

Prescription Opioid Overdose Prevention in Portland Metro

February 2016

Paul Lewis, MD, MPH
Multnomah and Tricounty Health Officer

Social Environment

Healthcare Environment

Prescriber Factors

Patient Factors
leading to Rx

Appropriate Rx

Diversion

Dependence
Addiction
Overdose
Hospitalization
Death
Transition to
heroin

Social Environment

Expectation about effectiveness and safety of opioids
Family and peer experiences
Social and financial stress
Lack of social services and support

Healthcare Environment

No insurance coverage for alternative treatments
Few providers for alternative treatments
Limits on Medically Assisted Treatment
Shortage of addiction providers
Inadequate or ineffective guidelines

Prescriber Factors

Increased Pain Awareness
Concern re: Pt
satisfaction/liability
Pharma promotion of opioids
Professional norms

Short appointments
Perceived lack of options
Lack of pain specialists
Knowledge, Skills, Abilities re: chronic pain
Inadequate mentoring, monitoring of practice
Deception by patients

Patient Factors leading to Rx

Adv Childhood Events,
Pain, Stress, Anxiety, Depression
Expectations, Lack of Trust

Appropriate Rx

Diversion

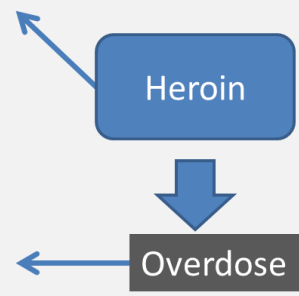
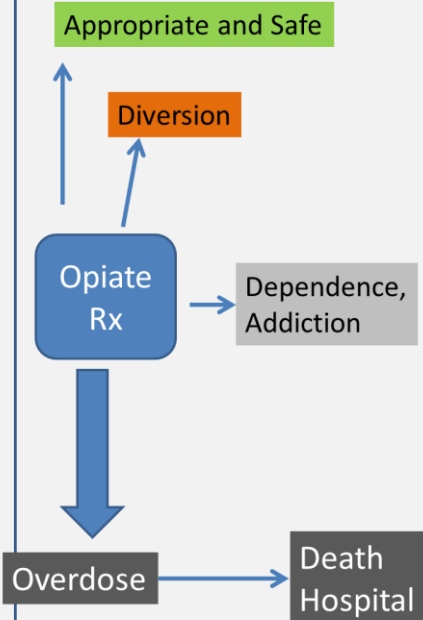
Dependence
Addiction
Overdose
Hospitalization
Death
Transition to
heroin

Consequences of Opioid Prescriptions

Public Expectations
Re:Pain

Patient *Pain*

Perceived Standards of Care
Opiate Rx Considered
Knowledge, Skills, Ability



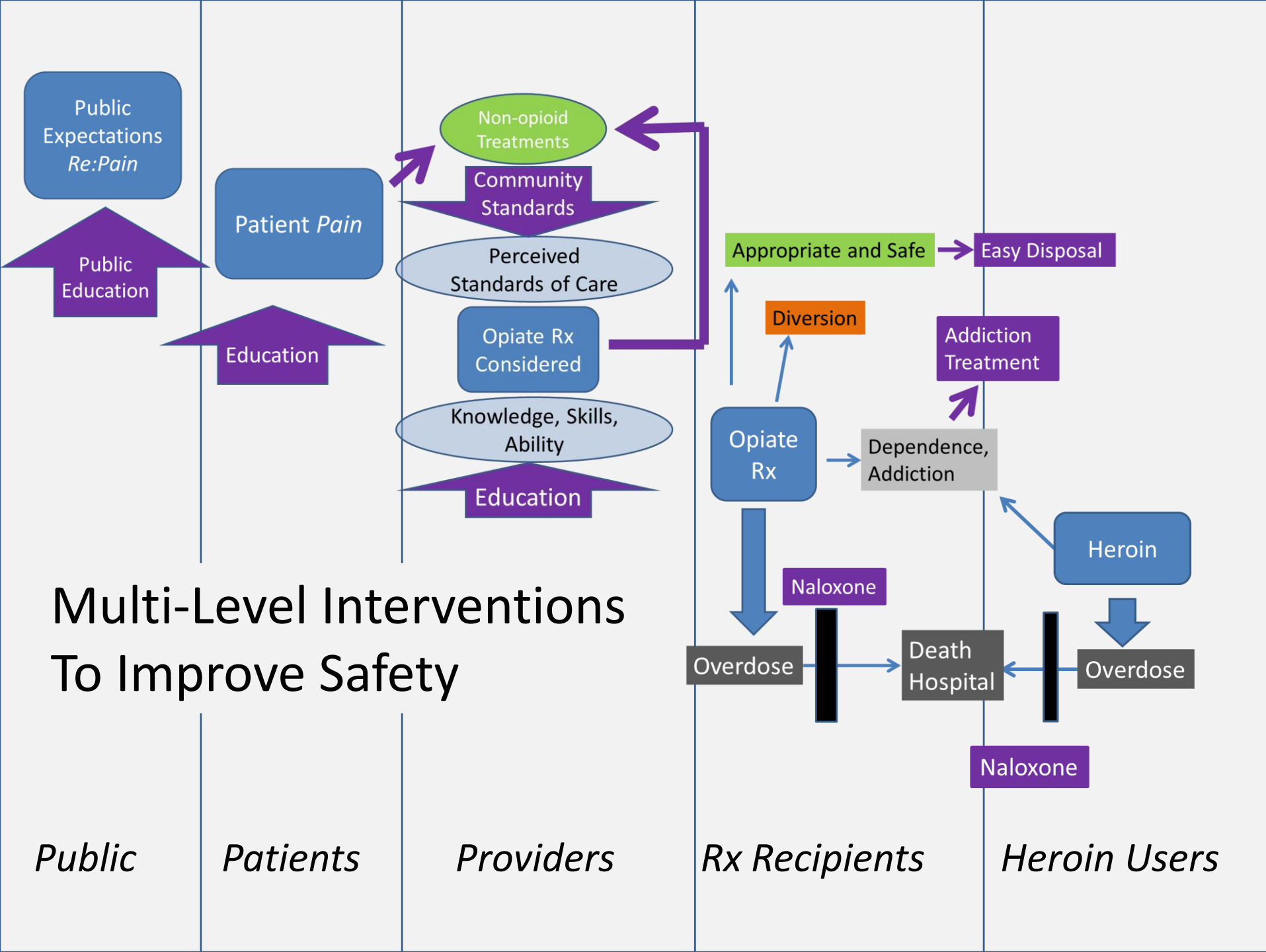
Public

Patients

Providers

Rx Recipients

Heroin Users



Tricounty Regional Opiate Safety

2014

2015

2016

HCWC Support
Half-day Summit
Workgroup(s)
convened
Draft Standard
Developed

WGs expand
Standard Finalized
Appendix written
Implementation
Communication
Plan Multi-partner
Agreement
announcement
2nd Opiate Safety
Initiative Launched

Public Education
Patient/Provider Ed
Expand MAT
Expand Addiction Rx
Replicate successful
Chronic Pain Models
Monitor Outcomes
Expand Naloxone
Availability
Drug Disposal
Regional Summit

Regional Guideline Development Process

- Leveraged Healthy Columbia Willamette Hospital, CCO, and County partnership
- Identified champion to lead workgroup
- Adopted modified Delphi Process
- Extensive use of pre-meeting surveys
- Addition of non-HCWC stakeholders
- Communication planning linked to Multnomah County Report

Guideline Components

<https://multco.us/file/47545/download>

- Scope: Chronic Non-cancer, non-terminal pain
- Risk Assessment
 - PDMP, tools, UDS
- Informed consent, treatment agreements
- Dosing limit (120 MED)
- Comprehensive treatment plan
- Behavioral health plan
- Avoid benzos and other sedatives
- Refer to substance use disorder treatment
- Consider naloxone co-prescribing

Healthy Columbia Willamette Opioid Prescribing Standards

- Standing collaboration between 4 Portland-Vancouver county Public Health Departments, all regional hospitals (community benefit), 2 metro CCOs
- Assessment completed in 2013 identified accidental death as leading cause for years of life lost
 - Drug overdose major contributor
 - Prescription drug workgroups launched
 - Standards, Education, Monitoring

2016 Portland Metro Prescription Safety Coalition

