An Intro to Opioids and Why We Should Care

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Public Health Crisis of Pain
1 in 3 Americans has Chronic Pain
Public Health Crisis of Prescription Opioids
Which Drugs are Opioids?

- Morphine
- Codeine
- Oxycodone (Oxycontin, Roxicodone, Xtampza, Oxaydo)
- Meperidine (Demerol)
- Fentanyl (Duragesic, Atiq, Fentora)
- Oxycodone/Acetaminophen (Percocet, Endocet, Primlev)
Which Drugs are Opioids?

- **Fentanyl** (Duragesic, Subsys, Abstral, Lonsys)
- **Tramadol** (Ultram, ConZip)
- **Hydrocodone & Hydrocodone/Acetaminophen**
- **Oxymorphone** (opana)
- **Methadone** (Methadose, diskets, Dolophine, Methadone Intensol)
- **Hydromorphone** (Exalgo ER)
Overdose Deaths Involving Opioids, United States, 2000-2016

- Any Opioid
- Other Synthetic Opioids (e.g., fentanyl, tramadol)
- Commonly Prescribed Opioids (Natural & Semi-Synthetic Opioids and Methadone)
- Heroin

Substance Use Among US Adults

- Addiction: ~21,400,000
- Misuse: ~40,000,000
- In Treatment: ~4,000,000

Little or No Use

Modified from Tom McLellan
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

Percent of Users

Number of Days of Past-Year Non-Medical Use

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

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.

Opioid Use and Older Adults: Some Surprising Findings

- Non-Hispanic whites are more likely to use prescription opioids than Hispanics.
- There are no significant differences in prescription opioid use between non-Hispanic whites and non-Hispanic blacks.
- More women than men have chronic pain.
More Surprising Findings

- Being an older woman is associated with opioid prescription
- Older women get higher doses of opioid prescriptions
- Long-term opioid use is highest among older women
- Opioid use is increasing in older adults while it is decreasing in younger adults
Opioids: For older people a two-edged sword

Benefits
- End of life
- Sometimes better than alternatives
- Acute pain such as after surgery
- May improve quality of life

Harms
- Associated with falls
- Long term use may increase pain
- Increases lethargy and fatigue
- Decreases breathing
- Lowers immunity
NIH Research: A National Strategy for Reducing Pain

National Pain Strategy

The Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services today released a National Pain Strategy.

Now available... FINAL REPORT

March 2016: National Pain Strategy released
National Pain Strategy

Prevention & Care
Increase substantially the accessibility and quality of pain care

Disparities
Under-treatment and inappropriate treatment of pain among racial and ethnic minorities

Services & Reimbursement
Public health entities have a role in pain care and prevention

Professional Education
Improve professional education of all providers

Public Education & Communication
High quality, evidence-based education programs for patients and the public

High Impact Pain
Chronic Pain
Acute Pain
Population Research
Improvements in state and national data are needed
People with pain would have access to educational materials and learn effective approaches for pain self-management programs to prevent, cope with, and reduce pain and its disability.

People experiencing pain would have timely access to patient-centered care that meets their biopsychosocial needs and takes into account individual preferences, risks, and social contexts, including dependence and addiction.

National Pain Strategy 2016

First Two Recommendations
The Role of Evidence-Based Programs

- Falls Prevention
- Medication Reconciliation
- Exercise
- Depression Management
- Pain Management
Chronic Pain Self-Management Pilot

Two workshops held with opioid users in Cleveland Ohio

Part of a larger PCORI project on opioid tapering and the role of pain education
Lessons Learned

When starting the program consider opioid users a new culture. As with any new culture we tend to come with beliefs and sometime prejudices.

Leaders must be culturally aware, accepting and sensitive.

You may need different Leaders.

It is all about the Leaders (and by extension program administrators).
How about Participants?

At the end of the day they are just people!
The Opioid Public Health Emergency
Impact for Older Adults

NCOA Center for Healthy Aging Annual Meeting
May 24, 2018
Shannon Skowronski, MPH, MSW
Administration for Community Living
Opioids and Older Adults

• In 2016, over 44,000 Americans died from opioid overdoses, of which more than 7,000 were aged 55+

• SAMHSA’s National Survey on Drug Use and Health suggests that opioid misuse is increasing among older adults. Opioid misuse among older adults increased from 1.1 percent in 2002 to 2 percent in 2014.

• In 2015, as many as 30 percent of Medicare Part D enrollees received an opioid prescription – suggesting that opioid prescribing is increasing in this population. And approximately 2.7 million Americans age 50 and older misused prescription pain medications.
Opioids and Older Adults (con’t…)

• As a result of chronic pain, older adults may use prescription opioids for a long time.

• As people age, medications affect them more strongly and are slower to leave their systems so the side effects of opioids can be severe.

• Among the risks that older adults who use opioids face are death, hospitalization, and use of emergency departments.
New Issue Brief

- The Opioid Public Health Emergency and Older Adults
  - Provides a summary about the problem, treatments, federal strategies to address the crisis, and funding and programs that are addressing this issue.

  - The briefing also highlights innovative programs to address the opioid public health emergency in Arizona, Colorado, Nevada, and New Hampshire.
Aging Network Opportunities

• Incorporating prevention and intervention into programs and activities – drawing on existing and external resources

• Securing a seat at the table
  – The need
  – Network reach
  – Evidence-based programs
ACL Stakeholder Discussion

• Purpose

• Key Themes
  – Prevalence
  – Education
  – Dual Diagnosis
  – Treatment Strategies
  – Unintended consequences

• Meeting Summary available on ACL’s website
Relevant Resources

• State Profiles, Issue Briefs, Webinars, and Trainings

• Issue Brief: Implementing Evidence-Based Programs to Address Chronic Pain (2018)

• Older Veteran Behavioral Health Inventory (2018)

• SAMHSA's A Day in the Life of Older Adults: Substance Use Facts (2017)

• SAMHSA Spotlight Report, Opioid Use Among Older Adults (2017)