The State of Opioid Addiction in Vermont: Treatment and Research

Steve Leffler, MD
Charles MacLean, MD
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Objectives

Gain an understanding of:

- current U.S. and Vermont opioid prescribing and overdose statistics;
- research on local prescribing practices
- programs to educate providers and learners about safe and appropriate opiate prescribing; and
- current state of treatment availability to people with an opiate addiction
Scope of the opioid problem

Stephen Leffler, MD
Chief Medical Officer
UVM Medical Center
National Attention

New York Times
How the Epidemic of Drug Overdose Deaths Ripples Across America
By HAEYOUN PARK and MATTHEW BLOCH JAN. 19, 2016

“Deaths from overdoses are reaching levels similar to the H.I.V. epidemic at its peak”
Mass. hospital visits for opioid abuse soar
By Felice J. Freyer Globe Staff March 28, 2016
The poll found that most Americans — 62 percent — said that at least one type of substance use was a serious problem in their communities.
Opioid Addiction Facts & Figures

259,000,000: Prescriptions were written for opioids in 2014, which is more than enough to give every American adult their own bottle of pills.

21,500,000: Americans 12 or older in 2014 had a substance use disorder. (6.6% Americans, 323M U.S. Pop.)

168,000: Adolescents 12-17yo are addicted to prescription pain relievers.

47,055: Died from drug overdose in 2014, resulting in it being the leading cause of accidental death in U.S.

28,000: Adolescents had used heroin in the past year. (2014)

Top Generic Prescriptions in the US (2014)

1. Hydrocodone + acetaminophen [Vicodin] (n=122,806,850)
18. Oxycodone + acetaminophen [Percocet] (n=28,705,243)
46. Propoxyphene + acetaminophen [Darvon] (n=14,274,354)
51. Oxycodone (n=12,652,375)
114. Fentanyl patch (n=4,914,785)
121. Methadone (n=4,558,532)
170. Morphine (n=2,740,358)
192. Hydromorphone [Dilaudid] (n=2,272,481)
Opioid prescribing in the US

- Increase in opioid prescribing in past decade
- Overdose deaths tripled between 1999-2008

![Graph showing opioid sales, deaths, and treatment admissions from 1999 to 2009.]

- MMWR Nov 2011
- MMWR Jan 2016
Opioid abuse in the US

- As many as 1/4 people who receive prescription opioids long term for non-cancer pain in primary care settings struggle with addiction
- 1/20 people in the US report using prescription opioids for nonmedical reasons
- Source of misused prescription opioids:
  - 71% of prescription opioids are obtained from a family member or friend (given, bought, or stolen)
  - Most of these opioids are from a single prescriber source and not from doctor shopping

» National Survey on Drug Use and Health, 2011
Opioid abuse in the US

Non-medical use of prescription pain relievers
% people reporting non-medical use, 2011 & 2012

- Vermont
- Northeast
- U.S.

- 12-17 Year Olds: 6%, 5%, 6%
- 18-25 Year Olds: 12%, 9%, 10%
- 26+ Years Old: 3%, 3%, 4%

Substance Abuse & Mental Health Services Administration/National Survey on Drug Use & Health (NSDUH) 2012
Vermont ED Overdose Visits

Rate of Emergency Department visits for heroin overdose syndrome per 10,000 Vermonters

Data Source: Early Aberration Reporting System

ResultsScorecard.com
Heroin use more than doubled in young adults ages 8-25 in the past decade

More than 9 in 10 people who used heroin also used at least one other drug

The number of people dying from heroin overdoses since 2010

75% start by using prescription opioids

Previous era heroin users:
• young, minority male living in urban centers
• Unemployed
• 80% started with heroin

New era heroin users:
• 25-34 y.o., white male/female living in a suburban/rural area
• employed
• 75% start with rx opioids
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.

Transition to heroin across the U.S.

![Graph showing the transition to heroin across the U.S. (2008-2014)]

- **Prescription Opioids Only**
- **Heroin + Prescription Opioids**
- **Heroin Only**
Other Health Concerns

• Heart infections
• Blood stream infections
• Skin and muscle infections
• Bone infections
• Lung damage
• Traumas
• Babies born addicted to opioids
• Hepatitis and HIV
• Falls in elderly resulting in fractures
• Withdrawal symptoms
• Use of other alcohol or drugs
Vermont

Rate of infants exposed to opioids per 1,000 deliveries, Vermont residents at Vermont hospitals

- 2009: 22.0
- 2010: 28.5
- 2011: 30.5
- 2012: 38.6
- 2013: 45.8

[Graph showing the increase in the rate of infants exposed to opioids over the years]
Social Issues/ Societal costs

- Job Loss
- Family Disruption
- Criminal Activity
- Incarceration
- Effects on children
- Social Stigma
- Loss of housing
- Loss of custody of children
- Estimated $72.5 billion annually in health care costs in the US
Best practice prescribing: Finding solutions for the *Upstream* problem of opioid prescribing

Charles MacLean MD
Associate Dean for Primary Care
UVM Medical Center
CDC guidelines

Recommendations for Prescribing Opioids for Chronic Pain Outside of Active Cancer, Palliative, and End-of-Life Care

• Use alternatives to opioids whenever possible
• Explain the risks and benefits
  – Informed consent
• Focus on function
• Start low and go slow
  – Surveillance for misuse
• Avoid benzodiazepines
Checklist for prescribing opioids for chronic pain
For primary care providers treating adults (18+) with chronic pain ≥3 months, excluding cancer, palliative, and end-of-life care

CHECKLIST

When CONSIDERING long-term opioid therapy
- Set realistic goals for pain and function based on diagnosis (e.g., walk around the block).
- Check that non-opioid therapies tried and optimized.
- Discuss benefits and risks (e.g., addiction, overdose) with patient.
- Evaluate risk of harm or misuse.
  - Discuss risk factors with patient.
  - Check prescription drug monitoring program (PDMP) data.
  - Check urine drug screen.
- Set criteria for stopping or continuing opioids.
- Assess baseline pain and function (e.g., PEG scale).
- Schedule initial reassessment within 1–4 weeks.
- Prescribe short-acting opioids using lowest dosage on product labeling; match duration to scheduled reassessment.

If RENEWING without patient visit
- Check that return visit is scheduled ≤3 months from last visit.

When REASSESSING at return visit
Continue opioids only after confirming clinically meaningful improvements in pain and function without significant risks or harm.
- Assess pain and function (e.g., PEG); compare results to baseline.
- Evaluate risk of harm or misuse.
  - Observe patient for signs of over-sedation or overdose risk.
  - If yes: Taper dose.
  - Check PDMP.
  - Check for opioid use disorder if indicated (e.g., difficulty controlling use).
  - If yes: Refer for treatment.
- Check that non-opioid therapies optimized.
- Determine whether to continue, adjust, taper, or stop opioids.
- Calculate opioid dosage morphine milligram equivalent (MME).
  - If ≥50 MME/day total (≥50 mg hydrocodone; ≥33 mg oxycodone), increase frequency of follow-up; consider offering naloxone.
  - Avoid ≥90 MME/day total (≥90 mg hydrocodone; ≥60 mg oxycodone), or carefully justify; consider specialist referral.
- Schedule reassessment at regular intervals (≤3 months).

REFERENCE

EVIDENCE ABOUT OPIOID THERAPY
- Benefits of long-term opioid therapy for chronic pain not well supported by evidence.
- Short-term benefits small to moderate for pain; inconsistent for function.
- Insufficient evidence for long-term benefits in low back pain, headaches, and fibromyalgia.

NON-OPIOID THERAPIES
- Use alone or combined with opioids, as indicated.
- Non-opioids medications (e.g., NSAIDs, TCAs, SNRIs, anti-convulsants).
- Physical treatments (e.g., exercise therapy, weight loss).
- Behavioral treatment (e.g., CBT).
- Procedures (e.g., intra-articular corticosteroids).

EVALUATING RISK OF HARM OR MISUSE
Known risk factors include:
- Illegal drug use; prescription drug use for nonmedical reasons.
- History of substance use disorder or overdose.
- Mental health conditions (e.g., depression, anxiety).
- Sleep-disordered breathing.
- Concurrent benzodiazepine use.

Urinary drug testing: Check to confirm presence of prescribed substances and for undisclosed prescription drug or illicit substance use.

Prescription drug monitoring program (PDMP): Check for opioid or benzodiazepines from other sources.

ASSESSING PAIN & FUNCTION USING PEG SCALE
PEG score = average 3 individual question scores (30% improvement from baseline is clinically meaningful)

Q1: What number from 0–10 best describes your pain in the past week?
0 = “no pain”, 10 = “worst you can imagine”
Q2: What number from 0–10 describes how, during the past week, pain has interfered with your ENJOYMENT OF LIFE? 0 = “not at all”, 10 = “complete interference”
Q3: What number from 0–10 describes how, during the past week, pain has interfered with your GENERAL ACTIVITY? 0 = “not at all”, 10 = “complete interference”

PE prescribers should be aware of the limitations of the PDMP as a tool to identify patients at risk for opioid misuse.

PRESCRIBING OPIOIDS FOR CHRONIC PAIN

ADAPTED FROM CDC GUIDELINE
Opioids can provide short-term benefits for moderate to severe pain. Scientific evidence is lacking for the benefits to treat chronic pain.

IN GENERAL, DO NOT PRESCRIBE OPIOIDS AS THE FIRST-LINE TREATMENT FOR CHRONIC PAIN (for adults 18+ with chronic pain ≥3 months excluding acute cancer, palliative, or end-of-life care).

BEFORE PRESCRIBING

ASSESS PAIN & FUNCTION
Use a validated pain scale. Example: PEG scale where the score = average 3 individual question scores (30% improvement from baseline is clinically meaningful).
- Q1: What number from 0 – 10 best describes your PAIN in the past week? (0 = “no pain”, 10 = “worst you can imagine”)
- Q2: What number from 0 – 10 describes how, during the past week, pain has interfered with your ENJOYMENT OF LIFE? (0 = “not at all”, 10 = “complete interference”)
- Q3: What number from 0 – 10 describes how, during the past week, pain has interfered with your GENERAL ACTIVITY? (0 = “not at all”, 10 = “complete interference”)

CONSIDER IF NON-OPIOID THERAPIES ARE APPROPRIATE
Such as: NSAIDs, TCAs, SNRIs, anti-convulsants, exercise or physical therapy, cognitive behavioral therapy.

TALK TO PATIENTS ABOUT TREATMENT PLAN
- Set realistic goals for pain and function based on diagnosis.
- Discuss benefits, side effects, and risks (e.g., addiction, overdose).
- Set criteria for stopping or continuing opioid. Set criteria for regular progress assessment.
- Check patient understanding about treatment plan.

EVALUATE RISK OF HARM OR MISUSE
- Known risk factors: illegal drug use; prescription drug use for nonmedical reasons; history of substance use disorder or overdose; mental health conditions; sleep-disordered breathing.
- Prescription drug monitoring program (PDMP) data (if available) for opioids or benzodiazepines from other sources.

WHEN YOU PRESCRIBE

START LOW AND GO SLOW IN GENERAL:
- Start with immediate-release (IR) opioids at the lowest dose for the shortest therapeutic duration. IR opioids are recommended over ER/LA products when starting opioids.
- Avoid > 90 MME/day; consider specialist to support management of higher doses.

- If prescribing ≥ 50 MME/day, increase follow-up frequency; consider offering naloxone for overdose risk.
- For acute pain: prescribe < 3 day supply; more than 7 days will rarely be required.

Counsel patients about safe storage and disposal of unused opioids.
Are opioids effective for chronic pain?
Long-term opioids for chronic non-cancer pain -1

• 26 studies/4893 pts (through 2009)
• One RCT (comparing 2 opiates)
• Findings:
  – Overall reduction in pain
  – Addiction in 0.27% (prescreened)
  – Quality of life/functional status “inconclusive”
Long-term opioids for chronic non-cancer pain -2

- Effectiveness vs risk of long-term opioid Rx for chronic pain
  - No long term high quality studies
  - No direct evidence of for or against long-term improved pain, QOL, function
  - Studies of varying quality show increases in risk


Authors conclusions:
Evidence is insufficient to determine the effectiveness of long-term opioid therapy for improving chronic pain and function; evidence supports a dose-dependent risk for serious harms
Legal requirements
Legal requirements

• Prescription Drug Monitoring Programs
  – Vermont Prescription Monitoring System

• Vermont
  – 2015 and prior:
    • Mandatory VPMS for chronic prescriptions
    • Best practice prescribing rules
      – consent forms, treatment agreements, risk assessment
  – 2016: Rulemaking in process
    • Limits on size of acute prescriptions
    • VPMS for every controlled substance prescription
    • Naloxone for >90 MME (morphine milligram equivalents) or every opioid prescription
Population Management & Practice Improvement

How are we currently doing?
<table>
<thead>
<tr>
<th>Concept</th>
<th>Prescriber perspective</th>
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</thead>
<tbody>
<tr>
<td>Basic epidemiology</td>
<td>“I didn’t realize this was such a big problem”</td>
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</tbody>
</table>
Questions

• Who is prescribing?
• Are there high risk populations?
• How can we do a better job?
Study Population

• Subjects
  – 30,000 primary care patients, 1/3 of whom received an opioid in 2011-2012

• Prescribers
  – Nine primary care offices in FM & IM (138 prescribers)
  – Specialists (370 prescribers)
  – Emergency Medicine (40 prescribers)
Opioid Prescribing – Who is prescribing?

Half of the total opioid amount was prescribed in primary care, 48% in specialty care and 1% in emergency medicine.
Rx Seven

Seven day prescribing by location

August 2011-July 2012

- PCIM GIVEN BURLINGTON
- HINESBURG FAM PRACTICE
- MILTON FAM PRACTICE
- BERLIN FAMILY MED
- BLAIR PARK PCIM
- PCIM GIVEN ESSEX
- SO BURL FAM PRACTICE
- PCIM AESCULAPIUS
- EMERGENCY
- COLCHESTER FAM MED

Proportion in 7d increments per prescriber
“Red flags” by patient

- High dose opioids for non-cancer pain (3%)
“Red flags” by prescriber

- Methadone patients/prescriber
  - Median=0; Range 0-57
  - Half of the patients are prescribed by top 20 prescribers

- High dose prescribing

Caution if not adjusting for the population
<table>
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<tr>
<th>Prescribing characteristic</th>
<th>Your practice</th>
<th>UVMMC primary care (median) N=92</th>
<th>All Vermont PCP N=~750</th>
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<tbody>
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<td>Unique patients for whom you have Rx'd an opiate</td>
<td>87</td>
<td>44</td>
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<td>Proportion of your patients who have four or more prescribers</td>
<td>8%</td>
<td>8%</td>
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<tr>
<td>Proportion of prescriptions in 7 day increments</td>
<td>69%</td>
<td>26%</td>
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<td>Unique patients for whom you Rx'd methadone</td>
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<td># opiate Rx by PCP</td>
<td># opiate Rx total</td>
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Primary Care Quality Improvement Projects

Or...implementing the guidelines
Office of Primary Care and Area Health Education Centers (AHEC) Program

Opioid Prescription Management Toolkits

Opioid Prescription Management Toolkit for Chronic Pain Sustainable Solutions for Vermont Practice Fast Track and Facilitators Toolkits

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What are these toolkits and why were they created?

These toolkits collect the best practice strategies for managing opioid prescriptions in primary care (and other) ambulatory settings. The strategies resulted from a two-year project (The Opioid Prescribing Quality Improvement Project, 2012-2014) to identify the most helpful methods used to create predictable and well-managed opioid prescribing patterns for physicians, nurse practitioners, and physician assistants and their patients.

What are some of the best practice strategies for managing opioid prescriptions?

New regulations about the prescribing of chronic opioids require the use of consent forms, treatment agreements and use of the prescription monitoring system. The standard of care supported by boards of medical practices across the country recommend, under certain circumstances, a variety of practice strategies to safely prescribe and monitor chronic opioid treatment. These strategies include assessing risk for misuse, use of pill counts and urine drug testing, best-practice documentation, and standardizing prescribing intervals to minimize communication issues among patient, office staff and prescriber, and others.

What are some of the results from the opioid prescribing two-year project?

All ten practices enrolled in the project reported positive results from the best practice strategies they chose to implement from the toolkit. The strategies helped prescribers standardize their approach and increase confidence in managing opioid prescriptions, helped practices change their support systems, and increased provider and staff satisfaction regarding the way opioid prescriptions are managed.

Who should read these toolkits and how are they different?

Fast Track Toolkit: This toolkit is intended for ambulatory care practices whose leaders, providers, and staff want to improve the process of managing opioid prescriptions for their chronic pain, non-palliative care patients. It is for practices with a team ready to make a quick start on a few of the 17 strategies and provides practical advice on getting started, how to adjust practice workflow, and how to implement changes. The toolkit includes an extensive appendix with policies, sample tools, and references.

Facilitator Toolkit: This toolkit is intended for practices that have not yet made a decision to work on opioid prescription management and need to develop a rationale, leadership support, and team to work on this topic. It provides three stages of development: preparation, design (of workflow), and implementation. It provides detailed guidance on measurement, team facilitation, work flow analysis, and follow up. It is best used by facilitators, staff, or leaders interested in supporting a transformative change in opioid prescription management. It includes the same appendix as the Fast Track Toolkit, with additional materials to support facilitation.
Oral Health

What is the contribution of dentists and oral surgeons to the opioid supply?
# Annual opioid prescribing by discipline

<table>
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<tr>
<th>Prescribing metric</th>
<th>General Dental</th>
<th>Oral surgery</th>
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<tbody>
<tr>
<td>Number of Rx, median</td>
<td>21</td>
<td>490</td>
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</table>

Source: VPMS (2014) and UVM Medical Center (2011-2012)
Post-operative (after surgery) prescribing

What is the contribution of post-operative prescriptions to the opioid supply?
Prescribing data

- 9858 patients underwent 11,287 procedures
- 2/3 outpatient procedures
- 20% patients were discharged without opioid Rx
- Most commonly prescribed opioids:
  - oxycodone (52%)
  - hydromorphone (31%)
  - hydrocodone (10%)
MME/Rx for common procedures

- Lumpectomy: 120
- Appendectomy: 196
- Inguinal Hernia: 225
- Ventral Hernia: 300
- Laparoscopic Total Hysterectomy: 300
- Open Abdominal Hysterectomy: 320
- Carpal Tunnel Release: 75
- Hip Arthroplasty: 375
- Knee Arthroplasty: 480
- TURP: 101
- Cystourethrocystoscopy & Stent: 113

Morphine equivalents
Patient perspective

- Phone call one week post-op
- “How many pills do you have left?”
Thanks for your attention
Responding to the opioid crisis: solutions for the “downstream problem” of opioid addiction

Patricia Fisher MD
Medical Director for Case Management
University of Vermont Medical Center
Substance use disorders

**Loss of control**
- more than intended amount
- time spent
- unable to cut down
- giving up activities
- craving

**Physiology**
- tolerance
- withdrawal

**Consequences**
- unfulfilled obligations
  - work
  - school
  - home
- interpersonal problems
- dangerous situations
- medical problems

formerly “Dependence”

A *substance use disorder* is defined by having 2 or more symptoms resulting in distress or impairment.

Severity is rated by the number of symptoms present:

- 2-3 = mild
- 4-5 = moderate
- 6+ = severe

formerly “Abuse”
Spectrum of use

None or low risk: Increasing amounts, higher-risk substances or situations

At risk

Mild

Moderate: Craving, loss of control, consequences

Severe
Addiction

- More compulsive behavior (past learning)
- Less ability to control (suppression)
- Craving, less pleasure (desensitization)
- More distress (overactivity)
- More pain (hyperlgesia)
Who becomes addicted?

**Biochemical**
- opioid receptors
- dopamine
- other transmitters
- intracellular signals

**Behavioral**
- novelty seeking
- harm avoidance
- impulsivity
- psychiatric disorders

**Genetics**

**Environment**

**Social influence**
- parents
- siblings
- friends

**Adversity**
- psychiatric disorders
- stress
- lack of positive experiences

**Availability**
- illicit sources
- prescription
- family and friends
The 4 Traits That Put Kids at Risk for Addiction

By MAIA SZALAVITZ  SEPT. 29, 2016

Sensation seeking Impulsiveness Anxiety sensitivity hopelessness
Recovery

What is recovery?
- retention in treatment?
- less substance use, or none at all?
- improved general health?
- better functioning in work and relationships?
- higher quality of life?
- lower personal and societal costs?
- survival?

All of these can and often do improve with treatment.

Abstinence is less common—by many reports, 20-50% after 1 year.
Treatment with therapy alone

**behavioral**
- learn new behaviors
- enhance control

more compulsive behavior  
(past learning)

less ability to control  
(suppression)

more pain  
(hyperalgesia)

craving, less pleasure  
(desensitization)

more distress  
(overactivity)
Natural history

% remaining abstinent

months

early high risk

durable recovery

some risk remains
Treatment with therapy and medication

- behavioral
  - learn new behaviors
  - enhance control

- pharmacologic
  - prevent withdrawal
  - normalize activity

more compulsive behavior (past learning)
less ability to control (suppression)

more pain (hyperalgesia)
more distress (overactivity)

craving, less pleasure (desensitization)
Medication-assisted treatment (MAT)
Other outcomes

Mortality:
- General population
- Detoxification
- Maintenance
- No treatment

Cost:
- One year of buprenorphine/naloxone: $2755
- Net cost, including all health care and services: -$400

Quality of life
Quality of life

![Graph showing self-rated quality of life over months of buprenorphine treatment. The x-axis represents months of buprenorphine treatment, ranging from 0 to 8. The y-axis represents self-rated quality of life, ranging from 1 to 5. Lines indicate improvements in physical health, subjective feelings, leisure activities, and social relationships over time.]
Relapse

% needing additional treatment within 1 year

- substance use disorders
- type 1 diabetes
- hypertension
- asthma
Medication-assisted treatment (MAT)

**OTP:** Opioid Treatment Program
- Methadone or Buprenorphine
- High risk or unstable patients

**OBOT:** Office based treatment program
- Buprenorphine or Naltrexone
- Low risk or stable patients
The spectrum of addiction treatment

Specialty Care OTP/Hub

Day One Expansion

Primary Care/PCMH OBOT/Spokes

Community Health “MAT” Teams

Expansion
Vermont Progress

January 2014

- 1000 patients in hub and spokes

January 2016

- 6000 treated patients
- New hub in St Albans coming soon
- Ongoing training of providers for spokes
- Maple Leaf Farms to increase capacity
Medication Assisted Therapy

Measure:
The number of new people requesting MAT services at each treatment provider during a given month.
Medication Assisted Therapy

Measure:
For those people who requested services during this quarter, how did they individually score for severity using the Treatment Needs Questionnaire tool.

QUARTERLY TREATMENT NEEDS QUESTIONNAIRE SCORES

Current Quarter: March-May 2016
The Future

• Upstream: a new respect for opioids
  – Smarter opioid prescribing
    • New CDC guidelines April 2016
    • Routine assessment and monitoring of all patients
    • Patient education about expectation for pain, risks of opioids and proper disposal of medication
    • If opioids are not helping manage pain or are having adverse effects they should be discontinued
  – Educational forums for providers and nursing
  – Public education about the dangers of opioids including lifelong dependence, risk of overdose and death
  – Naloxone to prevent overdose deaths
  – Prescribing protocols in electronic health record including standardizing medication type and amount for procedures
  – Rural opioid use—kids are more susceptible
  – Increased identification of those at risk for addiction
  – Improved safe keeping and disposal of medications in homes
  – Improved accessibility for alternative treatments for pain
  – Improved access to mental health treatment
  – Finding ways to manage pain without opioids
The Future

• Downstream: Improved access to treatment for addiction
  – Chronic disease model to manage addiction
  – Continued efforts at de-stigmatization: a person using a drug is just that—a person using a drug. How do we work with them?
  – Less regulation around the prescribing of buprenorphine
  – Decriminalizing/”decarceration” addiction-related crimes
  – Harm reduction for those not interested in sobriety? How do we reduce their risk of overdose and death?
  – Better re-entry programs for those coming out of incarceration
  – Improved support for people and families struggling with addiction
  – Inviting “addicts” to the table when making policies that affect them
  – Syringe exchange
  – Strong community collaborations
Acknowledgements

- **UVM Medical Center & UVM COM**
  - Carlos Pino
  - Rich Pinckney
  - Amanda Kennedy
  - Benjamin Littenberg
  - Elise Ames MD
  - Bruce Beynnon
  - Kristen Roensch
  - Richard Tan
  - Alicia Jacobs
  - Jennifer Gilwee
  - Liz Cote
  - Sanchit Maruti
  - Michael Goedde
  - EMR & Business Intelligence teams

- **VDH**
  - Harry Chen
  - Shayla Livingston
  - David Horton
  - Meika DiPietro
  - John Brooklyn

- **Participating practices**
  (medicine/dentistry)
  - Including UVM Med Ctr & CVMC
  - Community prescribers

- **Vermont Blueprint for Health**
  - Jenny Samuelson
  - Pam Farnham
  - Regional facilitators
Resources

- CDC guidelines
  - [http://www.cdc.gov/drugoverdose/prescribing/guideline.html](http://www.cdc.gov/drugoverdose/prescribing/guideline.html)

- [www.PainEDU.org](http://www.PainEDU.org)
  - SOAPP, COMM (screening tools for misuse)

- Safe and Effective Opioid Prescribing for Chronic Pain (BU)
  - [www.opioidprescribing.com](http://www.opioidprescribing.com)

- Prescriber’s Clinical Support System for Opioid Therapies
  - [www.pcss-o.org/](http://www.pcss-o.org/)

- Vermont Prescription Monitoring System
  - [http://healthvermont.gov/adap/VPMS_reports.aspx](http://healthvermont.gov/adap/VPMS_reports.aspx)

- Brandeis PDMP Center of Excellence
  - [http://pdmpexcellence.org](http://pdmpexcellence.org)
Together we can change the future