



Opioid Pain Management & Dependency

Scott Goold
Infolmagination
November 9, 2012

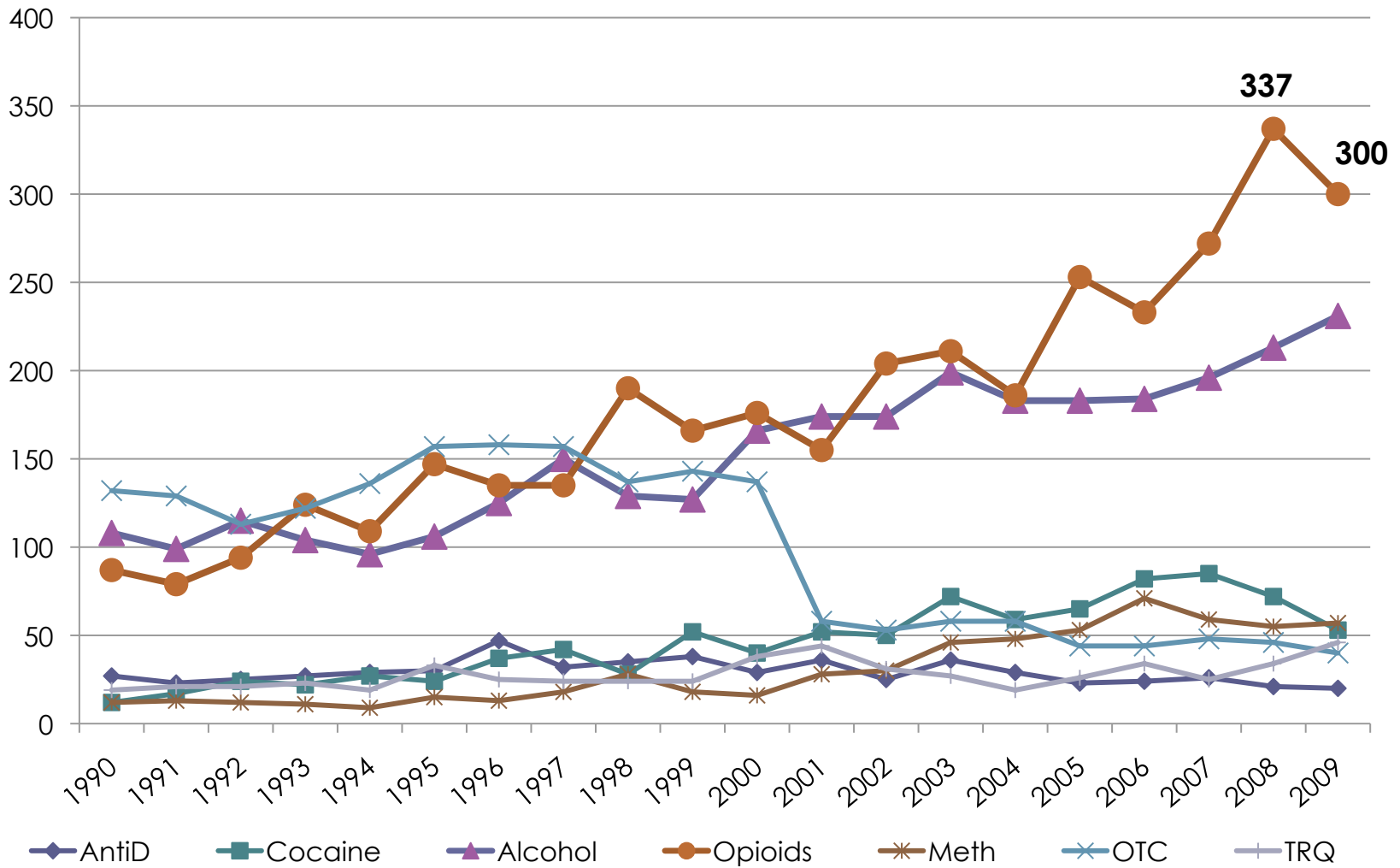
At a Glance

- Prescription medicines accounted for 1.3 million ER visits in 2010:
 - 1.2 million visits for illegal drugs
 - 600,000 for alcohol and drugs combined
 - 200,000 for underage drinking
- Over 27,000 unintentional drug OD deaths; some 12,000 opioid analgesic OD deaths (CDC, 2007).
- Addiction can take hold in as little as two weeks.
Withdrawal symptoms: rapid pulse and breathing, high blood pressure, abdominal cramps, tremors, bone and muscle pain, vomiting, diarrhea, sleeplessness and depression.
- One baby is born addicted to prescription medicines every hour in the United States.

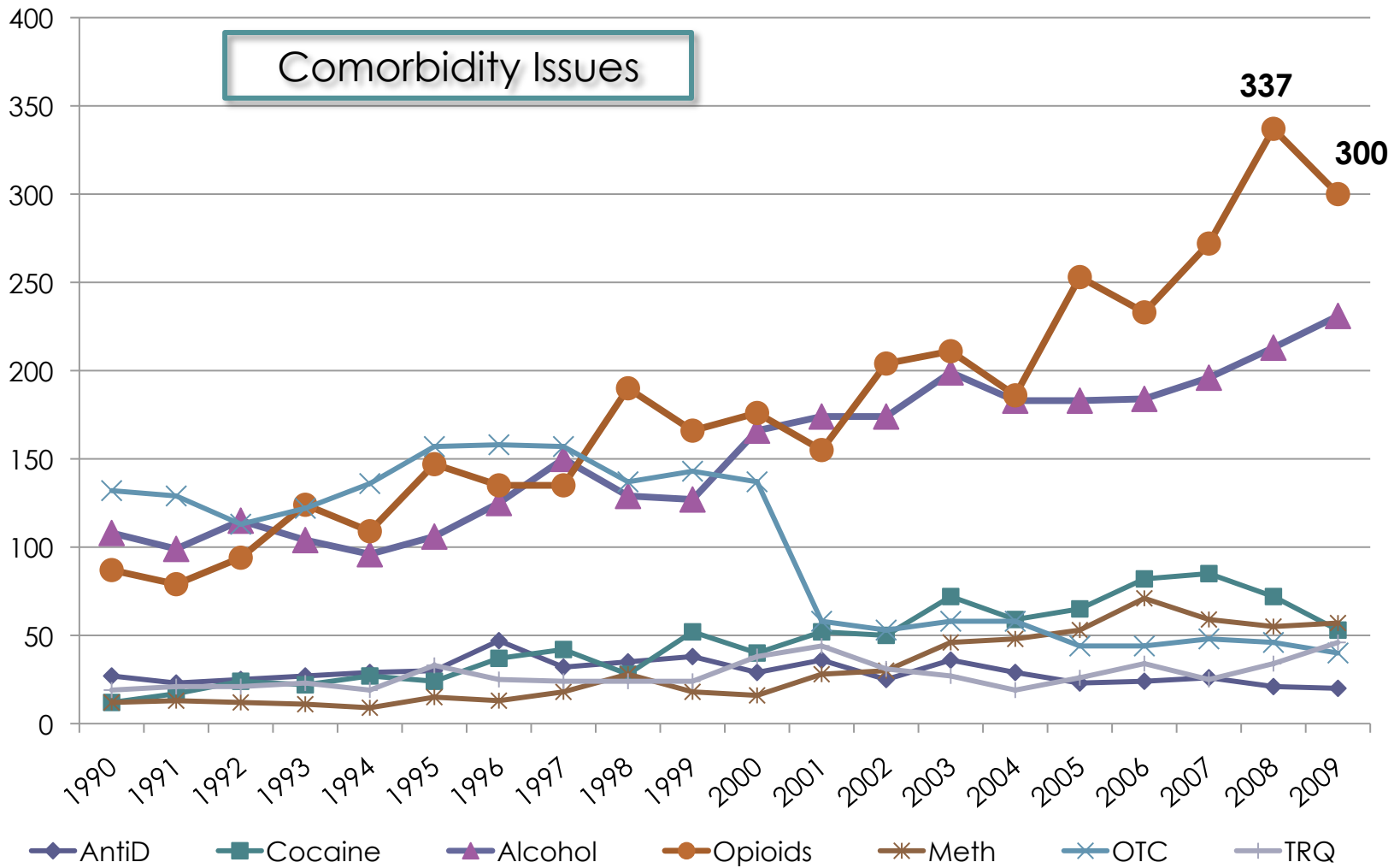
Sources: Detroit Free Press, "Revolutionary new drug Vivitrol offers new life to addicts," July 8, 2012, <http://www.freep.com/article/20120708/FEATURES08/207080589/Revolutionary-new-drug-Vivitrol-offers-new-life-to-addicts>

Omaha World Herald, "Babies born hooked on pain meds triples," May 1, 2012, <http://omaha.com/article/20120501/LIVEWELL01/705019929/1161>

NM Drug-related Deaths



NM Drug-related Deaths



Accidental OD Happens

Heath Ledger

- April 4, 1979 –
January 22, 2008
- Acute intoxication
Oxycodone, hydrocodone,
diazepam, temazepam,
alprazolam, doxylamine



- No medications taken in excess
- Combining prescription medication, even at low doses, can lead to accidental death

AI: Disease?



AI: Prescription Drugs?



Andy Irons

"The guess is he probably took a sleeping pill to get a good night's sleep and get on the plane the next morning."

Randy Rarick told "Good Morning America"

- Alprazolam (Xanax), Zolpidem (Ambien), cannabinoids (marijuana), naproxen (anti-inflammatory), cocaethylene¹, methamphetamine, methadone and cocaine

[¹a chemical produced in the body when cocaine and alcohol are mixed that's linked to causing heart attacks in people under 40]

"The family believes Andy was in some denial about the severity of his chemical imbalance ... choosing to self-medicate with recreational drugs."

Sources: ABC News, "Speculation Into Death of Pro Surfer Andy Irons Intensifies Amid Reports of Prescription Drugs Found in His Room," November 4, 2011,

http://abcnews.go.com/US/andy-irons-speculation-death-surfer-intensifies-prescriptions-found/story?id=12053334#.UI_xHGdbpl0

Endo, Tetsuhiko, Huffington Post, "Demystifying the Death of Andy Irons," September 14, 2011,

http://www.huffingtonpost.com/tetsuhiko-endo/andy-irons-death_b_944688.html

TMZ, "Andy Irons' Death -- Drugs Contributed," June 10, 2011,

<http://www.tmz.com/2011/06/10/andy-irons-surfer-death-dallas-texas-medical-examiner-report-heart-disease-cocaine-methadone/>

Stigma

Finally coming to the realization that you may be addicted to prescription medication can be frightening and overwhelming.

After all, if you are truly addicted, you have been working very hard to hide it from family, friends and coworkers, and admitting it will inevitably cause feelings of embarrassment, guilt and regret.

Source: Eagle Advancement Institute, "Addicted to Pain Killers – Telling Your Family," June 30, 2012, <http://eagleadvancementinstitute.biz/2012/07/addicted-pain-killers-telling-family/>.

Common Opiate Medications

- Buprenorphine
- Codeine (1:0.15 ME)
- Fentanyl (1:100)
- Hydrocodone (1:1)
- Lortab (hydrocodone)
- Methadone (1:9)
- Morphine (1:1)
- OxyContin (1:1.5)
- Percocet (oxycodone)
- Tramadol (Ultram)
- Vicodin (hydrocodone)

ME: Morphine Equivalence

Sources:

<http://www.opiates.com/opiates/opiate-library.html>

http://en.wikipedia.org/wiki/List_of_benzodiazepines

Avoid Benzodiazepines

- Alprazolam (Xanax, Paxal)
- Diazepam (Valium, Pax)
- Flurazepam (Dalmadorm)
- Lorazepam (Temesra)
- Prazepam (Centrax)

Deadly Cocktail

Vicodin, Xanax, Soma

Holy Trinity

Percocet, Xanibar, Soma

Harris Silver, MD: hsilver30@comcast.net

Dependency and Abuse

- Addiction is a brain disease
 - Compulsive seeking and self-administration of a drug, despite obvious harm to self or others
 - Characterized by intense cravings and loss of control
 - Gateway(s)
 - Culture
- Dependency
- Abuse

Source: Eagle Advancement Institute, "One Thing Leads to Another," August 27, 2012, <http://eagleadvancementinstitute.biz/2012/08/painkiller-abuse-drives-heroin-addiction/>.

Dependency: 3 of 7 factors

- Tolerance
- Withdrawal
- Larger amounts and for longer periods than intended
- Repeated unsuccessful attempts to quit
- Much time/activity to obtain, use, recover
- Important social, occupational, recreational activities given up or reduced
- Use continues despite knowledge of adverse consequences

Abuse: Any one factor

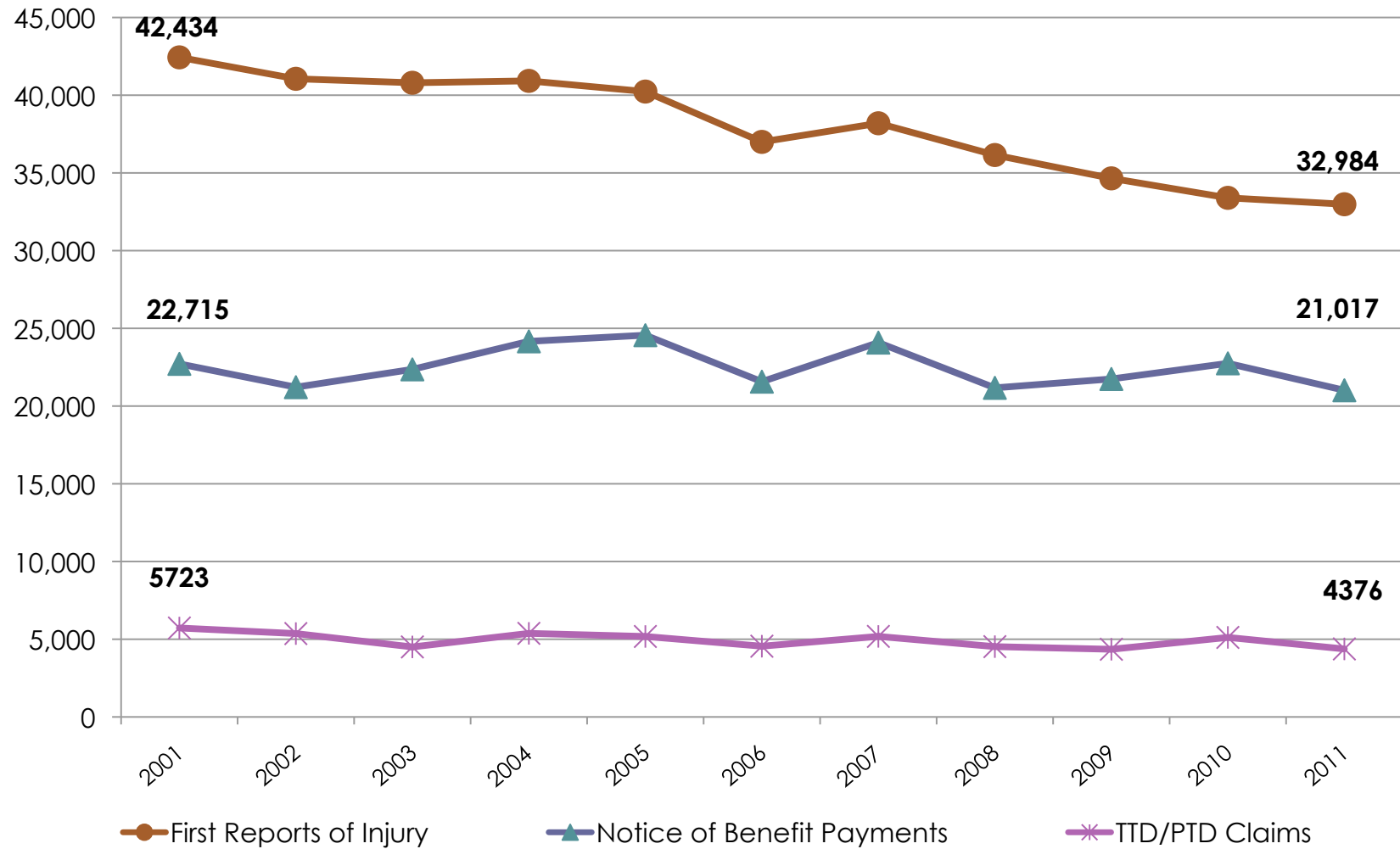
- Recurrent use resulting in failure to fulfill major role obligations at work, home or school
- Recurrent use in physically hazardous situations
- Recurrent substance related legal problems
- Recurrent use despite persistent social or interpersonal problems caused or exacerbated by substance

Workers' Compensation

- Not uncommon to meet someone who has suffered an injury or illness and then becomes dependent on the drugs prescribed to deal with the pain.
- Patients are unaware prescription dependency could develop so quickly.

Source: Eagle Advancement Institute, "One Thing Leads to Another," August 27, 2012, <http://eagleadvancementinstitute.biz/2012/08/painkiller-abuse-drives-heroin-addiction/>.

NM Workers' Comp Injuries



Workers' Comp Realities

- Nearly 1 in 12 injured workers who were prescribed narcotic painkillers still using the drugs 3-6 months later.
- “There are workers who get these pills and go home and spend the whole day on the sofa. Most addiction experts would call that an addiction.”

Andrew Kolodny: President of Physicians for Responsible Opioid Prescribing

- “A lot of times we see opioid script after opioid script after opioid script without functional improvement. We want people getting better. If opioids aren't providing functional improvement, then they are providing more harm than good.”

Michael Gavin: Prium Medical Cost Management Services

Source: Journal Interactive, “Many injured workers remain on opioids, study finds,” October 2, 2012, <http://www.jsonline.com/features/health/many-injured-workers-remain-on-opioids-study-finds-km72v1g-172331511.html>

Epidemic Sources

- 5% of people who abused prescription painkillers got their drugs from dealers or on the Internet.
- 70% got pills from friends and family.
- From 2001 to 2010, the sales of opioid pain relievers in New Mexico rose by 131 percent.

Epidemic Symptoms

- One-third of prescriptions in Ohio WC were for powerful narcotics: a 37% increase in the use of such drugs
- Ohio WC has 7,000 injured workers taking opiate painkillers at levels that meet the definition for being physically dependent

John Hanna: Pharmacy director at the Ohio
Bureau of Workers' Compensation

- Factors: overzealous marketing of powerful painkillers and physicians who too readily prescribe them

Source: The San Francisco Chronicle, "Ohio injured workers fund battling painkillers," July 27, 2012,
<http://www.sfgate.com/news/article/Ohio-injured-workers-fund-battling-painkillers-3740685.php>

At Risk Populations

- Males, persons aged 20–64 years, non-Hispanic Whites, poor and rural populations
- 80% of patients prescribed low doses by single practitioner (<100 mg ME dose/day).
20% of opioid OD
- 10% of patients prescribed high doses by single practitioner (\geq 100 mg ME dose/day).
40% of opioid OD
- 10% seek multiple doctors, high doses.
40% of opioid OD
Likely to divert

Source: CDC: Morbidity and Mortality Weekly Report, "CDC Grand Rounds: Prescription Drug Overdoses — a U.S. Epidemic," January 13, 2012,
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6101a3.htm>

Catastrophic Claims

- WC claims that include opioid analgesic prescriptions for opioid painkillers are nearly **four times** more likely to develop into catastrophic claims.

Journal of Occupational & Environmental Medicine

- Claims that include long-acting opioids are **9.3 times** more costly than claims without such prescriptions.
- Claims that include short-acting opioids are **2.8 times** more expensive.

Source: Business Insurance, "Claims that include opioid prescription more likely to become catastrophic: Report," August 29, 2012.

<http://www.businessinsurance.com/article/20120829/NEWS08/120829882>

Regulations: FDA

- “Misprescribing, misuse and abuse of extended-release and long-acting opioids are a critical and growing public health challenge.”

Dr. Margaret A. Hamburg: FDA Commissioner

- The FDA's Risk Evaluation and Mitigation Strategy (REMS) affects more than 20 companies that manufacture opioid analgesics:
 - Mandates educational programs made to prescribers and patients based on FDA blueprint
 - Requires periodic assessments of mitigation program implementation and success

Source: Business Insurance, “FDA approves plan to fight growing opioid abuse,” July 10, 2012, <http://www.businessinsurance.com/article/20120710/NEWS08/120719997>

Regulations: State of NM

- Prescription Monitoring Program
- <https://www.pmp.state.nm/pmpwebcenter>
- Any registered user (requires DEA number) can go to site, enter patient's name and DOB and obtain list of all controlled substances for the last year
- Provider may designate someone else in office to look up PMP data
- May also enter alerts about patients suspected of diversion or other abuse

Contact: Larry Loring, RPh

505-222-9839

larry.loring@state.nm.us

Regulations: Clinical

- Specialized patient education policy
- Prescribing Guidelines for Chronic Pain
- Patient Contract
- Clear expectations for patients
- Clear expectations for providers
- Self-Assessment Tools
- Consequences of violating Pain Contract

Street Smart

Drug	Retail Price	Street Value
OxyContin 40mg	\$6.89/tab	\$20-\$40/tab
Percocet 5/325	\$0.60/tab generic \$3.15/tab brand	\$6-\$8/tab
Lortab 5/500	\$0.40/tab generic \$1.10/tab brand	\$4-\$8/tab
Methadone 10mg	\$0.55/tab	\$10-\$20/tab

Typical doctor shopper sees 5 to 10 prescribers and generates \$10,000 to \$15,000 a year in drug and medical claims.

Source: Jeanne Block, RN, MS, "Introduction to Project ECHO," June 29, 2012.

Saving a Life: Naloxone

- Naloxone (Narcan), immediately reverses overdose of heroin or prescription pain medications like Oxycontin, even if these opioids are combined with alcohol or other sedatives.
- Non-addictive, does not cause harm if used in error, although can induce non-life-threatening withdrawal symptoms in people dependent on opioids.



Source: Time, "Preventing Overdose: Obama Administration Drug Czar Calls For Wider Access to Overdose Antidote," August 22, 2012,
<http://healthland.time.com/2012/08/22/preventing-overdose-obama-administration-drug-czar-calls-for-wider-access-to-overdose-antidote/#ixzz24Nt3Xho0>

Recovery Options: Suboxone

- Methadone #1 opioid causing OD when a single agent is involved
- Buprenorphine/Naloxone
- MAT: Medical Assisted Treatment
- *Harm Reduction* strategy
- Opioid to control opioid dependency
- Office-based medication treatment
- Partial Agonist
- Easy taper/detox

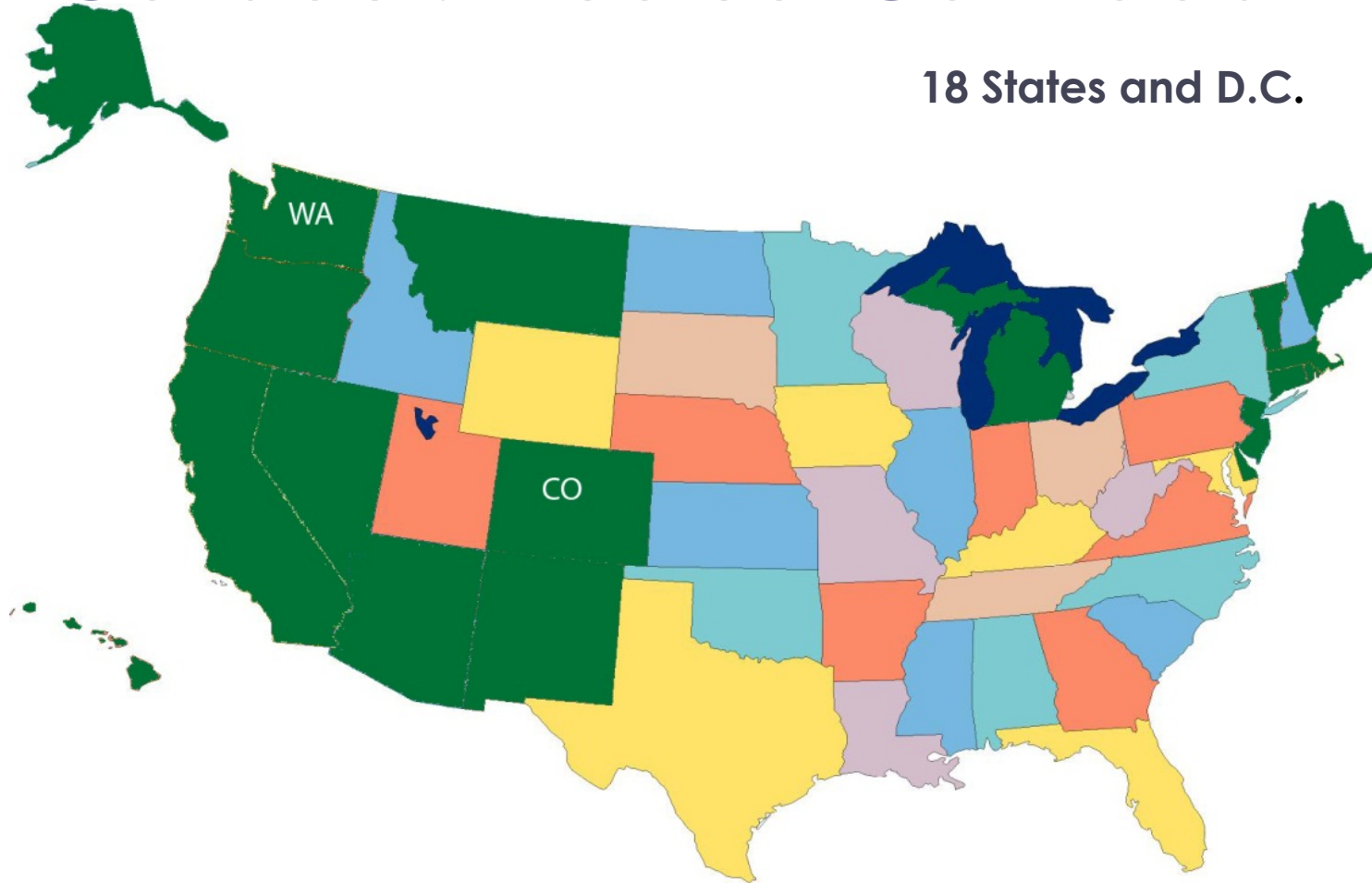
Recovery Options: Vivitrol

- Vivitrol, compared with other treatments, is more effective, has no potential for abuse and sale on the street, and can be prescribed by any doctor for addiction to heroin and prescription painkillers such as Vicodin and OxyContin.
- Drug's high cost—about \$1,000 per injection for a monthly injection—remains controversial, as does using an injection to treat drug abuse instead of focusing more on long-term behavioral changes, as prescribed by 12-step programs.

Source: Detroit Free Press, "Revolutionary new drug Vivitrol offers new life to addicts," July 8, 2012, <http://www.freep.com/article/20120708/FEATURES08/207080589/Revolutionary-new-drug-Vivitrol-offers-new-life-to-addicts>

Consider: Medical Cannabis

18 States and D.C.



Case: Medical Cannabis

- Cooper Brown, a 14-year-old, uses marijuana to relieve complications associated with Dravet Syndrome (a severe form of epilepsy that begins in infancy). Cooper's mother, Rebecca Brown, says his seizures have drastically reduced since he began using marijuana. Rebecca relies on laboratories to select strains low in THC and high CBD (the cannabinoid associated with pain relief without feeling "stoned"). She does not permit him to smoke it and, instead, prepares it in his food.

Source: Detroit Free Press, "Medical marijuana brings relief for sick kids in Michigan but treatment is controversial," May 27, 2012,
<http://www.freep.com/article/20120527/NEWS15/205270523/Medical-marijuana-brings-relief-for-sick-kids-in-Michigan-but-the-treatment-is-controversial>

Medical Cannabis

- Marijuana does not impair lung function—at least not in the doses inhaled by the majority of users, according to the largest and longest study ever to consider the issue, published in the Journal of the American Medical Association.
- Mounting evidence shows ‘cannabinoids’ in marijuana slow cancer growth, inhibit formation of new blood cells that feed a tumor, and help manage pain, fatigue, nausea, and other side effects.

Source: WebMD, “Marijuana Smoking Not Linked to Chronic Breathing Problems,” January 10, 2012, http://www.webmd.com/lung/news/20120103/marijuana-smoking-not-linked_to-chronic-breathing-problems
The Daily Beast, “Marijuana Fights Cancer and Helps Manage Side Effects,” September 6, 2012
<http://www.thedailybeast.com/articles/2012/09/06/marijuana-fights-cancer-and-helps-manage-side-effects-researchers-find.html>

Medical Cannabis & PTSD

- Manages hundreds of PTSD patients in NM Medical Cannabis Program.
- Most patients have other co-occurring psychiatric and/or medical issues which contribute to their symptoms.
- Evidence the endocannabinoid system is involved in the extinction of aversive memories and PTSD patients claim cannabis use helps them considerably.
- Cannabis is a safe and effective medication for treating PTSD, even when there are other co-occurring psychiatric disorders

Follow Up

This presentation is available to download in PDF format at:

www.infoimagination.org/docs/opioids_11.09.12.pdf

Scott Goold

Community Addiction Recovery Specialist

scott@infoimagination.org