

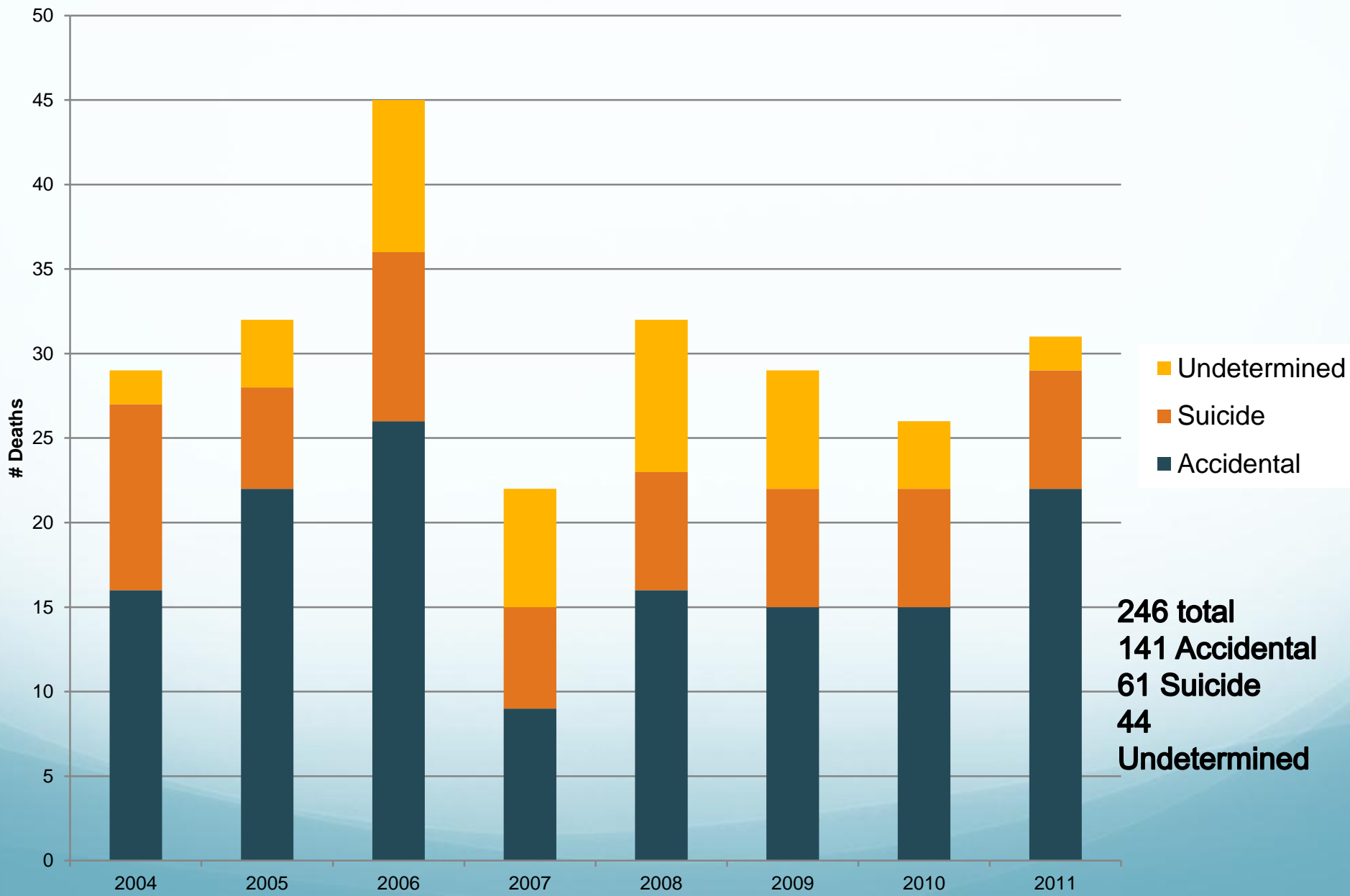
Jim Shames MD
Medical Director Jackson County
Health and Human Services

Jackson County Oregon
Population 206,412

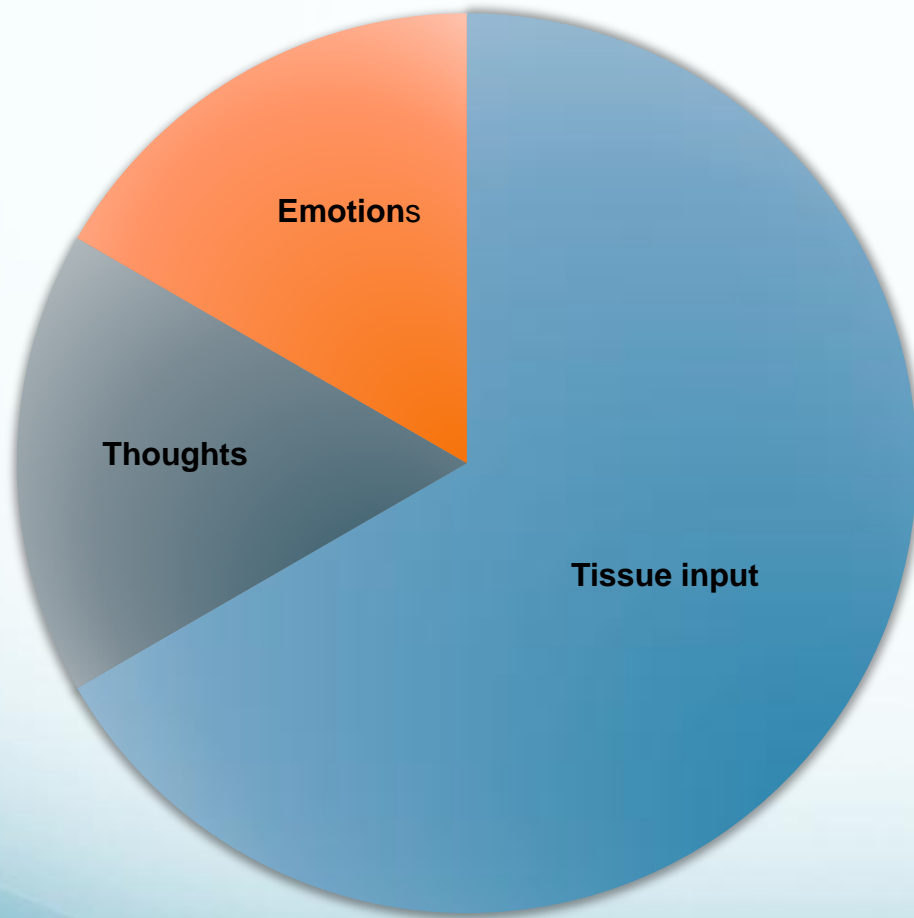
**(Jackson County averages over 250,000
opioid prescriptions per year)**



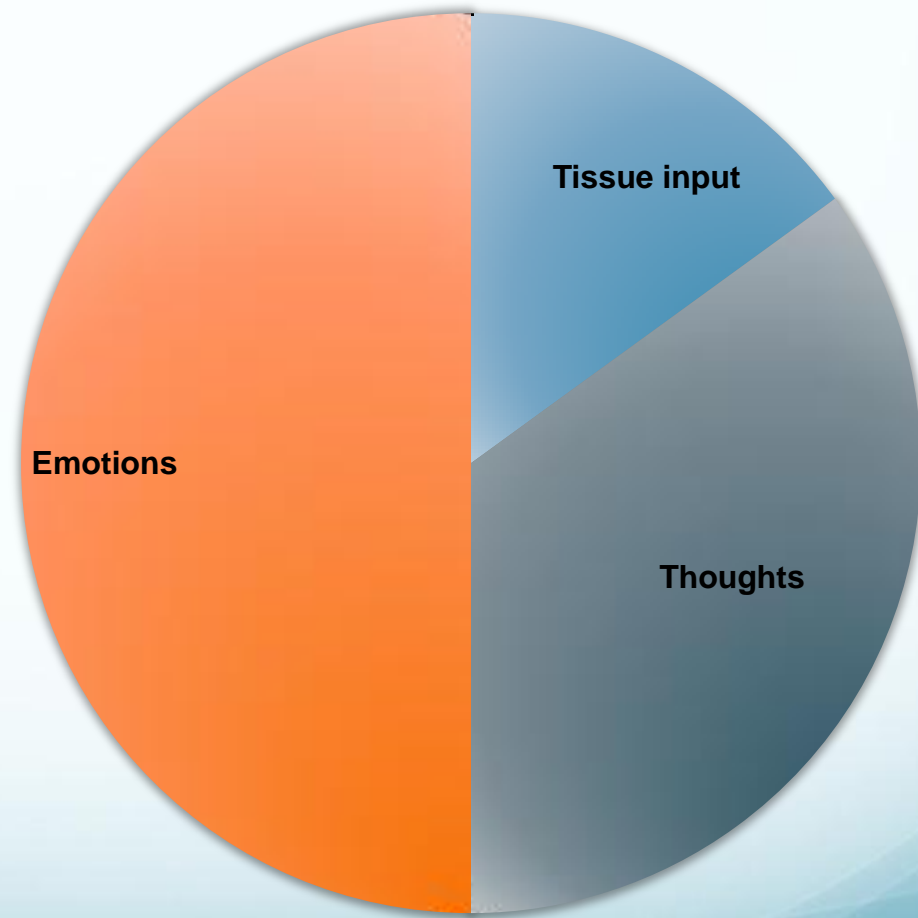
Overdose Deaths 2004-2011 Jackson County Oregon



Acute Pain



Persistent Pain



The pain is the same....it's the cause that is different: Tissue Damage versus over-sensitized brain activity.

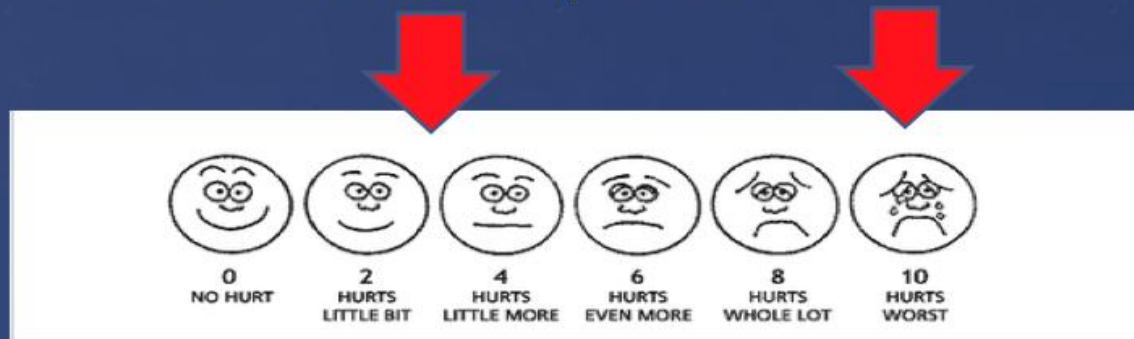
Primary Care Treatment “Menu”

Reduction in Pain Intensity NRS

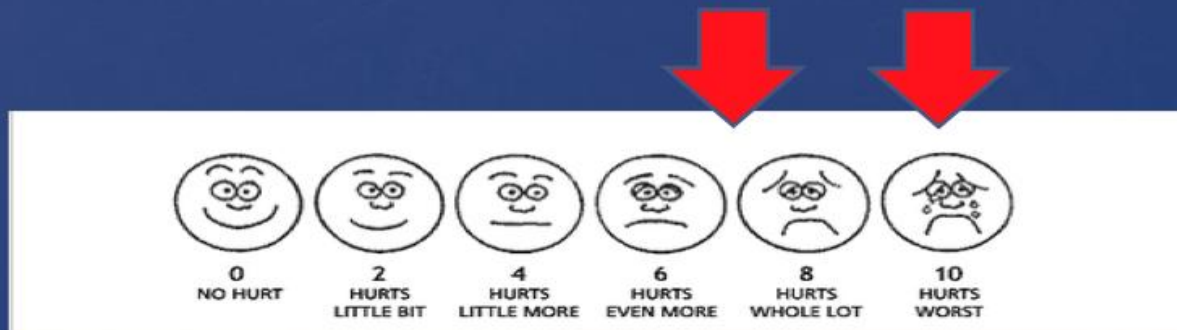
- Physical fitness: 30-60%
- CBT/Mindfulness: 30-50%
- Sleep restoration: 30-40%
- Opioids: $\leq 30\%$
- Tricyclics: $\leq 30\%$
- Antiepileptics: $\leq 30\%$
- Acupuncture: $\geq 10+\%$

Expectation (75%) vs Reality (30%)

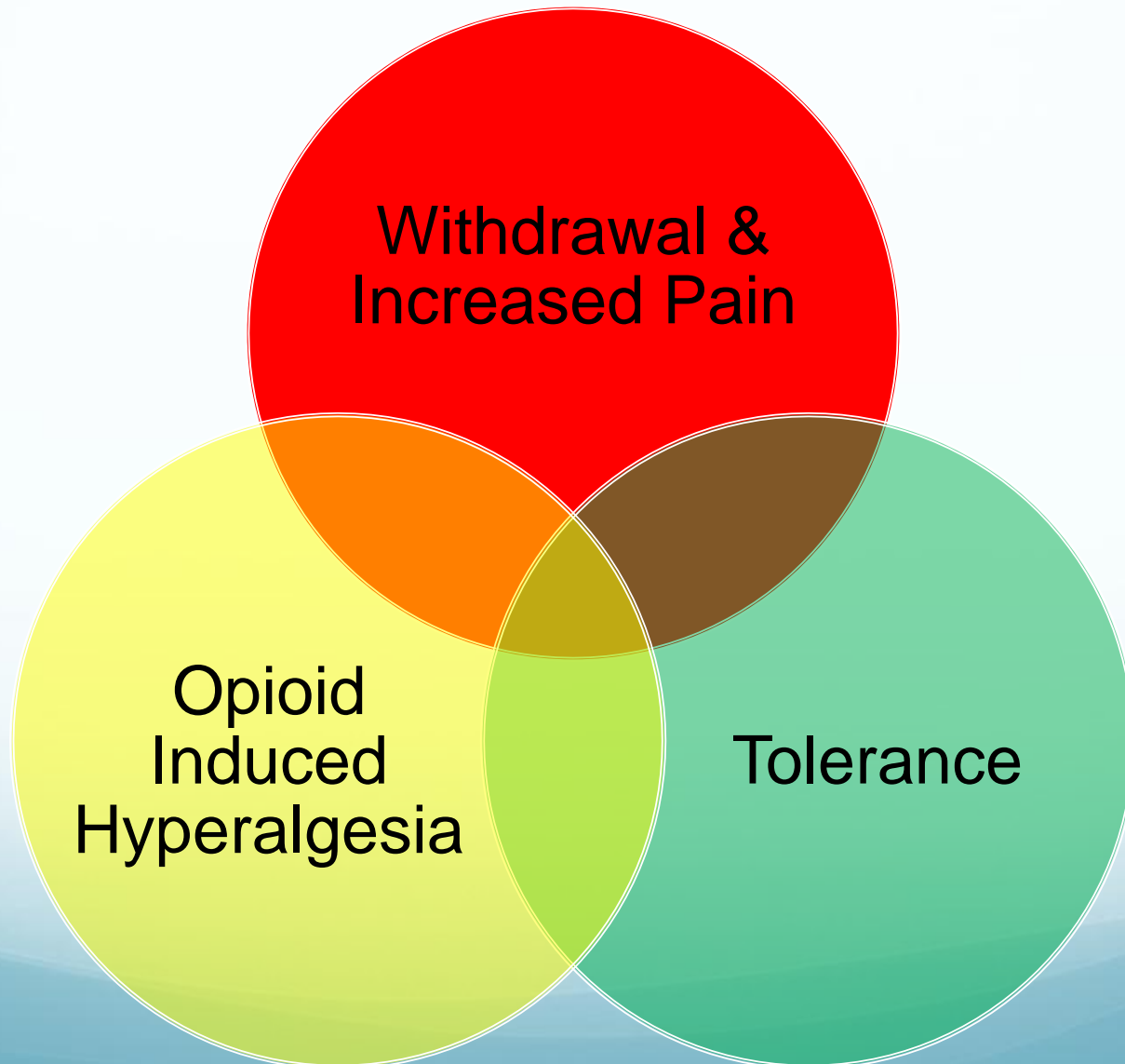
Patient Expectation



Medical Reality

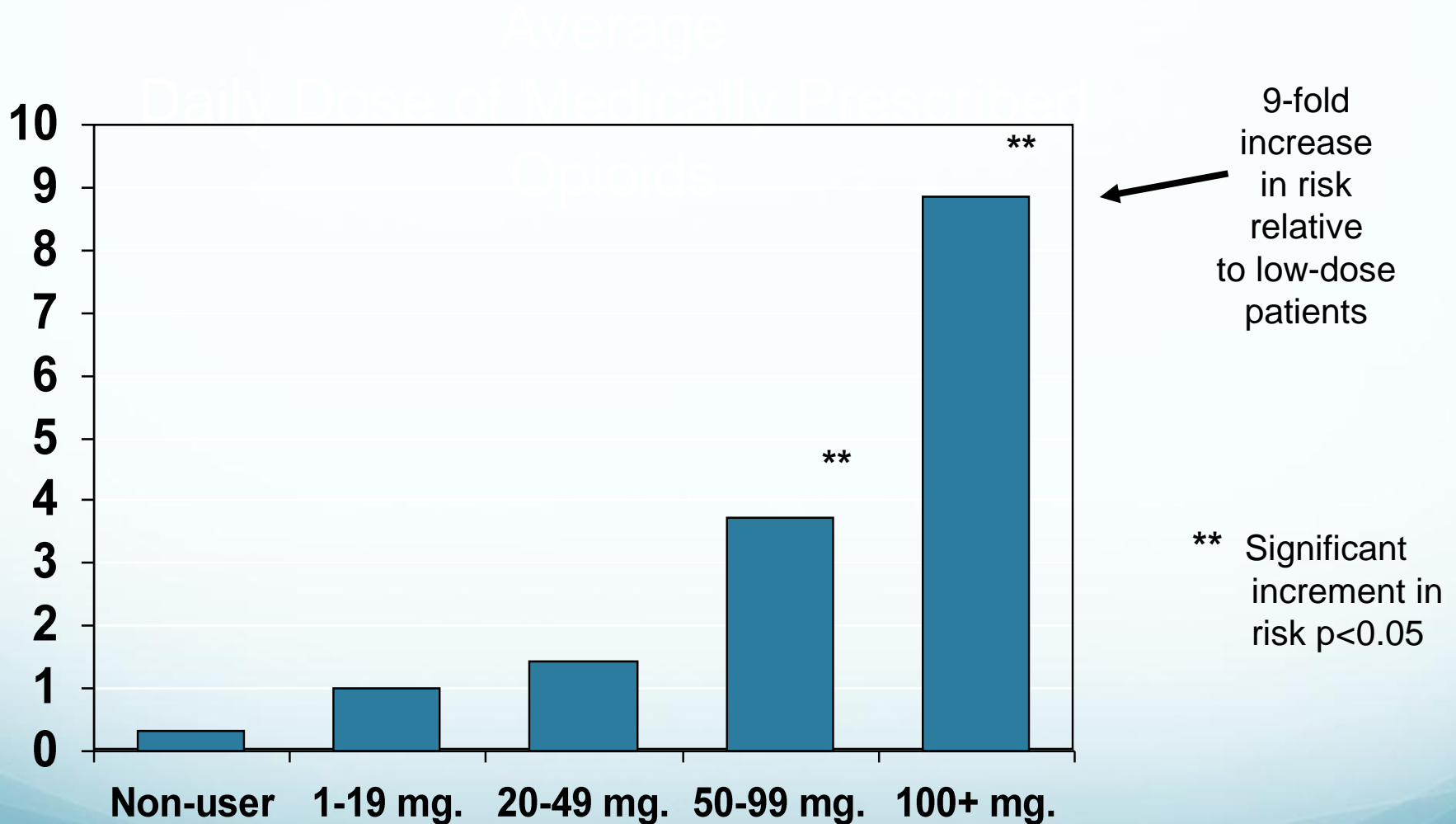


Dose Escalation with Opioid Use



As the dose increases, so does mortality

Mortality risk compared to Morphine Equivalent Dose (MED)



The 3 legged stool for community engagement: The 3 Ps

- Prescribers (Health Professionals): Need to learn about current best practices concerning the treatment of Chronic Complex Non-Cancer Pain (CCNP)
- Patients: Need behavioral and other supports to learn to manage their chronic pain without reliance on opioids
- Public: Need to understand the changes in scientific understanding of pain management so they can support their loved ones. Need to learn about naloxone.



Prescribers

Prescribers

The abundance of prescription opioids is the result of prescriptions!



If we don't solve this problem as a community, we are only passing it on to the next provider.



Oregon Pain Guidance

(formerly Opioid Prescribers Group)



Attendees: Physicians, Mid-level providers, Nurses, Substance Abuse Counselors, CCOs, Therapists, Pharmacists, Medical specialty (Pain Medicine, ED), Dental, Community Justice Partners

Oregon Pain Guidance (OPG)

- Started as a public health initiative to reduce opioid overdoses by addressing the problem at its core: medical providers
- OPG evolution:

Brainstormed >

Created guidelines >

Worked toward

guideline acceptance

- Steering Committee:

Laura Heesacker,

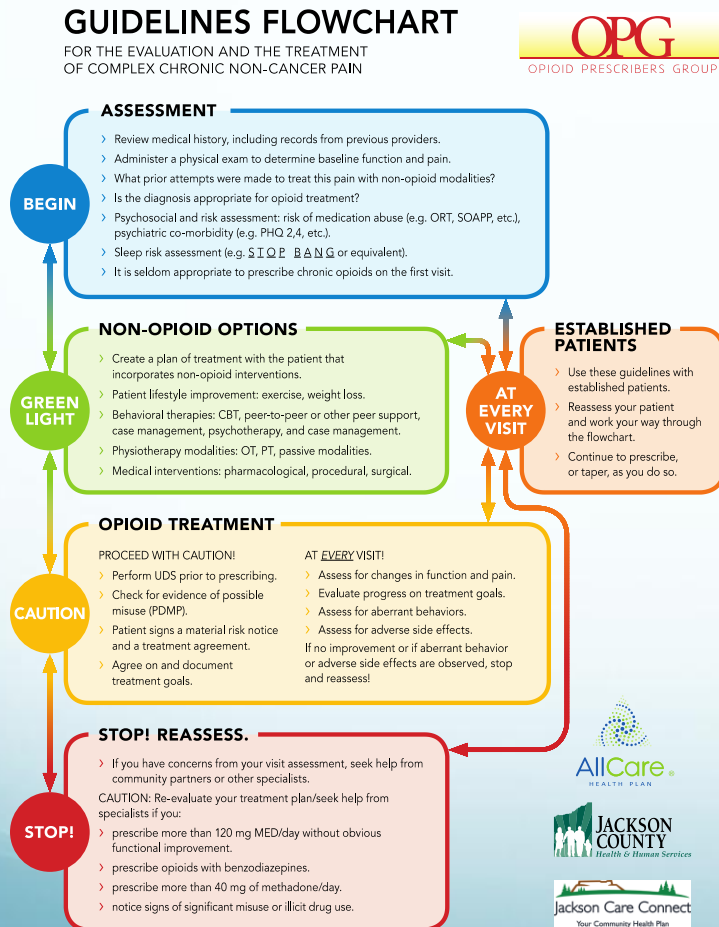
Anne Alftine, John Kolsbun,

And others



OPG Guidelines

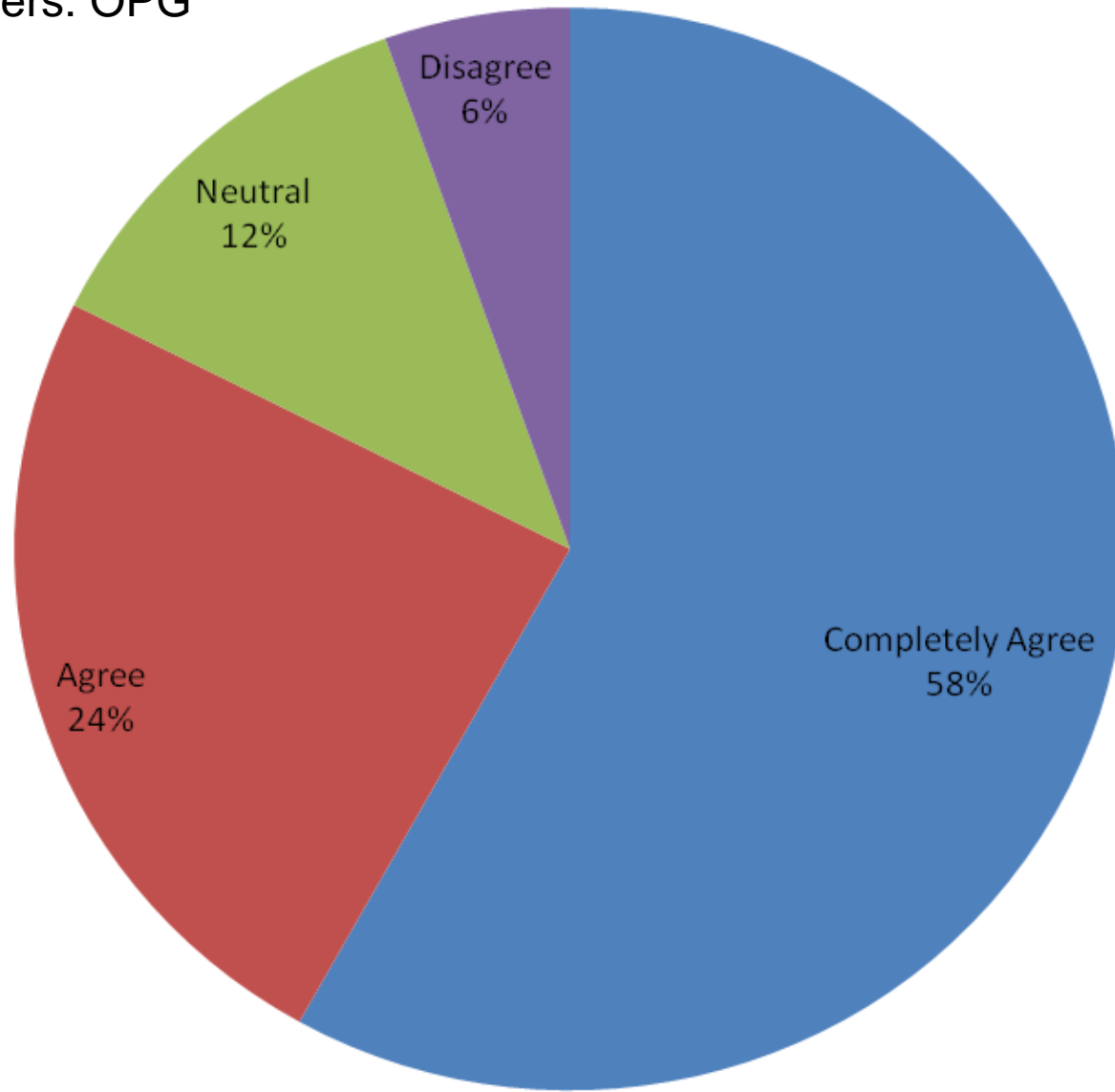
for the Treatment of Chronic Non-Cancer Pain



- Assess prior to prescribing!
- Encourage non opioid treatments. They really work.
- Measure functional improvement.
- Learn how to compassionately say “No.”
- Keep MED below 120, and methadone below 40 mg.
- Assess for aberrant behaviors (UDS, PDMP, pill counts, call backs)
- Don’t combine benzodiazepines and opioids
- Collaborate with community partners

Agreement with MED < 120 Standard Among Chronic Opioid Prescribers

(analysis of 112 JaCo and
JoCo prescribers: OPG
survey)



We do need to provide compassionate care to those with certain painful conditions



Opioids have a role to play

- In the treatment of acute and post surgical pain
- In cancer and other deteriorating painful conditions
- In some chronic conditions, when utilized at safe doses

WWW.OREGONPAINGUIDANCE.ORG

- Provider resources
- Patient resources
- Public resources
- Supported by Medicaid insurance plans and Public Health
- Please link us to your websites



PROFILE: Who We Are

The Oregon Pain Guidance group (OPG) is a diverse group of healthcare professionals from Jackson and Josephine Counties. The group was formed to engage healthcare professionals and community partners on the current opioid problem, to learn best practices for managing complex, chronic non-cancer pain (CCNP) and to bring them into standardized, general use in Southern Oregon.



RESOURCE: Download OPG Guidelines

These guidelines are resources for local prescribers to help them understand and adopt best practices for the treatment of complex chronic non-cancer pain. [Download and print these guidelines \(PDF\).](#)



Resources for Patients & Families:

- Upcoming Events
- Videos
- Website Resources
- Other Educational Resources



VIDEO: Addiction is NOT Rare in Pain Patients. Prescribers and the public have been misinformed about the risk of addiction.



VIDEO: This 5 minute animated video tells you everything you need to know about chronic pain.



VIDEO: Online training for providers in Chronic Pain Management & Opioid treatment with patient provider scenarios. 60 minutes.

UPCOMING EVENTS

Community Forum to discuss Chronic Pain

September 16th, 3:30 - 7:30 pm
Smullin Center Auditorium at RRM
[Click for flyer](#)

Oregon Pain Guidance Group

Meets every month on the third Wednesday from 6 - 8 PM (\$30 for dinner - \$10), room 108 Smullin Center, OPG also meets at Three Rivers Hospital in Grants Pass at the same time. CME is available for a small fee.

To be placed on the OPG email list, contact [Michele Schaefer](#)

Archived Events

IN THE SPOTLIGHT

Washington State Guidelines

Washington State Opioid Dosing Guidelines for Chronic Non-Cancer Pain

Washington State Dosage Policy

120 Morphine Equivalent Dosage (MED) Frequently Asked Questions

Physicians for Responsible Opioid Prescribing (PROPP)

PROPP is an excellent resource for guidelines, links, videos, and more: www.supportpropp.org

UW Project Echo

An excellent weekly collaborative learning opportunity. [Contact information.](#)

KOBI News Video

Recent KOBI special news show on the work of the OPG.

Naloxone — A Potential Lifesaver

Using Naloxone to treat overdose emergencies

FDA Rejects Moxduo

FDA panel rejects painkiller that combines morphine and oxycodone

NEJM Article

Medication-Assisted Therapies — Tackling the Opioid-Overdose Epidemic

Archived Spotlight Topics

Sponsored by



Pilot Project

- June 2013 Pilot Project funded by JCC (with support from AllCare and Primary Health)
- Goal: to learn how to assist clinics in adopting the OPG guidelines

Pilot Project

- We vetted clinics based on committed leadership, infrastructure, and patient volume.
- We brought expertise, primarily behavioral health, directly to the clinic sites
- 2 clinics:
 - Providence system primary care clinic
 - FQHC with 2 sites
- Laura Heesacker LCSW key to success



**Siskiyou Community
Health Center**

An Affordable Solution for Quality Health Care



PROVIDENCE
Health & Services

Oregon and Southwest Washington



Challenges

- Variation in staff perception of the “problem”
- EMR
- Need for behavioral health consultants both for the providers and the patients

Successes

- Providers: attending OPG, attending pain conferences, checking the PDMP, performing UDS's
- Created “toolkit” for clinics
- Integration of BH into clinic systems
- Change in practice style

Next steps: Pilot “light”

- Behavioral Health assisting providers with problems “as needed.”
- All Staff presentations: Medical and behavioral education
- Provide clinics with the “toolbox”

Partnering with PDMP

- Shared Federal Grant
- Encourage local prescriber sign up
- Serve as a test site for PDMP improvements

4th Annual Pain Conference

May 29th and 30th, Smullin Center, Medford OR

<http://cmetracker.net/ASANTE/>

Patients

120 MED policy

- Both CCOs are asking local prescribers to adhere to the 120 MED ceiling
- Work with providers towards a safe taper strategy

Creation of a new support clinic

- Educational, behavioral, physical, and peer support for patients tapering down/off of opioids
- No prescribing at this facility
- Thorough patient evaluation and collaboration with primary medical home
- Initial support from the local CCOs with a sustainable business model for the future
- Weekly planning meetings since the spring
- Partnering with PH, MH, and the provider community
- Mark Altenhofen key to success

Public

Education Strategies

- KOBI TV spots
- Sample:
<https://www.youtube.com/watch?v=1qGpqC57DEA>

Public Education

- Community Forum: First annual September 16, 2014
- Next one, May 28th 2015 in Medford

MOVING THROUGH CHRONIC PAIN: A Community Response

September 16th, 3:30–7:30 p.m.
Smullin Center Auditorium
Rogue Regional Medical Center
2825 E Barnett Road, Medford

Join us for a health fair and to learn about chronic pain, pain medication and complementary therapies.

- Presentations from alternative health practitioners and members of the Opioid Prescribers Group
- Shared personal stories from local community members
- **Free dinner and refreshments**

Sponsored by:



FREE
to the public

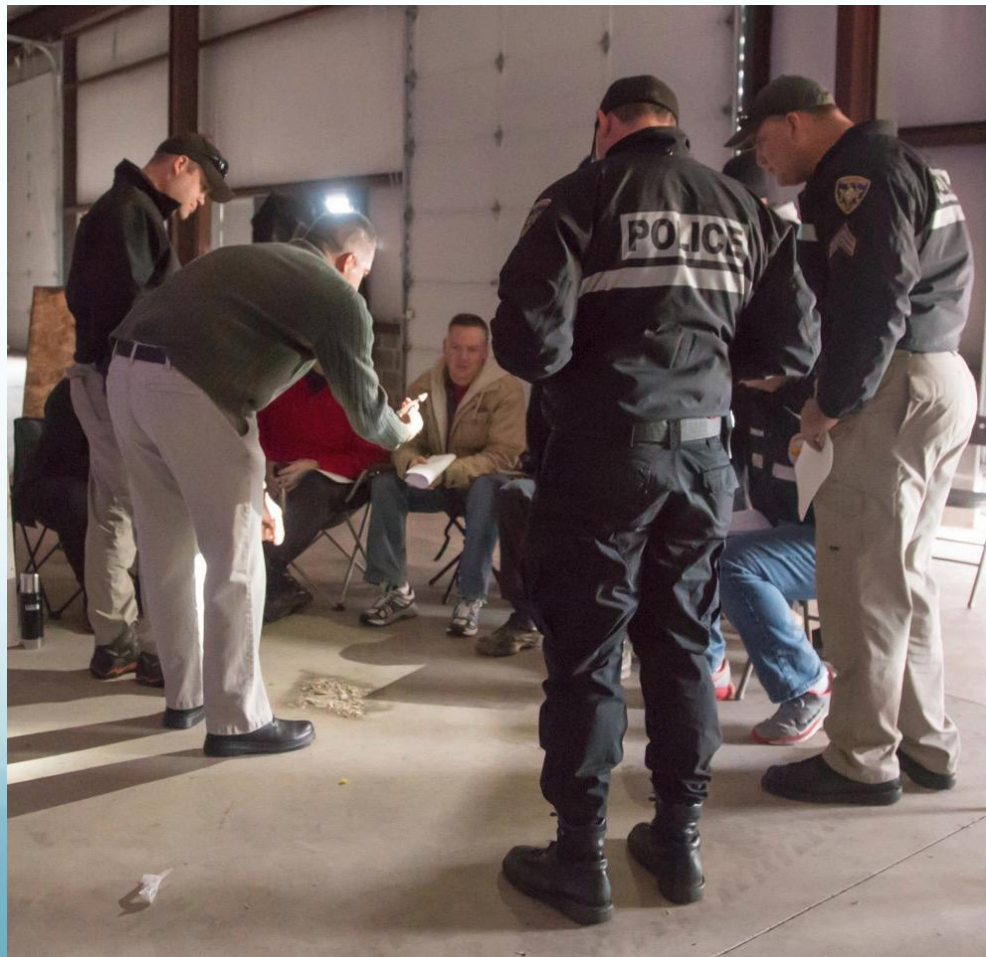
Interdisciplinary Action Committee: IDAC

- Collaboration between community justice and the medical community
- Participants:
 - District Attorney
 - Sheriff and police
 - Drug Court Judge and Court Administrator
 - Other local law enforcement
 - Substance Abuse
 - Parole and probation
- Dr. Anne Alftine (Dir. Clinical Dev. JCC) key to success

IDAC successes

- Participation at the OPG
- Participation at our annual pain conference
- Provider contact when their prescription is involved in a criminal act
- Mutual education
- Naloxone in MPD patrol cars

Naloxone



Thanks to our CCOs for supporting this work



shamesjg@jacksoncounty.org