Supporting Communities through Education and Pain Management
Opioids – natural and synthetic substances that act at one of the three main opioid receptor systems; with analgesic and CNS depressant effects.

- Opiates – natural from the opium poppy – morphine and codeine.
- Synthetic opioids – oxycodone and hydrocodone are semisynthetic; fentanyl, tramadol and methadone are synthetic.

- Used as painkillers

- Great potential for misuse
Opioids effects

- Tolerance
- Physical dependence
- Sensitivity to pain
- Constipation
- Nausea, vomiting and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Decreased testosterone levels
- Itching and sweating
- Respiratory depression and death
Risk factors for prescription abuse and overdose

- Obtaining overlapping prescriptions from multiple providers and pharmacies.
- Taking high daily dosages of prescription opioid pain relievers.
- Having mental illness or a history of alcohol or other substance abuse.
- Living in rural areas and having low income.
The United States is in the middle of an opioid crisis; killing more than 42,000 people in 2016.

On average, 115 Americans die every day from an opioid overdose.

40% of all opioid overdose deaths involve a prescription opioid.
3 Waves of the Rise in Opioid Overdose Deaths

- Wave 1: Rise in Prescription Opioid Overdose Deaths
- Wave 2: Rise in Heroin Overdose Deaths
- Wave 3: Rise in Synthetic Opioid Overdose Deaths

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

- Alcohol are 2x more likely to be addicted to heroin.
- Marijuana are 3x more likely to be addicted to heroin.
- Cocaine are 15x more likely to be addicted to heroin.
- Rx opioid painkillers are 40x more likely to be addicted to heroin.

Vitalsigns™
Prescription Opioids

Some states have more opioid prescriptions per person than others.

Number of opioid prescriptions per 100 people:
- Yellow: 52-71
- Orange: 72-82.1
- Purple: 82.2-95
- Dark Purple: 96-143

SOURCE: IMS, National Prescription Audit (NPA™), 2012.
Sources of Prescription Opioids Among Past-Year Non-Medical Users

- Given by a friend or relative for free
- Prescribed by ≥1 physicians
- Stolen from a friend or relative
- Bought from a friend or relative
- Bought from a drug dealer or other stranger
- Other

Number of Days of Past-Year Non-Medical Use

- Any
- 1-29
- 30-99
- 100-199
- 200-365

Percent of Users

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a Obtained from the US National Survey on Drug Use and Health, 2008 through 2011.
b Estimate is statistically significantly different from that for highest-frequency users (200-365 days) (P<.05).
c Includes written fake prescriptions and those opioids stolen from a physician’s office, clinic, hospital, or pharmacy; purchases on the Internet; and obtained some other way.

Prescription Opioids

- Older adults (>40 y/o) are more likely to use prescription opioids than adults aged 20–39.
- Women are more likely to use prescription opioids than men.
- Non-Hispanic whites are more likely to use prescription opioids than Hispanics.
Trends in Annual Opioid Prescribing Rates by Overall and High-Dosage Prescriptions

Source: IQVIA® Transactional Data Warehouse
Combatting the opioid overdose epidemic

- Prevention efforts
- Data quality and tracking trends
- Supporting healthcare providers and health systems (guidelines)
- Public safety
- Raising awareness to consumers
Opioid Abuse Prevention

House Bill 367 - Opioid Abuse Prevention

Requires the Governor's Cabinet Opiate Action Team to make recommendations for instruction in prescription opioid abuse prevention and submit those recommendations to the Department of Education to publish the recommendations online.

Requires the board of education of each local district to select a health curriculum that includes instruction on the dangers of prescription opioid abuse.

LANGUAGE FROM BILL

(5) Health education, which shall include instruction in: (f) Prescription opioid abuse prevention, with an emphasis on the prescription drug epidemic and the connection between prescription opioid abuse and addiction to other drugs, such as heroin.
The Role of Community Health Centers in Addressing the Opioid Epidemic

- Health centers are located in medically underserved rural and urban areas, where the impact of the opioid epidemic has been especially devastating.

- As providers of comprehensive primary care services, they are increasingly meeting the treatment needs of their patients with substance use disorders (SUD), including those with OUD.

- Health centers also remove affordability barriers to accessing needed treatment services, particularly for people with OUD who are more likely to have low incomes compared to the general population and are disproportionately covered by Medicaid or are uninsured.

  As the primary source of health care for many low-income Americans, health centers play a critical role in addressing the opioid epidemic, through prevention, treatment, overdose reversal, and safe prescribing practices.
The Role of Community Health Centers in Addressing the Opioid Epidemic

• Most health centers reported an increase in the number of patients with OUD in the past three years.

• Nearly half (48%) of health centers provide medications as part of medication-assisted treatment (MAT), considered to be the most effective OUD treatment.

• Health centers in Medicaid expansion states are more likely to provide MAT than those in non-expansion states (54% vs. 38%).

• Health centers face many treatment capacity challenges in responding to the opioid epidemic.

• Many health centers (40%) distribute naloxone, an opioid overdose reversal drug.

The 2018 Survey of Community Health Centers’ Experiences and Activities under the Affordable Care Act was conducted by researchers at the Geiger Gibson Program in Community Health Policy at the George Washington University (GW) and the Kaiser Family Foundation Program on Medicaid and the Uninsured, with support and input from the National Association of Community Health Centers (NACHC) and the RCHN Community Health Foundation.
The Role of Community Health Centers in Addressing the Opioid Epidemic

As the opioid epidemic continues to escalate, health centers will face ongoing challenges in meeting the demand for OUD treatment. Grant funding plays an important but somewhat limited role in this regard. One-time grants can bolster existing services and support service expansions, but the funding per health center grantee is often modest.

The Health Resources and Services Administration (HRSA) awarded approximately $195 million in Access Increases in Mental Health and Substance Abuse Services (AIMS) funding for eligible health centers.
Gateway Community Health Center, Inc.

- Gateway Community Health Center, Inc. is a community health center funded by the U.S. Department of Health and Human Services.
- The Center serves all residents in the Texas counties of Webb, Zapata, and Jim Hogg.

Mission statement
“To Provide Quality Healthcare for Everyone”
Continuum of Care

Continuum of Care Model

Gateway’s Approach

Promotion
Education/Awareness
- Media
- Health Fairs
- Presentations (Community/Clinic)
- Community Coalitions and Events
- Educational Materials

Prevention
Universal
- Patients at Point of Care
  PCP, LPC, and Pharmacist (e.g., PHQ 2 & PHQ 9)
- Program Participants:
  Lado A Lado; Family Planning and BCCS.
  (Prevention Education Only)
- Community: Schools, Housing Projects, Boys and Girls Club

Selective and Indicated
- Referred by medical Providers to LPCs and Health Educators.

Treatment
Limited Care Provided by PCP and/or LPC
- Patients are Referred by Provider to the Appropriate Agency for Additional Treatment/Care as per Protocol.

Recovery

Referral
Prevention—Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.

Promotion—These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.
Treatment—These services are for people diagnosed with a substance use or other behavioral health disorder.

Recovery—These services support individuals’ abilities to live productive lives in the community and can often help with abstinence.
Identification of Patients: Diabetes/CVD Self-Management Courses, Weight Management Courses, Pharmacy, Nutritionist, LPC and PCP
Resources for Prevention and Education

Guide Structure

- Session 1  
  "Planting the Seed"

- Session 2  
  "Body, Mind and Opioids"

- Session 3  
  "Taking Control"

- Session 4  
  "My Freedom"
Substance Use Disorder – HOPE Course

Class Attendance
☐ Patient completed module 1: Planting the Seed
☐ Patient completed module 2: Body, Mind and Opioids
☐ Patient completed module 3: Taking Control
☐ Patient completed module 4: My Freedom

Patient Goal
☐ Develop better pain management practices
☐ Acupuncture
☐ Chiropractic
☐ Cognitive behavioral therapy
☐ Message therapy
☐ Non-opioid medication
☐ Taking them as prescribed or only when needed

Adherence
☐ Patient met goal

Referrals
☐ Patient was referred to PCP
☐ Patient was referred to LPC
☐ Other: ________________
Resources for Education and Awareness

Rx Pain Medications

Managing Your Pain: Which Approach Is Right for You?

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and therapies available. Whether one approach is safer and more effective than another will depend on your unique situation.

- See a doctor who can assess your pain and provide a targeted treatment plan.
- Consider medications that are effective for your pain.
- Explore alternative therapies, such as acupuncture, massage therapy, or chiropractic care.
- Work with your doctor to develop a comprehensive pain management plan.

Cognitive Behavioral Therapy
Cognitive behavioral therapy is a form of psychotherapy that focuses on helping patients change their thinking patterns in order to change unhealthy behavior or mood. It is a structured method that combines cognitive restructuring and behavioral therapy with a goal of identifying and modifying negative thought patterns and behaviors.

Acupuncture
Acupuncture is a practice that involves the stimulation of specific points on the body, usually through the insertion of thin needles into the skin. This practice has been used for thousands of years in Chinese medicine and is increasingly being recognized for its potential to relieve pain and improve overall health.

Chiropractic Care
Chiropractic care typically involves manipulation or adjustment of the spine and other parts of the body by a chiropractor or osteopath.

Massage Therapy
Massage therapy may have many different forms, but typically involves manipulation of soft tissues for health-related issues.

Resources for Education and Awareness

The Brain's Response to Opioids

Opioid pain medication can cause a range of side effects, including nausea, constipation, and drowsiness. It is important to discuss the potential risks and benefits of opioid medication with your doctor before starting treatment.

Surprising Facts

- Opioids can cause constipation, and you may need to take a stool softener or laxative. Consult your doctor for advice.
- Opioids can be addictive, and the risk increases with higher doses.
- Opioids can interact with other medications, so it is important to inform your doctor about all medications you are taking.

The Search Continues

There is no one-size-fits-all approach to managing pain. It is important to work closely with your doctor to develop a personalized treatment plan.

For more information, visit the National Institute on Drug Abuse website:

PHARMACIST-PROVIDED INFORMATION: 1-800-222-1222

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Government Efforts to Combat the Crisis

HHS RESPONSE TO THE OPIOID CRISIS

1. Improving access to treatment and recovery services
2. Promoting use of overdose-reversing drugs
3. Strengthening our understanding of the epidemic through better public health surveillance
4. Providing support for cutting-edge research on pain and addiction
5. Advancing better practices for pain management
Creating Change
How can we all help?

Healthcare Providers
- Screen their patients to identify signs of misuse & dependence.
- Increase communication with patients of negative effects of misusing prescription drugs.
- Monitor rapid increase in medication needed or requested.

Communities & Workplace
- Monitor & maintain a drug-free environment.
- Keep up to date on latest drug use crisis.

Parents/Families
Discuss the risks of misusing & abusing prescription drugs with their children & be familiar with warning signs.
THANK YOU

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