

# 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



# Disclosures



- 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

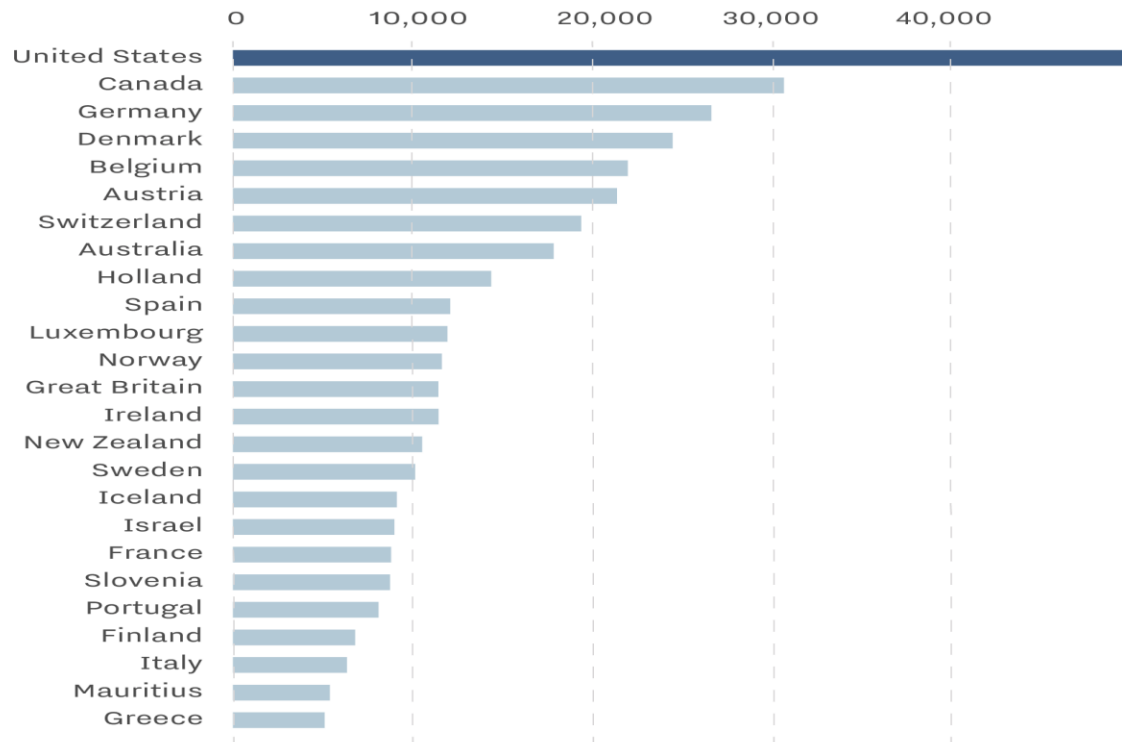


# Background



## Americans consume more opioids than any other country

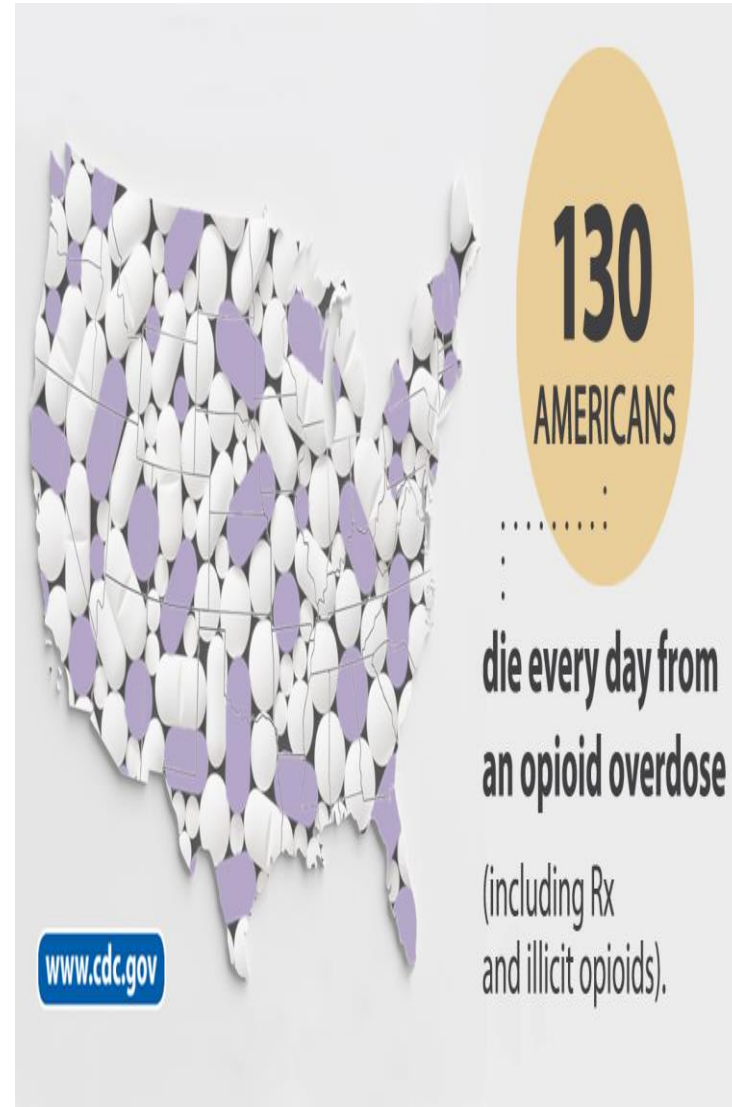
*Standard daily opioid dose for every 1 million people*



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

**Vox**

# Background

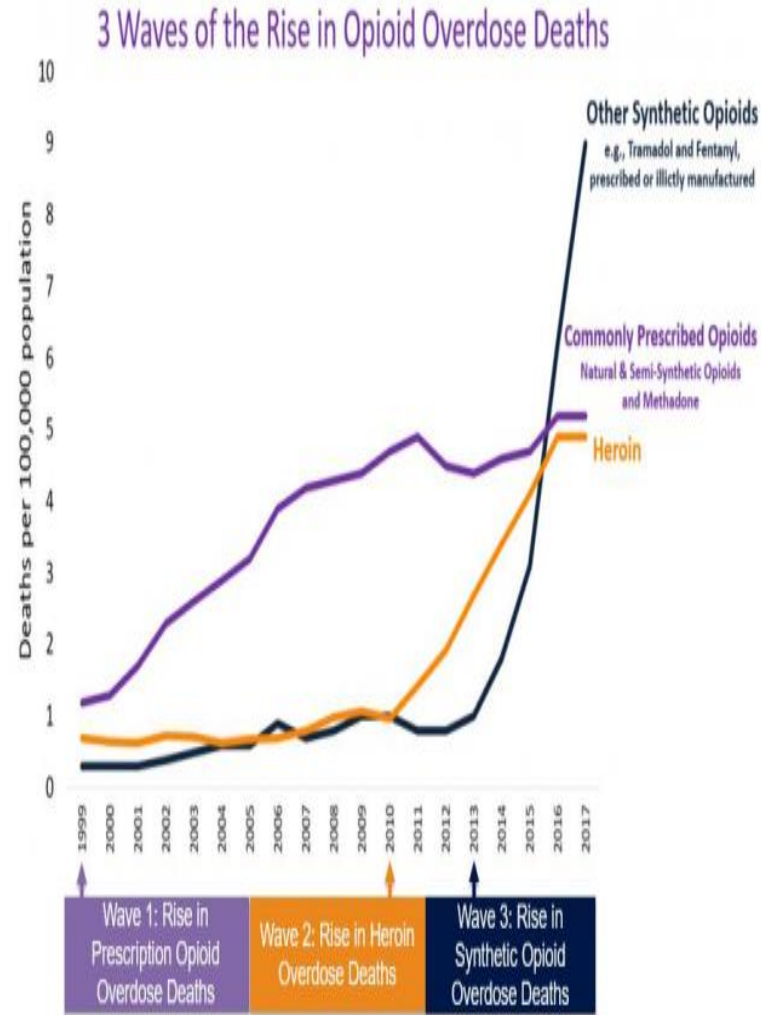


As of this year, for the first time ever, drug overdose is the leading cause of death for Americans under age 50.

## OPIOID EPIDEMIC



# Background



SOURCE: National Vital Statistics System Mortality File.

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
- February 1, 2019.  
doi:10.1001/jamanetworkopen.2018.7621



# Background



- Oregon
  - 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:

1) <http://public.health.oregon.gov/DiseasesConditions/InjuryFatalityData/Documents/oregon-drug-overdose-report.pdf>

Oregon Prescription [Accessed on September 16, 2015]

<http://orcrm.org/wp-content/uploads/2015/02/nga-Task-Force-Report.pdf>

[Accessed on September 16, 2015]

# Background



## 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

- 1) [http:// public.health.oregon.gov/DiseasesConditions/InjuryFatalityData/ Documents/ oregon-drug-overdose-report.pdf](http://public.health.oregon.gov/DiseasesConditions/InjuryFatalityData/Documents/oregon-drug-overdose-report.pdf)  
Oregon Prescription [Accessed on September 16, 2015]
- 2) <http://orcrm.org/wp-content/uploads/2015/02/nga-Task-Force-Report.pdf>  
[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 Treleven, LCSW  
Executive Director – BestCare  
Treatment Services

Tom Watson, PT, DPT, DAAPM  
Physical Therapist – Rebound

# 7 Point Strategy



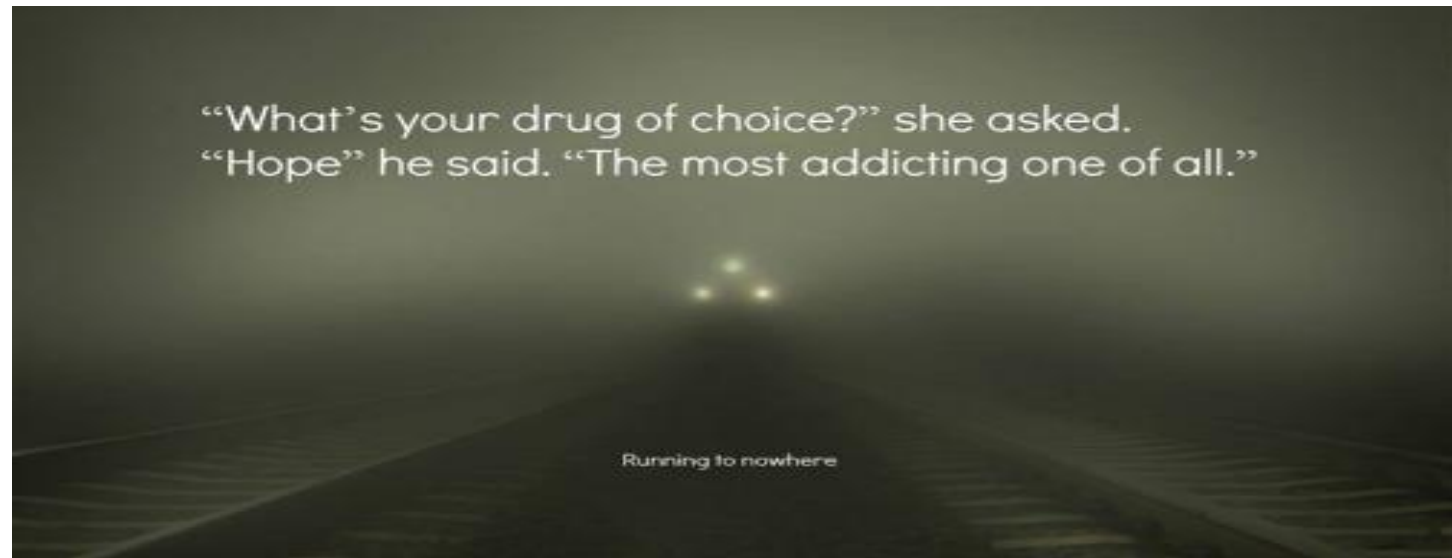
- Adoption & Implementation of Safe Prescribing
- Education
- Measurement Based Practice
- Access to Comprehensive Pain Management
- Harm Reduction
- Increase Access to Treatment
- Public Awareness



# 6 Point Strategy



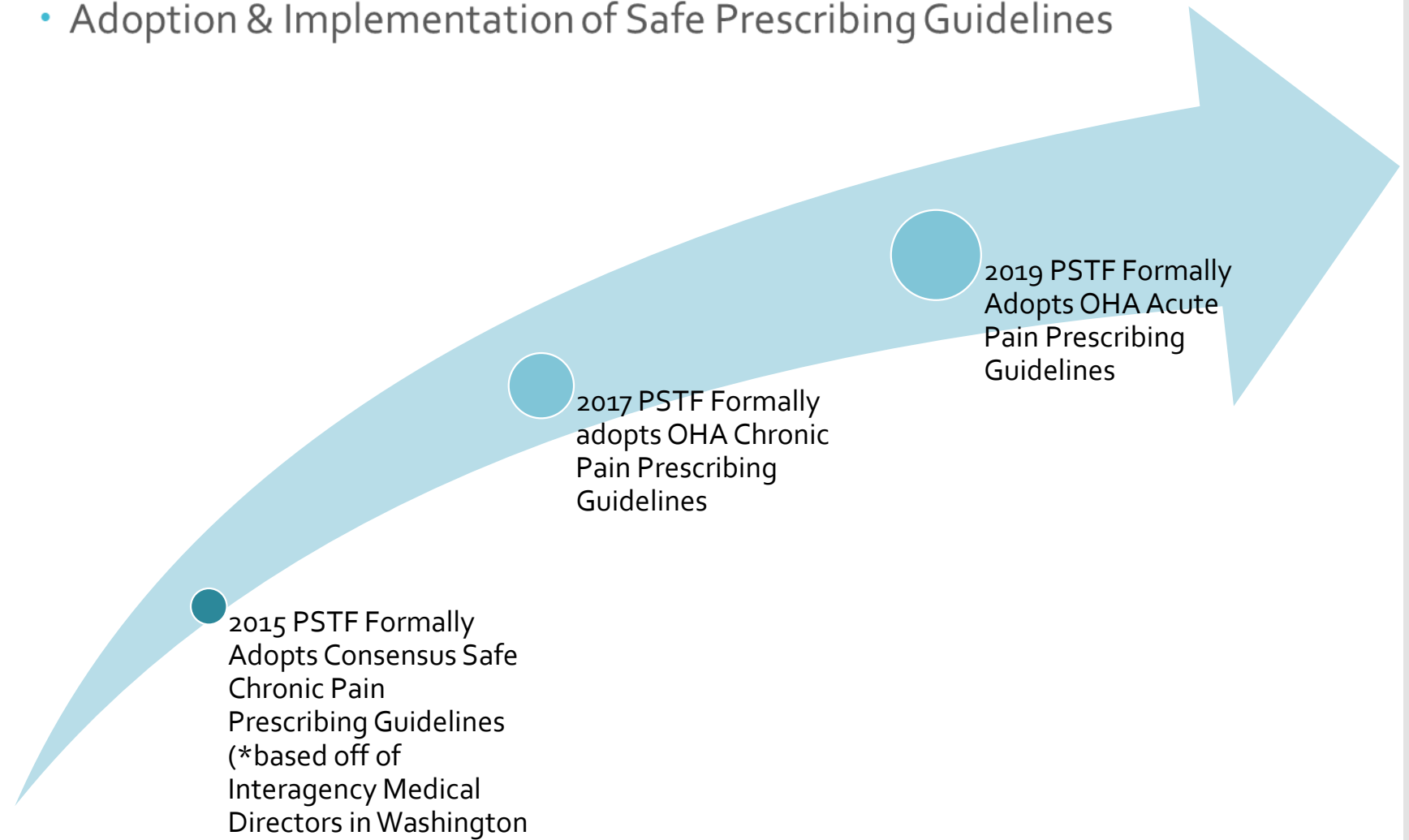
- Adoption & Implementation of Safe Prescribing Guidelines



# 7 Point Strategy



- Adoption & Implementation of Safe 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



# 7 Point Strategy



- Education
  - Please explore our launched website at:  
[www.copainguide.org](http://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.oregonpainguidance.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

# 7 Point Strategy



- 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



# 7 Point Strategy



- 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



## 7 Point Strategy



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



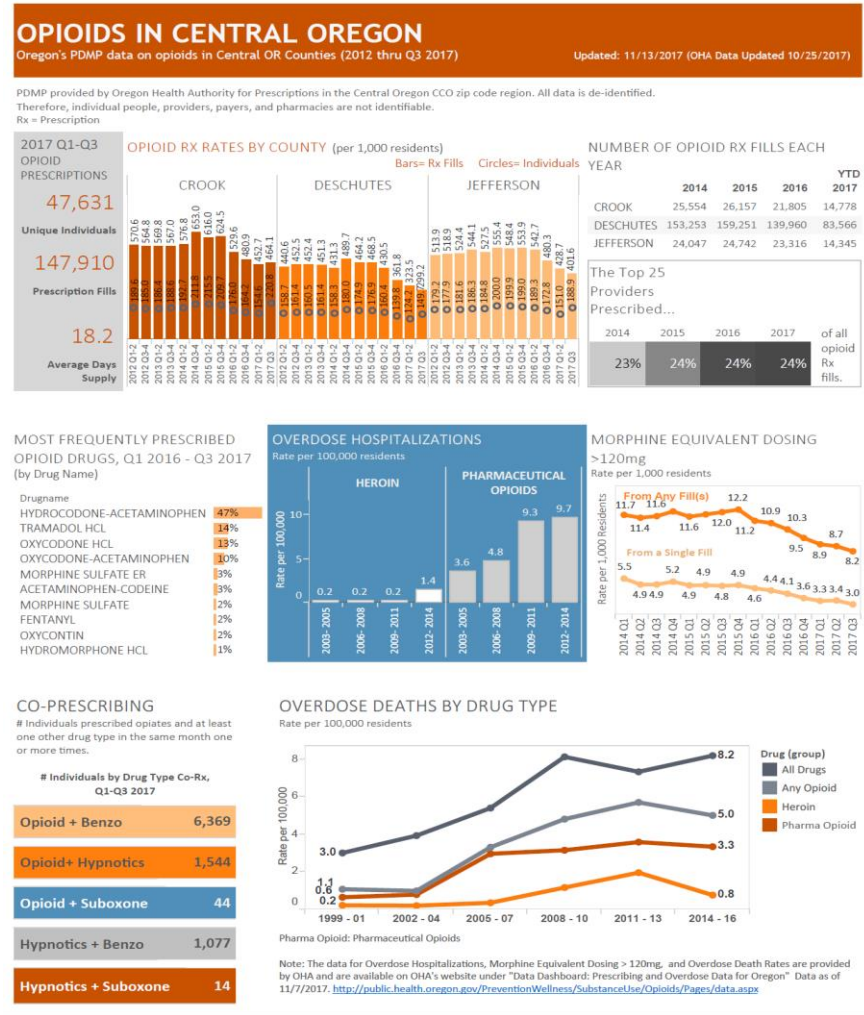
Measurement Based Interventions



# 7 Point Strategy



## Measurement Based Interventions



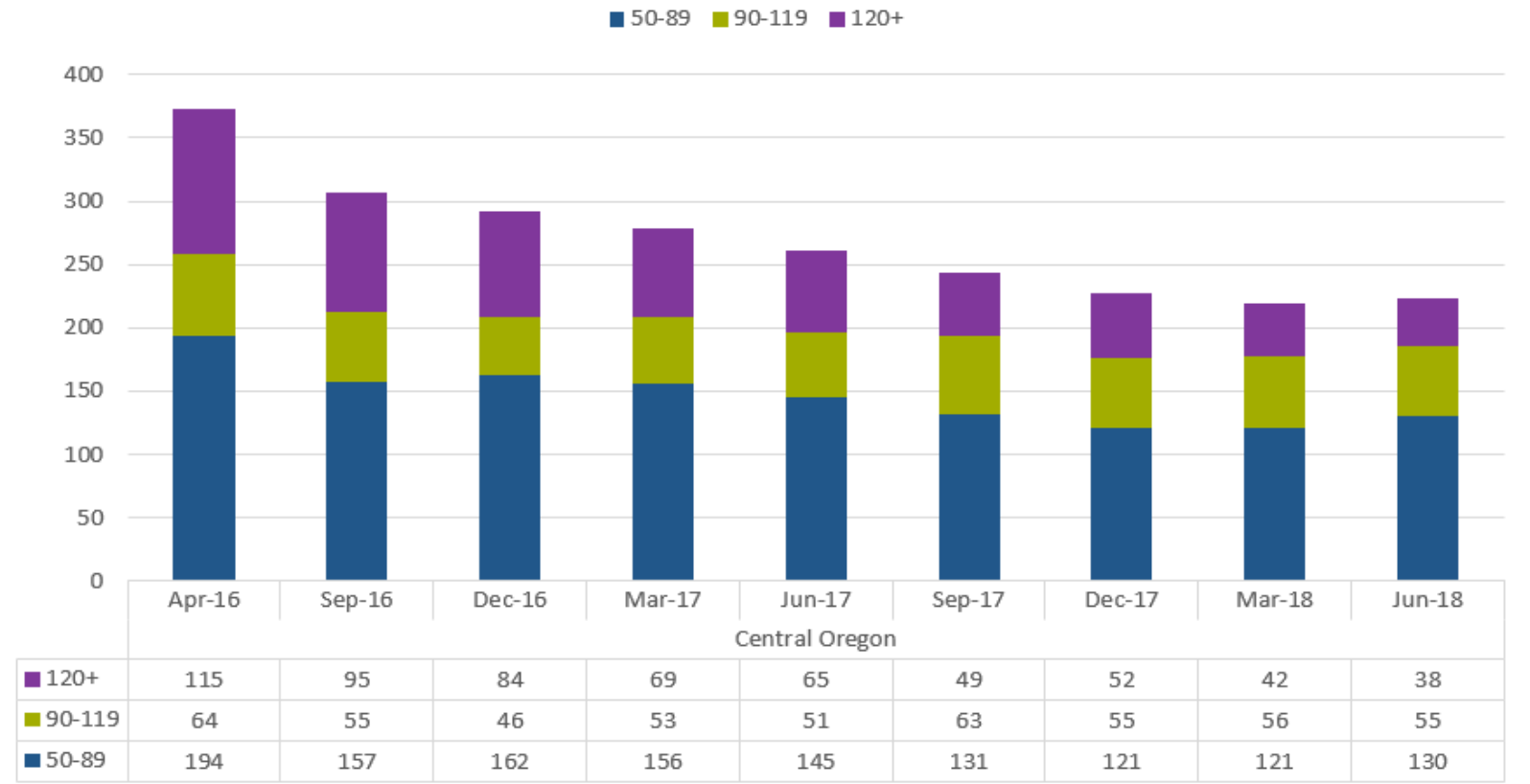
## Central Oregon Regional Dashboard

# 7 Point Strategy



## PSCS Opioid PIP

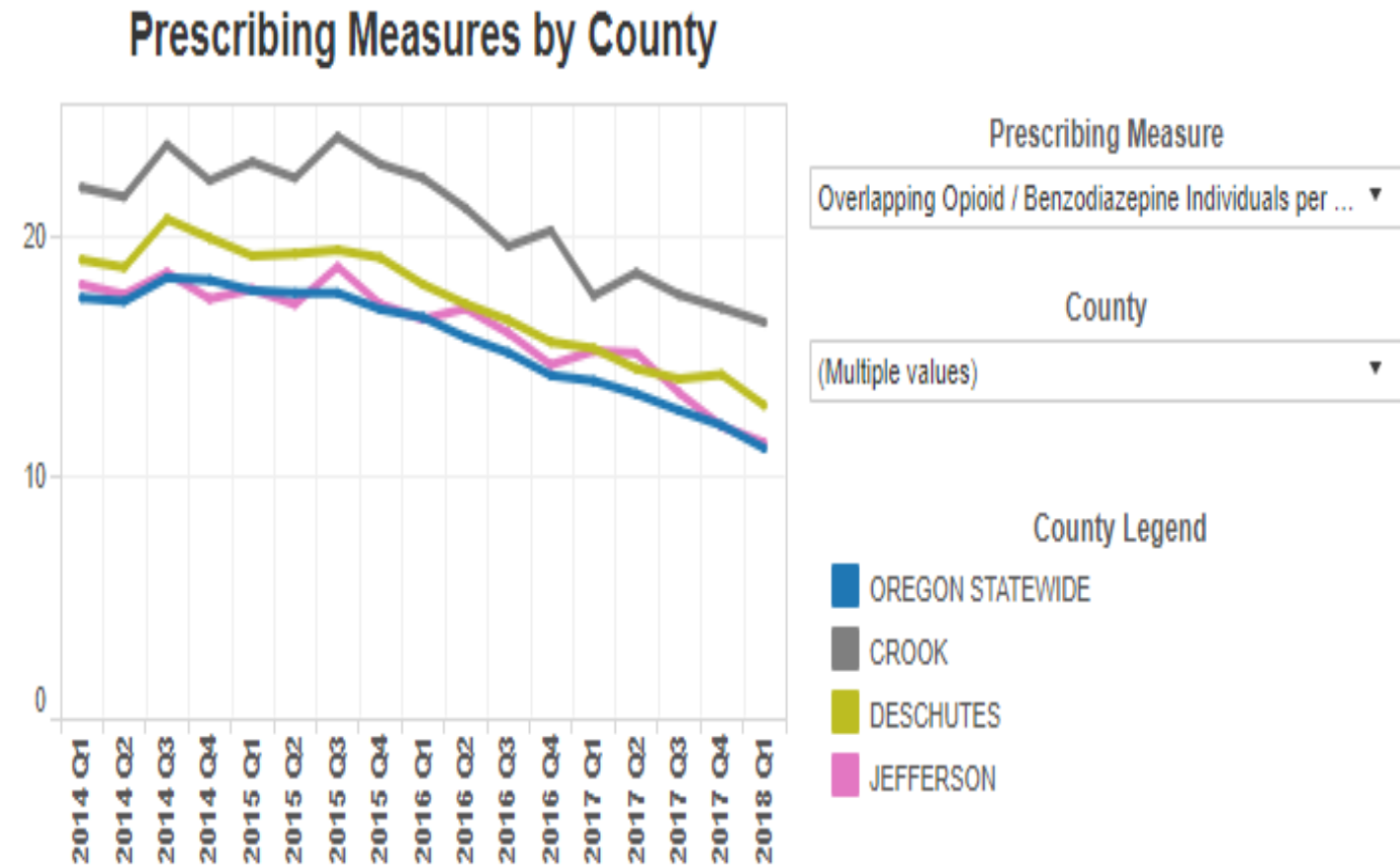
Number of Members Receiving Chronic Opiates (agonist-only) by MED  
in 12 mos preceeding date listed - Central Oregon CCO  
data source - PacificSource claims



# 7 Point Strategy



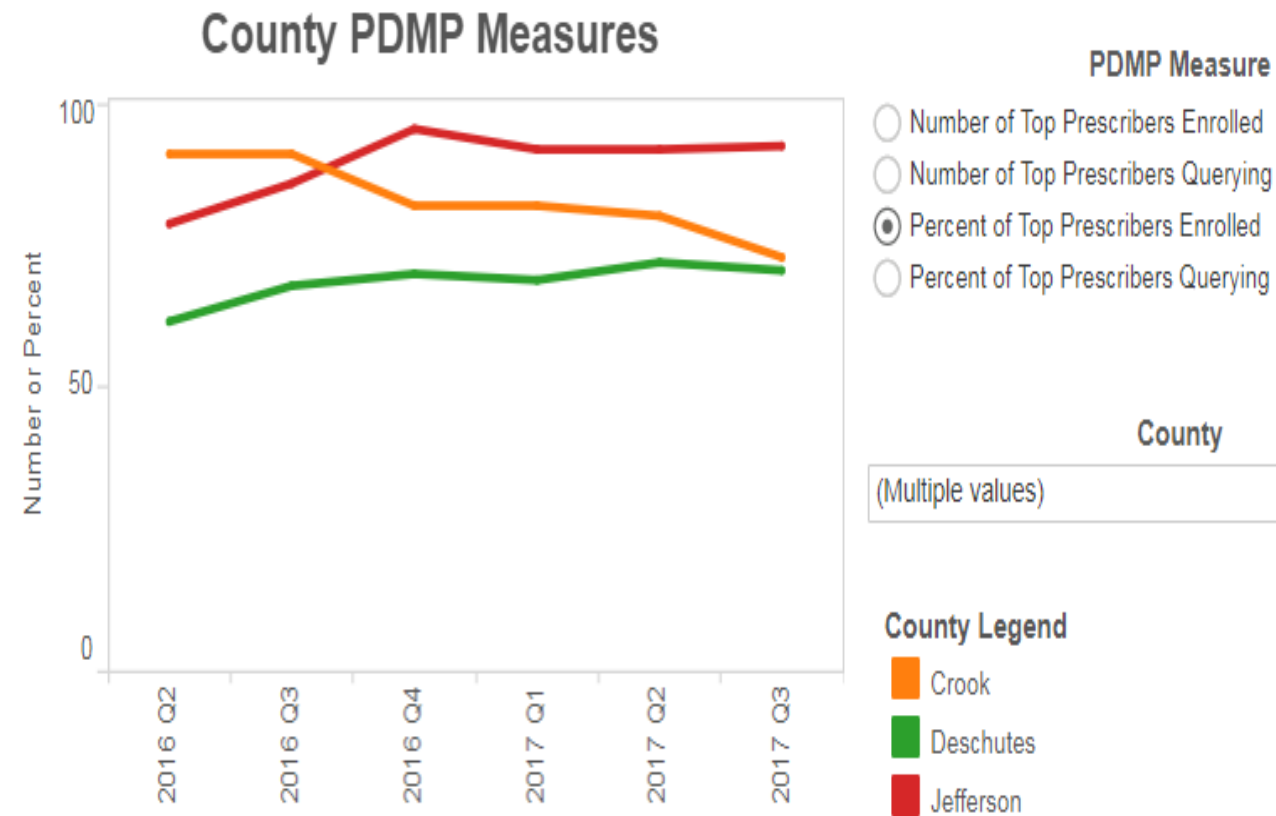
## PSCS Opioid PIP



# 7 Point Strategy



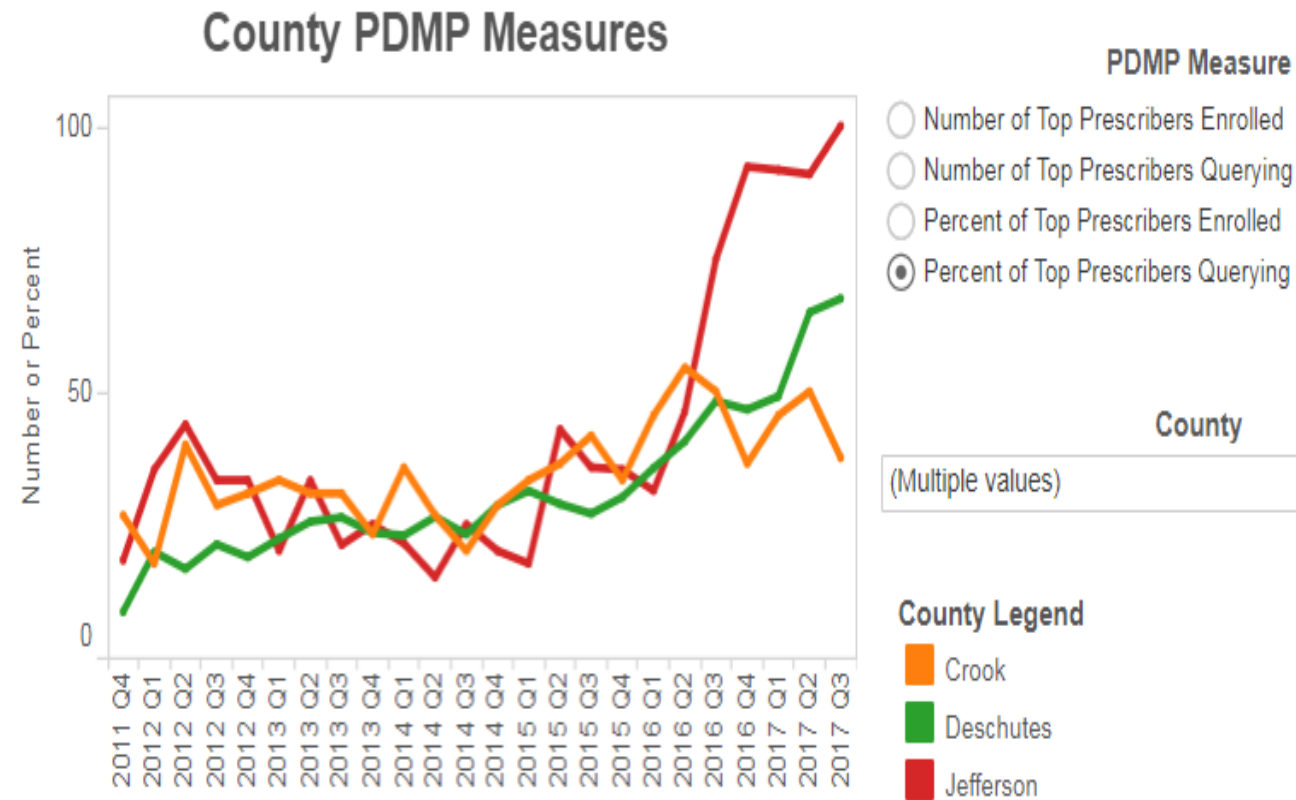
## PSCS Opioid PIP



# 7 Point Strategy

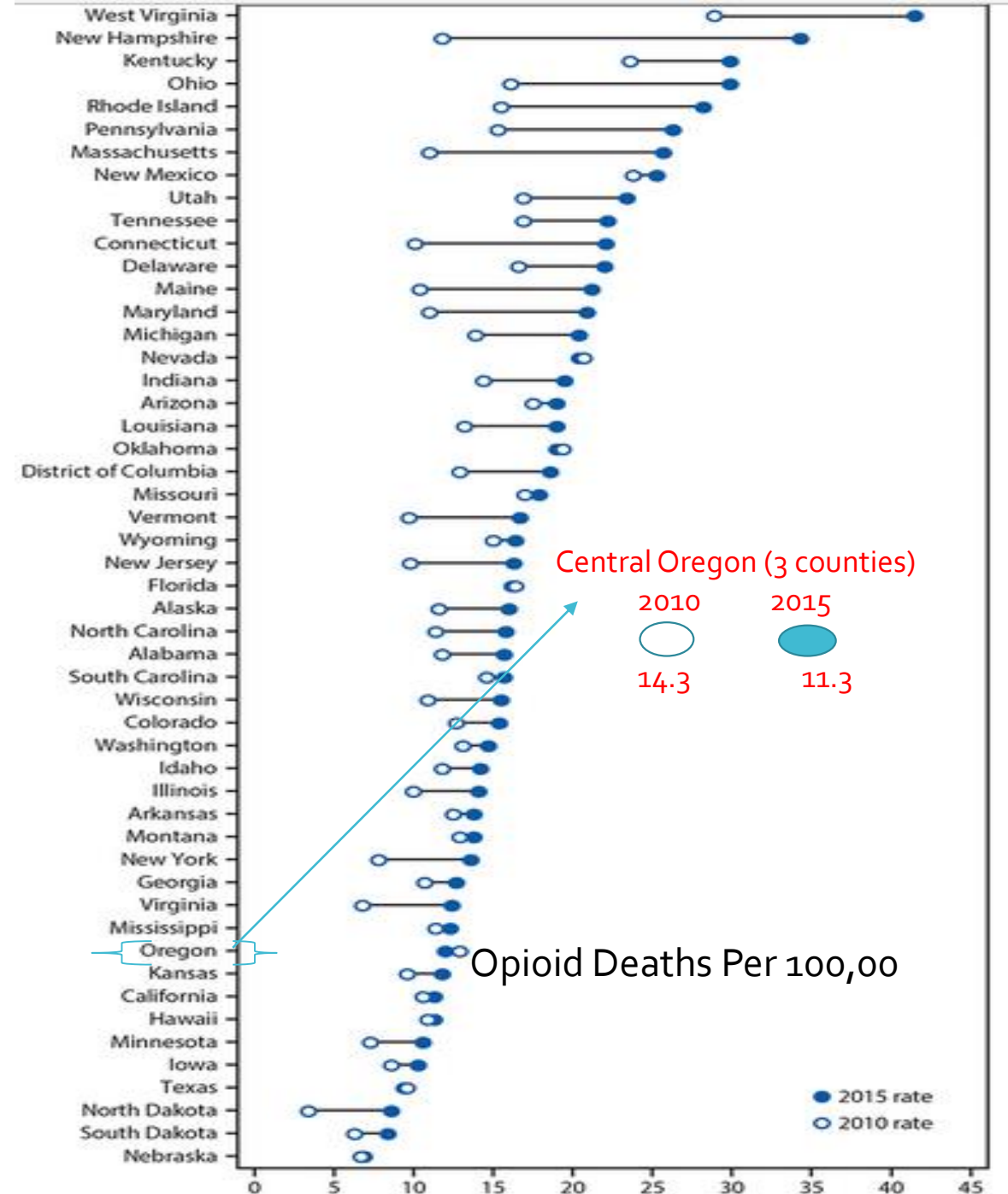


## PSCS Opioid PIP



# 7 Point Strategy

- **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





# 7 Point Strategy



## 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	89.08
Q3 2016	1539	513	306	102	335	112	3	1	2183	728	68.39
Q4 2016	1498	499	253	84	288	96	29	10	2068	689	72.20
Q1 2017	1643	548	273	91	188	63	65	22	2169	723	68.83
Q2 2017	1703	568	353	118	241	80	70	23	2367	789	70.81
Q3 2017	1568	523	298	99	222	74	81	27	2169	723	100.65
Q4 2017	1623	541	335	112	289	96	81	27	2328	776	88.83
Q1 2018	1870	623	314	105	353	118	92	31	2629	876	82.50
Q2 2018	1857	619	311	104	345	115	90	30	2603	868	90.93
Q3 2018											
Q4 2018											
	Combined alt Chiro <= 14 yo count		Combined alt services <= 14 yo count		Combined alt services all ages						
Q1 2016	0	155	1493								
Q2 2016	2	206	1676								
Q3 2016	3	213	2183								
Q4 2016	10	180	2068								
Q1 2017	2	178	2169								
Q2 2017	5	236	2367								
Q3 2017	0	403	2169								
Q4 2017	0	201	2328								
Q1 2018	7	179	2629								
Q2 2019	6	273	2603								

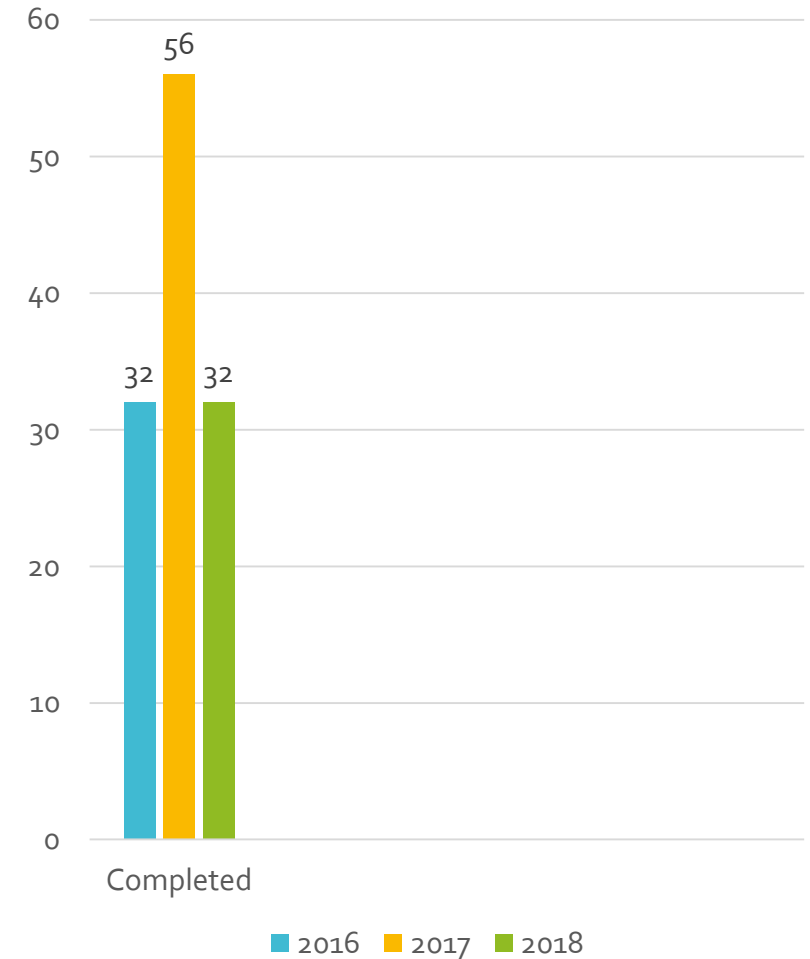
# 7 Point Strategy



- 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



# 7 Point Strategy



## 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

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

#### Step 2: Secure

#### 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](http://www.COPainGuide.org)** and click "Patient Resources"



# 7 Point Strategy



- 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

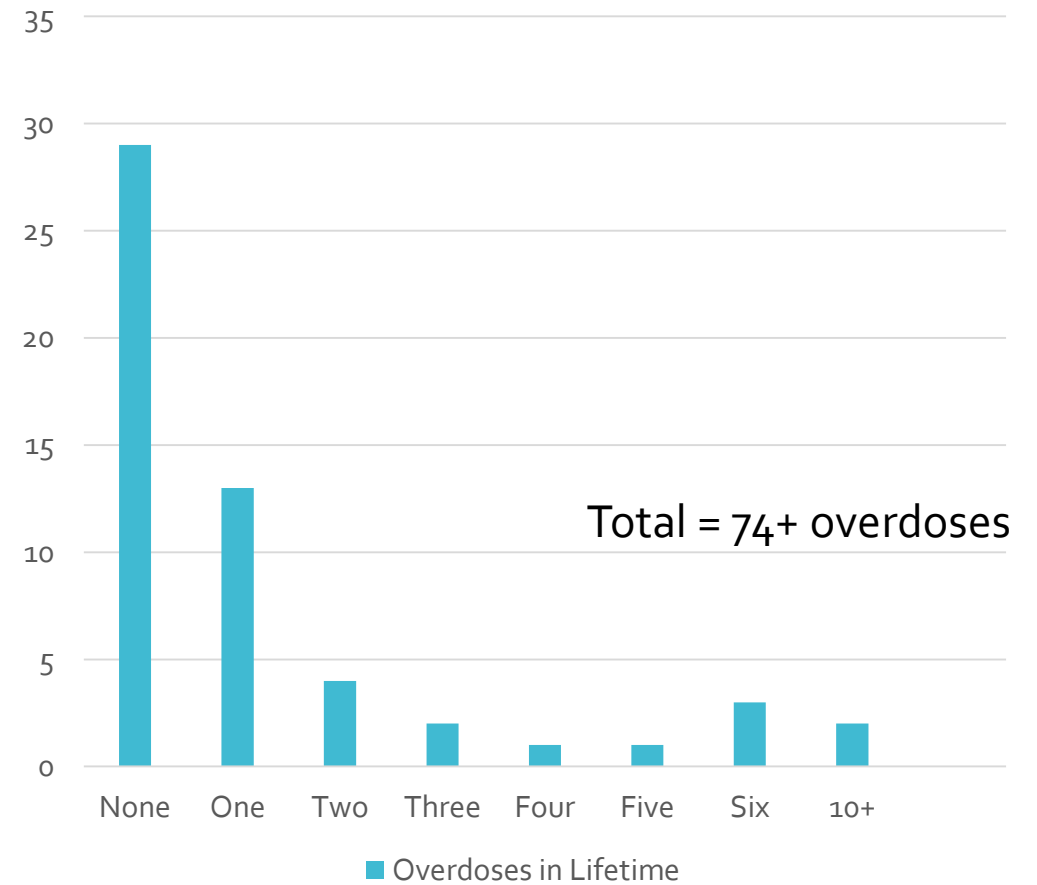
# 7 Point Strategy



## Harm Reduction

- Naloxone at Syringe Exchange

## Overdoses in Lifetime (Both Men & Women)



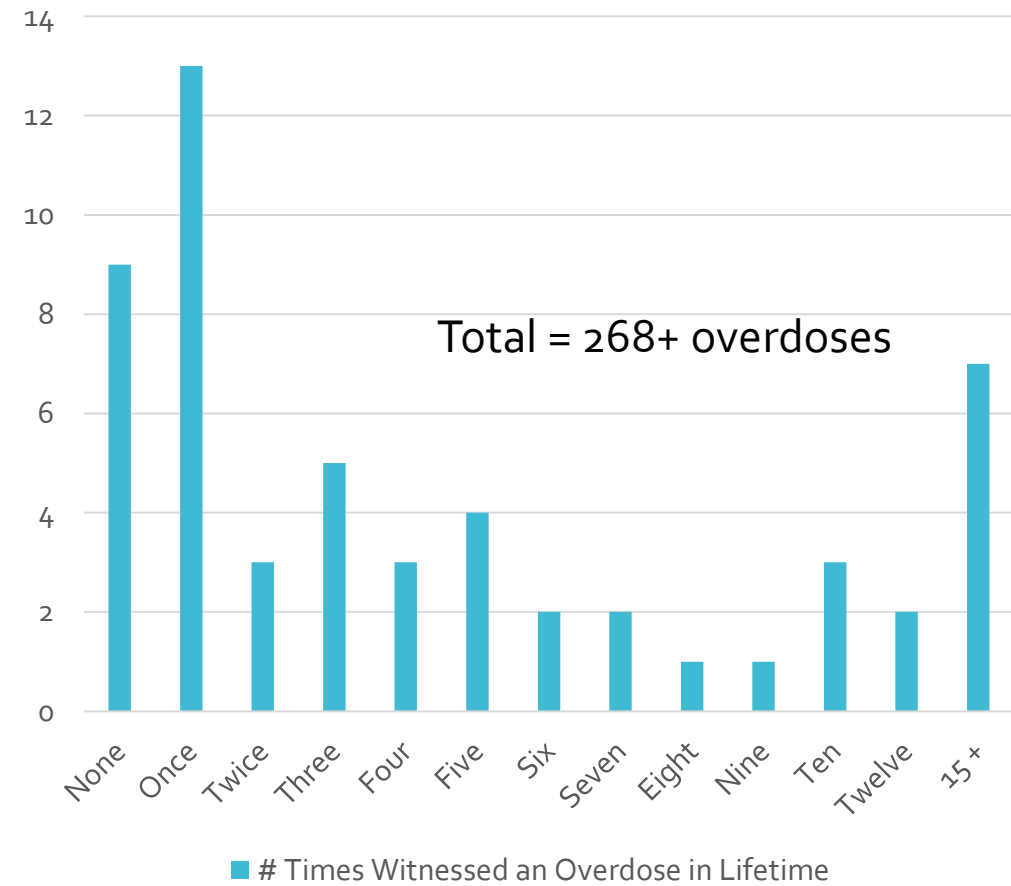
# 7 Point Strategy



## Harm Reduction

- Naloxone at Syringe Exchange

# Times Witnessed an Overdose in Lifetime





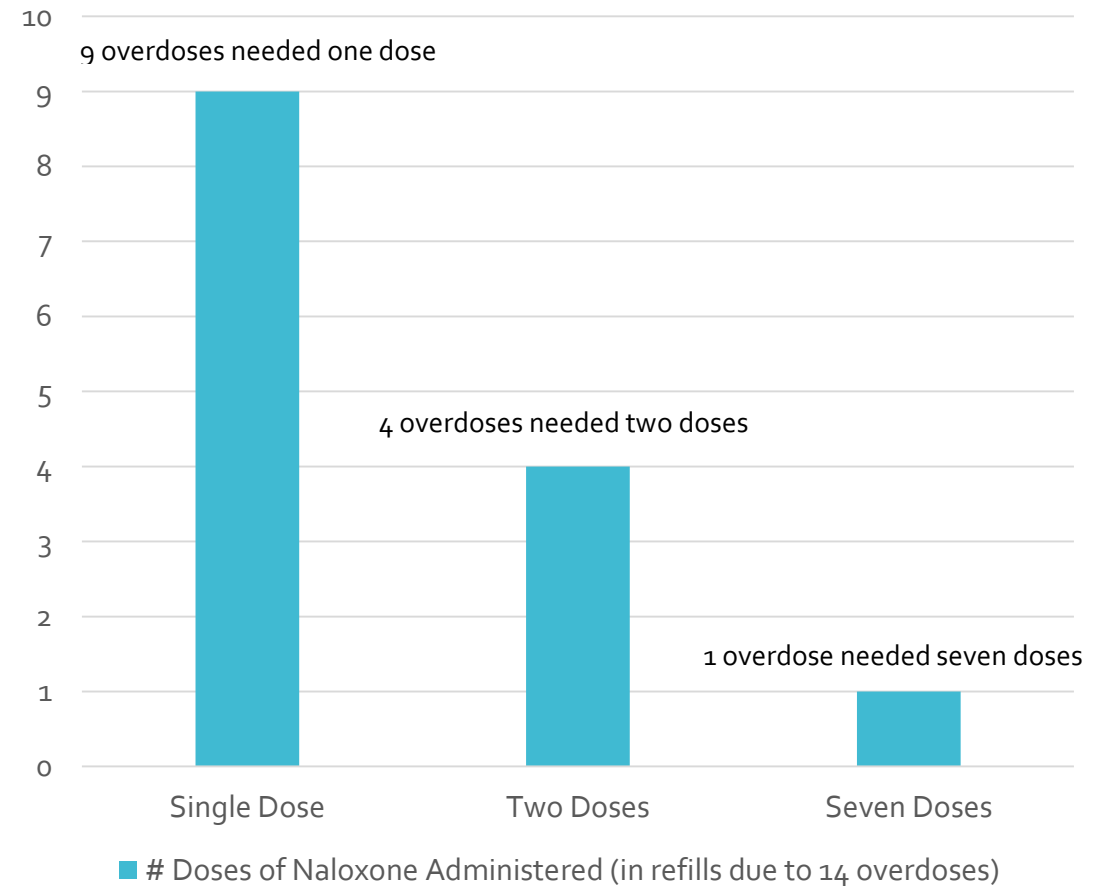
# 7 Point Strategy



## Harm Reduction

- Naloxone at Syringe Exchange

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



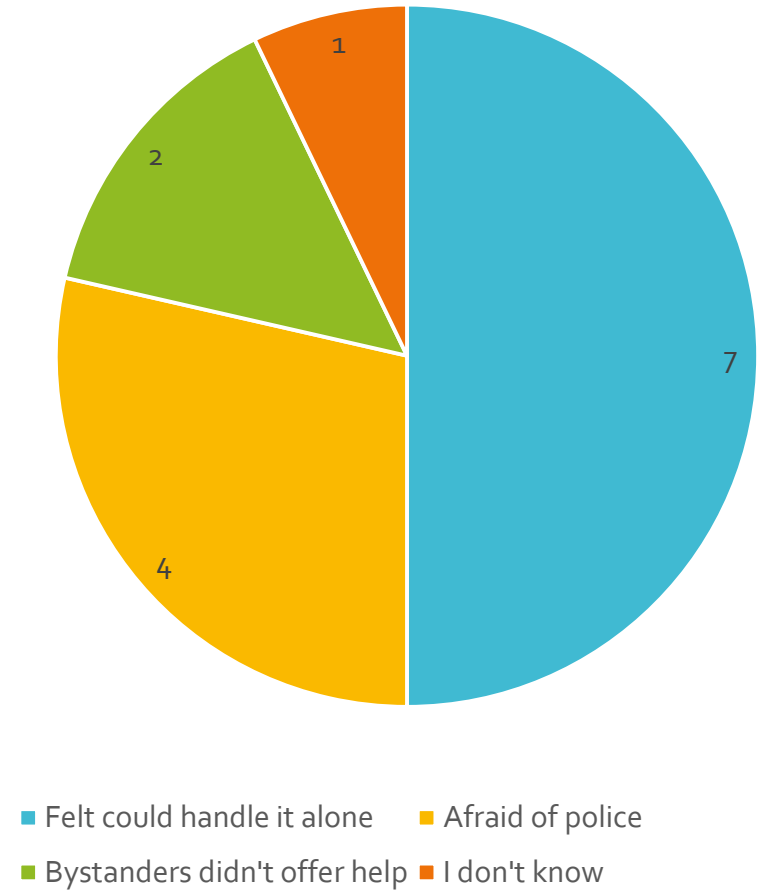
# 7 Point Strategy



## Harm Reduction

- Naloxone at Syringe Exchange

Reasons did not call 911



# 7 Point Strategy



- 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



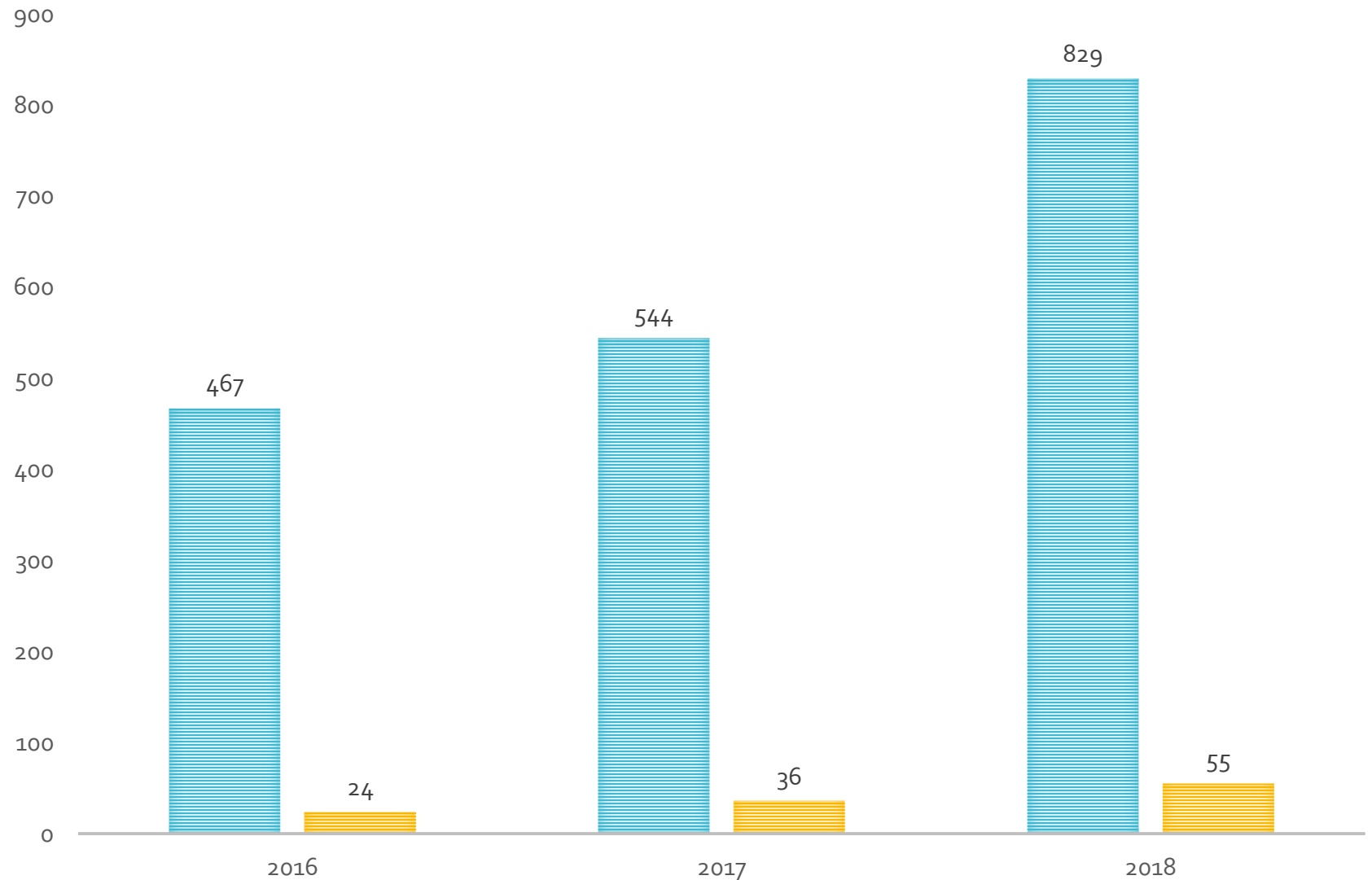
- Increase Access to Treatment



# 7 Point Strategy



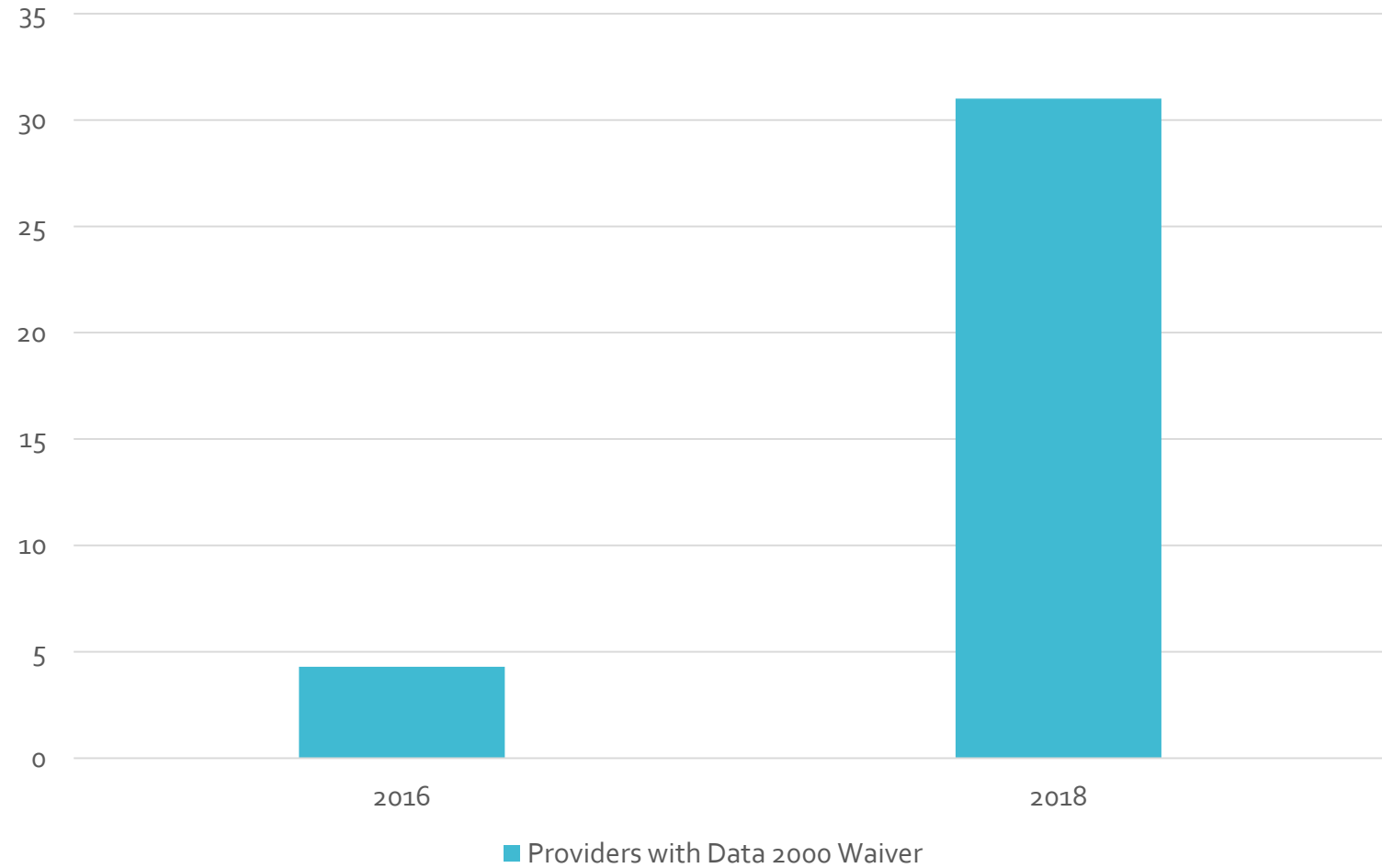
## DATA 200 WAIVER PROVIDERS OREGON & PERCENT WHO FILL MAT MEDICATION



# 7 Point Strategy



Data 200 Waiver Providers Central Oregon



# 7 Point Strategy



- Public Awareness



# 7 Point Strategy



Take**Meds**SeriouslyOregon.org





# 7 Point Strategy



- 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
  - <http://www.bendbulletin.com/localstate/3730007-151/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-painmanagment-alternatives-for-ohp-patients/>
- Central Oregon Health Care Providers Tackle Prescription Drug Abuse
  - <http://www.ktvz.com/news/C-O-health-care-providerstackle-prescription-drug-abuse/36765650>

# 7 Point Strategy



- Public Awareness: PSTF & Media
- 2015 (continued)
- Delays for Pain Management Alternatives for OHP Patients
  - <http://www.opb.org/radio/programs/thinkoutloud/segment/delays-for-painmanagment-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
  - <https://www.ktvz.com/news/bend/oregon-house-oks-bill-targeting-prescription-drug-abuse/69184203>
- 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)

# 7 Point Strategy



- 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
  - <https://centraloregondaily.com/u-s-representative-greg-walden-visits-bend-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
  - <https://www.bendbulletin.com/localstate/5659424-151/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
  - <https://centraloregondaily.com/rep-walden-discusses-the-effects-of-opioids-in-oregon/>
- Overdose Antidote in Short Supply
  - <https://www.bendbulletin.com/whysubscribe?paymeter=o&returnUrl=https://www.bendbulletin.com/localstate/6211493-151/overdose-antidote-in-short-supply&cookieType=no>

## Questions & Answers

*Gratitude*  
is the best  
*Attitude*