



The Opioid Epidemic: The Indian Health Service Response to a National Crisis

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All Tribes and Urban Indian Organization Call

May 15, 2017

The Problem

The Opioid Epidemic

“The misuse and abuse of prescription medications have taken a devastating toll on the public health and safety of our Nation.... the Centers for Disease Control and Prevention has characterized prescription drug overdose as an epidemic, a label that underscores the need for urgent policy, program, and community-led responses.”

R. Gil Kerlikowske

Director of the Office of National Drug Control Policy

Prescription Drug Abuse: Strategies to Stop the Epidemic 2013

In the United States:

- ▶ On average, 50 people die from prescription pain medication overdoses every day.
- ▶ Prescription pain medication is responsible for more than 475,000 visits to emergency rooms every year.
- ▶ Drug poisoning deaths — the majority of which are related to prescription drugs — surpassed traffic-related crashes as the leading cause of injury death in 2009.

Prescription Drug Abuse: Strategies to Stop the Epidemic, 2013

In the United States:

- ▶ The most common drugs involved in prescription opioid overdose deaths include:
 - ▶ Methadone
 - ▶ Oxycodone (such as OxyContin[®])
 - ▶ Hydrocodone (such as Vicodin[®] or Norco[®])
- ▶ Among those who died from prescription opioid overdose between 1999 and 2014:
 - ▶ Overdose rates are highest among people aged 25 to 54 years.
 - ▶ Overdose rates were higher among non-Hispanic whites and American Indian/Alaska Natives, compared to non-Hispanic blacks and Hispanics.
 - ▶ Men are more likely to die from overdose, but the mortality gap between men and women is closing.



In the United States:

- ▶ Overdose is not the only risk related to prescription opioids. Misuse, abuse, and opioid use disorder (addiction) are also potential dangers.
 - ▶ In 2014, almost 2 million Americans abused or were dependent on prescription opioids.
 - ▶ As many as 1 in 4 people who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction.
 - ▶ Every day, over 1,000 people are treated in emergency departments for misusing prescription opioids.



Increase in Availability

Americans use 80% of the global supply of opioids and 99% of hydrocodone, but make up only 4.6% of the world's population.

“Institute of Addiction Medicine, Inc.”



Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

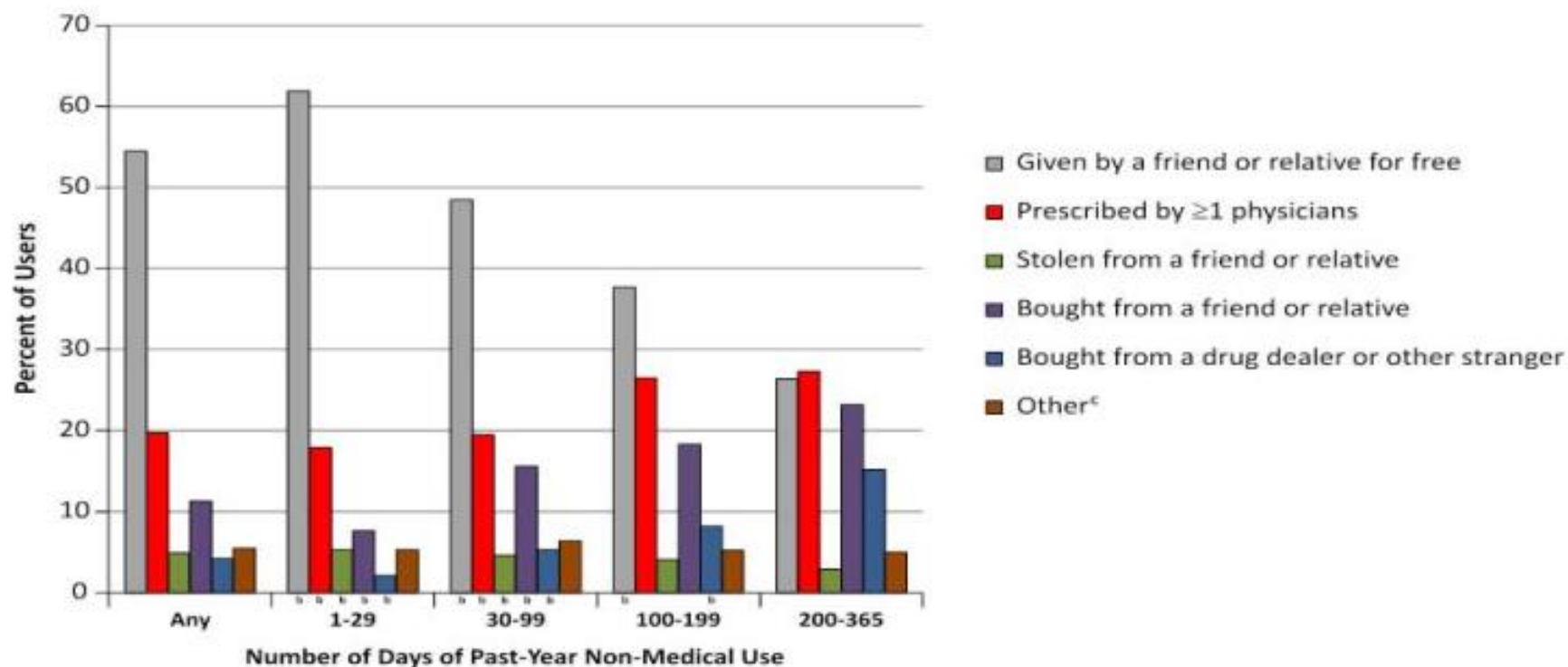
...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Substance Abuse Problem

Non-medical Sources of Prescription Opioids

Sources of Prescription Opioids Among Past-Year Non-Medical Users^a



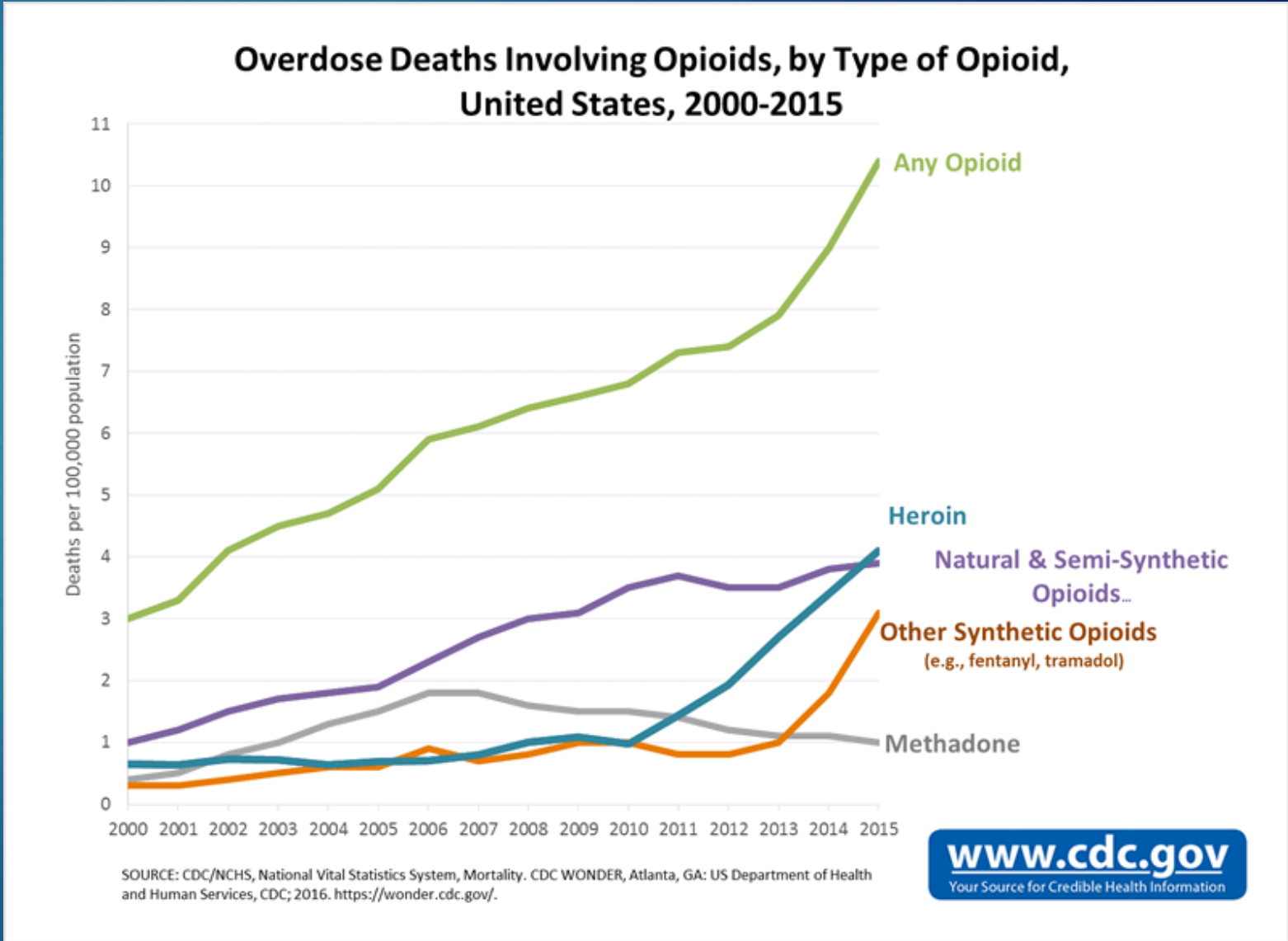
^a Obtained from the US National Survey on Drug Use and Health, 2008 through 2011.⁵

^b Estimate is statistically significantly different from that for highest-frequency users (200-365 days) ($P < .05$).

^c Includes written fake prescriptions and those opioids stolen from a physician's office, clinic, hospital, or pharmacy; purchases on the Internet; and obtained some other way.

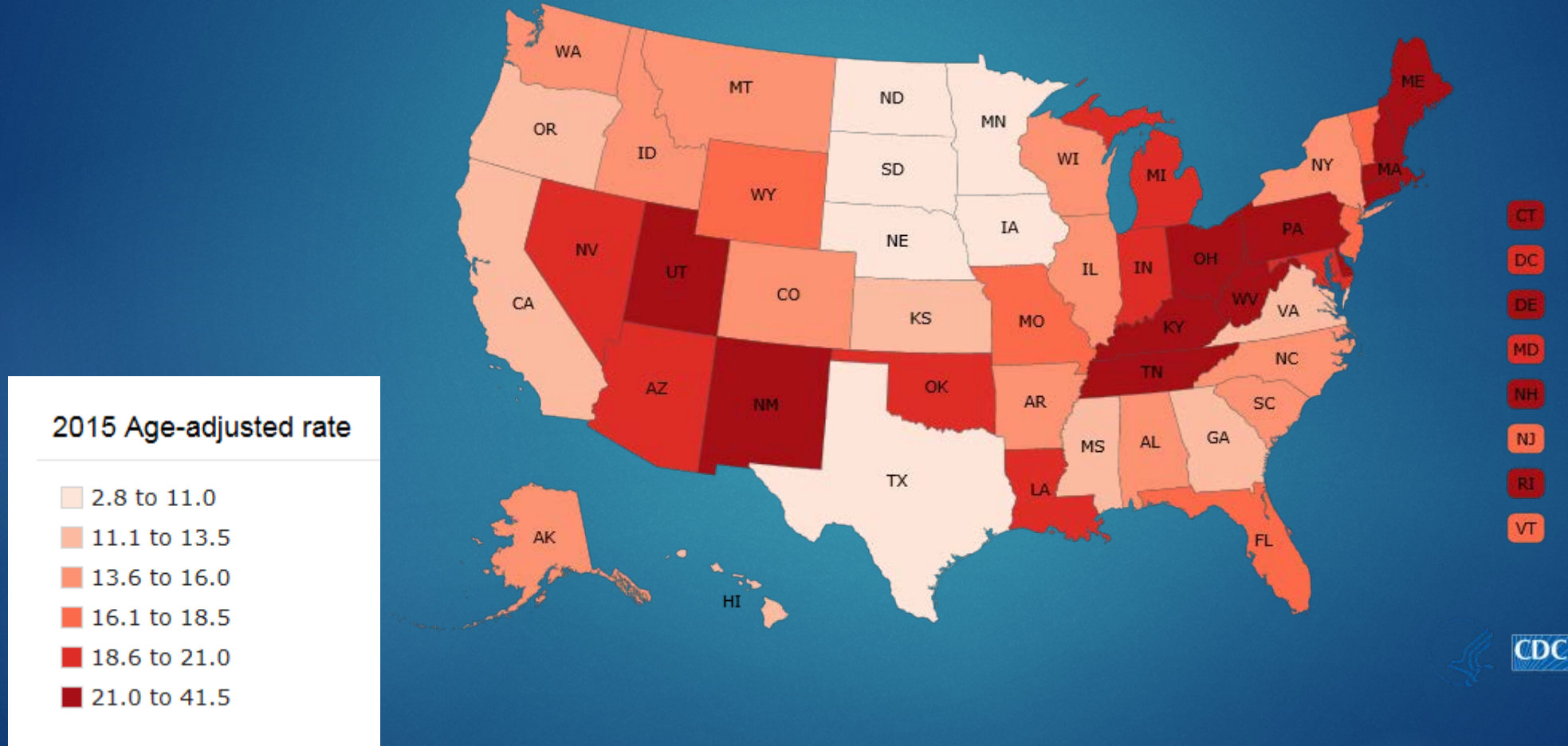
Heroin & Other Opioid Deaths on the Rise

Heroin and synthetic opioid deaths (e.g., fentanyl) are driving the recent rapid increase in opioid deaths in the US



Age-adjusted rates of drug overdose deaths by state, 2015

10

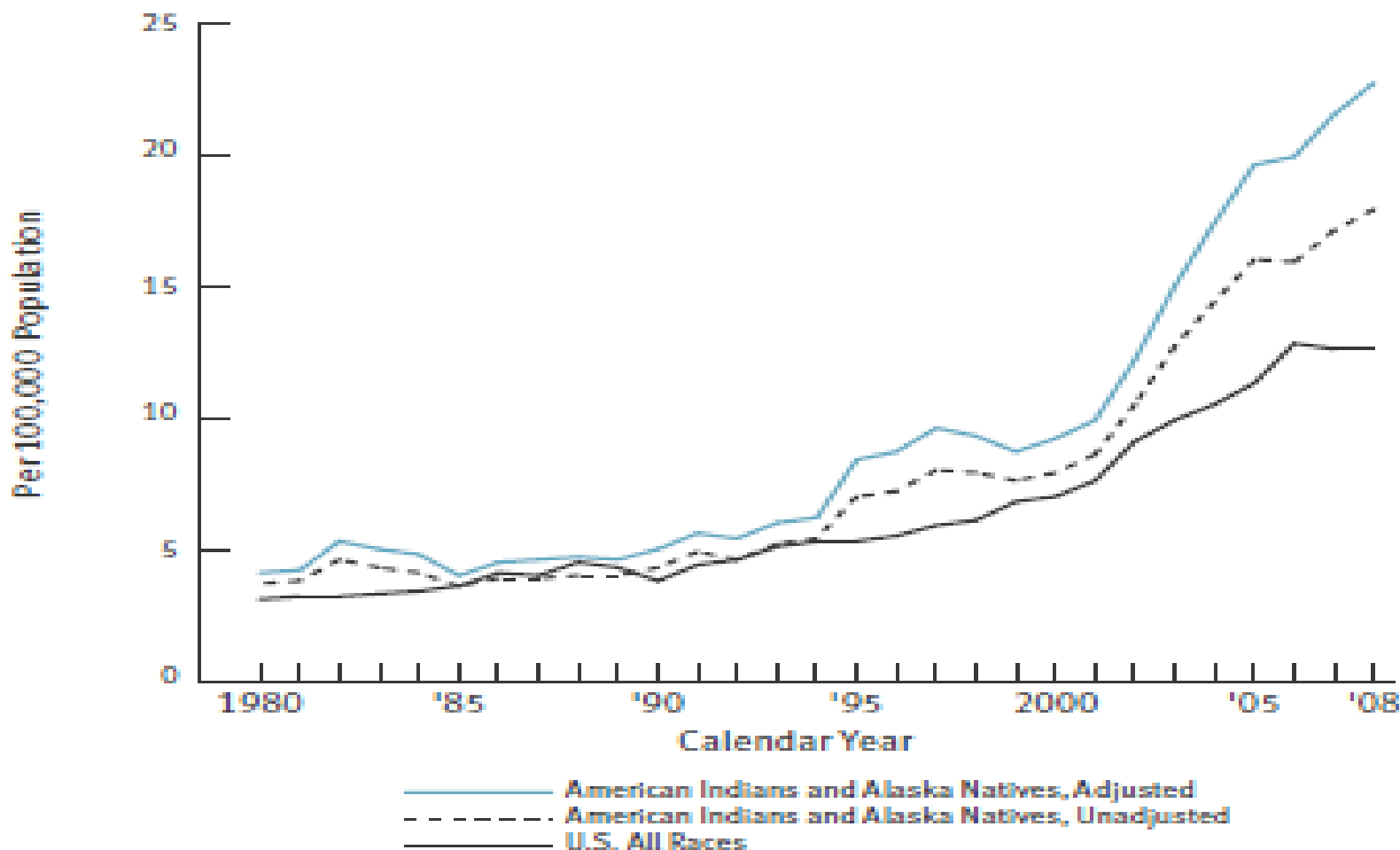


IHS- Drug-Related Death Rates, 1980—2008

11

Chart 6.1

Age-Adjusted Drug-Related Death Rates



Indian Health Service and Federal Response

IHS Prescription Drug Abuse (PDA) Workgroup

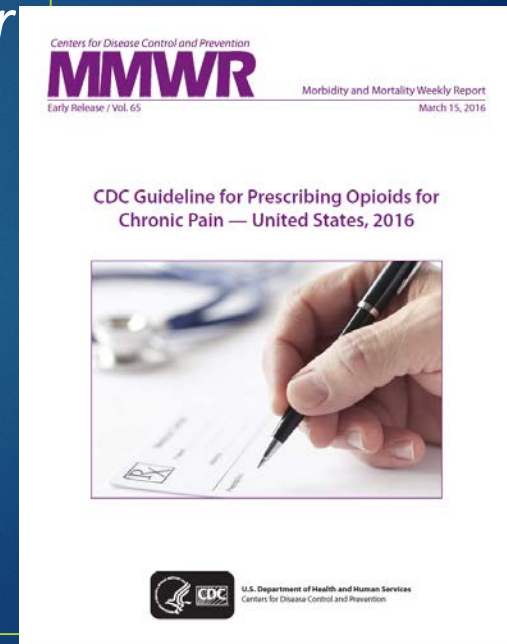
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- ▶ Established by the IHS Chief Medical Officer and the National Combined Councils in July, 2012.
- ▶ Focus areas:
 - ▶ Patient care
 - ▶ Policy development/implementation
 - ▶ Education
 - ▶ Monitoring
 - ▶ Medication storage/disposal
 - ▶ Law enforcement

Policy Efforts

15

- ▶ IHM Part 3, Chapter 30- Chronic Non-Cancer Pain Management
 - ▶ Published in June 2014.
 - ▶ Provides best practice guidelines surrounding management of chronic non-cancer pain.
 - ▶ Currently under revision to ensure alignment with *CDC Guideline for Prescribing Opioids for Chronic Pain- United States, 2016*.
- ▶ IHM Part 3, Chapter 32- State Prescription Drug Monitoring Programs
 - ▶ Published June 2016.
 - ▶ Establishes requirement for IHS Federal prescribers to register with State PDMP to request reports for new patients, and when prescribing opiates for acute pain (>7 days of treatment) and chronic pain.



Clinician Supports

14

► IHS Websites

► Pain Management www.ihs.gov/painmanagement

► Opioid Dependence Management www.ihs.gov/odm

The screenshot shows the Indian Health Service website's "Pain Management" page. The header includes the U.S. Department of Health and Human Services logo, the Indian Health Service logo, and the text "The Federal Health Program for American Indians and Alaska Natives". A search bar is present. The navigation menu includes Home, About IHS, Locations, for Patients, for Providers, Community Health, Career Opportunities, and Newsroom. The page title is "Pain Management". A sidebar on the left lists various topics under "Pain Management": Proper Patient Assessment, Substance Screening, Treatment Planning, Monitoring, Informed Consent, Safe Storage of Medications, Disposal, Legal Considerations for Prescribers, and Contact Us. The main content area features a large image of a doctor in a white coat with a stethoscope, looking at a small object in his hands. Below the image is the heading "Meeting the Needs of Chronic Pain Patients" and a paragraph of text.

The screenshot shows the Indian Health Service website's "Opioid Dependence Management" page. The header includes the U.S. Department of Health and Human Services logo, the Indian Health Service logo, and the text "The Federal Health Program for American Indians and Alaska Natives". A search bar is present. The navigation menu includes Home, About IHS, Locations, for Patients, for Providers, Community Health, Career Opportunities, and Newsroom. The page title is "Opioid Dependence Management". A sidebar on the left lists various topics under "Opioid Dependence Management": Who is at Risk for Opioid Overdose?, Signs of Opioid Overdose, Overdose Prevention and Treatment, First Responders, Maternal-Child Health, Resources, and Contact Us. The main content area features a large image of a woman in a light blue shirt looking down at a small white pill in her hands. Below the image is a paragraph of text explaining the aim of the Indian Health Service to promote safe and effective therapies to help patients and providers optimally manage pain and stop the inappropriate use of pain medications.

Clinician Supports

15

- ▶ IHS Chronic Pain and Opioid Management TeleECHO Clinic
 - ▶ Weekly video conference
 - ▶ Allows front-line clinicians to consult with experts in:
 - ▶ Pain management
 - ▶ Addictions
 - ▶ Behavioral Health
 - ▶ Weekly format rotating to noon hour for each time zone.



Presidential Memorandum

18

- ▶ Addressing Prescription Drug Abuse and Heroin Use- Oct. 21, 2015
 - ▶ Adequate training of medical professionals on appropriate pain medication prescribing practices.
 - ▶ Increased utilization of naloxone.
 - ▶ Increased access to medication-assisted therapy (MAT) for opioid dependence.
 - ▶ Reduced utilization of methadone.

Presidential Memorandum -- Addressing Prescription Drug Abuse and Heroin Use

MEMORANDUM FOR THE HEADS OF EXECUTIVE DEPARTMENTS
AND AGENCIES

SUBJECT: Addressing Prescription Drug Abuse and Heroin Use

By the authority vested in me as President by the Constitution and the laws of the United States of America, and in order to reduce prescription pain medication and heroin overdose deaths, promote the appropriate and effective prescribing of pain medications, and improve access to treatment, I hereby direct the following:

Section 1. Policy. The epidemic of prescription pain medication and heroin deaths is devastating families and communities across the country. Prescription drugs -- especially opioid pain medications -- have been implicated increasingly in drug overdose deaths over the last decade. According to the Centers for Disease Control and Prevention (CDC), the number of overdose deaths involving prescription opioids quadrupled between 1999 and 2013, with more

Opiate Training

19

- ▶ IHS Essential Training on Pain and Addiction (ETPA)
 - ▶ IHS specific training developed with cooperation by the University of New Mexico.
 - ▶ Web-based live trainings (5 hour course) conducted since Jan. 2015.
- ▶ IHS Special General Memorandum 2016-05: Mandatory Training for Federal Prescribers of Controlled Substance Medications
 - ▶ All IHS Federal prescribers of controlled substances are required to complete EPTA training.
 - ▶ By the end of 2016, 2931 participants had completed the ETPA course.
 - ▶ 1296 IHS Federal controlled substance prescribers (96%).



TeleBehavioral Health Center of Excellence- IHS Essential Training on Pain and Addiction

Naloxone

20

- ▶ IHS-BIA Memorandum of Understanding- December 2015
 - ▶ Agreement that IHS Federal pharmacies will provide naloxone and training on its use to local BIA Tribal Police for use by First Responders.
 - ▶ IHS pharmacists have developed a training curriculum and toolkit.
- ▶ Co-Prescribing
 - ▶ Recommend pharmacy-based program
 - ▶ www.ihs.gov/odm.resources



Medication Assisted Treatment (MAT)

▶ Medication-assisted treatment is treatment for addiction that includes:

- ▶ The use of medicine
- ▶ Counseling
- ▶ Support systems



▶ Treatment that includes medication is often the best choice for opioid addiction.

▶ If a person is addicted, medication allows him or her to regain a normal state of mind, free of drug-induced highs and lows.

Medication Assisted Treatment (MAT)

22

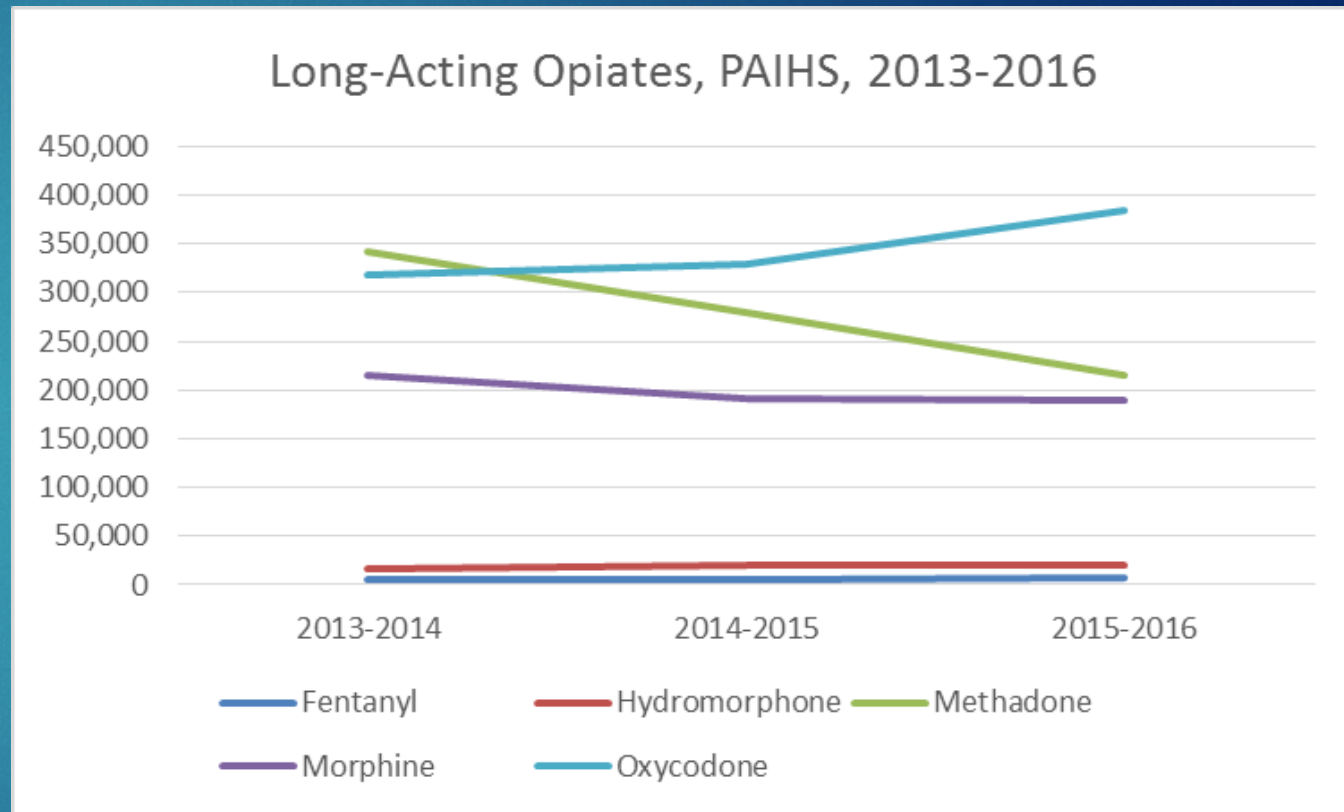
- ▶ Office-Based Opioid Treatment Training
 - ▶ Live web-based training sponsored by American Osteopathic Academy of Addiction Medicine and SAMHSA.
 - ▶ Provides 8 hours needed to obtain waiver to prescribe buprenorphine in an office-based setting:
 - ▶ Webinar training (4.25 hrs)- 3 modules
 - ▶ Online study/exam (3.75 hrs)- 5 modules, 24 questions.
 - ▶ Pain Management Intensive Training- Albuquerque, NM- March 2017
 - ▶ Included optional 4 hour MAT training.
 - ▶ Duplicate training planned for later in 2017 in Portland Area.

Methadone

- ▶ Methadone has dual roles:
 - ▶ Used as a long-acting opioid in pain treatment.
 - ▶ Used for opiate maintenance to treat opioid dependence disorder (opiate addiction)
- ▶ Chemical properties of methadone increase risk compared to other opioids
 - ▶ Can cause cardiac rhythm complications.
 - ▶ More likely to cause an opiate overdose.
- ▶ Guidelines recommend against using methadone as a first-line opioid choice.
- ▶ IHS monitors prescribing data on methadone and trains providers on proper pain management.

Methadone

- ▶ Methadone prescribing noted to be higher in both the private sector and IHS within the Pacific Northwest.
- ▶ Analysis of methadone procurement data has been provided annually to Portland Area sites utilizing The VA Pharmacy Prime Vendor.
- ▶ Methadone procurement has decreased 37% since 2014 (-60% for Federal sites).



National Committee on Heroin, Opioids, and Pain Efforts (HOPE)

- ▶ New IHS Committee created in March 2017
- ▶ Evolved out of the Prescription Drug Abuse Workgroup
- ▶ Purpose:
 - ▶ Promote appropriate and effective pain management.
 - ▶ Reduce overdose deaths from heroin and prescription opioid misuse.
 - ▶ Improve access to culturally appropriate treatment.

HHS Strategies

- ▶ Address by Thomas Price, MD, Secretary, Dept. of Health & Human Services, National Rx Drug Abuse and Heroin Summit- Apr. 19, 2017
 - ▶ Improving access to treatment and recovery services.
 - ▶ Promoting use of overdose-reversing drugs.
 - ▶ Strengthening our understanding of the epidemic through better public health surveillance.
 - ▶ Providing support for cutting edge research on pain and addiction.
 - ▶ Advancing better practices for pain management.

- Alcohol and Substance Abuse Program: <https://www.ihs.gov/asap/>
- Pain Management: <https://www.ihs.gov/painmanagement/>
- Opioid Dependence Management: <https://www.ihs.gov/odm>
- Methamphetamine and Suicide Prevention Initiative: <https://www.ihs.gov/mspi/>
- Youth Regional Treatment Centers: <https://www.ihs.gov/yrtc/>
- Tele-behavioral Health: <https://www.ihs.gov/telebehavioral/>

Questions?

28

