



Nebraska's Prescription Drug Monitoring Program



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Do not hold Dr. Borchert responsible for my mouth!!

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Disclosures:

- Neither Dr. Borchert nor Dr. DeringAnderson have any financial conflicts of interest with this program.
- Dr. Borchert is the Nebraska PDMP Director and Dr. DeringAnderson is a faculty member at the University of Nebraska College of Pharmacy
- Both are pharmacists, and members of the University of Nebraska College of Pharmacy Class of 1986.

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The Opiate Crisis


**Please, please,
do not call this an epidemic - - it's not contagious**

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Opioid Epidemic

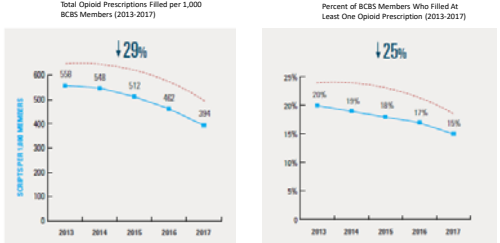
- Nationally
 - "Opioid abuse is a serious public health issue. Drug overdose deaths are the leading cause of injury death in the United States."¹

¹https://www.hhs.gov/opa/oids/about-the-epidemic
America's Opioid Epidemic and Its Effect on the Nation's Commercially-Insured Population. BCBS June 20, 2017.



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Decreasing Opioid Prescriptions?




Total Opioid Prescriptions Filled per 1,000 BCBS Members (2013-2017)

Year	Prescriptions per 1,000
2013	558
2014	548
2015	517
2016	482
2017	394

Percent of BCBS Members Who Filled At Least One Opioid Prescription (2013-2017)

Year	Percent
2013	20%
2014	19%
2015	18%
2016	17%
2017	15%

The Opioid Epidemic in America: An Update. BCBS. July 12, 2018.



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Opioid Prescriptions

State	Opioid prescriptions per 1,000 BCBS members, 2013	Opioid prescriptions per 1,000 BCBS members, 2017	Percent change in opioid prescriptions per 1,000 BCBS members, 2013-2017	Opioid use disorder diagnosis per 1,000 BCBS members, 2017
National Average	558	394	-29%	5.9
NE	480	364	-24%	2.2
IA	511	357	-30%	3.0
KS	532	452	-15%	3.3
SD	498	336	-33%	2.2

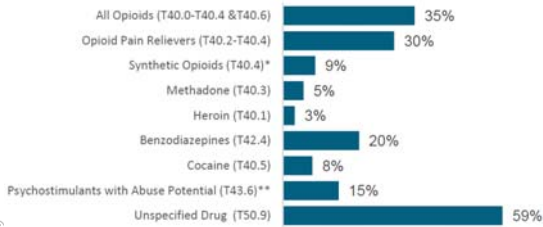


The Opioid Epidemic in America: An Update. BCBS. July 12, 2018



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Opioids contributed to up to 35% of Drug Overdose Deaths in Nebraska, 2016



Data source: Nebraska Department of Health and Human Services Drug Overdose Deaths Fact Sheet for 2016



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Combating the Opioid Epidemic

- Multi-faceted approach
- Prevention
 - Drug take-back program
- Education
 - Schools
 - Healthcare professionals
 - Continuing competency
 - Pain Management Guidance Document
 - Improve prescribing practices
- Treatment/recovery
 - Naloxone
- Identification/monitoring
 - PDMP



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What is a PDMP

- In general: A Prescription Drug Monitoring Program (PDMP) is an electronic database that tracks controlled substance prescriptions in a state. ¹
- In Nebraska²:
 - **Prevent the misuse** of controlled substances that are prescribed
 - Includes both controlled and non-controlled substances (**all dispensed prescriptions**)
 - The State of Nebraska remains on the **cutting edge of medical information technology**
 - Allow **prescribers and dispensers** (doctors and pharmacists) to **monitor the care and treatment of patients** for whom such a prescription drug is prescribed to ensure that such prescription drugs are used for medically appropriate purposes



¹CDC: <https://www.cdc.gov/drugoverdose/pdmp/states.html>
²Nebr. Rev. Stat § 71-2454



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Drug Take Back Programs

Nebraska MEDS

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Drug Take Back Programs

Accidental poisoning, overdose, death
 38% of child poisonings involve a grandparent's medication
 Friends, family members, salespeople rummage through bathroom, kitchen looking for drugs
 Only 14 formal take back days sponsored by the DEA
Nebraska take back is every day 24 / 7/ 366!
 Dispose of unwanted, expired prescription drugs
 Safe, convenient, legal

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Education:

Educating patients - - the LAW requires the prescriber to do this!

When prescribing a controlled substance listed in Schedule II of section 28-405 or any other opiate not listed in Schedule II, prior to issuing the practitioner's initial prescription for a course of treatment for acute or chronic pain and again prior to the practitioner's third prescription for such course of treatment, a **practitioner shall discuss with the patient, or the patient's parent or guardian if the patient is younger than eighteen years of age** and is not emancipated:

(a) The risks of addiction and overdose associated with the controlled substance or opiate being prescribed, including, but not limited to:

- (i) Controlled substances and opiates are highly addictive even when taken as prescribed;
- (ii) There is a risk of developing a physical or psychological dependence on the controlled substance or opiate; and
- (iii) Taking more controlled substances or opiates than prescribed, or mixing sedatives, benzodiazepines, or alcohol with controlled substances or opiates, can result in fatal respiratory depression;

(b) The reasons why the prescription is necessary; and
 (c) Alternative treatments that may be available.

28-473(1)
Nebraska Statute

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This isn't new

- **1861-1865:** Civil War medics use morphine for pain on the battlefield. Some soldiers develop a substance use disorder
- **1898:** Bayer produces commercial heroin – thought to be less habit forming than morphine
- **1914:** Federal Harrison Narcotics Act – requires prescriptions for opiates and cocaine
- **1924:** The Federal Anti-heroin Act bans the production and sale of heroin in the United States
- **1995:** OxyContin is released – thought to be less habit forming than immediate release oxycodone or other opiates

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The "pendulum phenomenon"

- 1960's (the Woodstock era) people become concerned about illicit drug use and the potential for "addiction"
- Late 1970's widespread concern that chronic pain was undertreated
- Mid-1980's pain is described as the 5th vital sign
- Mid 1990's OxyContin released
- Early 21st Century OxyContin is widely abused, multiple deaths reported
- Mid 2010's Substance Use Disorder and Opiate Crisis lead headlines
- Predictably 2020's there will be medical concern that chronic pain is undertreated....

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The Opiate Crisis

- Several sad, but true, realities:
 1. Heroin is cheaper on the street than prescription opiates
 2. You cannot make substance use disorder illegal and hope to change things - - if that worked, we could make cancer illegal
 3. The United States uses more than 85% of all of the opiates in the world, but we only have 5% of the world population
 4. Drug dealers are not trustworthy folks

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Education -

- Pain Management Guidance Document – CDC, then Nebraska
- www.dhhs.ne.gov/PDMP
- The Nebraska Department of Health and Human Services partnered with the Nebraska Medical Association to create a guidance document.
- The Nebraska Medical Association represents physicians
- Where were the **Pharmacists?** **Nurse Anesthetists?** Dentists? Physician Assistants? Substance Abuse Counselors?
- According to the 11 July 2017 letter from Thomas L. Williams, MD, Chief Medical Officer at DHHS, they weren't there. According to the description of the task force, they weren't there. (pp7-8)

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2 Parts to Treatment & Recovery

- Pharmaceuticals
 - Naloxone
 - Methadone / buprenorphine
- Mental Health Services

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Mental Health Services

- 20-25% of Americans have a diagnosable mental health or substance use disorder
- Fewer than 40% will get treatment

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Combating the Opiate Crisis – the 4 Pillars

- Drug Take – Back
- Education
- Treatment & Recovery
- Identification - - come on back for the 2:00 program to learn about Nebraska's PDMP



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Any Questions?

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Contact Information

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