Opioids: Lessons Learned from the States

Thursday, August 2, 2018
Today’s Featured Speakers

- Representative Jonathan Singer, Colorado (*Moderator*)
- Senator Judy Lee, North Dakota
- Representative Ann Pugh, Vermont
- Assemblyman Mike Sprinkle, Nevada
- Senator David Wilson, Alaska
Opioid-Related Overdose Death Rates (per 100,000 people)
THE OPIOID EPIDEMIC BY THE NUMBERS

IN 2016...

116
People died every day from opioid-related drug overdoses

11.5 m
People misused prescription opioids¹

42,249
People died from overdosing on opioids²

2.1 million
People had an opioid use disorder¹

948,000
People used heroin³

170,000
People used heroin for the first time¹

2.1 million
People misused prescription opioids for the first time¹

17,087
Deaths attributed to overdosing on commonly prescribed opioids²

19,413
Deaths attributed to overdosing on synthetic opioids other than methadone²

15,469
Deaths attributed to overdosing on heroin²

504 billion
In economic costs³

Sources: ¹ 2016 National Survey on Drug Use and Health, ² Mortality in the United States, 2016 NCHS Data Brief No. 293, December 2017, ³ CEA Report: The underestimated cost of the opioid crisis, 2017
Overdose Deaths Involving Opioids, by Type of Opioid 2000-2016

DRAMATIC INCREASES IN MATERNAL OPIOID USE AND NEONATAL ABSTINENCE SYNDROME

The use of opioids during pregnancy can result in a drug withdrawal syndrome in newborns called **neonatal abstinence syndrome** (NAS), which causes lengthy and costly hospital stays. According to a new study, an estimated 21,732 babies were born with this syndrome in the United States in 2012, a **5-fold increase** since 2000.

**Every 25 minutes, a baby is born suffering from opioid withdrawal.**

**Average length or cost of hospital stay**

<table>
<thead>
<tr>
<th></th>
<th>With NAS</th>
<th>Without NAS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newborns</strong></td>
<td>16.9</td>
<td>2.1</td>
</tr>
<tr>
<td><strong>Days</strong></td>
<td>53,500</td>
<td>666,700</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NAS and maternal opioid use on the rise**

Source: Patrick et. al., JAMA 2015, Patrick et. al., Journal of Perinatology 2013
Death in U.S. per 100,000

Note: Drug overdose data available since 1999. Source: Centers for Disease Control and Prevention
### FDA-APPROVED DRUGS FOR THE TREATMENT OF OPIOID USE DISORDER

<table>
<thead>
<tr>
<th>MEDICATION</th>
<th>FDA</th>
<th>FORMULATIONS</th>
<th>DOSING FREQUENCY</th>
<th>AS AN API?</th>
<th>COST</th>
<th>COVERED BY MEDICARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buprenorphine with Naloxone</td>
<td>Partial agnostic</td>
<td>Pills, dissolving film, implant</td>
<td>Daily for pills and film, every 6 months for implant</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Methadone</td>
<td>Full agonist</td>
<td>PULL, liquid, and water forms</td>
<td>Daily</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Naltrexone</td>
<td>Antagonist</td>
<td>PULL or extended release injection</td>
<td>Daily for PULL or monthly for IM injection</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SPECIAL POPULATIONS (ADAPTED FROM ASAM GUIDELINES)

- **Pregnancy**: Methadone or Buprenorphine monoprodct ONLY. Encourage breastfeeding. Both Methadone and Buprenorphine have an L2 rating for breastfeeding.
- **Adolescents**: Methadone, Buprenorphine/ naltrexone combination product, oral or LAI Naltrexone.
- **Psychiatric Disorders**: Methadone, Buprenorphine/naltrexone combination product, oral or LAI Naltrexone. Manage drug interactions and stabilize patient before initiating treatment.
- **Incarceration**: Methadone, Buprenorphine/naltrexone combination product, LAI Naltrexone (Initiate RX ≥ 30 days before release).

Source: https://opioidlifesavertraining.com/medication-assisted-treatment-for-opioid-use-disorder/
MAT for Opiate Use Disorder

**Naltrexone**
- Blocking medication (antagonist)
- Taken orally to change behavior of administration. Does not result in physical dependence
- Poor patient compliance unless injected, requires 7 days abstinence before using

**Methadone**
- Replacement medication (agonist)
- Taken orally once a day
- High strength and efficacy when dose is followed and other Tx has failed.
- Daily outpatient visit required.

**Buprenorphine**
- Partial agonist (activates receptors but diminishes response)
- Taken orally or sublingually to relieve cravings and withdrawal symptoms
- Can be prescribed by certified doctors, no special clinics required
- Potential for abuse, but can be mitigated

*Source: NIDA, NIH, SAMHSA, CMS, CDC*
What is SBIRT?

**S**creening

- **No**: Healthcare professional reinforces positive behavior
- **Yes**: Healthcare professional asks further questions to assess level of use

**B**rief **I**ntervention

- High-risk use
- Severe use

**R**eferral to **T**reatment
Key stats

▪ In 2016, opioid-involved overdose deaths accounted for 66.4 percent (42,249) of all drug overdose deaths, a nearly 30 percent rate increase from 2015.

▪ Opioid-involved overdoses increased across age and racial/ethnic groups, urbanization levels, and in numerous states.

▪ Deaths involving synthetic opioids saw a 100 percent rate increase, likely driven by illicitly manufactured fentanyl.

▪ The largest absolute rate increases of opioid-involved deaths and deaths involving synthetic opioids occurred among males aged 25–44 years and persons aged 25–34 years.

▪ Source: Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report (March 30, 2018)
U.S. Opioid Deaths, 1999-2016

Source: Brill and Ganz, American Enterprise Institute (March 2018)
The Epidemic Impacts Our Economy

The cost of prescription opioid dependence, abuse, and overdose in the United States in 2013 = $78.5 billion

Percentage of worker’s compensation prescription drug claims that were for opioids in 2011 = 25%

Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control (January 2018)
Even at low doses...

Taking an opioid for longer than three months increases the risk of addiction by 15 times.

Source: Centers for Disease Control and Prevention, Vital Signs (July 2017)
Medicaid Section 1115 demonstrations

- As of March 5, 2018, 19 states are using Medicaid Section 1115 waivers to:
  - provide enhanced behavioral health services (substance use disorder and/or mental health services) to targeted populations
  - expand Medicaid eligibility to additional populations with behavioral health needs
  - and/or to fund delivery system reforms such as the integration of physical and behavioral health services.

- Source: Henry J Kaiser Family Foundation (March 8, 2018)
National Overdose Deaths
Number of Deaths from Prescription Opioid Pain Relievers

Source: National Center for Health Statistics, CDC Wonder
Overdose deaths rising in all 50 states

Drug and opioid overdose deaths per 100,000 people (age-adjusted), 1999-2014

- 1.9-7.5
- 7.5-11.5
- 11.5-15.5
- 15.5-21.5
- 21.5-30.3
- Unavailable
America’s Opioid Crisis

The stunning spread of the opioid painkiller and heroin epidemic in two maps over 10 years.

Drug mortality, 2005

Drug mortality, 2014

A challenge for cities, counties and states

The rise in prescription opioid and heroin addiction is causing an increase in overdoses as well as more cases of HIV/AIDS and hepatitis C.

Deaths from opioids

78 Americans die every day from an opioid overdose.

National overdose deaths

All prescription drugs

Total

Male

Female

2008

2014

Rural

26,234

Urban

15,091

Sources: Centers for Disease Control and Prevention, National Institutes of Health

Powered by Socrata
Vulnerable Age

Opioid deaths per 100,000 for both students and nonstudents between ages 15 and 24.

- Heroin
- Synthetic opioids including tramadol and fentanyl
- Natural and semi-synthetic opioids including morphine, codeine and oxycodone

Note: Some individuals die with multiple drugs in their systems
Source: Centers for Disease Control and Prevention

THE WALL STREET JOURNAL.
Death Rate per 100,000 from 2002 to 2014

Death rate per 100,000

- 0-4
- 4.1-8
- 8.1-12
- 12.1-16
- 16.1-20
- 20+

2002 | US: 23,518 deaths | 8.2 per 100,000
Risk of Continuing Opioid Use by Amount of Prescription

Source: CDC
How to Give Nasal Spray Naloxone

1. Pull or pry off yellow caps

2. Pry off red cap

3. Grip clear plastic wings.

4. Gently screw capsule of naloxone into barrel of syringe.

5. Insert white cone into nostril; give a short, vigorous push on end of capsule to spray naloxone into nose: one half of the capsule into each nostril.

6. If no reaction in 2-5 minutes, give the second dose.
Figure 5. Relationship between Overdose Deaths, Drug Hospitalizations, and Child Welfare Caseload Rates, 2011-2016

Note: All results are statistically significant, $p < 0.01$. Each estimate comes from a separate model. Sample sizes range from 14,539 to 14,560 for overdose death rates and from 9,392 to 9,397 for hospitalizations, depending on the specific model. “Substantiated reports” include substantiated investigations and alternative response. More detailed results are shown in Appendix Tables A2 and A3.

Source: Office of the Assistant Secretary for Planning and Evaluation: https://aspe.hhs.gov/child-welfare-and-substance-use
Figure 2. Counties with Rates of Drug Overdose Deaths and Foster Care Entries Both above the National Median in 2016

Sources: CDC/NCHS, National Vital Statistics System, Mortality; HHS/ACF, Adoption and Foster Care Analysis and Reporting System.
In 2015, for the first time, AFCARS provided specific data showing removals due to parental drug and other co-occurring reasons for removal such as neglect, caretaker inability to cope, alcohol abuse of a parent and parent death.

- 5 of the top 10 reasons for removal may be co-occurring with a substance use disorder.
- Because of the way data is collected and reported, these reasons for removal are not mutually exclusive.

**Reason for Removal Related to Parental Substance Use in FY 2016**

<table>
<thead>
<tr>
<th>Reason for Removal</th>
<th># of Children</th>
</tr>
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<tbody>
<tr>
<td>Neglect</td>
<td>166,679</td>
</tr>
<tr>
<td>Drug Abuse Parent</td>
<td>92,107</td>
</tr>
<tr>
<td>Caretaker Inability to Cope</td>
<td>37,857</td>
</tr>
<tr>
<td>Alcohol Abuse Parent</td>
<td>15,143</td>
</tr>
<tr>
<td>Parent Death</td>
<td>2,212</td>
</tr>
</tbody>
</table>

Source: AFCARS