



**Prescription Opioid Overdose Prevention  
in Clinical Settings:  
New Mexico Department of Health Naloxone  
Co-prescription Pilot Project**

Friday, June 6, 2014

New Mexico Health Resources

22<sup>nd</sup> Annual Health Provider Retreat

# LEARNING OBJECTIVES



- Provide epidemiologic data overview on drug overdose death in New Mexico (NMDOH)
- Provide prescription opioid sales data in New Mexico (DEA)
- Provide prescription writing (dispensing) data overview from New Mexico Prescription Drug Monitoring Program
- Describe other policy efforts and community-based opioid overdose prevention projects in New Mexico
- Describe the planning and implementation for 4 co-prescription pilots in Taos, Santa Fe, Roswell and Albuquerque
- Report summary data and preliminary evaluation from first 15 months of co-prescription pilot projects

# Drug Overdose: The Epidemic in New Mexico



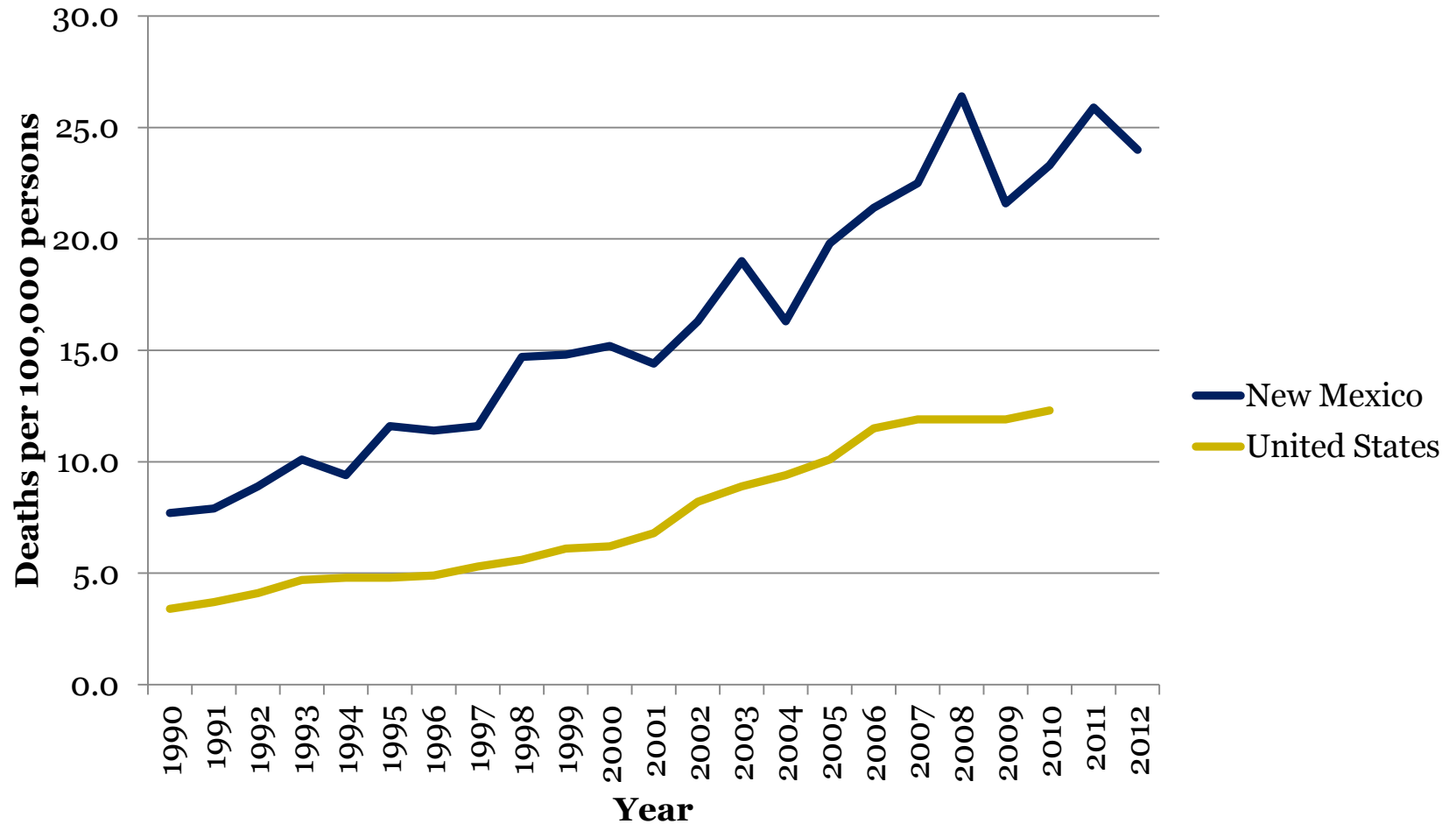
- In 2012, New Mexico's age-adjusted drug overdose death rate was 24.2 per 100,000 persons. The CDC reports that New Mexico had the second highest drug overdose death rate in the nation in 2010, nearly double the U. S. rate.
- Since 2001, New Mexico's drug overdose death rate has increased 79.9%. Since 1990, almost 300%.
- On average, one New Mexican dies of a drug overdose **every 17 hours**. In 2012, 486 New Mexicans died from drug overdose.

# The Prescription Drug Overdose Epidemic in New Mexico



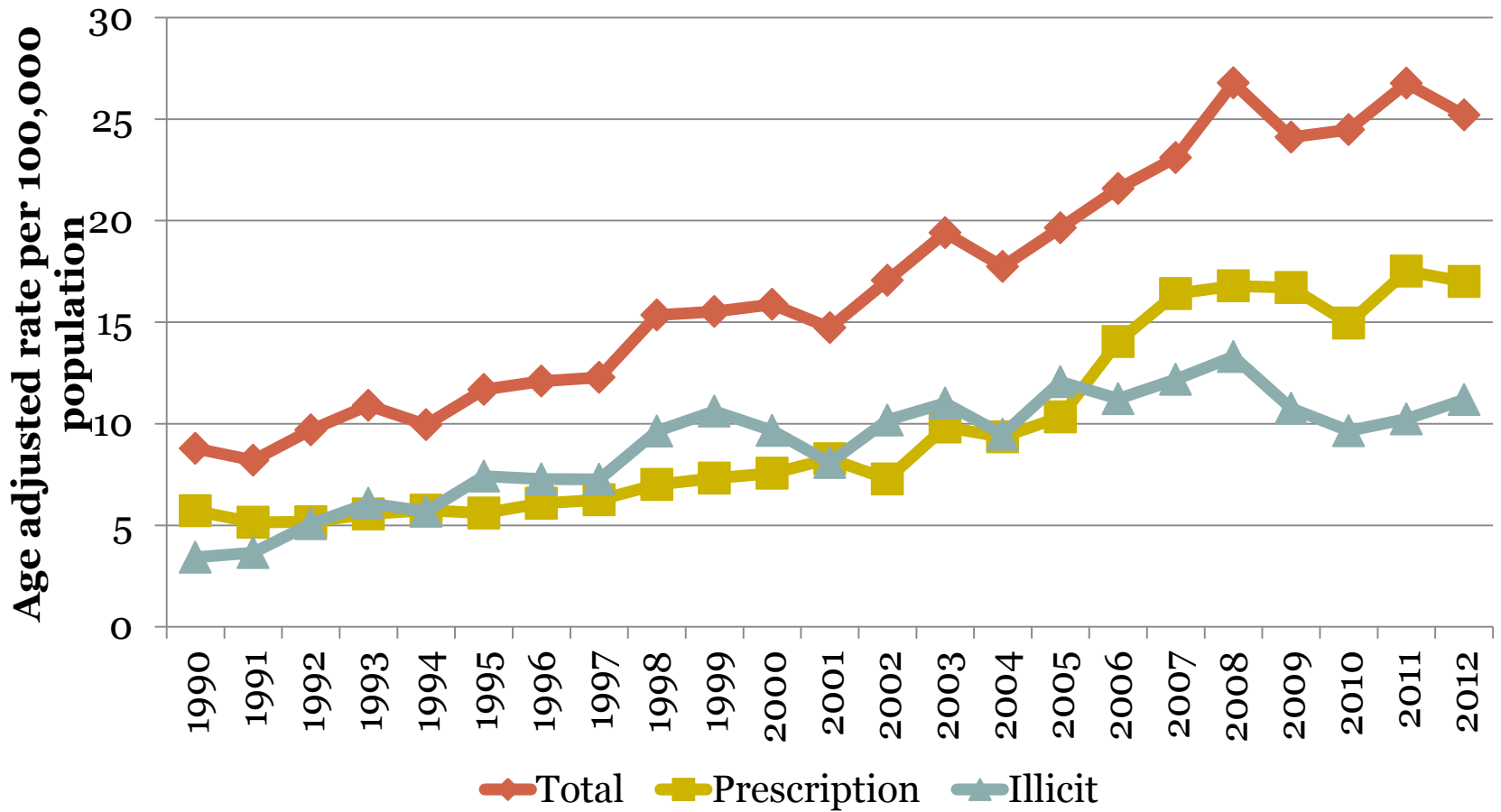
- Prescription opioids have driven the increase in overall overdose death during the past decade in our state.
- More than half of the drug overdose deaths in New Mexico involve prescription drugs.
- Nearly 10 years ago deaths involving prescription drugs overtook deaths involving heroin.
- Deaths involving prescription drugs now outnumber deaths due to heroin by 60%.
- Between 2001 and 2011, oxycodone sales in the state more than tripled.

## Drug Overdose Death Rates New Mexico and United States, 1990-2012



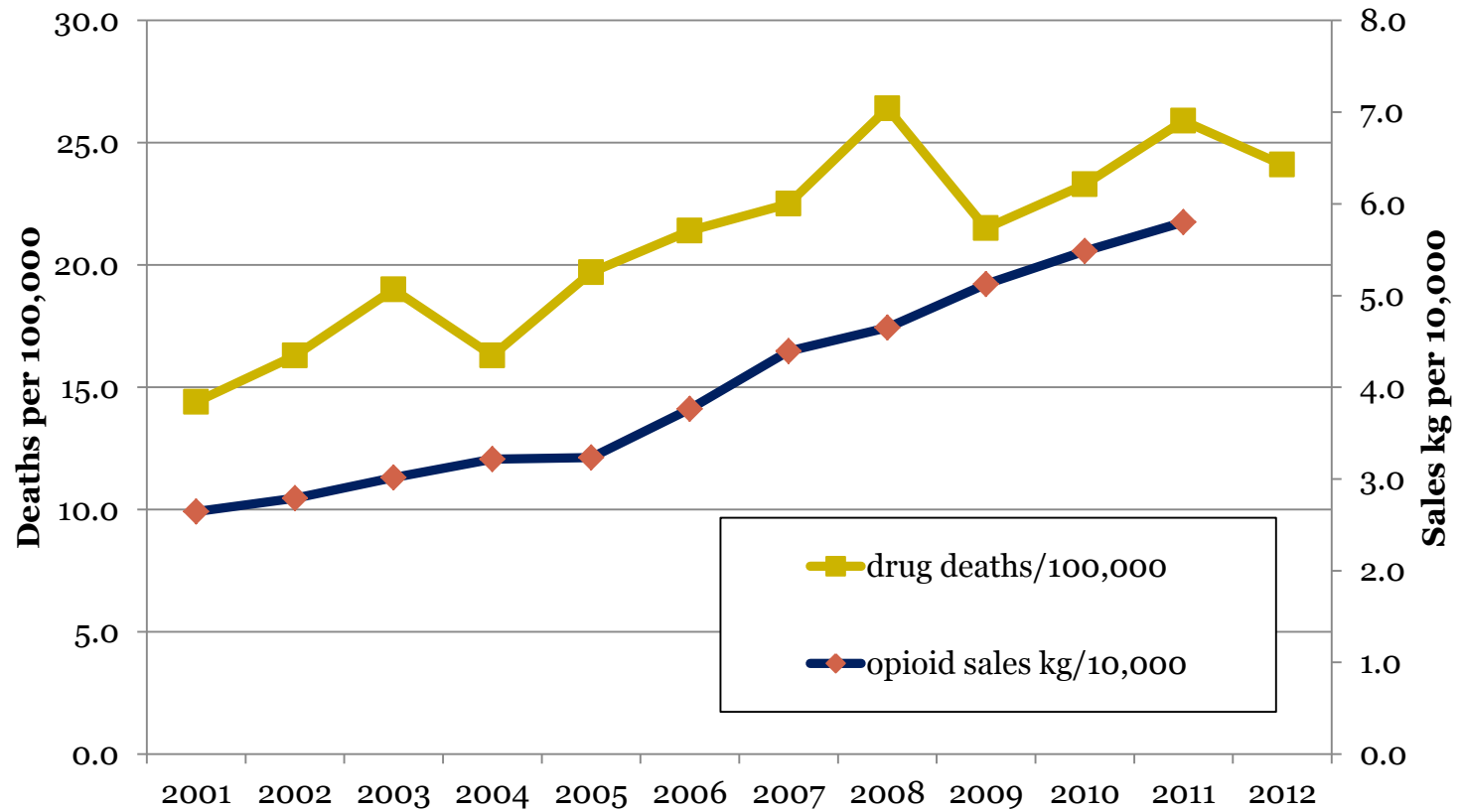
Source: United States (CDC Wonder); New Mexico (NMDOH BVRHS: SAES, 1990-1998, 2012; NM-IBIS, 1999-2011)

# Total Overdose Death Rates by Type of Drug, New Mexico, 1990-2012



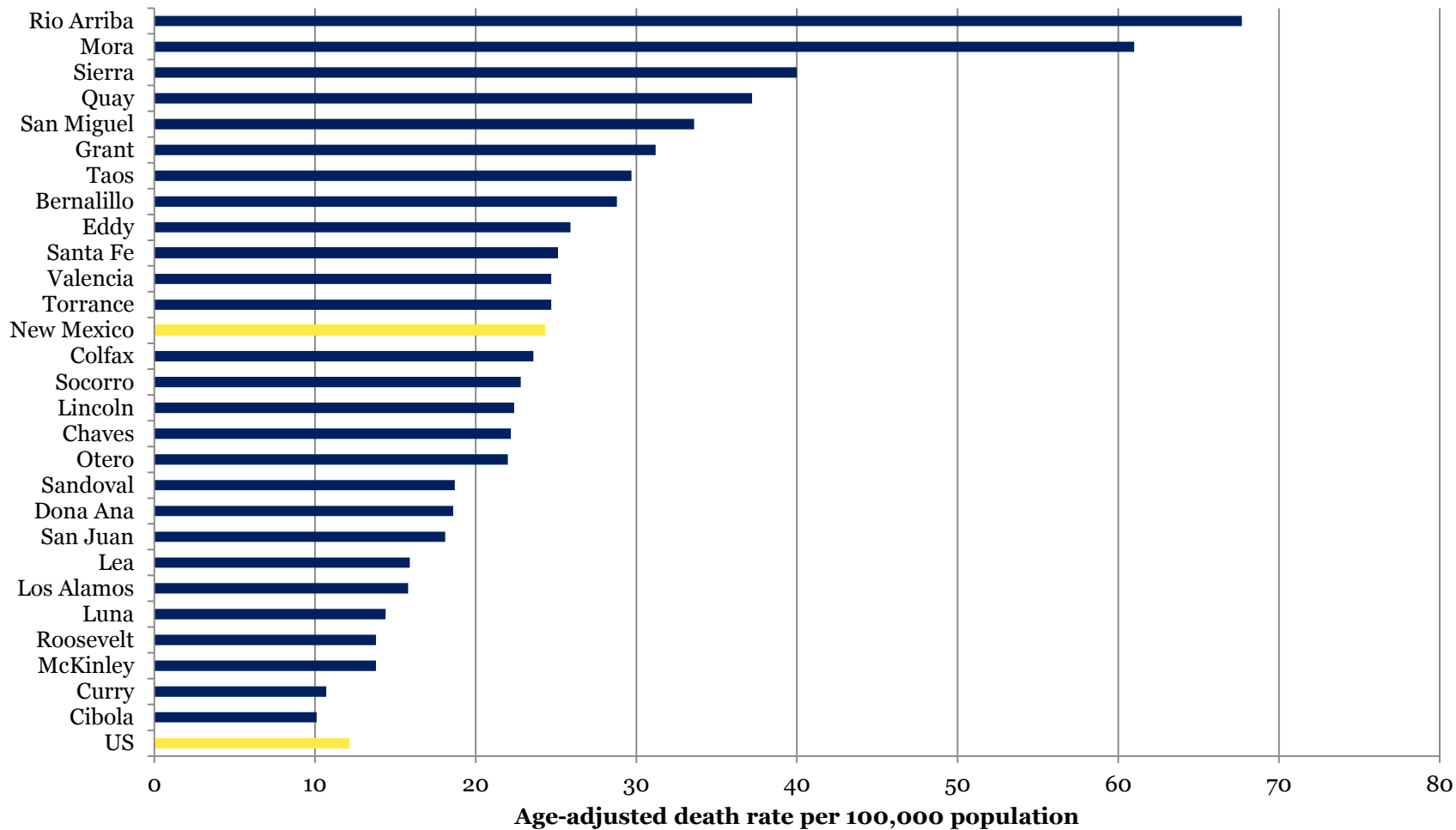
Source: New Mexico Office of the Medical Investigator.  
Note: Groups are not mutually exclusive.

## Rates of Drug Overdose Deaths and OPR Sales, New Mexico 2001-2012



Source: BVRHS, NMDOH; ARCOS, DEA.

# Drug Overdose Death Rates by County New Mexico, 2008-2012 and US, 2010



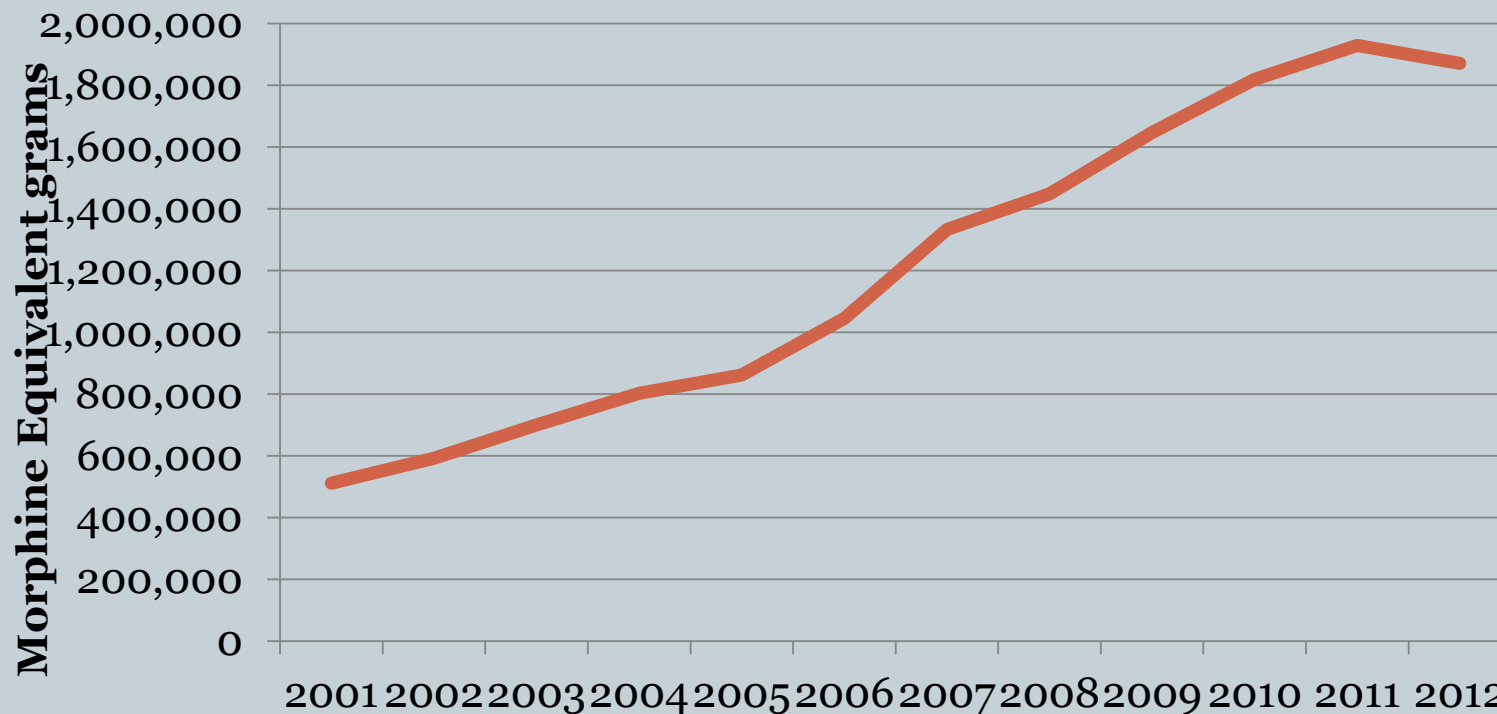
Source: NMDOH BVRHS; CDC Wonder



# Statewide Opioid Sales Fell in 2012



## Total Morphine Equivalents of Opioids Sold, NM 2001-2012

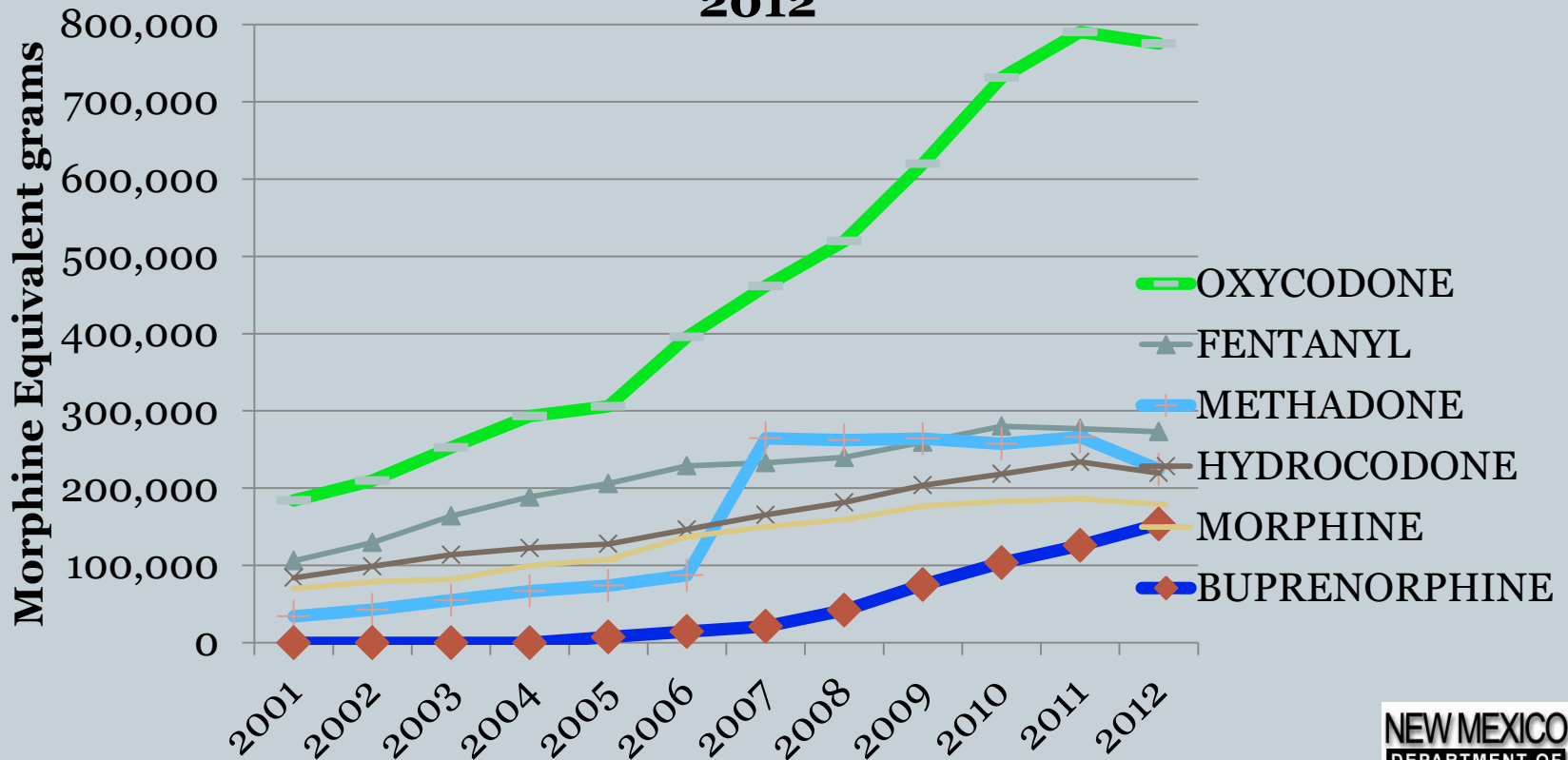


Source: DEA ARCOS sales data

# Statewide Opioid Sales by Drug



## Morphine Equivalents of Opioids Sold, NM 2001-2012



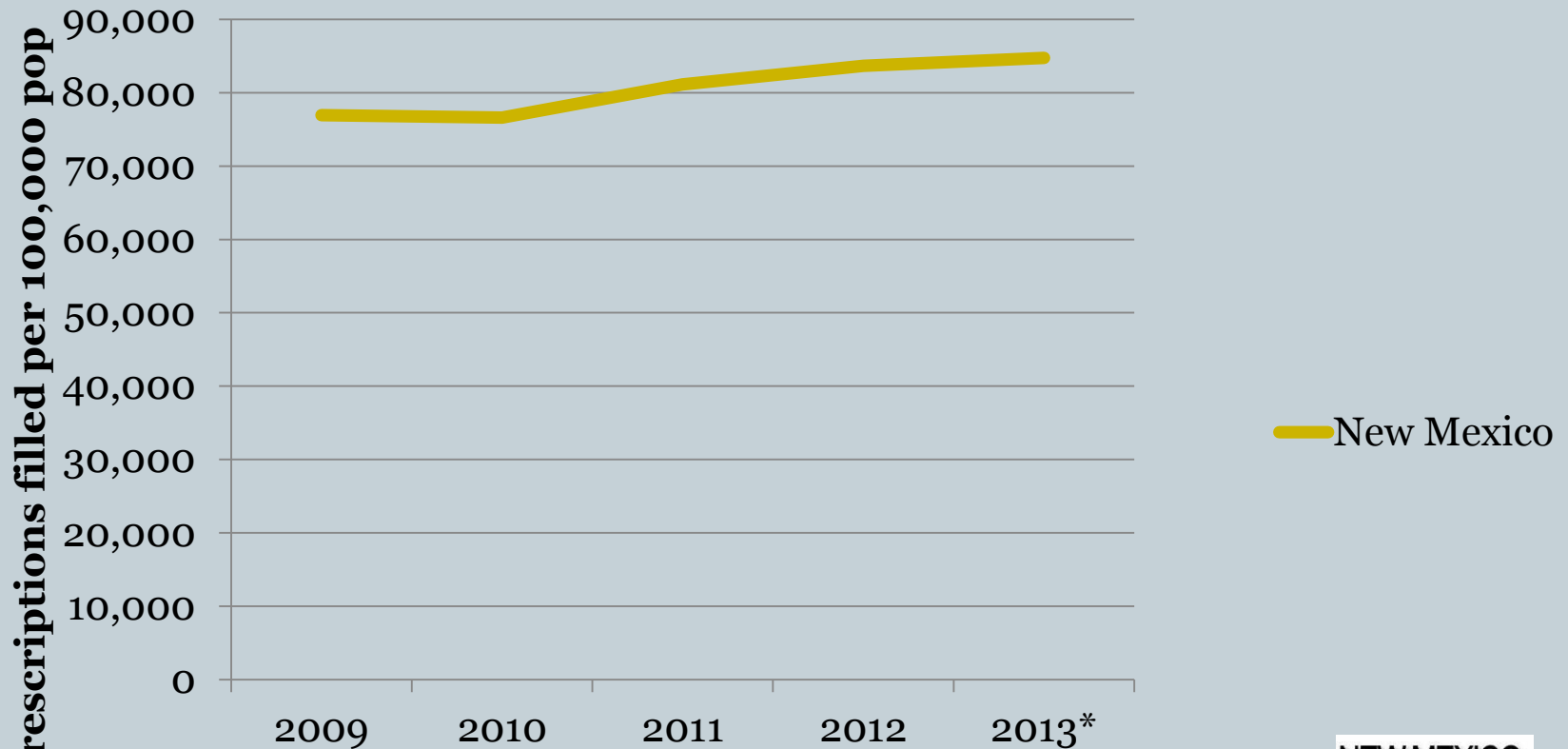
Source: DEA ARCOS sales data



# Opioid Prescription Rate



## Opioid Prescriptions per 100,000 population



Source: NM Prescription Monitoring Program  
2013 population estimated



# Total Quantity of Opioids Dispensed



## Total MME of Opioids Dispensed per 100,000 population



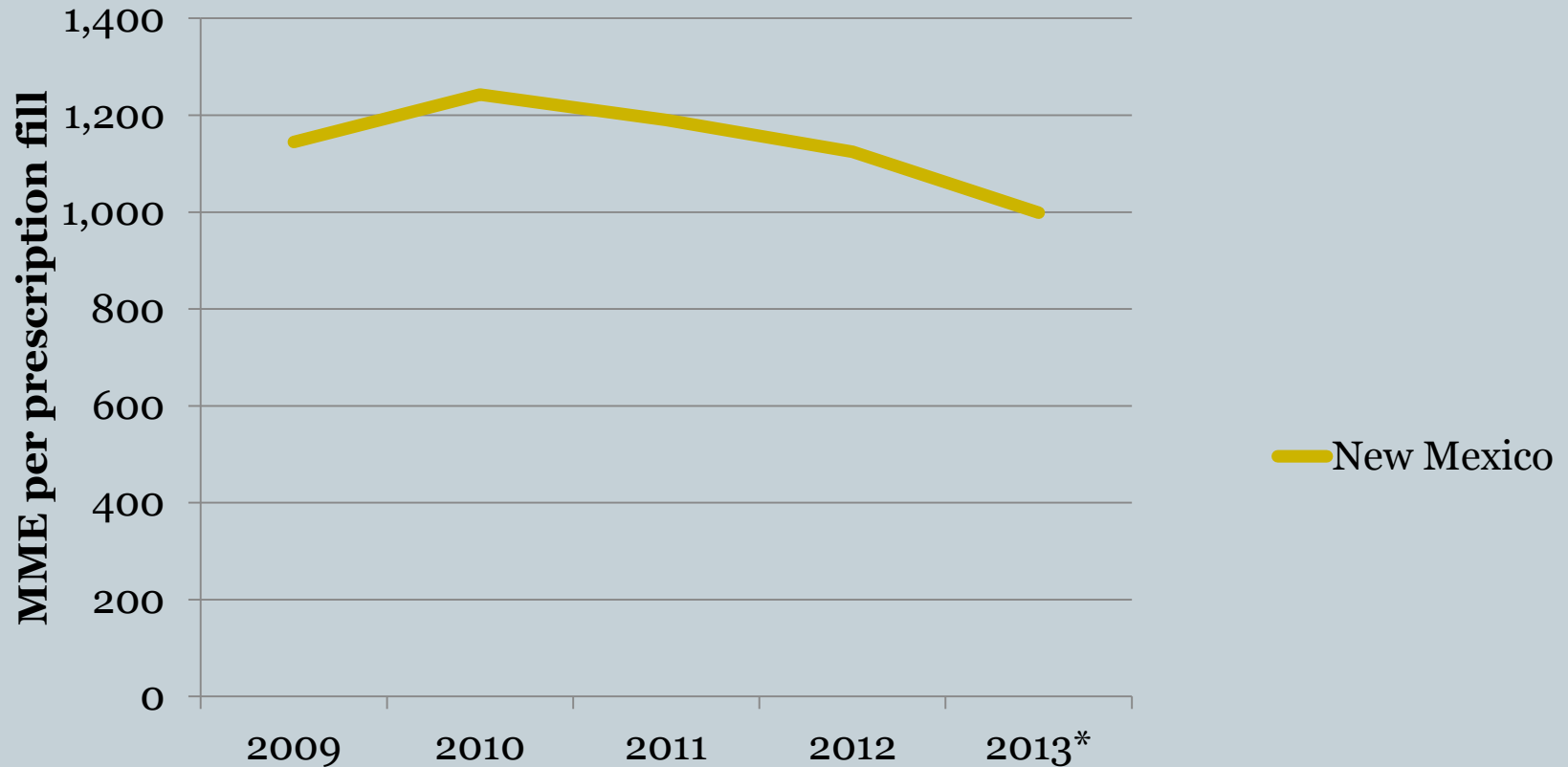
MME is Morphine Milligram Equivalents  
Source: NM Prescription Monitoring Program  
2013 population estimated



# Quantity per Prescription



## Morphine Milligram Equivalents per Prescription



Source: NM Prescription Monitoring Program  
2013 population estimated



# Policy and Board Responses to the Drug Overdose Epidemic in New Mexico



- Overdose Death as NM Department of Health Priority Indicator (1 of 9)
- Board of Pharmacy and the Prescription Drug Monitoring Program (PDMP) in 2012
- Professional Health Care Provider Boards Rules Changes (2012-13)
- Governor's Prescription Drug Misuse and Overdose Prevention and Pain Management Advisory Council (SB215 out of 2012 Legislative Session)
- Board of Pharmacy: Expansion of Naloxone Prescriptive Authority
- Human Services Department/Medical Assistance Division: Naloxone Rescue Kit now on Centennial Care Formulary

# NM Department of Health Overdose Prevention Efforts



- Naloxone distributed to injection drug users and their friends/family at syringe exchange sites since 2001
- Collaboration with city/county government in Bernalillo, Taos, Rio Arriba, Santa Fe and San Miguel, including:
  1. Overdose prevention and naloxone rescue kits to detainees upon release from adult detention facilities
  2. Public overdose prevention education sessions
  3. EMTs and overdose prevention training and naloxone
- Naloxone Co-Prescription Pilots (Taos, Santa Fe, Roswell and Albuquerque) beginning December 2012

# What is NALOXONE?



- **Naloxone** (brand name **Narcan**) is a prescription drug that reverses the effects of an opioid overdose by blocking the opioid's action on the brain and restoring breathing.
- Naloxone's only purpose is to **reverse opioid overdose**; it is not a "recreational" drug and does not cause a "high." The use of naloxone, in combination with rescue breathing, can save a life.
- **Naloxone only** works if a person has opioids in their system; otherwise it has no effect
- Has been used for decades by emergency responders and in hospital settings to revive persons experiencing overdose of opioids.
- Can be administered intravenously, intra-muscularly or intra-nasally. The NM Department of Health programs use the intra-nasal version.





### What is an opioid overdose?

The brain has many receptors for opioids. An overdose occurs when too much of any opioid, like heroin or Oxycontin®, fits in too many receptors slowing and then stopping the breathing.

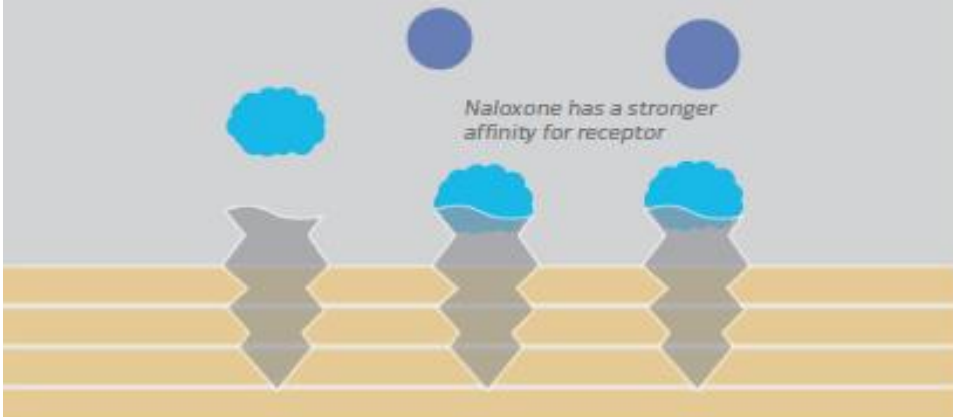
Opioids fit exactly on receptor



### Naloxone reversing an overdose

Naloxone has a stronger affinity to the opioid receptors than opioids like heroin or Percocet®, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.

Naloxone has a stronger affinity for receptor



## *Guide to Developing and Managing Overdose Prevention and Take-Home Naloxone Projects,* Harm Reduction Coalition Fall 2012

# WHY Provide Overdose Prevention and Naloxone Rescue Training to Patients (and their caregivers) in a Clinic Setting?



- Opportunity to reach patients at point of care and explain risk of opioid pain medication – and include family member or care giver in medication therapy planning
- Opportunity to educate patients on importance of careful and responsible use of opioids – to include possibility of unintentional overdose
- Opportunity to provide overdose prevention education and response (administration of naloxone) as standard of care for chronic pain treatment

# NMDOH Naloxone Co-Prescription Pilots



- Based on Project Lazarus from North Carolina (Wilkes County and 69% reduction in prescription opioid overdose death rate after 2 years)
- Provision of naloxone and overdose prevention education to risk-identified patients and their rescue persons
- Partners: NMDOH + Pharmacy + Medical Provider
- NMDOH reimburses Pharmacy for Naloxone Rescue Kits (cost of drug, nasal adaptor, patient educational materials) as prescribed by Medical Provider
- Taos in January of 2013, Roswell in February of 2013, Santa Fe in June of 2013

# Overdose Prevention Education as Patient Service



- Medical Provider identifies risk of misuse or overdose (patients on opioid pain medication or opioid replacement therapy)
- Internal Referral for Overdose Prevention Education by identified staff (Nurse/Pharm Tech/Medical Assistant/Social Worker/Community Health Worker)
- Naloxone Rescue Kit dispensed directly to patient at clinic OR from participating community-based Pharmacy

# Taos Co-Prescription Pilot



- Taos Alive + Holy Cross Hospital Pharmacy + Taos Medical Group
- Development of Policy, Enrollment Forms and Patient Education Materials
- Rescue Kits are packaged by Holy Cross Pharmacy and provided to Medical Practice for dispensing to patients onsite
- Patient education provided at clinic site by medical provider, nurse, medical assistant, counselor, community educator

# Taos Co-Prescription Pilot, cont



- Expanded to 6 Provider Sites:
  - ✦ Taos Medical Group
  - ✦ Tri-County Community Services (suboxone case load)
  - ✦ El Centro Family Health Clinic/Taos
  - ✦ Holy Cross Peñasco Clinic
  - ✦ Family Practice Associates of Taos
  - ✦ Holy Cross In-Patient (patients sent home with kits)
- Further expansion in planning stages:
  - ✦ Holy Cross Hospital Emergency Department
  - ✦ Presbyterian Medical Services in Peñasco
  - ✦ Taos County Adult Detention Center
- 73 Kits dispensed since launching in JAN of 2013 with 2 reported saves to date

# Santa Fe Co-Prescription Pilot



- Santa Fe Opioid Safe (SOS) + Medicap Pharmacy + La Familia Medical Center
- Revised Policy, Enrollment Form and Patient Education Materials
- Same model as Taos: Pharmacy directs Rescue Kits to Pharmacy Room/Drug Shelf and dispensed to patients onsite
- 35 Kits dispensed since June 2013 launch with 1 reported save (use) to date
- Plans to expand to more sites

# Roswell Co-Prescription Pilot



- NMDOH Regional Public Health Office + Primm Drug + small family medicine practice
- Revised Policy, Enrollment Form and Patient Education Materials
- Pharmacy Dispensing Model: Patients fill prescription for Naloxone Rescue Kit with Primm Drug and pharmacists provide patient/rescue person education and training
- Launched in February of 2013 and expanded by 2 clinic sites in June of 2013
- 32 kits dispensed – No reported use to date



# University of New Mexico School of Medicine Chronic Pain Clinic

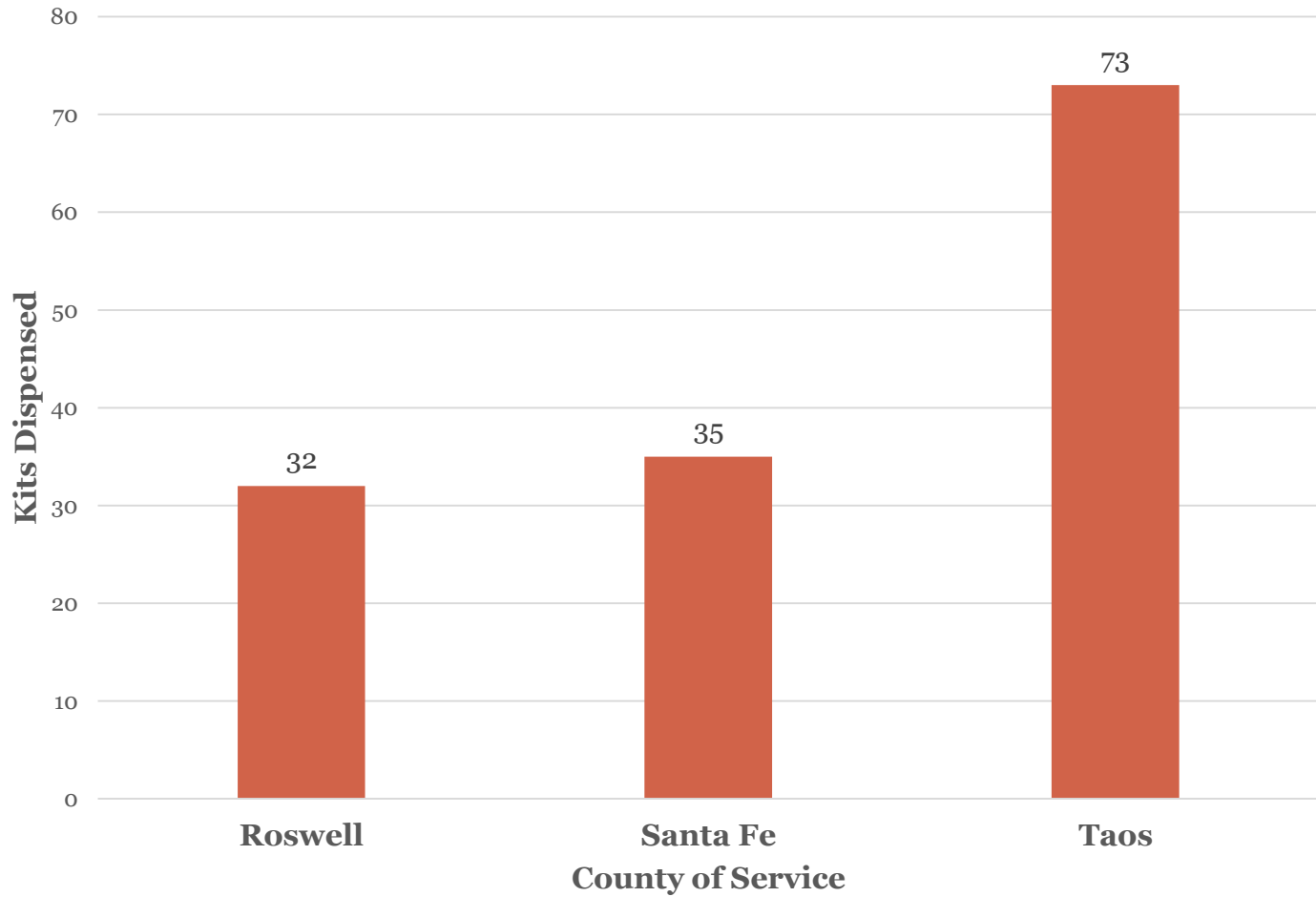


- Human subject study of overdose prevention education and naloxone rescue kit dispensing in chronic pain clinic setting
- No risk screen: all chronic pain patients on opioid therapy will be offered the training and rescue kit
- Pilot set to launch mid-June

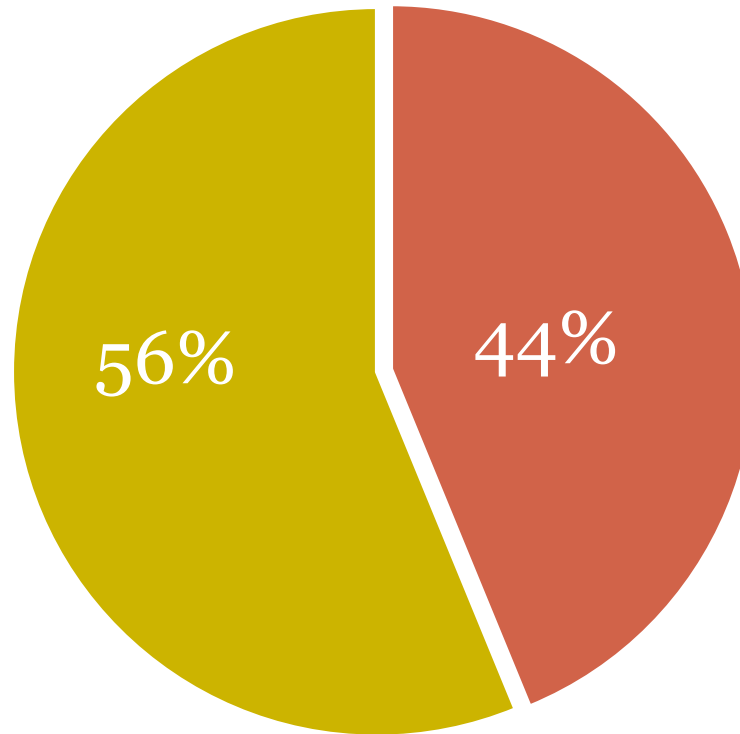


# Descriptive Data from Pilot Sites

# Naloxone Rescue Kits Dispensed by County of Service

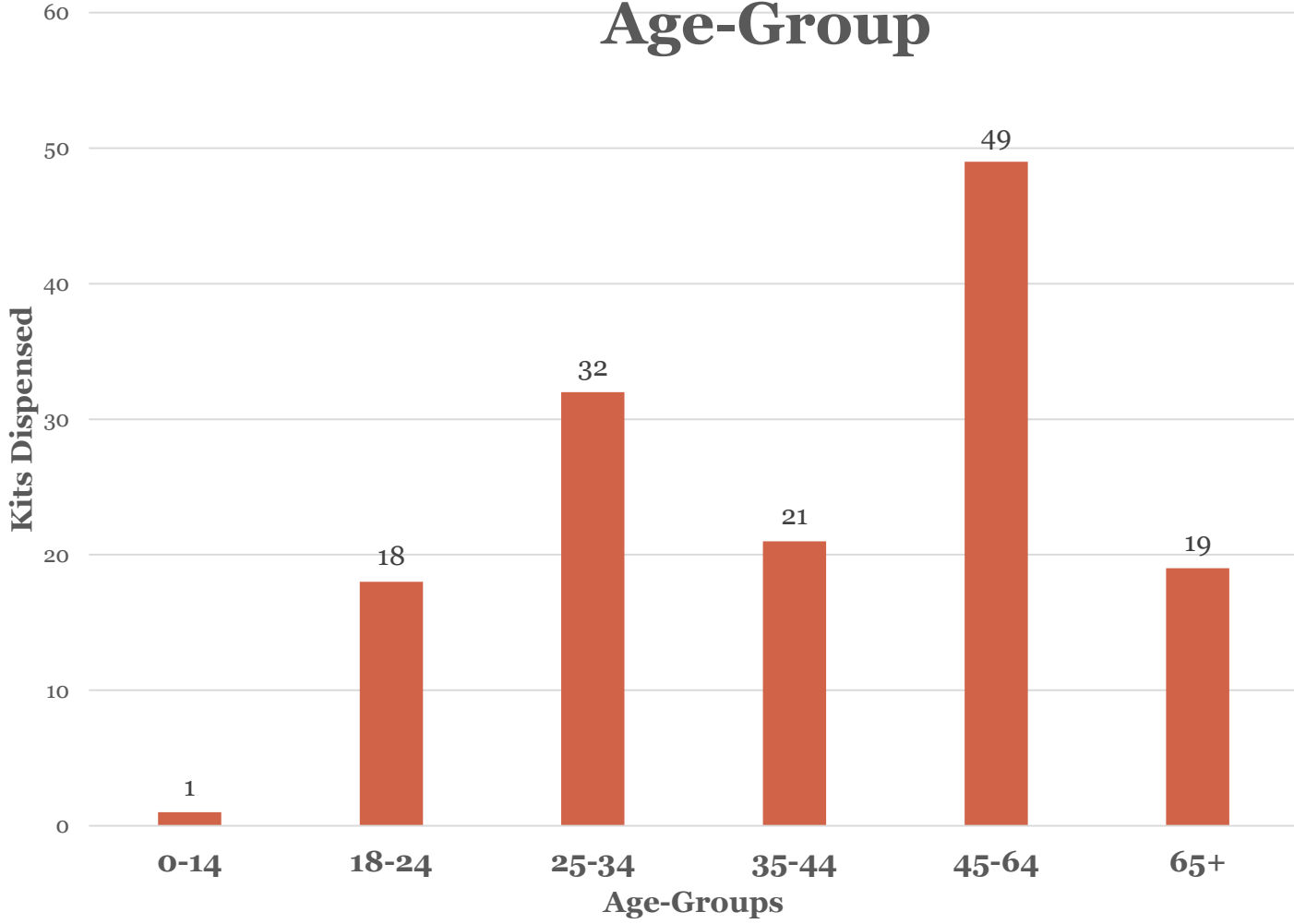


## Naloxone Kits Dispensed by Sex

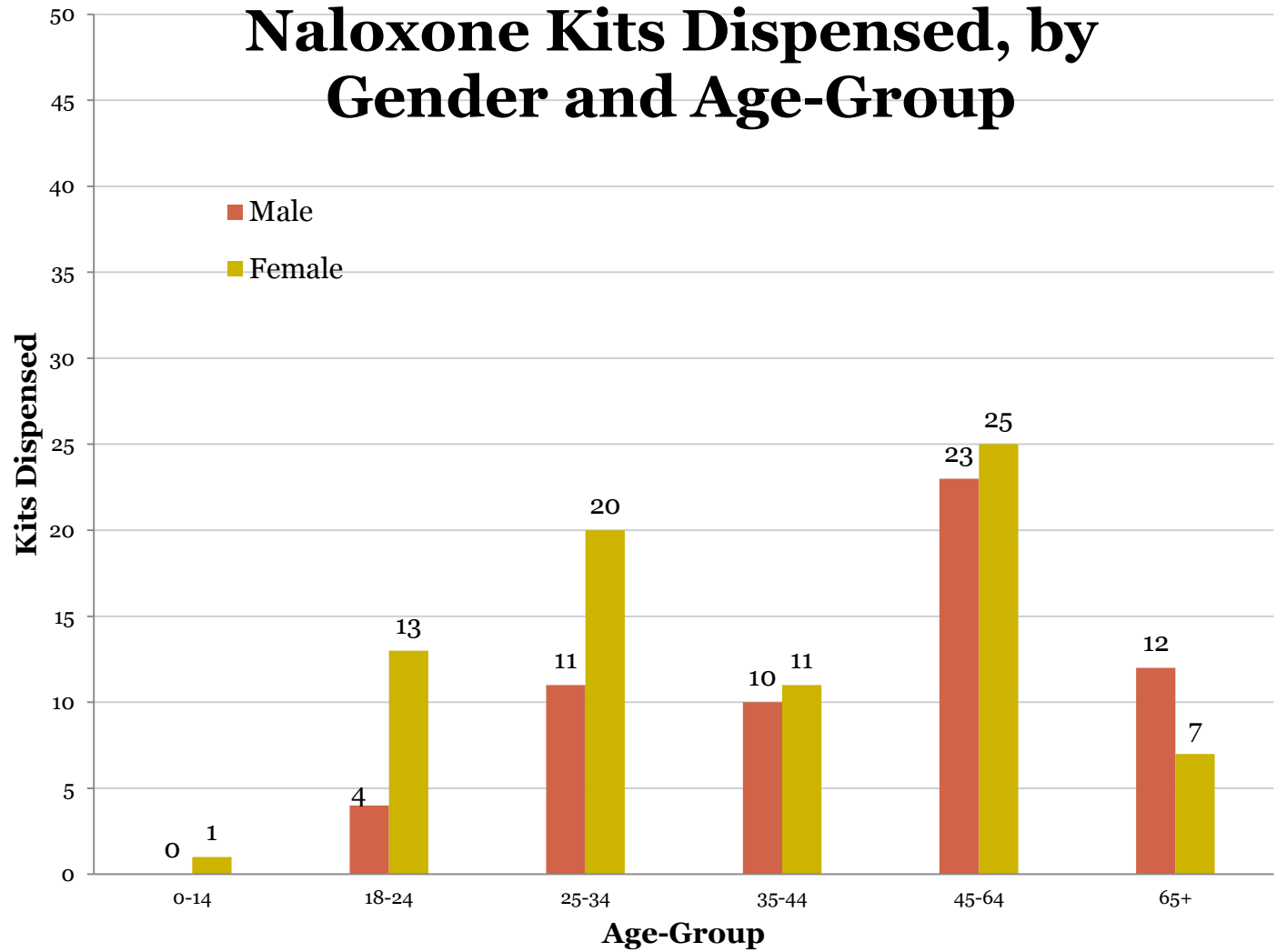


■ Male  
■ Female

# Naloxone Kits Dispensed by Age-Group



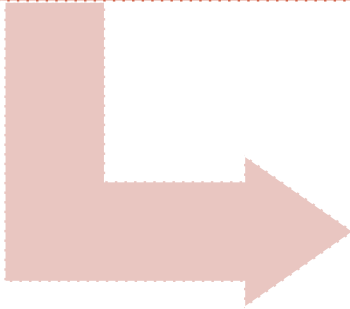
# Naloxone Kits Dispensed, by Gender and Age-Group



<b>NMDOH Naloxone Co-Prescription Pilot Risk Indicators</b>	<b>Frequency (as of April 2014)</b>
<b>Prescribed opioids or opioid use greater than 30 days</b>	<b>65</b>
<b>A high daily dose of opioid prescribed (&gt;50 mme/day)</b>	<b>58</b>
<b>Prescribed long-acting opioid</b>	<b>55</b>
<b>Suspected or known history of substance abuse, regardless if currently abstinent</b>	<b>42</b>
<b>Concurrent prescription or OTC medication that could potentiate the CNS and respiratory depressant properties of opioid medications</b>	<b>36</b>
<b>Households with people at risk of overdose</b>	<b>28</b>
<b>Opioid use with certain concurrent diseases</b>	<b>27</b>
<b>History of or current polyopioid use</b>	<b>22</b>
<b>History of emergency medical care for intoxication or overdose</b>	<b>20</b>
<b>Elderly (&gt;65)</b>	<b>15</b>
<b>Known or suspected substance use such as alcohol or marijuana</b>	<b>14</b>
<b>Patients who may have difficulty accessing emergency medical services</b>	<b>6</b>
<b>Just released from incarceration or institutionalization with history of opioid addiction</b>	<b>6</b>
<b>Known severe psychiatric illness or history of suicide attempt</b>	<b>5</b>
<b>Teens receiving an opioid prescription</b>	<b>3</b>

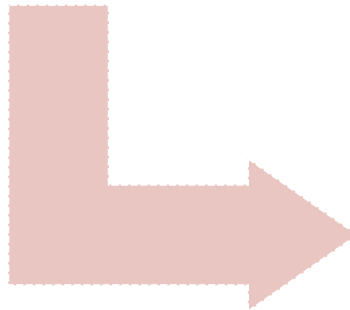
137 Enrollees

- 3 enrollees have two enrollment forms each, one for each kit received



126 Identified  
Rescue  
Person

- 91 Family Member
- 23 Friend
- 10 Other
- 2 Missing Information in Enrollment Form



79 Rescue  
persons  
present at  
training



# Evaluation of Co-Prescription Pilots



- NMDOH Substance Abuse Epidemiology Section
- Completed Enrollment Forms from Each Practice Site (2013-2014)
- Re-Fill data capture
- Emergency Department and Hospitalization Data
- OMI data (Overdose Death Rate by County and State)
- Opioid Prescribing Behavior by County/State

# Online Patient Naloxone Training Video



<http://prescribetoprevent.org/video/>

# Contact Information



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