

Opioids

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COUNTY OF SAN MATEO
HEALTH SYSTEM

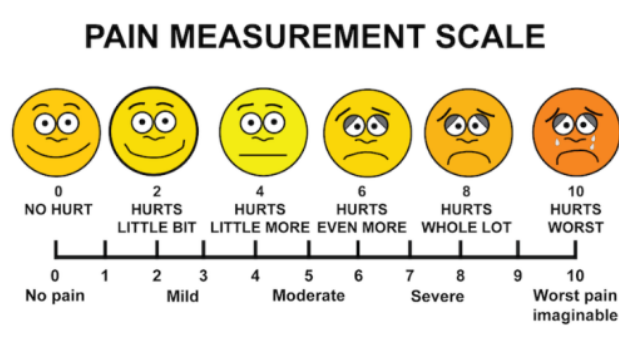


Definitions

- Opioid is not morphine-based, synthetic/semi-synthetic
 - OxyContin, Vicodin, Methadone, Fentanyl
 - Universal term now
- Opiate is morphine-based
 - Morphine, Codeine, Heroin
- MME = Morphine Milligram Equivalents
 - Common measure for strength of opioids
- Dependence vs addiction

The history

- 1980's Opioids for cancer and end of life treatments
- 1996 Purdue Pharm releases OxyContin and starts marketing
- 1999 Pain named fifth vital sign
- 2001 WA finds Worker's Comp deaths due to opioids
- 2008 Drug OD deaths surpass auto fatalities as leading cause of death in US
- 2010-2015 Annual opioid prescribing rate in US drops
- 2016 CDC publishes prescribing guidelines for chronic pain



How do opioids work?

- Opioids alter the way a person perceives pain
 - Drug attaches to opioid receptors (nerve cells) in the brain
 - Nerve cells send inaccurate message about pain severity = person feels less pain
- Opioids also affect how the brain feels pleasure
 - Results in feelings of elation
 - Next deep relaxation and/or sleepiness



What we know...Nationally

- The majority of drug overdose deaths involve an opioid.¹
- There is a relationship between the number of opioid prescriptions and the number of opioid deaths.
- Since 1999, opioid overdose deaths & amount of prescription opioids sold nearly quadrupled. ²



Nationally

- Opioid epidemic has demographic differences
 - Regional, rural vs urban, age
- In U.S. opioid prescriptions have declined since 2010
 - Number of Rx's and MME's per Rx³
 - Recent opioid death increases due to heroin and synthetic opioids (fentanyl)
 - White heroin vs black tar heroin
- Many drug overdose deaths include multiple drugs vs one drug

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.

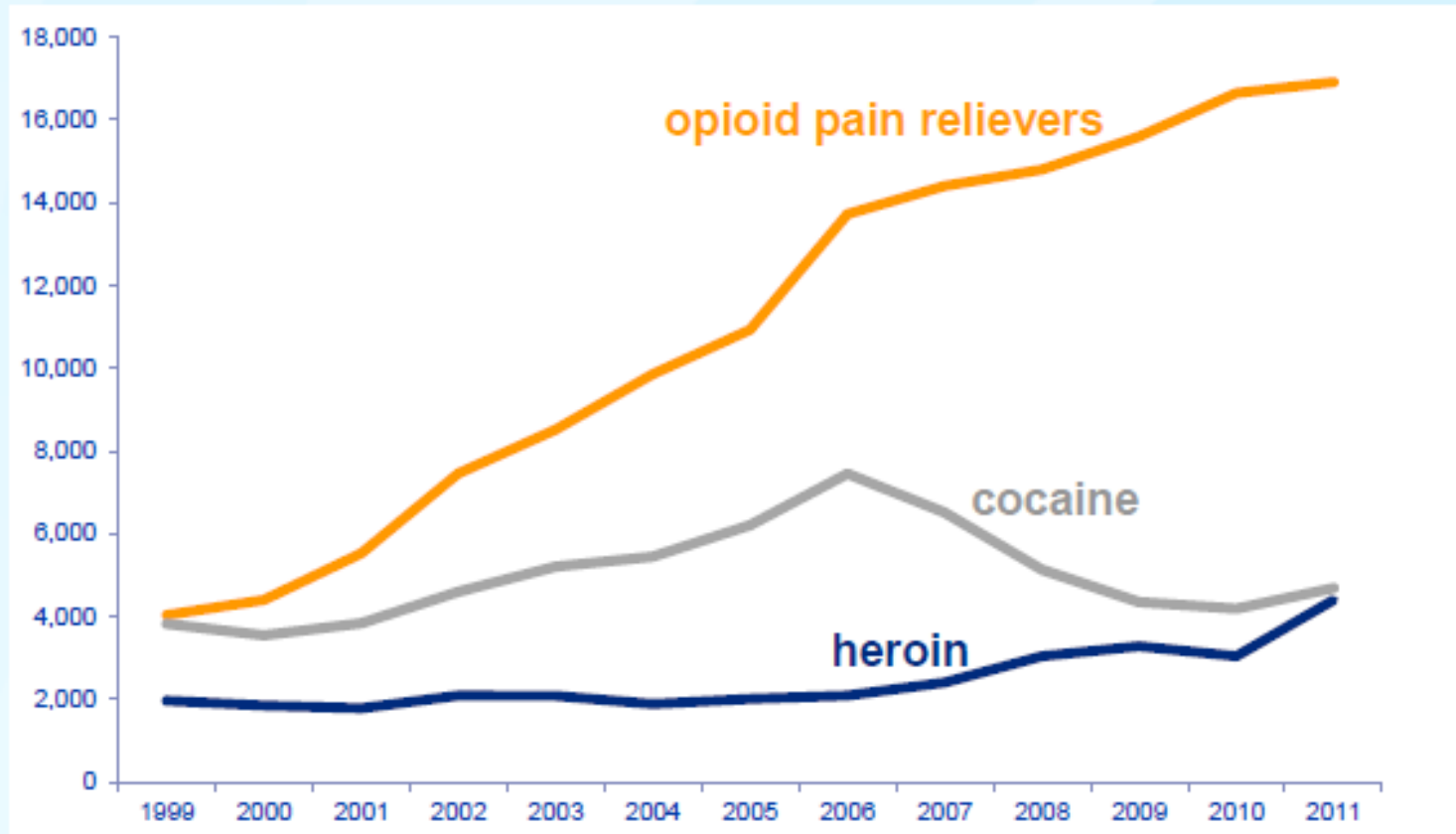
SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Based on 2015 CDC report: <http://www.cdc.gov/vitalsigns/heroin/index.html>



COUNTY OF SAN MATEO
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Drug overdose deaths by major drug type— United States, 1999–2011



CDC, National Center for Health Statistics, National Vital Statistics System

What we know...Locally

- What is reported in national media **is not** currently seen at the same levels in San Mateo County.

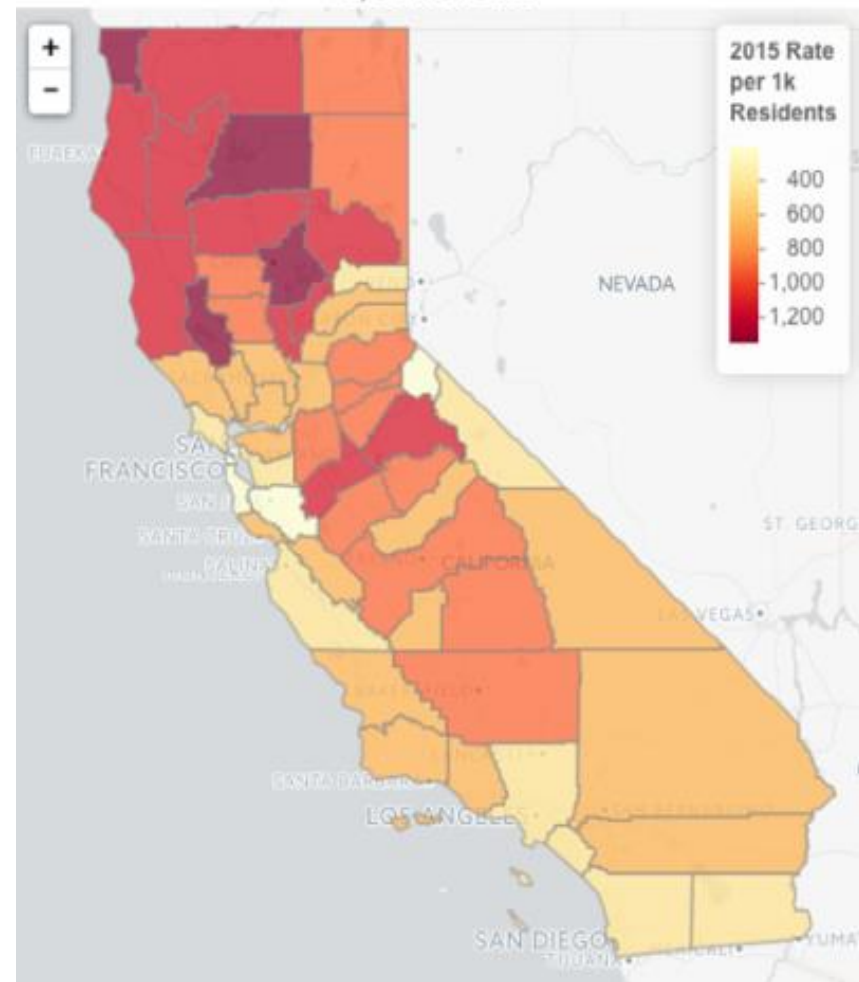
Total Population : Opioid Prescriptions by Patient Location : Age-Adjusted Rate per 1k Residents

San Mateo vs. Santa Clara



Source: CDPH Opioid Dashboard

California Prescriptions - Total Population - 2015
Opioid Prescriptions by Patient Location: Age-Adjusted Rate per 1,000 Residents



San Mateo County (2013)

Deaths related to Opioids

Crude rate

CA 4.0 SMC 2.1

Age Adjusted

CA 3.8 SMC 1.9

County Rank 38 of 58

Prescriptions Filled

MME/resident/year

CA 615 SMC 501

Opioid Rx/1,000 residents

CA 572 SMC 469

Avg # of Vicodin/resident/year

CA 123 SMC 100

Source: CDPH, Brandeis PDMP Center of Excellence for CA Healthcare Foundation

Data from the State: San Mateo County

- In 2014, opioids were involved in 669 non-fatal ED visits
- In 2013, 33 deaths for “Other Drugs Only”

<http://epicenter.cdph.ca.gov> on August 15, 2017

SMC Prelim Drug Death Analysis

Oct – Dec 2016

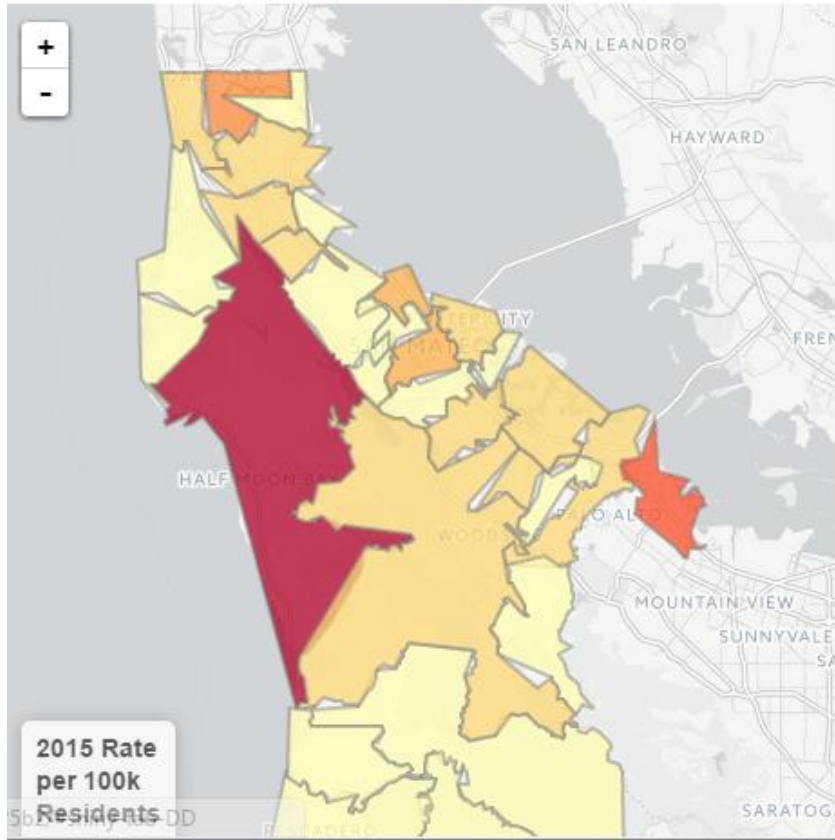
Total Deaths - all types	1426
Drug deaths	12
<u>Cause of Death</u>	<u>Nbr</u>
Meth	3
Opioid + Benzo	2
Opioid + Cocaine + Benzo	1
Meth + Benzo	1
Heroin + Benzo + Cocaine	1
Heroin	1
unknown	3
<u>Acquisition of Drug ?</u>	<u>Nbr</u>
Illicit	3
Prescription	2
Combo	4
Unknown	3

Demographics		
<u>Gender</u>	<u>Nbr</u>	<u>%</u>
Female	5	42%
Male	7	58%
<u>Race/Ethnicity</u>		
Asian/PI	2	17%
Black	2	17%
Hispanic	1	8%
White	7	58%
<u>Age range (yrs)</u>		
	21 - 94	
1 to 24	1	9%
25 to 44	4	33%
45 to 64	4	33%
65+	3	25%

Source: VRBIS, SMC Coroner toxicology reports & scene summary

California Opioid Dashboard

San Mateo Deaths - Total Population - 2015
All Opioid Overdose: Age-Adjusted Rate per 100,000 Residents



San Mateo Deaths - Total Population - 2015
All Opioid Overdose: Age-Adjusted Rate per 100,000 Residents

ZIP	Rate	95% LCL	95% UCL
94019	12.94	1.42	59.69
94303	8.37	2.21	24.54
94014	6.73	1.38	20.59
94401	5.01	0.61	25.78
California	4.73	4.52	4.95
94403	4.38	0.53	20.47
94080	3.74	0.74	13.38
94070	3.47	0.09	30.98
94066	3.43	0.41	17.21
94063	3.04	0.08	39.08
San Mateo	2.97	1.90	4.50

https://pdop.shinyapps.io/ODdash_v1/

Why are we concerned?

- Most people are given a prescription for pain (acute & chronic)
- In San Mateo County
 - 2010-2014 approx. 47% of filled Rx's are opioids (CA CURES 1.0)
 - 70% increase in Emergency Room visits for overdoses from 2007-2013 (Epicenter.cdph.ca.gov)
 - 345,755 opioid prescriptions filled (CA CURES 1.0, 2013)
 - Over 24 million pills
 - 43 pills/year for residents over 18 years of age
- Estimated **7,600** SMC residents are opioid dependent⁴

A photograph of a person in a blue jacket holding a child's hand in a pink sweater on a city street. The background is blurred, showing traffic lights and other people. A blue horizontal bar is overlaid on the image, containing the text "What can we do?".

What can we do?

What we can do

- Ask your Dr. for alternative pain treatments
 - Exception: hospitalization, acute pain
- Don't keep extra pills at home
 - Don't flush or put in garbage
 - Take-back programs (pharmacy, law enforcement)
- Increase awareness
 - Prescription drugs can be dangerous
 - Need more \$ for treatment programs
 - Reduce stigma – talk about the issue



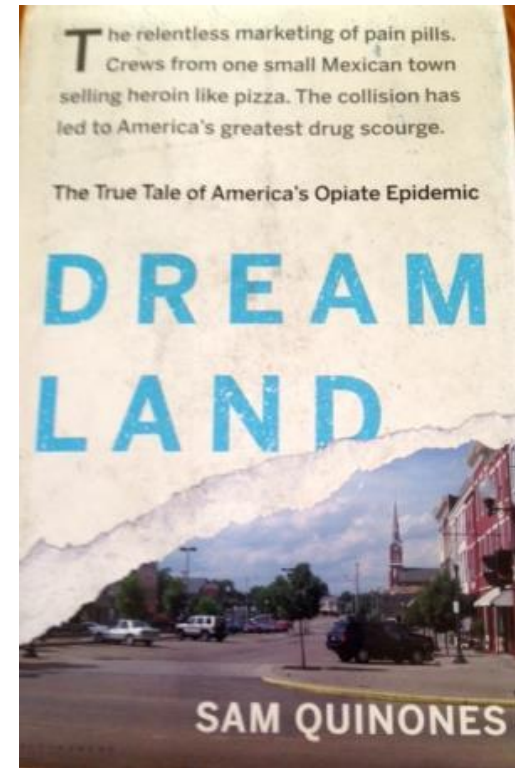
What can prescribers do?

What prescribers can do

- Follow CDC guidelines when treating chronic pain
- Register and check CURES 2.0 before prescribing controlled medications
- Educate patients regarding the risks and benefits of taking opioids
- Refer patients for substance use treatment when you suspect they are opioid dependent or have multiple prescriptions
- Notify San Mateo County Public Health Dept. if you notice anything unusual
 - Call 650-573-2346

Resources

- San Mateo County Health System
Rx Opioid Safe:
smchealth.org/opioid-safe
Prescribers:
smchealth.org/opoid-safe-prescriptions
- CA Opioid Overdose Surveillance
Dashboard
pdop.shinyapps.io/ODdash_v1/
- CA Dept. of Justice, CURES 2.0
oag.ca.gov/cures/statistics
- CA Health Care Foundation, CA Opioid
Safety Coalitions Network
chcf.org/oscn



References

- ¹Rudd RA, Seth P, David F, Scholl L. Increases in Drug and Opioid-Involved Overdose Deaths — United States, 2010–2015. *MMWR Morb Mortal Wkly Rep*. ePub: 16 December 2016. DOI: <http://dx.doi.org/10.15585/mmwr.mm6550e1>
- ² CDC Wonder; Available at <http://wonder.cdc.gov>.
- ³Guy GP Jr., Zhang K, Bohm MK, et al. Vital Signs: Changes in Opioid Prescribing in the United States, 2006 – 2015. *MMWR Morb Mortality Wkly Rep* 2017; 66:697-704. DOI: <http://dx.doi.org/10.15585/mmwr.mm6626a4>
- ⁴Anne Case & Angus Deaton, *Rising morbidity & mortality in midlife among white non-Hispanic Americans in the 21st Century* (PNAS 2015 112 (49) 15078-15083; published ahead of print November 2, 2015, doi:10.1073/pnas.1518393112)





Questions?

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