Confronting the Crisis of Our Generation
The Opioid Epidemic in Colorado

Teresa Manocchio Policy Analyst, CHI
Dr. Donald Stader Associate Medical Director, Swedish Hospital Emergency Department

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COLORADO MATTERS

An Opioid Death Prompts Denver Public

“We started it”: Atul Gawande on doctors’ role in the opioid epidemic

dated by Sarah Kliff | sarah@vox.com | Sep 8, 2017, 4:00pm EDT

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Key Takeaways

1. Opioid-related overdose deaths are an increasing share of drug overdose deaths.
2. Colorado is making progress on slowing prescription opioid overdoses.
3. Colorado must reduce heroin overdoses in order to reduce the drug overdose rate.
So, Why Opioids?

• Colorado lost 108 people to an opioid-related overdose in 1999.

• That number hit an all-time high of 504 lives lost due to an opioid in 2016.
What Are Opioids, Anyway?
Takeaway 1:
Opioids make up an increasing share of drug overdose deaths.
Opioids Make up an Increasing Share of Drug Poisoning Deaths

Source: Colorado Department of Public Health and Environment. Rate per 100,000 people.
Demographics: Opioid Overdose Deaths

Rates for heroin and prescription drugs are highest for non-Hispanic white Coloradans.

Males more likely to die of a heroin overdose than females.

Highest death rate for heroin in the 26 to 34 age group.
Opioid-Related Overdose Death Rates Highest in Southern Colorado, Front Range

Source: Colorado Department of Public Health and Environment. Rate per 100,000 people, 2014-2016.
Takeaway 2: Colorado is making progress on slowing prescription opioid overdoses.
Prescription Opioid-Related Death Rates Have Leveled Off

Source: Colorado Department of Public Health and Environment. Rate per 100,000 people.
Rates of Abuse or Dependence on Prescription Opioids Have Leveled Off

Source: National Survey on Drug Use and Health. Rate per 100,000 people ages 12 or older.
Why Are Prescription Opioid Death Rates Leveling Off?

- Colorado Consortium for Prescription Drug Abuse Prevention
- Prescription Drug Monitoring Program
- Provider education and awareness
- Insurance coverage
Takeaway 3:
Colorado must reduce heroin overdoses.
Prescription Opioid and Heroin-Related Death Rates, 1999-2016

Source: Colorado Department of Public Health and Environment. Rate per 100,000 people.
Past Year Abuse or Dependence on Prescription Opioids or Heroin, 2003-2014

Source: National Survey on Drug Use and Health. Rate per 100,000 people ages 12 or older.
Drug Poisoning Death Rates in Colorado, 1999-2016

Source: Colorado Department of Public Health and Environment. Rate per 100,000 people.
Evidence-Based Solutions for Slowing the Epidemic: Treatment
Work to Do: 1 of 10 Coloradans Lack Access
Evidence-Based Solutions for Slowing the Epidemic: Harm Reduction
Evidence-Based Solutions for Slowing the Epidemic: Prevention
HOT ISSUES IN HEALTH 2017
A FRONT LINE PERSPECTIVE ON THE OPIOID EPIDEMIC & HOW TO END IT

Don Stader, MD FACEP
ADDICTION:

“If I don’t stop I know I’m going to die.”

ADDICT. BAD PERSON. A CHOICE. A MORAL FAILING. WASTE OF TIME.
ADDICTION:
A MEDICAL DISEASE.

DRUG SEEKING IS COMPULSIVE. DIFFICULT TO CONTROL.

ADDICTION > CONSEQUENCE.

RELAPSING & REMITTING.

USE TO:
GET HIGH
FEEL NORMAL
NOT FEEL SICK

ENDORPHINS
DYNORPHINS
DOPAMINE
REWARD SYSTEM
MALFUNCTION

BRAIN FAILURE

A MEDICAL DISEASE.
COLORADO DATA 2016

912 People Died of Overdose
504 Involving opioids

Rx opioid deaths down slightly (329 in 2015, 300 in 2016)
Heroin deaths (160 in 2015, 228 in 2016)
Fentanyl deaths (41 in 2015, 49 in 2016)
Methadone deaths (34 in 2015, 56 in 2016)

Net Gain for all Opioids
472 in 2015 vs 504 in 2016
Son of Nashville mayor dies of overdose in Jefferson County
Max Barry was 22, and a recent graduate of the University of Puget Sound

No Family Is Safe From This Epidemic
As an admiral I helped run the most powerful military on Earth, but I couldn’t save my son from the scourge of opioid addiction.

JAMES WINNEFELD | NOV 20, 2017 | HEALTH
“Diligent research... will bring to light things which now lie hidden.” — Seneca
HOW TO ADDRESS THE OPIOID EPIDEMIC

- Limiting Opioids from the ED
- Alternatives to Opioids for Painful Conditions (ALTO)
- Harm Reduction
- Treatment of Addicted Patients and Referral
Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015
SWEDISH DATA Circa 01/2016

OPIOID DOSES / PATIENT SEEN (EXPRESSED AS A PERCENTAGE%)
An E.R. Kicks the Habit of Opioids for Pain

Instead of opioids, an E.R. in New Jersey now treats many pain patients with alternatives like laughing gas, trigger-point injections and even a therapy harp.

By JAN HOFFMAN JUNE 10, 2015
MY OUT PT GO TO FOR SEVERE PAIN
TYLENOL 1GRAM / IBUPROFEN 400MG Q 6HRS
TRAMADOL 50MG OR OXYCODONE 5MG BREAK THROUGH X 10 PILLS

ALTERNATIVE TREATMENTS TO OPIOIDS FOR PAINFUL CONDITIONS (ALTO)

How many of us prescribe alternatives for pain?
• Ketamine
• Toradol
• Haldol
• Gabapentin
• Trigger-point injections
• Lidocaine drips/Lidoderm patches
• DDAVP
• Nitrous oxide
• Nerve blocks
• Physical Therapy Acupuncture
• TENS Units
• Cognitive Behavioral Therapy
Harm Reduction
Science > Stigma
Understanding > Judgement
Doing Better > Status Quo
TREATMENT OF ADDICTED PATIENTS AND REFERRAL

We can do more to stop the epidemic.
• Does your ED have a SBIRT program?
• How well do we facilitate MAT referrals?
• How many of us have initiated Suboxone in the ED?
• Do we do a good job helping our addicted patients?
• PCP – Manage Addiction, RX Suboxone

IN HOSPITALS
• Start patients on MAT – Subuxone Waiver?
• Have Special Rules for OUD Patient – No Opioids! No Procedures
• Hospitals – Start patients on MAT
For Colorado’s opioid crisis, lawmakers endorse prescription limits and possibility of safe-injection sites

Bipartisan panel advances proposals to be introduced when General Assembly returns in January

A panel of Colorado lawmakers — five Republicans and five Democrats — on Tuesday endorsed a series of proposals to mitigate the state's opioid crisis.
POWER IN NUMBERS

- Community-based, nonacademic study
- 8 participating hospitals across Colorado
- One of the largest opioid research efforts in the US.
DREAMLAND in Denver
Confronting the Opioid Epidemic in the Mile High City

A one-of-a-kind evening of education and inspiration

January 24, 2018, 6 to 9 pm
University of Colorado School of Medicine
Anschutz Medical Campus, Education 2 South Auditorium

Tickets on sale starting 12/1
Admission includes heavy hors d’oeuvres and drinks

More information at emergencymedicalminute.com

100% of Proceeds will be donated to Nonprofits Fighting the Opioid Epidemic in Colorado!

SPECIAL GUEST SPEAKER
Award-Winning Journalist
Sam Quinones
Joined by Leading Medical Experts and Addiction Survivors

Save the Date

Colorado Opioid Safety Summit
8 a.m. – 3:45 p.m. | Thursday, Jan. 25, 2018
Denver Marriott South at Park Meadows, Lone Tree, CO
To register [CLICK HERE]

Discover the new, innovative strategies Colorado hospitals are using to combat the opioid epidemic. This program will cover efforts to reduce opioids across the continuum of care, from minimizing the initial exposure in the emergency department to utilizing medication-assisted treatment to help those with an existing substance use disorder. Participants will receive a variety of tools, resources and best practices.

Registration Fee: $25 per person