

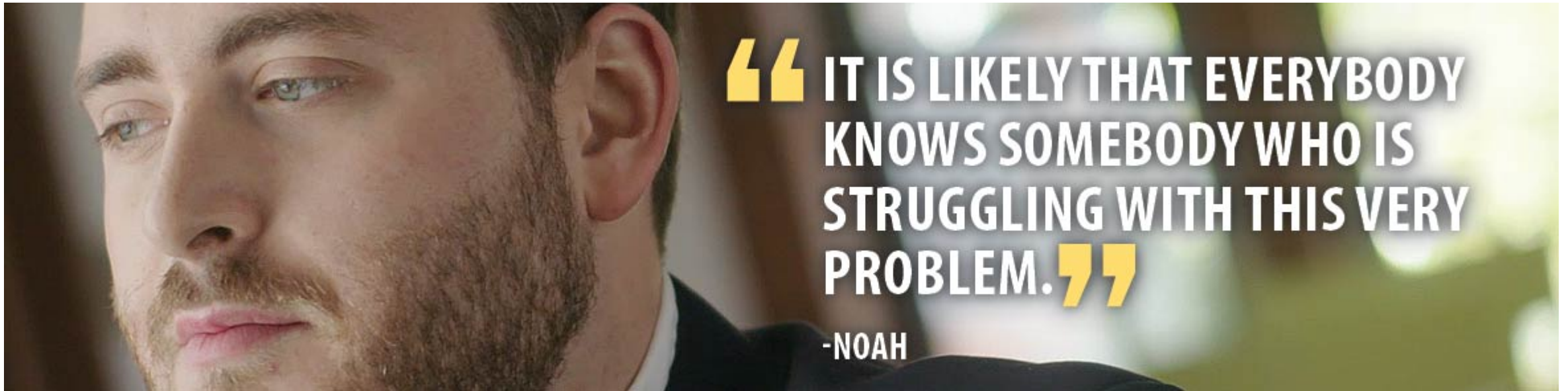
Preventing Opioid Misuse :

Student Presenter Instructions

- DO NOT DISPLAY for AUDIENCE. Presentation begins on Slide 2.
- Students must review all content and rehearse delivery of this presentation at least 5 days prior to the scheduled presentation date.
 - Any questions related to this presentation should be directed to the regional campus Geriatrics Clerkship Director or Geriatrics Education Director (Dr. John Agens).
 - Please be sure to gather all appropriate handouts and other materials
- Be advised that there are speaker notes/ instructions that guide the presenter throughout the presentation.
 - Most of the information will be provided on the slides.
- There is also background information provided for the speaker. This information is intended to enhance the speaker's knowledge and understanding of the content. It is not intended to be shared with the audience.
 - Students are encouraged to use mobile apps for any additional evidence based information that they desire.
 - Student comments / suggestions for quality improvement for this presentation are encouraged and appreciated.
- **Presentation tips:**
 - **Remember to speak slowly, loudly, and clearly.**
 - **Restate audience questions before answering them.**
 - **Make sure you are using the microphone correctly.**

Preventing Opioid Misuse

How You Can Help



<https://www.cdc.gov/rxawareness/index.html>

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Raise Your Hand If..

- You are concerned about you or a loved one becoming addicted to pain medications
- You want to know about the warning signs and risk factors for medication addiction
- You are interested in safe ways to manage pain, including how to use opioids responsibly

Outline

- Understanding the opioid crisis
- Recognizing signs of opioid misuse and opioid addiction
- Caring for yourself when having pain
- Proper use, storage, and disposal of opioids
- Making an Action Plan for responsible use of opioids

Opioid Crisis Key Facts

- From 2000-2015 more than 500,000 people died from opioid overdoses.
- In 2016, more than 11 million Americans misused prescription opioids.
- Each day, more than 1,000 people are treated in Emergency Departments for not using opioid prescriptions as directed.
- Every day, 115 Americans die from an opioid overdose.

What is a Prescription Opioid?

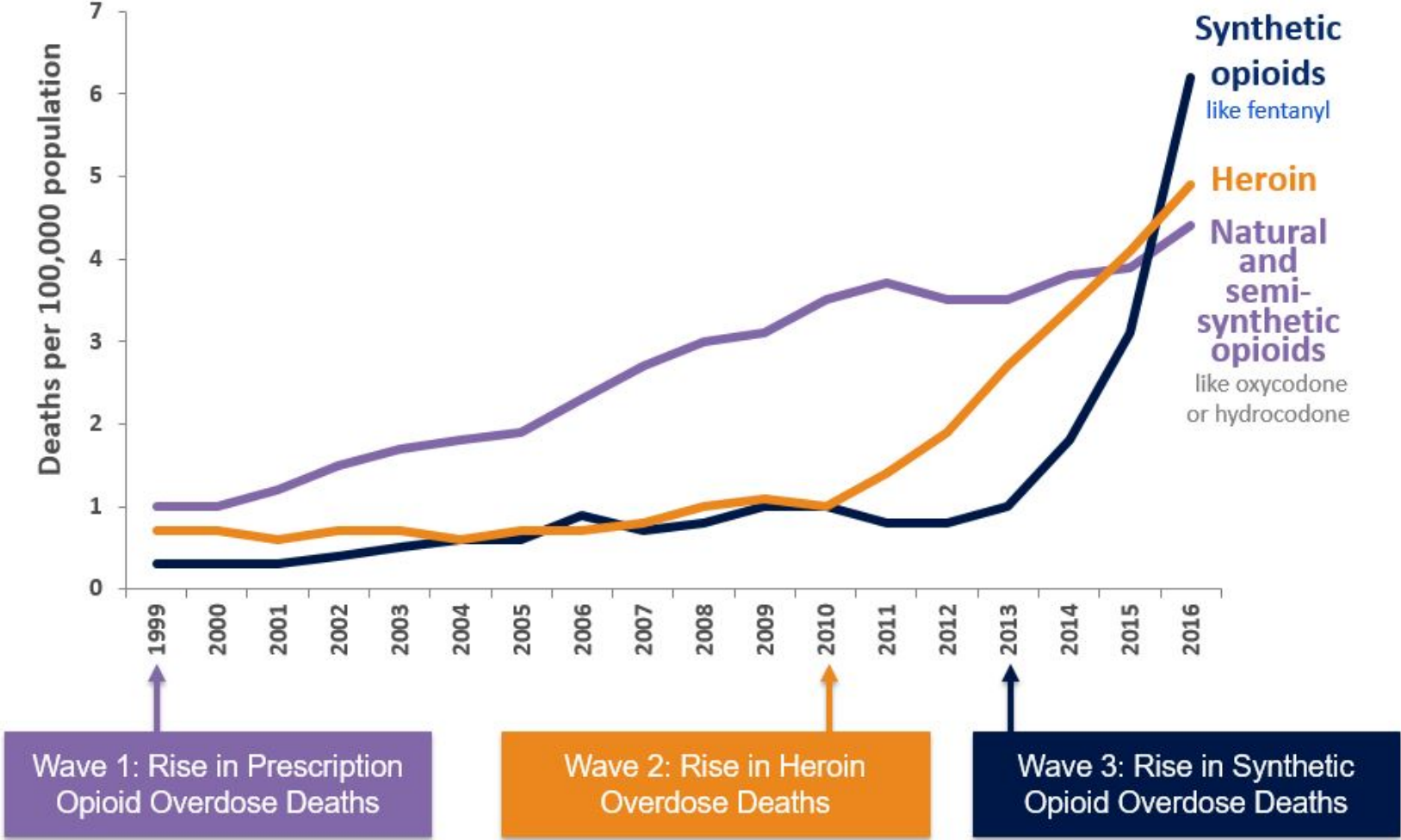
Prescription opioids are strong pain reducing medications.

Common prescription opioids include:

- Codeine
- Hydrocodone
- Methadone
- Morphine
- Oxycodone
- Oxymorphone

- Fentanyl

3 Waves of the Rise in Opioid Overdose Deaths



SOURCE: National Vital Statistics System Mortality File.



<https://pastop.org/>

New heroin users:

About 75% report abusing prescription opioids before starting heroin

Potential Risks and Side Effects of Opioids

- Constipation
- Nausea, vomiting, dry mouth
- Itching and sweating
- Sleepiness
- Dizziness
- Confusion
- Depression
- Low testosterone = lower sex drive, energy and strength
- **Increased sensitivity to pain**

More Potential Risks and Side Effects of Opioids

- Tolerance: need to take more of the medication to get same pain relief
- Dependence: have symptoms of withdrawal when medication is stopped
- Addiction: chronic, relapsing brain disease with compulsive drug seeking and use, despite harmful consequences
- Overdose: injury to body (poisoning) when a drug is taken in excessive amounts
 - High doses of opioids can severely limit breathing and cause death.
 - Combining opioids with alcohol / other drugs increases risk of overdose.



**Anyone
Can
Become
Addicted.
Anyone.**

Stop Prescription Drug
Abuse Before it Starts.

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Examples of Opioid Misuse

- Using a prescription that is not yours or sharing your prescription with someone else
- Using in greater amounts, more often, or longer than advised
- Taking the medication in order to feel “high”

Physical Signs of Opioid Addiction

- Extremely happy after taking a dose
- Tired, sedated after happiness subsides
- Itching
- Nausea / vomiting
- Constipation
- Confusion
- Pupils smaller than usual
- Nodding off at random times
- Loss of consciousness
- Slow breathing

Signs of Opioid Withdrawal

- Flu like symptoms
 - Headache
 - Nausea
 - Vomiting
 - Sweating
 - Fatigue
- Extreme anxiety

Behavioral Signs of Opioid Addiction

- Increased drug tolerance
- Using drugs to avoid or relieve withdrawal symptoms
- Loss of control over drug use
 - Using more than intended, unable to stop
- Life revolves around drug use
 - Always thinking of using, figuring out how to get more, recovering from use
- Abandoning enjoyable activities to use drugs
- Neglecting responsibilities: work, school, or home
- Continuing to use regardless of negative consequences
 - Blackouts, infections, mood swings, depression, paranoia

Treatment Options for Opioid Addiction

Medication Assisted Treatment

- Help to reduce dependence on opioids
- Treat an overdose in an emergency situation

Behavioral Counseling

- Help people change attitudes and thoughts related to drug use
- Increase healthy life skills

Treatment typically involves a combination of approaches

7 Tips for responsible use of opioids:

How you can help reduce opioid misuse...

Prevention Tip #1:

Discuss non-medication and non-opioid options for managing your pain

- There are multiple non-drug approaches to reduce pain
 - Ice, heat, compression, stretching, exercise, meditation, weight loss
 - Massage, acupuncture, physical therapy
- There are multiple non-opioid medications
 - Topicals: gels, creams, patches
 - Pills: acetaminophen, NSAIDS
 - Injections: steroids, hyaluronic acid, anesthetic
- Did you know opioids could make you feel worse?

Opioids unnecessary after surgery in some cases

- Study of 112 patients undergoing orthopedic surgery
 - 75 carpal tunnel release, 37 stenosing tenosynovitis release
- Randomly assigned to oxycodone, ibuprofen, or acetaminophen
 - Medication was provided in an unmarked, opaque capsule
- First day after surgery patients in oxycodone group reported MORE pain
- Oxycodone group had more gastrointestinal adverse effects 15%
 - Compared to 3% for ibuprofen, 3% for acetaminophen

Prevention Tip #2:

Take medication only as prescribed

- Right dose
- Right time
- Right way

Not taking medication as instructed may lead to a condition getting worse, hospitalization, or even death.

When it comes to opioids, ask when you can cut back on the dose or stop using the medication.

Prevention Tip #3:

Keep a current list of all your medication

- Include prescriptions, OTC (over the counter), eye and ear drops, creams, patches, vitamins, supplements, herbal therapies
- Carry your medication list with you each time you see a health care provider or pharmacist

The more medications one takes, the greater the risk of negative reactions

Prevention Tip #4:

Keep opioids in a safe place

- Store in original packaging so you have prescription information, directions for use, expiration date
- Store in locked cabinet or lockbox away from others
- Consider covering fentanyl patch with adhesive film to keep it from falling off
- Keep medicines out of reach of young children

Some medication may be harmful and in some cases fatal with just one dose if they are taken by someone other than the person it was prescribed for.

Prevention Tip #5:

Never give away or share medications

Care Enough
Not to Share.

**Don't Share
Prescription Drugs.**



75% of young people who misuse prescription painkillers get them from friends and family

Consider monitoring the medicine you take and how much is left to know if there is any missing

Prevention Tip #6:

Review your medication with your provider at every visit

- Confirm each medication is appropriate
 - Has an indication AND gives benefit > risk of harm

Outcomes of medication review:

- Better understand how and why to use medication
- May stop medication
- May reduce dose
- May replace inappropriate medication with alternative
- Benefits = fewer adverse effects, feel better, may save money

Prevention Tip #7:

Safely dispose of unused opioids

- Unused medicines are a main source for misuse and overdose
- Accidental exposure can result from improper disposal
 - For example, young children may put fentanyl patches in mouth or on skin



Take advantage of **programs that accept unused medications** for proper disposal. Find the disposal location in your area by visiting www.AgainstOpioidAbuse.org/disposal.

- DEA National Prescription Drug Take Back Day: April and October
 - October 27, 2018
- Local Police Department
- Local Pharmacy
- Local Hospital



The FDA recommends **folding fentanyl patches in half** with the sticky sides together before flushing.



Ask your physician's office or pharmacist if they provide **medication disposal bags** (these bags neutralize medicines to avoid damage to the environment).



You can also **combine medication with dirt, kitty litter or used coffee grounds** and place the mixture in a sealed plastic bag before discarding in the trash.

Safe Disposal of Opioids



Scratch out all personal information on prescription containers before discarding.

What will you do to **Prevent Opioid Misuse?**

- 1. Discuss non-medication and non-opioid options for managing your pain**
- 2. Take medications only as prescribed**
- 3. Keep a current list of all your medication**
- 4. Keep opioids in a safe place**
- 5. Never give away or share medications**
- 6. Review your medication with your provider at every visit**
- 7. Safely dispose of unused opioids**

Creating an Action Plan:

Starting this week I will...

- 1. What activity(ies) you are going to do.**
- 2. How much you are going to do.**
- 3. When you will do it.**
- 4. How often you will do it.**

Thank you for your participation!

We greatly appreciate your completion of the presentation evaluation. Your anonymous responses help us make improvements to our presentation. All comments and suggestions are truly appreciated.

References

Older adults' experiences with opioid prescriptions (2018 July)

Retrieved from National Poll on Healthy Aging

<https://www.healthyagingpoll.org/report/july-2018-report-older-adults-experiences-opioid-prescriptions>

Opioids unnecessary after surgery in some cases (2018 March 7)

Retrieved from Medscape:

https://www.medscape.com/viewarticle/893570#vp_2

New prescription opioid use after minor and major surgical procedures in US adults

<https://jamanetwork.com/journals/jamasurgery/article-abstract/2618383?redirect=true>

Resources (included on audience handout)

- **Dial 211 anywhere in the United States to be connected to a community resource specialist in your area who can help you find behavioral health or addiction treatment services and resources available locally.**
- **<https://www.cdc.gov/drugoverdose/patients/materials.html> Centers for Disease Control and Prevention** provides up-to-date information on preventing opioid misuse, pain management, expectations for opioid therapy, and more.
- **<https://www.nia.nih.gov/health/safe-use-medicines-older-adults>** This National Institute on Aging interactive site provides information on medicines, medication management, and questions to present to your health care provider on potential non-opioid medication alternatives.
- **<https://apps.deadiversion.usdoj.gov/pubdispsearch>** The U.S Department of Justice, Drug Enforcement Administration allows you to find public disposal locations for controlled substance.
- **<http://www.againstopioidabuse.org/>** the Allied against Opioid Abuse site provides information on the rights, risks and responsibilities associated with prescription opioids.
- **<https://www.findtreatment.samhsa.gov/>** This Substance Abuse and Mental Health Services Administration site offers a behavioral health treatment services locator; an anonymous source of information for persons seeking treatment facilities in the United States.

HB21: Florida's Opioid Prescribing Law

Effective July 1, 2018

- 3 Day limit
 - Applies to all acute pain opioid prescriptions
- Prescription Drug Monitoring Program
 - E-FORCSE PDMP must be accessed for every Schedule II-V prescription
- CME
 - All physicians with Florida Medical License, DEA License must complete 2 hour mandatory CME by January 31, 2019
 - CME only accessible from certain state-wide Medical Societies