

### A Health Care Professional's Toolbox to Reverse the Overdose Epidemic

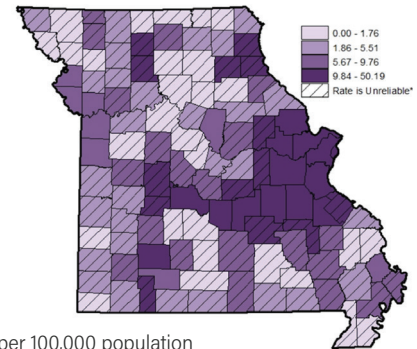
#### Know the Facts About Drug Overdose in the Nation and in Your Community

Despite efforts to address the overdose epidemic, drug overdoses, and overdose deaths are increasing across the nation. Missouri, like all states, is working hard to address the epidemic. This physician toolkit, presented by the Missouri State Medical Association (MSMA) and the American Medical Association (AMA), provides state and national resources and tools for Missouri physicians to use to prevent overdoses, treat substance use disorders, reduce harm, safely prescribe and manage opioids, and provide better care for patients in pain.

#### What the Data Says

- ▶ Nationally, the CDC reported 72,000 overdose deaths in 2019 followed by an increase at the end of 2020 to over 93,000
- ▶ Primary drivers of increases in overdoses are synthetic opioids such as illicit fentanyl and fentanyl analogs, heroin, and illicit stimulants such as cocaine and methamphetamine
- ▶ Prescription opioids are no longer driving the epidemic
- ▶ A spike was seen in overdoses and overdose deaths during the COVID-19 pandemic
- ▶ Overdose death rates in Missouri are slightly above the national average (26.9 per 100,000 people in Missouri compared to 21.6 per 100,000 nationally)

#### Opioid Overdose Deaths by County 2014-2018



Crude rate per 100,000 population

\* Death rates based on fewer than 20 deaths should be interpreted cautiously as mortality rates based on low counts can be unstable

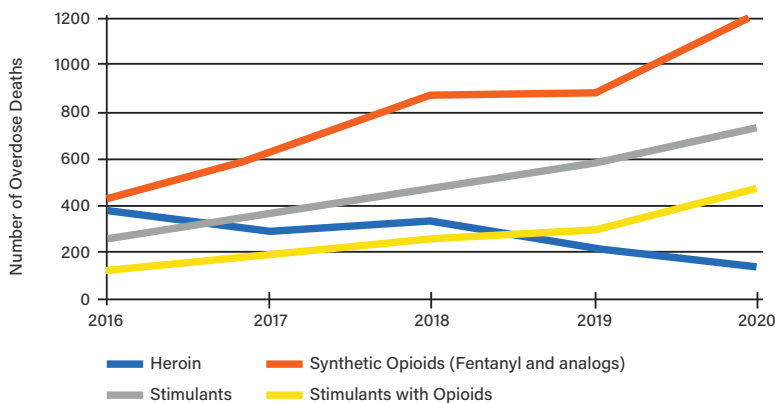
Source: Bureau of Health Care Analysis and Data Dissemination Missouri Department of Health and Senior Services

#### Providers Clinical Support System (PCSS)

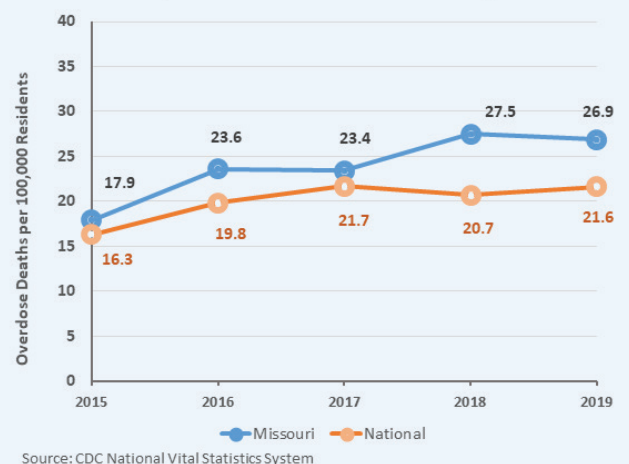
PCSS is a SAMHSA-funded project made up of a coalition led by the American Academy of Addiction Psychiatry (AAAP) and 23 leading national organizations. PCSS provides a variety of trainings including waiver training, a curriculum on pain, clinical mentoring, and over 700 other educational resources online with CME at no cost.

#### Missouri Fatal Overdose Trends

MO Resident Overdose Deaths by Substance



#### Missouri / National Overdose Deaths Comparison



## Reduce Harm and Prevent Overdoses

### Naloxone Reverses Opioid-Related Overdoses

Naloxone is a life-saving medication approved by the FDA for the reversal of opioid overdoses. It can be injected into the muscle or sprayed into the nose to rapidly block the effects of the opioid on the body.

### Learn How to Use Naloxone

Learn about administration of the different forms of Naloxone:

<https://pcssnow.org/va-releases-video-tutorials-naloxone>

### Factors to Consider When Prescribing Naloxone

- ▶ Is my patient on a high dose of opioids?
- ▶ Does my patient have a concomitant benzodiazepine prescription?
- ▶ Does my patient have a history of a substance use disorder?
- ▶ Does my patient have an underlying mental health condition that might make him or her more susceptible to overdose?
- ▶ Does my patient have a medical condition, such as a respiratory disease or other co-morbidities, that might make him or her susceptible to opioid toxicity, respiratory distress, or overdose?
- ▶ Might my patient be in a position to aid someone who is at risk of an opioid-related overdose?
- ▶ Has my patient recently been in an addiction treatment facility or gone through opioid detox?

Clinicians prescribing naloxone may help save a patient's life

### Patients Can Get Naloxone at Pharmacies Without a Prescription

Since 2017, any person can obtain naloxone at Missouri pharmacies without a prescription. Learn and educate the public on how they can obtain and utilize naloxone for opioid-related overdose rescue. Check the pharmacy first to see if they have naloxone in stock.

<https://time2actmissouri.com/media/pdf/naloxone-standing-order-0>

### Recognize Signs of a Drug Overdose

Common signs of an opioid-related overdose:

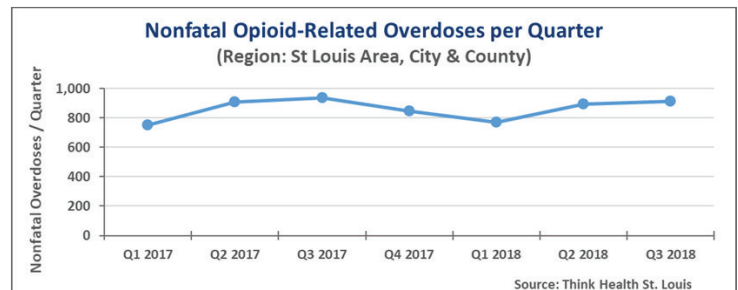
- ▶ Unresponsiveness, can't be woken up
- ▶ Shallow or no breathing
- ▶ Small pinpoint pupils
- ▶ Clammy skin
- ▶ Gurgling noises
- ▶ Blue-gray lips and nails

### MO-Hope Project – Naloxone Education

MO-Hope Project's goal is to reduce opioid-related overdose deaths in Missouri through expanded access to overdose education and naloxone, public awareness, assessment, and referral to treatment.

<https://mohopeproject.org>

### Reduce Risk of Future Overdoses



This figure shows nonfatal opioid-related overdoses – situations where the individual survived, commonly because of the use of naloxone. Nonfatal overdoses are those reported by health systems, EMS agencies, or community members (where healthcare or EMS were not involved).

Persons experiencing a nonfatal overdose have an increased risk of a fatal overdose. The number of nonfatal overdoses, in combination with fatal overdoses, will provide a more complete understanding of the opioid epidemic in the community and can be used to evaluate resource capacity.

### Reduce Harm for Patients Who Are Using Drugs

#### Syringe/Needle Exchange and Safe Injection Site Programs

Other harm reduction strategies for patients who continue to use opioids are safe injection sites (SIS) and needle/syringe exchange programs.

Learn more at **MO Stays Safe**

<https://health.mo.gov/living/healthcondiseases/communicable/hiv aids/saferdruguse.php>

### Resources and Tools

#### Learn About Naloxone and Harm Reduction

##### Opioid Prescribing and Pain Management Toolbox:

<https://opioids-stlcogis.hub.arcgis.com/pages/naloxone>

<https://pcssnow.org/education-training/training-courses/expanding-access-to-naloxone>

##### Learn About Fentanyl:

<https://www.drugabuse.gov/publications/drugfacts/fentanyl>

##### Learn About Methamphetamine:

<https://pcssnow.org/event/methamphetamine-in-the-age-of-fentanyl-toxicities-and-pharmacotherapies>

##### SAMHSA Opioid Overdose Prevention Toolkit:

<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

## Safe Stewardship and Management of Prescription Opioids

### Learn About the Prescription Drug Monitoring Program in Missouri-PDMP

Currently, there is no statewide PDMP for Missouri. However, the St. Louis County Prescription Drug Monitoring Program, a regional PDMP system, covers 93% of providers in Missouri and 83% of the state's population across 74 participating jurisdictions (counties and cities).

<https://mffh.org/wp-content/uploads/2021/02/Prescription-Drug-Monitoring-Programs.pdf>

The Missouri State Medical Association (MSMA) has advocated for creation of a direct access statewide prescription drug monitoring program since 2014.

- ▶ A PDMP program at the statewide level will help Missouri physicians better manage opioid and other Schedule II-IV substance prescribing and identify patients who may be inappropriately seeking controlled substance prescriptions.
- ▶ The MSMA also supports legislation that protects physician's rights to legitimately prescribe pain medication.
- ▶ On May 11, 2021, SB 63 was passed through the Missouri State Legislature which establishes the Joint Oversight Task Force of Prescription Drug Monitoring. This Task Force will develop and maintain a statewide PDMP.
- ▶ In the meantime, officials and the MSMA encourages physicians in Missouri to continue utilizing The Saint Louis County PDMP.

#### Highlights of the new PDMP include:

- ▶ Assurance of compliance under HIPAA for protected health information.
- ▶ Participation in the PDMP by Missouri physicians is voluntary but is strongly encouraged.
- ▶ Deidentified data can be released for statistical, research, or educational purposes.
- ▶ No dispensing information can be used to prevent an individual from owning or obtaining a firearm or to assist with criminal investigation.

### Learn About St. Louis County Regional PDMP

<https://pdmp-stlcogis.hub.arcgis.com>

### Tools for Safer Prescribing

<https://opioids-stlcogis.hub.arcgis.com/pages/safer-prescribing>

### Prescribe to Prevent

Prescribe to Prevent is a national organization of prescribers, pharmacists, public health workers, lawyers, and researchers working on overdose prevention and naloxone access. Prescribe to Prevent has compiled resources to help health care providers with prescribing for pain, treating substance use disorder and educating patients to reduce overdose risk and provide naloxone rescue kits to patients.

<https://prescribetoprevent.org>

The FDA warns against co-prescribing benzodiazepines with opioid analgesics, including cough products.

#### Learn More:

<https://www.fda.gov/news-events/press-announcements/fda-requires-strong-warnings-opioid-analgesics-prescription-opioid-cough-products-and-benzodiazepine>

### Learn About Safe Disposal of Unused Medication

Rx Cares for Missouri Medication Destruction and Disposal Program provides resources for the collection of unused/unwanted medication from the public for disposal. Learn more at:

<https://pr.mo.gov/pharmacists-med-destruction.asp#MedInfo>



### Report Overdoses

Improved Overdose Surveillance  
Helps Save Lives

Data shows that the greatest indicator of risk for a fatal overdose is a previous non-fatal overdose. The AMA is working to advance a public health approach to surveillance that can inform targeted drug-related prevention, treatment, and policymaking, as well as harm reduction strategies:

The AMA recommends that physicians, hospitals, and other stakeholders work together to identify how best to provide regular, frequent, timely, and secure information on nonfatal and fatal overdoses to appropriate databases. This information will help monitor trends and identify populations or geographic areas at high risk. It is essential to have accurate and complete reporting of fatal and non-fatal overdoses from physicians, hospitals, health systems, EMS, and coroner's offices.

<https://end-overdose-epidemic.org/awareness/surveillance>

### Overdose Reporting by Physicians-St. Louis County

<https://nonfatal-opioidreporting-stlcogis.hub.arcgis.com>



# TAKING RESPONSIBILITY

## Reversing the Overdose Epidemic in Missouri

### Treat Patient's Pain with Care and Compassion

#### The American Medical Association Encourage Physicians To:

##### SUPPORT

**Support** multidisciplinary, multimodal, and integrated approaches to help patients with pain. Consider all available, affordable, and accessible evidence-based therapies including medication, restorative, psychological/behavioral, and complementary/integrative treatments.

##### INDIVIDUALIZE

**Individualize** care for all patients with pain, considering all evidence-based therapies. When opioids are indicated, discuss risks and benefits as part of shared decision making with patients.

##### IDENTIFY

**Identify** co-occurring psychiatric disorders and behavioral health disorders (depression, anxiety, substance use disorder) as they can impact pain intensity. Mental health and substance use disorders can be treated effectively and concurrently with chronic pain, resulting in improved outcomes overall.

### Principles of Evidence Based and Evidence Informed Pain Care for Physicians

Although clinical practice guidelines will differ depending on the specific condition, practice setting, and pain presentation, the AMA Pain Care Task Force has identified ten Principles of Care that all physicians can adopt.

[https://end-overdose-epidemic.org/wp-content/uploads/2020/07/Principles-of-Evidence-Informed-Pain-Care-FINAL\\_template-1.pdf](https://end-overdose-epidemic.org/wp-content/uploads/2020/07/Principles-of-Evidence-Informed-Pain-Care-FINAL_template-1.pdf)

The Missouri State Medical Association offers resources and provides published research for Missouri physicians:

<https://www.msma.org/opioid-education-resources.html>

### Enhance Your Knowledge on Treatment and Guidance for Pain Care

#### AMA Opioid and Pain Management CME: Guidelines, Research and Treatments

Enhance your knowledge of opioid and non-opioid pain management, safe opioid prescribing and substance use disorder treatment. Learn now and fulfill your state-mandated Continuing Medical Education (CME) credits.

<https://edhub.ama-assn.org/pages/opioid-cme-course>

#### AMA-Practical Guidance for Pain Management Course (9 CMEs)

- Understanding pain and conducting a pain assessment
- Treating common pain conditions
- Using opioids safely
- Using non-opioid medications
- Using non-pharmacologic treatment modalities
- Treating older adults

#### Treating Chronic Pain

PCSS clinical experts have developed an updated comprehensive core curriculum for healthcare providers in treating chronic pain and addressing concerns about opioid use disorder.

<https://pcssnow.org/education-training/treating-chronic-pain-core-curriculum>

### Information for Patients Taking Opioids for Pain

<https://www.cdc.gov/opioids/patients/materials.html>

### Opioid Tapering Decisions Must Be Made Collaboratively Between Physicians and Patients

#### Department of Health and Human Services Guideline for Opioid Dosage Reduction: <https://bit.ly/37fai8C>

All patients requiring long term opioid therapy for chronic pain should receive individualized and evidence-based care. Long term and sometimes high dose opioid therapy may be the best treatment option available for management of pain, e.g. in patients with cancer pain or end of life conditions. When long term opioids are being prescribed for chronic pain, the benefits should outweigh the risks and when tapering is appropriate, opioids should be carefully tapered to the lowest **effective** dose. Decisions on opioid tapering should be made collaboratively and cooperatively between patients and physicians.

#### Some essential considerations and guidance for tapering include:

- Emphasis on shared decision making, patient engagement, and agreed upon goals
- Individualization of the taper rate
- Rapid tapering should be avoided due to the risk of opioid withdrawal
- Slow or pause taper if patient is having adverse effects or undue discomfort (increased pain, anxiety, withdrawal)
- Adequate treatment of co-occurring psychiatric disorders and substance use disorder will increase odds of a successful taper/dose reduction
- Provide patients with overdose prevention education and naloxone

The **MO HealthNet Division** is working with the Department of Mental Health and the Department of Health and Senior Services to ensure patients are receiving care according to best practice guidelines for opioid prescribing.

<https://dss.mo.gov/mhd/providers/opi-program.htm>

### Missouri Guidance on Opioid Prescribing: Know Your State Regulation

#### Highlights for Physician Prescribers

- Initial Prescriptions for Opioids in the Treatment of Acute Pain
- How to Prevent Diversion in Your Practice
- What Constitutes a Legal & Legitimate Prescription?

<https://health.mo.gov/safety/bnnd/doc/practitionersguidelines.doc>

## Treat Substance Use Disorders, Support Recovery, and Reduce Stigma

### Treatment for Substance Use Disorder in Missouri

Access to evidence-based treatment and recovery services is key to addressing substance use disorders and preventing overdose.

Missouri Department of Mental Health-The Division of Behavioral Health (DBH) has programs around the state to help individuals with substance use disorders or their mental illness. There are programs for youth, adolescents, and adults.

<https://dmh.mo.gov/behavioral-health/treatment-services>

▶ **Help for Opioid Dependence Directory:**

<https://dmh.mo.gov/media/pdf/directory-opioid-methadone-treatment-programs>

▶ **Help for Adults - Substance Use Treatment Directory:**

<https://dmh.mo.gov/media/8316>

▶ **Help for Women - Substance Use Treatment Directory:**

<https://dmh.mo.gov/media/pdf/directory-women-and-children-substance-use-treatment-programs>

### Treatment of Opioid Use Disorder

Opioid Use Disorder - PROJECT ECHO empowers and supports primary care providers in Missouri to more effectively and confidently treat patients suffering from opioid use disorder:

<https://showmeecho.org/clinics/opioid-use-disorder>

### Educational Resources for the Treatment of Substance/Opioid Use Disorder from PCSS

SUD Core Curriculum:

<https://pcssnow.org/education-training/sud-core-curriculum>

SUD for the Healthcare Team:

<https://pcssnow.org/education-training/sud-for-the-healthcare-team>

PCSS Exchange:

[pcssnow.org/education-training/pcss-exchange](https://pcssnow.org/education-training/pcss-exchange)

Clinical Roundtables are available on a variety of topics related to opioid use and other substance use disorders:

<https://pcssnow.org/mentoring/clinical-roundtable>

Training for clinicians interested in learning more about Medications for Opioid Use Disorder (MOUD) is available at:

<https://pcssnow.org/medications-for-opioid-use-disorder>

### SAMHSA Treatment Locator

#### Help Is Available From Licensed Providers Across The Country

Find substance use disorder treatment providers near you:

<https://www.samhsa.gov/find-treatment>

### Change in Federal Guidelines for the X-Waiver

In April 2021, HHS announced new practice guidelines that included an exemption for all eligible physicians and other prescribers from the federal certification (training) requirements to obtain their waiver to prescribe up to 30 patients with buprenorphine. An X-waiver is still required.

<https://www.federalregister.gov/documents/2021/04/28/2021-08961/practice-guidelines-for-the-administration-of-buprenorphine-for-treating-opioid-use-disorder>

<https://www.samhsa.gov/medication-assisted-treatment/practitioner-resources/faqs>



### Reduce Stigma

Addiction related stigma has real impact on patient care. When a person experiences stigma they are seen as less than because of their real or perceived health status. Stigma is rarely based on facts but rather on assumptions, preconceptions, and generalizations; therefore, its negative impact can be prevented or lessened through education, recognition of bias, and use of clinically accurate, non-stigmatizing language.

<https://end-overdose-epidemic.org/awareness/stigma>

### Addiction Stigma

#### Dr. Nora Volkow - Director of National Institute on Drug Abuse on Addiction Stigma:

<https://d14rmgtrwz5a.cloudfront.net/about-nida/noras-blog/2020/04/addressing-stigma-surrounds-addiction>

#### Importance of clinically accurate non-stigmatizing language around addiction:

<https://end-overdose-epidemic.org/awareness/stigma>

PCSS resources on combatting stigma and having difficult conversations with patients about substance use:

<https://pcssnow.org/resources/resource-category/stigma>