



December 2015

INJURY SPOTLIGHT

Prescription Drug Misuse

The U-M Injury Center produces bi-monthly injury topic spotlights that include information about a Center member working on the topic, links to local and national resources, and an "Issues and Solutions" sheet.

For the month of December, the University of Michigan Injury Center is focusing on the prevention of prescription drug misuse.

According to the Centers for Disease Control and Prevention, every day, 44 people die from overdose of prescription opioids.¹ Since 1999, prescription opioid sales have grown by 300%, yet there has been no change in the amount of pain Americans



To gain a better understanding of what is known and what we have yet to learn about prescription drug overdose, the U-M Injury Center held a summit on the topic of opioid overdose on December 1st. The event featured speakers from University of Michigan as well as speakers from across the U.S.

Visit our [website](#), [Slideshare](#) page, and [YouTube channel](#) to view recordings of speaker presentations, slides, poster abstracts, and pictures from the summit. Stay tuned for more post-event resources.

References:

- Centers for Disease Control and Prevention, National Vital Statistics System mortality data. (2015). Available from URL: <http://www.cdc.gov/nchs/deaths.htm>.
- Chang, H., Daubresse, M., Kruszewski, S., Alexander, G. Prevalence and treatment of pain in EDs in the United States, 2000 to 2010. *Am J Emerg Med.* 2014; 32(5): 421-431.
- Daubresse, M., et al. Ambulatory diagnosis and treatment of nonmalignant pain in the united states, 2000-2010. *Medical Care.* 2013; 51(10): 870-878.

December Issues & Solutions Sheet



INJURY CENTER
UNIVERSITY OF MICHIGAN

Issues & Solutions

Prescription Drug Misuse

Michigan

In 2012, MI ranked 10th in the nation in the number of opioid pain relievers prescribed per 100 people and ranked 14th in the nation for overdose deaths.*

* From 1999 to 2011, the number of deaths in MI caused by unintentional prescription opioid overdose increased by more than tenfold, from 31 to 364 deaths.**

** Visit our Tools & Programs database: (www.injurycenter.umich.edu/programs)

Data Sources:

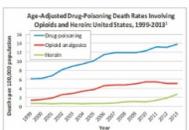
1. CDC/NCHS, National Vital Statistics System, Mortality File
2. Drug Abuse Warning Network
3. Drug Abuse Warning Network
4. Emergency Medical Services (EMS) Data
5. Decker, M., et al. *Am J Med.* 2012; 125(10): 1070-1075.
6. Patrick, L., et al. *MMWR.* 2014; 63(10): 184-188.
7. Centers for Disease Control and Prevention, National Center for Health Statistics, CDC WONDER.

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Overdose Education & Distribution of Nasal Naloxone

What is the Problem?
United States statistics:

- Every day, 44 people die from overdose of prescription opioids.¹
- Since 1999, prescription opioid sales have grown by 300%, yet there has been no change in the amount of pain Americans report.^{2,3}



What is One Solution?
Overdose education and nasal naloxone distribution (OEND) programs are developed to educate people at risk for overdose (i.e., report active use or are in treatment or recovery) and bystanders (e.g., social service providers, and family and friends of opioid users), how to prevent an overdose, recognize the signs, and respond if an overdose occurs.⁴

Program Components
Created by the Harm Reduction Coalition and the Chicago Recovery Alliance and adapted for nasal naloxone, the curriculum includes the following three key elements:⁴

- Prevent:** minimize risk of overdose by reducing polysubstance misuse, account for reduced tolerance after abstinence and not using alone.
- Recognize:** check level of responsiveness and for decreased respirations.
- Respond:** seek help, provide rescue breathing, deliver nasal naloxone, and stay with person until additional medical help arrives.

Evaluation (The 19 MA communities had at least five fatal opioid overdoses each year, from 2004-06)
An interrupted time series analysis was conducted to evaluate the annual impact of OEND programs on death rates from opioid-related overdose and use of acute care hospitals.⁵ The study compared 19 Massachusetts communities from 2002 to 2009 to understand how the degree of OEND implementation was related to overdose and hospitalization by community.⁵

Evidence of Effectiveness

- Between 2006 and 2009, Massachusetts OEND programs trained 2,912 potential bystanders resulting in 327 reported rescues.⁵
- Communities with low and high rates of OEND implementation, compared with no implementation, were associated with lower rates of opioid-related overdose deaths.⁵
- No significant differences found in rates of opioid-related emergency department visits or hospital admissions among communities with low or high OEND implementation.⁵
- The interplay of OEND program's ability to reduce overdoses and bystanders increased use of emergency medical system may be why no association was found.

Publications

5. Waller, Alexander T., et al. Opioid overdose rates and implementation of overdose education and nasal naloxone distribution in Massachusetts: interrupted time series analysis. *BMJ.* 2013; 346:f174.

Our [Issues and Solutions series](#) provides information on priority injury topics, paired with evidenced-based prevention programs that practitioners can implement.

See this month's Issues & Solutions sheet on **overdose education and distribution of nasal naloxone** to learn more about evidence-based prescription drug misuse prevention programs.

[Click here](#) to download.

Amy S. B. Bohnert, PhD

Dr. Bohnert is an assistant professor in the Department of Psychiatry at the University of Michigan and a research investigator in the Department of Veterans' Affairs, National Serious Mental Illness Treatment Resource and Evaluation (SMITREC), at the HSR&D Center of Excellence in Ann Arbor, MI.



Dr. Bohnert's research interests include brief interventions related to prescription drug use and overdose prevention, use of longitudinal and patient care data sets for clinical epidemiology research and mortality among substance users, specifically fatal drug and medication overdoses.

[Click here](#) to view her full member highlight on the U-M Injury Center website.

State & National Resources: Prescription Drug Misuse

Michigan

- [Michigan Prescription Drug and Opioid Abuse Task Force's Report of Findings and Recommendations for Action](#). Members of the MI Prescription Drug and Opioid Abuse Task Force provide background on the issue as well as recommendations on how best to address this growing epidemic. Recommendations include prevention, treatment, regulation, policy and outcomes and enforcement.
 - [One-page handout](#) -- Recommendation of the Michigan Prescription Drug and Opioid Abuse Task Force.
 - [Infographic](#) -- Michigan's Growing Drug and Opioid Abuse Problem by the Numbers.
- [University of Michigan Injury Center -- Prescription Drug Overdose Resources](#). The U-M Injury Center does considerable work in the emerging field of prescription drug overdose -- particularly opioid misuse. View this page for links to publications, research projects, resources, and members doing work or interested in this area.
 - [Fact Sheet -- Opioid Abuse in Michigan](#). This fact sheet provides statistics on prescription opioid use in MI and current strategies for combating opioid abuse in addition to opportunities to expand on the current strategies in MI.
 - [Opioid Overdose Summit \(12/1/15\)](#). A day of science-based exploration and learning on an emerging public health issue: overdose injury and death related to

opioids. Visit our [website](#), [slideshare page](#), and [YouTube channel](#) for post-event resources.

National

- [New CDC Opioid Prescribing Guidelines -- Improving the Way Opioids Are Prescribed for Safer Chronic Pain Treatment.](#) This two-page fact sheet provides information on the release of new CDC opioid prescribing guidelines for chronic pain and it captures important national statistics on this growing epidemic.
 - CDC's draft *Guideline for Prescribing Opioids for Chronic Pain, 2016* is now available on [Regulations.gov](#) (docket #CDC-2015-0112) for public comment.
- [Prescription Drug Overdose -- Understanding the Epidemic.](#) The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control provides an overview of prescription drug overdose for the public, health care providers, and states. Information includes national statistics, risk factors, state programs, state policies, PDMPs, publications, and more.
- [Johns Hopkins Report -- The Prescription Opioid Epidemic: An Evidence-Based Approach.](#) This report provides recommendations on prescribing guidelines, prescription drug monitoring programs, pharmacy benefit managers and pharmacies, engineering strategies, overdose education and naloxone distribution programs, addiction treatment and community-based prevention.
- [University of Michigan Injury Center Tools & Programs Database.](#) This database provides professionals and researchers with convenient access to evidence-based injury prevention programs, databases of evaluated programs and best-practice education materials. Click on the link above to find filtered results specifically on prescription drug overdose.

Questions or Comments?

Email us at UMInjuryCenter@umich.edu or call 734-232-2105

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