The Central Oregon Pain Standards Task Force - Central Oregon’s Response to the Opioid Crisis

Oregon AHEC Opioid Symposium
4/26/19
Kim Swanson, Ph.D., Chair of Pain Standards Task Force
Acknowledgements

- Cascades East AHEC
- Central Oregon Health Council
- Pacific Source Community Solutions
- OHSU
• Kim Swanson, Ph.D. is a full time salaried employee as the Behavioral Health Director at Mosaic Medical. Dr. Kimberly Swanson has disclosed that within the past 12 months, she has not had financial interest with any manufacturers of medical commercial products pertaining to the presented topics.
What Will You Learn Today?

- We will review Central Oregon’s 7 Point Strategy to address the Opioid Epidemic
Objectives

- Understand the scope of the problem
- Outline a comprehensive strategy to address the opioid crisis
- Identify public health and collective impact strategies to address the opioid epidemic
Background

Americans consume more opioids than any other country

Standard daily opioid dose for every 1 million people

United States
Canada
Germany
Denmark
Belgium
Austria
Switzerland
Australia
Holland
Spain
Luxembourg
Norway
Great Britain
Ireland
New Zealand
Sweden
Iceland
Israel
France
Slovenia
Portugal
Finland
Italy
Mauritius
Greece

Source: United Nations International Narcotics Control Board
Credit: Sarah Frostenson
Background

As of this year, for the first time ever, drug overdose is the leading cause of death for Americans under age 50.

**OPIOID EPIDEMIC**

- 78 people die everyday from opioid overdose in the U.S.
- 60% of drug overdose deaths involve opioids
- 50% of all opioid deaths involve a prescription
Background

The opioid crisis is expected to worsen in the next decade owing to multiple factors.

- First, the number of individuals using illicit opioids is expected to increase substantially.
- Second, unlike historical trends where prescription opioid use has served as a path to heroin use, more people are directly initiating opioid use with illicit opioids.
- Third, there has been a rapid increase in illicit opioid lethality, mainly driven by the infiltration of the heroin supply with the highly potent synthetic opioid fentanyl.

Reference

• Oregon ranks number 4 in the nation for non-medical pain reliever use within the total population aged 12 or older.

• In 2012:

✓ 100 million prescription opiates were legally prescribed with a population of 3.9 million Oregonians. That equals 26 opiate pills for every citizen in Oregon.

References:
Oregon Prescription [Accessed on September 16, 2015]
[Accessed on September 16, 2015]
In Oregon Between 2000 and 2011:

- The rate of death due to unintentional prescription drug overdoses increased by 2.4 times
  - Four out of 10 drug related deaths were reported to have more than one drug contributing to their death
  - Benzodiazepines were most prevalent contributor, accounting for 40% of overdose deaths.
- The rate of hospitalization increased five-fold.

- Estimated annual cost to Oregon for ED visits for chronic pain alone is $216,800,000.

References

   Oregon Prescription [Accessed on September 16, 2015]
   [Accessed on September 16, 2015]
What is The Central Oregon Pain Standards Task Force?

- The PSTF is an engaged multidisciplinary group of thoughtful and compassionate community wide health care professionals that was formed by the COHC to accomplish the following:
  - Engage community partners and health care professionals on the current opioid problem in our region.
  - Promote education in our region to learn evidenced based & best practices for managing chronic or persistent non-cancer pain to bring them to more general use.
Why Were We Formed?

- The Pain Standards Task Force (PSTF) is supported through the Central Oregon Health Council (COHC), which is the governing body of Central Oregon’s Coordinated Care Organization (CCO), PacificSource Community Solutions.

- The PSTF was formed in response to the concerning rise of opioid related deaths & health care costs in our community. Also to transform health care delivery for chronic or persistent non-cancer pain in our region.
The Mission & Vision of The Pain Standards Task Force

Vision
Working collaboratively to improve the health and well being of chronic or persistent non-cancer pain patients in Central Oregon.

Mission
Create a health care system that embodies compassionate, patient-centered, holistic, and evidence-based chronic or persistent non-cancer pain care.
Who Are We?

Kim Swanson, PhD (Chair)
Behavioral Health Director – Mosaic Medical

Bruce McElroy, MD
Chief Medical Officer – Veterans Affairs

Gary Allen, DMD, MS
Dental Director -- Advantage Dental

Michael Allen, DO
Medical Director – La Pine Community Health Center

Jovanna Casas, PharmD
Clinical Pharmacist – PacificSource

Laurie Hubbard
Prevention Coordinator – Deschutes County Health Dept.

Matthew Cook, PA
Medication Safety Officer – St. Charles Health System

Stevi Bratschie, MPH
Clinical Quality Improvement Coordinator – PacificSource

Muriel DeLaVergne-Brown
Director – Crook County Health Dept.

Alison Little, MD, MPH
Medical Director for Medicaid Programs – PacificSource

Sharity Ludwig, BS, RDH, EPP
Quality Improvement Manager – Advantage Dental
Who Are We?

Kerie Raymond, ND
Practitioner – Hawthorn
Healing Arts Center

Michael Powell, PharmD
Chief Pharmacy Officer – St. Charles Health System

Robert Ross, MD
Medical Director, Community Health Strategy – St. Charles

Nathan Rouse, Pharm D
Pharmacist – Walgreens Pharmacy

Scott Safford, PhD
Clinical Psychologist - St. Charles Family Care

Divya Sharma, MD
Medical Director – Central Oregon IPA & Mosaic Medical

Julie Spackman
Community Project Coordinator – Deschutes County Health Services

Heather Stuart
Prevention Coordinator – Crook County Health Dept.

Rick Treleaven, LCSW
Executive Director – BestCare Treatment Services

Tom Watson, PT, DPT, DAAPM
Physical Therapist – Rebound
7 Point Strategy

- Adoption & Implementation of Safe Prescribing
- Education
- Measurement Based Practice
- Access to Comprehensive Pain Management
- Harm Reduction
- Increase Access to Treatment
- Public Awareness
6 Point Strategy

- Adoption & Implementation of Safe Prescribing Guidelines

“What’s your drug of choice?” she asked.
“Hope” he said. “The most addicting one of all.”
7 Point Strategy

- Adoption & Implementation of Safe Prescribing Guidelines

- 2015 PSTF Formally Adopts Consensus Safe Chronic Pain Prescribing Guidelines (*based off of Interagency Medical Directors in Washington)

- 2017 PSTF Formally adopts OHA Chronic Pain Prescribing Guidelines

- 2019 PSTF Formally Adopts OHA Acute Pain Prescribing Guidelines
7 Point Strategy

- Education
  - 4 years
  - 53 events
  - 93% stated would change their practice

EDUCATION: the path from cocky ignorance to miserable uncertainty.

-Mark Twain
• Education
  • Please explore our launched website at: www.copainguide.org
  • Tools and prescribing guidelines for providers
  • Opportunities for CME
  • A summary of useful resources from around the U.S.
  • A community entrance with basic information
  • Contact information
• Our website can also be accessed through the state Oregon Pain Guidance Website at:
  • https://www.oregonpainguide.org/regions/central-oregon/
7 Point Strategy

Education

2015 (7 educational events)
- Grand Rounds
  - Chronic Pain and Depression—Charles DeBattista, DMH
  - Managing Long-Term, Non-Cancer Pain—Catriona Buist, PsyD
  - Opioid Therapy, Pain and Addiction at the Crossroads—Steven C. Passik
  - What is Chronic Pain?—John D. Loeser, MD
- Summit to Reduce Rx Abuse
- Pain Society of Oregon PSTF Initiatives for Safer Prescribing
- Safer Prescribing Guidelines Endorsement Dinner

2016 (22 educational events)
- 16 Safe Prescribing Presentations enrolling 57 provider into PDMP
- PSTF 2015-2016 Initiatives at RNCC Regional Meeting
- Grand Rounds
  - MAT & Opioid Use Disorder—John McIlveen, PhD & Jessica LeBlanc, MD
- Backpain Guidelines Alternative Therapies—Alison Little, MD
- First Annual Pain 101 Provider Workshop
- Patient Education: Living Well with Chronic Pain
- Community Education: Bend Rotary Club
• Education

• 2017 (12 educational events)
  • Central Oregon Mid-level providers: MAT in Opiate Use Disorders
  • Behavioral Health Chronic Pain Learning Collaborative
    • Chronic Pain as the Psychological Variable in DSM-5
    • Chronic Pain & Psychological Co-Morbidities That Impact Prognosis and Course of Medical Treatment
    • Risk Mitigation in Chronic Management and the BHC’s Role
    • Role of Family in Chronic Pain Management
  • Second Annual Pain 101 Provider Workshop
  • Patient Education: Living Well With Chronic Pain
  • Central Oregon Medical Society: The Opioid Overdose Epidemic
  • Community Education: Take Meds Seriously, Oregon
  • Community Education: Redmond Rotary Club
  • Community Education: City Club of Bend
  • Representative Walden Round Table
Education

2018 (10 educational events)
- Exercise Therapy as an Alternative to Opioids for Chronic Mechanical Low Back Pain
- Buprenorphine Waiver Training
- Integrated Care Collaboratives
  - Strategies for Successful Integrated Care at PCPCH
  - MAT Use in Primary Care
  - Team-Based Care for Chronic Conditions
  - Integrating Primary Care and Behavioral Health
- Third Annual Pain 101 Provider Workshop
- Pharmacists in Response to the Opioid Crisis (Two Events)
- Max’s Mission Event (Madras & Bend)

2019
- Collaborative Care Model Workshop
- CMS Medicare Coverage Changes
AHEC Collaboration Event: Pharmacists Response to the Opioid Crisis (2016) House Bill (HB) 4124 passed into law and was signed by Oregon Governor Kate Brown on April 4, 2016. The law is intended to increase access to the life-saving opiate overdose reversal drug, naloxone. The law permits pharmacists to prescribe unit-of-use naloxone and the necessary supplies for administration to a person or organization that conducts training, and to an individual who has completed an OHA approved training.
7 Point Strategy

Measurement Based Interventions
Measurement Based Interventions

Central Oregon Regional Dashboard
PSCS Opioid PIP

Number of Members Receiving Chronic Opiates (agonist-only) by MED in 12 mos preceding date listed - Central Oregon CCO data source - PacificSource claims

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7 Point Strategy

PSCS Opioid PIP

County PDMP Measures

PDMP Measure
- Number of Top Prescribers Enrolled
- Number of Top Prescribers Querying
- Percent of Top Prescribers Enrolled
- Percent of Top Prescribers Querying

County

County Legend
- Crook
- Deschutes
- Jefferson
Central Oregon's Opioid Overdose Death Rate One of The Lowest in The Nation

- Increases in Drug and Opioid-Involved Overdose Deaths U.S., 2010–2015
- Morbidity and Mortality Weekly Report December 30, 2016 65(50-51);1445–52
7 Point Strategy

- Access to Comprehensive Pain Management

CHRONIC PAIN

ONE OF THE MOST UNDERESTIMATED HEALTH CARE PROBLEMS IN THE WORLD TODAY
### Access to Comprehensive Pain Management

|        | PT/OT count | Average PT/OT per month | Acupuncture count | Average acupuncture | Chiro count | Average chiro | Massage count | Average massage | Combined services | Average for combined | Percent Increase |
|--------|-------------|--------------------------|-------------------|--------------------|-------------|---------------|---------------|----------------|-------------------|--------------------|---------------------|------------------|
| Q1 2016 | 1212        | 404                      | 174               | 58                 | 102         | 34            | 5             | 2              | 1493              | 498                |                    |
| Q2 2016 | 1411        | 470                      | 171               | 57                 | 90          | 30            | 4             | 1              | 1676              | 559                | 85.08              |
| Q3 2016 | 1539        | 513                      | 306               | 102                | 335         | 112           | 3             | 1              | 2183              | 728                | 68.39              |
| Q4 2016 | 1498        | 499                      | 253               | 84                 | 288         | 86            | 9             | 10             | 2068              | 689                | 72.20              |
| Q1 2017 | 1643        | 548                      | 273               | 91                 | 188         | 63            | 6             | 22             | 2185              | 723                | 68.83              |
| Q2 2017 | 1703        | 568                      | 355               | 118                | 241         | 80            | 7             | 23             | 2367              | 789                | 70.81              |
| Q3 2017 | 1568        | 523                      | 298               | 99                 | 222         | 81            | 7             | 27             | 2169              | 723                | 100.65             |
| Q4 2017 | 1623        | 541                      | 335               | 112                | 289         | 96            | 9             | 27             | 2328              | 776                | 88.83              |
| Q1 2018 | 1870        | 623                      | 314               | 108                | 353         | 118           | 9             | 31             | 2629              | 876                | 82.50              |
| Q2 2018 | 1857        | 619                      | 312               | 104                | 345         | 115           | 9             | 30             | 2093              | 868                | 90.93              |
| Q1 2018 |             |                          |                   |                    |             |               |               |                |                   |                    |                    |
| Q2 2018 |             |                          |                   |                    |             |               |               |                |                   |                    |                    |

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Access to Comprehensive Pain Management
- Living Well with Chronic Pain Self Management

- 2016
  - 32 participants completed Living Well with Chronic Pain
    - Deschutes County

- 2017
  - 56 participants have completed Living Well with Chronic Pain
    - Jefferson County
    - Deschutes County
    - Crook County cancelled due to low enrollment

- 2018
  - 32 participants completed Living Well with Chronic Pain
    - Deschutes County
    - Crook County

Living Well with Chronic Pain Central Oregon
7 Point Strategy

- Harm Reduction

HARM REDUCTION
Saved my life.
Harm Reduction

Safeguard Medication At Home in 3 Steps
Prevent prescription drug misuse and abuse from harming you, your family, and your community.

Step 1: Monitor
- Note how many medications you have and how many pills are in each bottle
- Store medications in their original containers with clear labeling and instructions
- Keep track of your refills; frequent refills could indicate a problem
- Closely watch addictive medications such as pain killers, and sleep or anxiety medications

Step 2: Secure
- Protect medications as though they are jewelry or cash
- Store prescriptions in locked cabinets or other secure locations; consider buying a medication safe

Step 3: Dispose
- Properly and safely dispose of medicine that is expired or unused

Take unwanted medicines (prescriptions and over-the-counter medications) to a safe disposal site. To find a safe disposal site near you, visit: www.COPainGuide.org and click “Patient Resources”
• Harm Reduction
  • Dispose of Unused Medications
    • Central Oregon has 19 Drug Kiosks
      • Bring unused medications to secure medication drop-off boxes
      • Please go to The PSTF’s Central Oregon Prescription Drug Disposal Units and Locations our website and can be found here: http://www.copainguide.org/patients-families/

• Walgreens Launches Safe Medication Disposal Kiosk Program in Oregon (see: https://www.mycentraloregon.com/2016/08/17/walgreens-launches-safe-medication-disposal-kiosk-program-in-oregon/)
7 Point Strategy

Harm Reduction
Naloxone

2018 PSTF provided Narcan to the following in our community:

- Deschutes County Sheriff’s Office
  - 60 packs
- Deschutes County Syringe Exchange
  - 98 packs
- Crook County Health Dept.
  - 30 packs
- Pfeifer & Assoc.
  - 24 packs
7 Point Strategy

Harm Reduction

- Naloxone at Syringe Exchange

Overdoses in Lifetime (Both Men & Women)

Total = 74+ overdoses
Harm Reduction

- Naloxone at Syringe Exchange

# Times Witnessed an Overdose in Lifetime

Total = 268+ overdoses
Harm Reduction

- Naloxone at Syringe Exchange

# Doses of Naloxone Administered (in refills due to 14 overdoses)

- 9 overdoses needed one dose
- 4 overdoses needed two doses
- 1 overdose needed seven doses
7 Point Strategy

Harm Reduction
  • Naloxone at Syringe Exchange

Reasons did not call 911

- Felt could handle it alone
- Afraid of police
- Bystanders didn't offer help
- I don't know

Total: 7
Harm Reduction

- 2018 Max's Mission Events
  Max's Mission is an outreach program to spread awareness of Naloxone
  - Topics covered:
    - Get a prescription for naloxone
    - Be trained on how and when to use naloxone
    - How to get naloxone from your local pharmacy
    - Education to pharmacists
  - Distributed nearly 100 nasal spray naloxone kits directly to the public
7 Point Strategy

- Increase Access to Treatment
DATA 200 WAIVER PROVIDERS OREGON & PERCENT WHO FILL MAT MEDICATION

- 2016: 467
- 2017: 544
- 2018: 829

Percent Who Fill MAT Medication over the years.
7 Point Strategy

Data 200 Waiver Providers Central Oregon

Providers with Data 2000 Waiver
7 Point Strategy

- Public Awareness
TakeMedsSeriouslyOregon.org
• Public Awareness: PSTF & Media
• 2015
• Deschutes County Stocking Overdose-Reversing Drug
  • http://www.bendbulletin.com/health/3597595-151/deschutes-county-stocking-overdose-reversing-drug
• Oregon Delays Change In Back Pain Treatment
• Delays for Pain Management Alternatives for OHP Patients
  • http://www.opb.org/radio/programs/thinkoutloud/segment/delays-for-painmanagement-alternatives-for-ohp-patients/
• Central Oregon Health Care Providers Tackle Prescription Drug Abuse
• Public Awareness: PSTF & Media
• 2015 (continued)
• Delays for Pain Management Alternatives for OHP Patients
  • http://www.opb.org/radio/programs/thinkoutloud/segment/delays-for-phone-management-alternatives-for-ohp-patients/
• Here’s What’s On The 2016 Health Care Horizon
  • http://www.bendbulletin.com/health/3847371-151/heres-whats-on-2016-health-carehorizon#
• 2016
• Oregon House Oks Bill Targeting Prescription Drug Abuse
• Opioid Addiction Epidemic
  • https://centraloregondaily.com/opioid-addiction-epidemic/
• Representative Walden Roundtable
  • https://www.bendbulletin.com/topics/5659424-151/opioid-roundtable-urges-walden-to-preserve-aca
• Opioid Epidemic Story (6/15/16)
  • https://centraloregondaily.com/page/2/?s=opioid Providers Unify to Promote Safe Drug Disposal Kiosks (9/22/16)
• Public Awareness: PSTF & Media
  • 2017
    • Positive Ways to Deal the Substance Abuses
      • https://centraloregondaily.com/positive-ways-deal-substance-abuses/
    • Clinics Adopt New Prescription Policy
      • https://centraloregondaily.com/clinics-adopt-new-prescription-policy/
    • U.S. Representative Greg Walden Visits Bend For Roundtable Opioid Discussion
    • Crisis Causes Ripple Effects Through Deschutes Community
      • https://centraloregondaily.com/crisis-causes-ripple-effects-deschutes-community/
    • Opioid Roundtable Urges Walden to Preserve ACA
  • 2018
    • How to Save a Life: Naloxone Available For Public Use
      • https://centraloregondaily.com/maxs-mission/
    • Rep. Walden Discussion the Effects for Opioids in Oregon
    • Overdose Antidote in Short Supply
Gratitude is the best attitude.