OPIOIDS: STATE OF OUR UNION

RYAN A. STANTON MD, FACEP
CENTRAL EMERGENCY PHYSICIANS
MEDICAL DIRECTOR- LEXINGTON FIRE/EMS
CONFLICTS
GOALS

1. Discuss some of the legislation around the country.
2. Look at the liability associated with the opioid crisis.
3. Talk about some of the efforts taking place in Lexington and around Kentucky.
THE OPIOID EPIDEMIC BY THE NUMBERS

IN 2016...

116 People died every day from opioid-related drug overdoses

11.5 m People misused prescription opioids¹

42,249 People died from overdosing on opioids²

2.1 million People had an opioid use disorder³

948,000 People used heroin³

170,000 People used heroin for the first time¹

2.1 million People misused prescription opioids for the first time¹

17,087 Deaths attributed to overdosing on commonly prescribed opioids²

19,413 Deaths attributed to overdosing on synthetic opioids other than methadone²

15,469 Deaths attributed to overdosing on heroin²

504 billion In economic costs⁴

Sources: ¹ 2016 National Survey on Drug Use and Health,² Mortality in the United States, 2016 NCHS Data Brief No. 283, December 2017,³ CEA Report: The underestimated cost of the opioid crisis, 2017

HHS- DrugAbuse.gov
FACTS

The amount of opioids prescribed per person was three times higher in 2015 than in 1999.

180 MME  
1999 | US

640 MME  
2015 | US

### RX NUMBERS...

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Number of Prescriptions</th>
<th>Prescribing Rate Per 100 Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>215,917,663</td>
<td>72.4</td>
</tr>
<tr>
<td>2007</td>
<td>228,543,773</td>
<td>75.9</td>
</tr>
<tr>
<td>2008</td>
<td>237,860,213</td>
<td>78.2</td>
</tr>
<tr>
<td>2009</td>
<td>243,738,090</td>
<td>79.5</td>
</tr>
<tr>
<td>2010</td>
<td>251,088,904</td>
<td>81.2</td>
</tr>
<tr>
<td>2011</td>
<td>252,167,963</td>
<td>80.9</td>
</tr>
<tr>
<td>2012</td>
<td>255,207,954</td>
<td>81.3</td>
</tr>
<tr>
<td>2013</td>
<td>247,090,443</td>
<td>78.1</td>
</tr>
<tr>
<td>2014</td>
<td>240,993,021</td>
<td>75.6</td>
</tr>
<tr>
<td>2015</td>
<td>226,819,924</td>
<td>70.6</td>
</tr>
<tr>
<td>2016</td>
<td>214,881,622</td>
<td>66.5</td>
</tr>
</tbody>
</table>

*Source: HHS, DrugAbuse.gov*
FACTS...

• Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them.

• Between 8 and 12 percent develop an opioid use disorder.

• An estimated 4 to 6 percent who misuse prescription opioids transition to heroin.

• About 80 percent of people who use heroin first misused prescription opioids.

• 6x+ variability by county.

HHS- DrugAbuse.gov
FACTS...

Average days supply per prescription increased from 2006 to 2015.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Day Supply Per Prescription</td>
<td>13.3</td>
<td>13.9</td>
<td>14.5</td>
<td>15.0</td>
<td>15.5</td>
<td>16.0</td>
<td>16.4</td>
<td>16.9</td>
<td>17.2</td>
<td>17.7</td>
</tr>
</tbody>
</table>
FACTS...

52,404 drug overdose deaths in 2015

Cocain

Year

4.1 in 1999!!!

WV- 52

KY- 32.5

CDC.gov
Emergency Departments Not a Major Source of Opioid Prescriptions, New Study Shows

Jan 16, 2018

WASHINGTON, DC — Opioid prescribing has increased 471 percent from 1996 to 2012, according to a new Annals of Emergency Medicine study, “Emergency Department Contribution to the Prescription Opioid Epidemic.” But, emergency departments are not a major source of opioid prescriptions. In fact, their share of opioid prescribing is small and declining.

The share of opioids from doctor’s office-based prescriptions rose from 71 percent to 83 percent during the 17 years analyzed. The share of prescription opioids originating from emergency departments declined from 7 percent to 4 percent in that same timeframe, the study finds. The analysis was based on the nationally representative Medical Expenditure Panel Survey (MEPS) data, administered to 15,000 patients annually.

“Emergency departments are at the forefront of efforts to reduce harm associated with opioid abuse, but they are not a major source of opioid prescriptions,” said Sarah Axeen, Ph.D., Assistant Professor of Emergency Medicine, Keck School of Medicine, University of Southern California and lead study author.

“Policymakers and providers should match interventions with settings where they are most likely to be successful. Efforts to reduce the quantity of opioid prescriptions should focus less on hospital-based prescribing and more on doctor’s office-based prescribing practices, specifically addressing refills or chronic prescriptions.”

Most patients receive opioid prescriptions from sources of care other than the emergency department. The typical patient obtained 44 percent of his or her opioids from office-based prescriptions, 26 percent from dental or other outpatient sources, 16 percent from emergency departments and 14 percent from inpatient settings.
LEGISLATION...

- PDMPs
  - 37 states w/ mandatory monitoring as of 1/2018
- Pain Clinic Regulation
- Education- Patient and Provider
- Examination and Monitoring Requirements
- Prescription Duration Limitations
  - 24 states as of 12/2017
LEGISLATION...

✓ Restrictions on Refills and Long Acting Formulations
✓ Naloxone
✓ Per NCSL.org- 1,300 bills between 2015-2017
✓ Marijuana?
1) Improving access to treatment and recovery services;
2) Promoting use of overdose-reversing drugs;
3) Strengthening our understanding of the epidemic through better public health surveillance;
4) Providing support for cutting edge research on pain and addiction; and
5) Advancing better practices for pain management.
PROGRESS...

✓ SJHS ALTO- 82% opioid use reduction in the ER and Rx in the first year (2017)
  ✓ Higher patient satisfaction and improved pain scores

✓ CoACEP ALTO- 36% reduction in opioids during a 6 month pilot in 2017
  ✓ 10 hospital pilot program
  ✓ Higher patient satisfaction and improved pain scores
  ✓ 35k fewer opioids in 6 months

✓ PDMPs
✓ Regulating Pain Clinics
✓ Access to recovery resources
LIABILITY

- Federal Liability - “Statement of Interest”
  - Is this the next tobacco?

- State/Local Liability - Over 100 lawsuits to drug makers
  - KY - McKesson - Floyd Co 477 Pills/Person 2010-2016
    - Floyd Co - 1,400 Pills/Person 2010-2016

- Doctors/Providers
  - Hsiu-Ying Tseng, DO - Feb 2016 - 30 years for 2nd degree murder
  - Civil Liability, Criminal Liability, Professional Sanctions
LIABILITY

• Dealers
  • Increase penalties and criminal liability

• Purdue/Drug Makers
  • 2007 - “Misbranded” addiction risk- $634.5 Million
  • Worked to weaken legal doctrine on executive liability
  • Negotiating federal settlement for all lawsuits
    • Lobbying- >$2.3 million to lawmakers
  • Purdue stops marketing opioids to physicians- 2/2018
LEXINGTON...

• Laws and Regulations
  • First state to tax opioid prescriptions
  • Opioid Disposal Program
  • Narcan- EMS, Fire, Police, Public

• Interfaith Presentations

• University of Kentucky

• Baptist Health System
LEXINGTON...

- GetHelpLex.org
- FindHelpNowKY.org
MOVING FORWARD…

• Engage the ENTIRE community

• Streamline access to recovery resources
  • GetHelpLex.org or FindHelpNowKY.org
  • Role of EM?

• Continue to work on ALTO like programs
  • Rethink pain management- we were ALL bamboozled
  • Treat based on the best/safest options
    • Better pain management and satisfaction

• There is not one “Rx” for this multifaceted and complex problem
  • Medicine, law enforcement, pain management, recovery resources, politics, community

• What can I do to help someone today?…”fill buckets”
Questions...