester County Health Department recently began conducting a series of classes on how to administer the life-saving drug, Naloxone.

Kim Poole, a behavioral health and addictions program worker with the Worcester County Health Department, explained the process during a training session at the Ocean Pines Library last Wednesday.

She said overdose-related fatalities have surpassed motor vehicle accidents as the leading cause of "injury-related accidental death" in the U.S., averaging 105 each day.

Naloxone is used to treat those overdoses by reversing the effects of using harmful amounts of opioids.

"The opiate receptors in the body have a higher affinity [for naloxone]. They love naloxone more than they love heroin," she said. "Basically, heroin is going to get knocked off the receptors and the naloxone is going to take hold, so it's going to then reverse the overdose situation."

Opioids can reattach, however, meaning repeated naloxone doses may have to be given.

"The person can then go downhill again. That's why it's important to stay with someone, and to have that second dose available," she said.

Poole said overdoses occur when an excessive amount of an opioid – alone or mixed with another substance – overwhelms the body and shuts down the respiratory system.

"They're not moving oxygen around in the body ... and this is going to affect all of the vital organs," she said. "Brain damage, without oxygen, can occur in as little as four-to-six minutes. That's why it's so important to act quickly."

Signs of an overdose can include shallow breathing or loud snoring or gurgling noises, the body becoming limp or unresponsive, or pale, gray or

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Pines GM gets contract extension

Thompson offers up bonus, but directors opt to renew old deal, as is, by 6-1 vote

By Josh Davis
Associate Editor

(May 5, 2016) Ocean Pines Association General Manager Bob Thompson got three more years on his contract last Tuesday, following a 6-1 vote by the OPA Board of Directors to renew the agreement with its current pay plan rather than institute the pay cut Thompson requested.

In the renewed deal, he will receive a base salary of \$165,000 with potential bonuses that could total 25 percent of that sum. However, 75 percent of that is tied directly to budget performance incentives, while the board decides the remaining 25 percent.

Last year, for example, the board voted to give Thompson a \$5,000

bonus. He did not receive any bonuses tied to budget performance, according to a source on the board.

During the negotiations, which took place as part of a closed meeting on Thursday, April 28, Thompson offered to restructure the deal, foregoing bonuses altogether in favor to a small annual raise – two or three percent – that's in line with what other staff in Ocean Pines receive.

According to Thompson the offer was meant to remove confusion surrounding his contract, which has been a point of contention for some, and to bring his deal in line with what other OPA staff received.

"Despite the fact I hold the senior leadership role in the organization from the staff side, I felt it was important that my compensation be more in line with the rest of my staff, who also serve the community each and every day and try and do



Bob Thompson

the very best they can," Thompson said. "I wanted to be seen as a team member."

"While the bonus structure is cer-

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