

Collaborating to Lower Opioid Over-Prescribing in LA

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and

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How are we going to tackle this overwhelming challenge, manage chronic pain in our patients and make a difference?

We have to do something!



The NEW ENGLAND JOURNAL of MEDICINE

Perspective
NOVEMBER 18, 2010

A Flood of Opioids, a Rising Tide of Deaths
Susan Okie, M.D.

Faced with an epidemic of drug abuse and overdose deaths involving prescription opioid pain relievers, the Food and Drug Administration (FDA)



Prescription Drugs
KILL MORE PEOPLE THAN HEROIN & COCAINE COMBINED

A hand is shown holding a single blue pill between the thumb and index finger. Below the hand is a 3D bar chart with several vertical bars of increasing height from left to right. A thick red arrow curves upwards from the bottom left towards the top right, pointing towards the highest bar in the chart. The entire graphic is set against a light blue background with a grid pattern.

Intro to Kaiser Permanente

- Founded in 1945, Kaiser Permanente is one of the nation's largest not-for-profit health plans, serving more than 9.1 million members across 8 regions nationwide
- 38 hospitals
- 630 medical offices
- 18,652 physicians
- 189,302 Employees



KP Southern California

- 4.3 million members
- 13 service areas
- Over 7,000 physicians
- 135 medical office buildings
- 14 Kaiser Foundation Hospitals
- Over 130 licensed pharmacies



Framework for Safe & Appropriate Opioid Prescribing

- 1. Leadership & Accountability**
- 2. Organize**
- 3. Guidelines (evidence-based)**
- 4. Educational plan**
- 5. P&Ps and Protocols**
- 6. Clinical Decision-support**

- 8. Care Delivery Design**
- 9. Pharmacy Operations**
- 7. Data, Analysis, & Reporting**
- 9. Member Services**
- 10. Community Collaboration**

KP SCAL Results- Improvements in Opioid



Utilization: Since January, 2010

- **85+% reduction** -- OxyContin (oxycodone LA) prescribing
- **75% reduction** -- Opana ER (hydromorphone) prescribing
- **31% reduction** - patients on ≥ 120 MED/day of opioids
- **27% reduction** - patients on ≥ 100 MEDs/day of opioids (2015-2016)
- **94% reduction** in "Trinity" prescribing (opioid + benzodiazepine + carisoprodol)



Building the LA County Prescription Drug Abuse Medical Task Force (PDAMTF) -- 2014



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All 78 ED's in
LA County
adopted
AAEM
Guidelines
(2013) and
patient
handouts
March, 2015

SAFE PAIN MEDICINE PRESCRIBING IN EMERGENCY DEPARTMENTS

We care about you. Our goal is to treat your medical conditions, including pain, effectively, safely and in the right way.

Pain relief treatment can be complicated. Mistakes or abuse of pain medicine can cause serious health problems and death.

Our emergency department will only provide pain relief options that are safe and correct.



For your SAFETY, we follow these rules when helping you with your pain.

1. We look for and treat emergencies. We use our best judgment when treating pain. These recommendations follow legal and ethical advice.
2. You should have only ONE provider and ONE pharmacy helping you with pain. We do not usually prescribe pain medication if you already receive pain medicine from another health care provider.
3. If pain prescriptions are needed for pain, we will only give you a limited amount.
4. We do not refill stolen prescriptions. We do not refill lost prescriptions. If your prescription is stolen, please contact the police.
5. We do not prescribe long acting pain medicines such as: OxyContin, MSContin, Fentanyl (Duragesic), Methadone, Opana ER, Exalgo, and others.
6. We do not provide missed doses of Subutex, Suboxone, or Methadone.
7. We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
8. Health care laws, including HIPAA, allow us to ask for all of your medical records. These laws allow us to share information with other health providers who are treating you.
9. We may ask you to show a photo ID when you receive a prescription for pain medicines.
10. We use the California Prescription Drug Monitoring Program called CURES. This statewide computer system tracks opioid pain medications and other controlled substance prescriptions.

If you need help,
please call 2-1-1 and ask for
information on treatment services
for drug use disorders.

Emergency Departments
throughout Los Angeles County
have agreed to participate in this
important program.

To discuss safer and more helpful
chronic pain treatment options,
please schedule an appointment
with your treating physician.



Creation of Safe Med LA Coalition



Prescription Drug
Abuse **Medical Task
Force** of LAC



*More information on the Los Angeles County Prescription Drug Abuse Strategic Plan and Safe Med LA is available at:
<http://publichealth.lacounty.gov/sapc/Plan/StrategicPlan.htm>



Coalition Members

Cross-sector, public-private representation*:

- **County Departments** (Health Services, Mental Health, Public Health, Public Works, Sheriff's)
- **Health Plans** (LA Care, Health Net, Kaiser Permanente, Blue Shield of California, Care 1st, Molina, Anthem Blue Cross, Cigna, etc.)
- **Healthcare Organizations** (Community Clinic Association of Los Angeles County, LA County Medical Association, Hospital Association of Southern California, LA Dental Society, Health Services Advisory Group, etc.)
- **Health Providers** (LAC DHS, UCLA Health System, KP, HealthCare Partners, LA LGBT Center, Exer Urgent Care, Venice Family Clinic, AltaMed, Facey, Providence, US HealthWorks, etc.)
- **Behavioral Health Providers** (Tarzana Treatment Centers, Behavioral Health Services, Protoypes, JWCH Institute, LA Community Health Project, Homeless Health Care Los Angeles, etc.)
- **Others** (City of Long Beach, City of Pasadena, etc)

***Note:** Above list of Safe Med LA participants is not exhaustive



9 Action Teams

Safe Med LA Coalition





Safe Prescribing Medical Practice Action Team (MPAT)

- ED Prescribing Initiative
- Urgent Care Prescribing Initiative
- Medical (and Dental) Prescribing Initiative

Goal: Expand from EDs to Urgent Care Clinics

From EDs to Urgent Care

SAFE PAIN MEDICINE PRESCRIBING IN EMERGENCY DEPARTMENTS

We care about you. Our goal is to treat your medical conditions, including pain, effectively, safely and in the right way. Pain relief treatment can be complicated. Mistakes or abuse of pain medicine can cause serious health problems and death. Our emergency department will only provide pain relief options that are safe and correct.

For your SAFETY, we follow these rules when helping you with your pain.

1. We seek for your best emergency care. We use our best judgment when treating pain. These recommendations follow legal and ethical advice.
2. You should have only one provider and one pharmacy helping you with pain. We do not usually prescribe pain medication if you already receive pain medicine from another health care provider.
3. If pain prescriptions are needed for pain, we will only give you a limited amount.
4. We do not refill stolen prescriptions. We do not refill lost prescriptions. If your prescription is stolen, please contact the police.
5. We do not prescribe long acting pain medicines such as Oxycodone, MPOcodone, Fentanyl (Duragesic), Methadone, Opium ER, Exalgo, and others.
6. We do not provide missed doses of Subutex, Suboxone, or Methadone.
7. We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
8. Health care laws, including HIPAA, allow us to ask for all of your medical records. These laws allow us to share information with other health providers who are treating you.
9. We may ask you to show a photo ID when you receive a prescription for pain medicines.
10. We use the California Prescription Drug Monitoring Program called CURES. This statewide computer system tracks opioid pain medications and other controlled substance prescriptions.



If you need help, please call 2-1-1 and ask for emergency services or call your provider for drug use disorders.

Emergency Departments throughout Los Angeles County have agreed to participate in the Treatment Program.

To discuss safety and more helpful chronic pain treatment options, please schedule an appointment with your treating physician.



SAFE PAIN MEDICINE PRESCRIBING IN URGENT CARE CENTERS

We care about you. Our goal is to treat your medical conditions, including pain, effectively, safely and in the right way. Pain relief treatment can be complicated. Mistakes or abuse of pain medicine can cause serious health problems and death. Our Urgent Care will only provide pain relief options that are safe and correct.



For your SAFETY, we follow these rules when helping you with your pain.

1. We use our best judgment when treating pain. These recommendations follow legal and ethical advice.
2. You should have only one provider and one pharmacy helping you with pain. We do not usually prescribe pain medication if you already receive pain medicine from another health care provider.
3. If pain prescriptions are needed for pain, we will only give you a limited amount.
4. We do not refill stolen prescriptions. We do not refill lost prescriptions. If your prescription is stolen, please contact the police.
5. We do not prescribe long acting pain medicines such as Oxycodone, MPOcodone, Fentanyl (Duragesic), Methadone, Opium ER, Exalgo, and others.
6. We do not provide missed doses of Subutex, Suboxone, or Methadone.
7. We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
8. Health care laws, including HIPAA, allow us to ask for all of your medical records. These laws allow us to share information with other health providers who are treating you.
9. We may ask you to show a photo ID when you receive a prescription for pain medicines.
10. We use the California Prescription Drug Monitoring Program called CURES. This statewide computer system tracks opioid pain medications and other controlled substance prescriptions.

If you need help, please call 2-1-1 and ask for information on treatment services for drug use disorders.

Urgent Care throughout Los Angeles County have agreed to participate in this important program.

To discuss safer and more helpful chronic pain treatment options, please schedule an appointment with your treating physician.



All 78 EDs in LA County → to Urgent Care Clinics (281 identified)

Urgent Care Initiative

TOOLKIT: Safe Pain Medicine Prescribing in Emergency Departments and Urgent Care Centers

SAFE PAIN MEDICINE PRESCRIBING IN URGENT CARE CENTERS

We care about you. Our goal is to treat your medical conditions, including pain, effectively, safely and in the right way. Pain relief treatment can be complicated. Mistakes or abuse of pain medicine can cause serious health problems and death. Our Urgent Care will only provide pain relief options that are safe and correct.



For your SAFETY, we follow these rules when helping you with your pain.

1. We use our best judgment when treating pain. These recommendations follow legal and ethical advice.
2. You should have only ONE provider and ONE pharmacy helping you with pain. We do not usually prescribe pain medication if you already receive pain medicine from another health care provider.
3. If pain prescriptions are needed for pain, we will only give you a limited amount.
4. We do not refill stolen prescriptions. We do not refill lost prescriptions. If your prescription is stolen, please contact the police.
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7. We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
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9. We may ask you to show a photo ID when you receive a prescription for pain medicines.
10. We use the California Prescription Drug Monitoring Program called CURES. This statewide computer system tracks opioid pain medications and other controlled substance prescriptions.

If you need help, please call 2-1-1 and ask for information on treatment services for drug use disorders.

Urgent Care throughout Los Angeles County have agreed to participate in this important program.

To discuss safer and more helpful chronic pain treatment options, please schedule an appointment with your treating physician.



Safe Med LA: Safe Prescribing
Medical Practice Action Team

www.SafeMedLA.org

80+ Urgent Care Clinics from 11 Provider Groups/Delivery Systems (2016)

- AltaMed
- Care 1st
- Exer
- Facey
- Health Care Partners
- KP/SCPMG
- LAC DHS
- Molina
- Providence
- UCLA
- US HealthWorks

Medical (Dental) Practice Initiative

Provider Groups/Delivery Systems

Health Plans

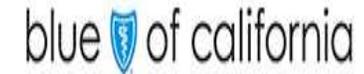
Centers for Disease Control and Prevention
MMWR Morbidity and Mortality Weekly Report
Early Release / Vol. 65 March 15, 2016

CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016



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LA-AFP, LA-ACP, CAPG





SAFE MED LA

Working Together to Reduce Prescription Drug Abuse and Overdose Deaths

www.safemedla.org

EMERGENCY DEPARTMENT (ED) & URGENT CARE (UC) SAFE PRESCRIBING

Goal: Engage all ED's and UC's in Los Angeles County to adopt and implement the [American Academy of Emergency Medicine \(AAEM\) Opioid Prescribing Guidelines](#).

Currently, all ED's and over 80 UC's through Los Angeles County are using the AAEM Guidelines and the following toolkit to support this work:

- > [Emergency Department & Urgent Care Safe Prescribing Toolkit](#)
- > [Safe Prescribing Flyer - Urgent Care](#)
- > [Safe Prescribing Flyer - Emergency Department](#)

MEDICAL PRACTICE SAFE PRESCRIBING

Goal: Engage health plans and health systems to ensure safe prescribing practices consistent with the [CDC Guidelines for Prescribing Opioids for Chronic Pain](#), in support of the **Surgeon General's Call to Action** (www.turnthetide.org).

Safe Med LA plans to enlist all health plans and major provider groups in Los Angeles County to use the following toolkit designed to support this work:

- > [Medical Practice Safe Prescribing Toolkit](#)

DENTAL PRACTICE SAFE PRESCRIBING

Goal: Engage dental practices throughout Los Angeles County to adopt safe pain prescribing in dental settings.

Safe Med LA has partnered with the [Los Angeles Dental Society \(LADS\)](#) to develop an [advisory letter](#) to encourage safe prescribing in dental practice.

- > [Dental Practice Safe Prescribing Toolkit](#)

Toolkit: Safe Pain Medicine Prescribing in Medical Practice

- [Call to Action](#)
- [Organizing to Change](#)
- [Safe Opioid Prescribing Guidelines](#)
- [Physician Education Tools](#)
- [Patient Information](#)
- [Sample Policies, Procedures, & Protocols](#)
- [Clinical Decision Support Resources](#)
- [Pain Management & Substance Use Treatment Resources](#)
- [Coordination with Pharmacy - COMING SOON](#)
- [Data & Performance Measurement](#)
- [CDC Data Brief - Synthetic Opioids and Fentanyl](#)
- [Other References Resources](#)



www.safemedla.org

Total Population : **Opioid Prescriptions by Patient Location** : Age-Adjusted Rate per 1k Residents

Los Angeles County



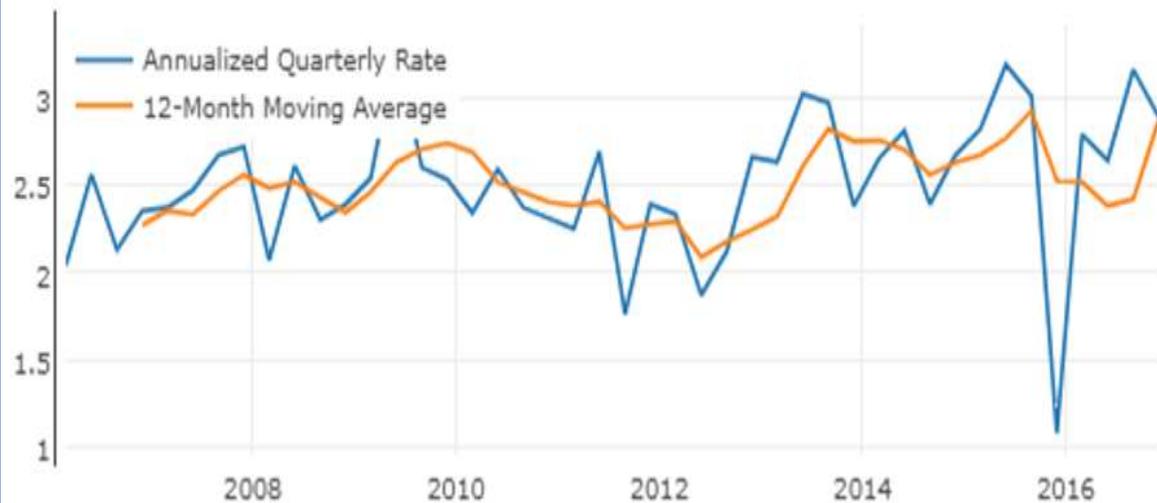
Total Population : **MMEs by Patient Location** : Age-Adjusted Rate per Resident

Los Angeles County



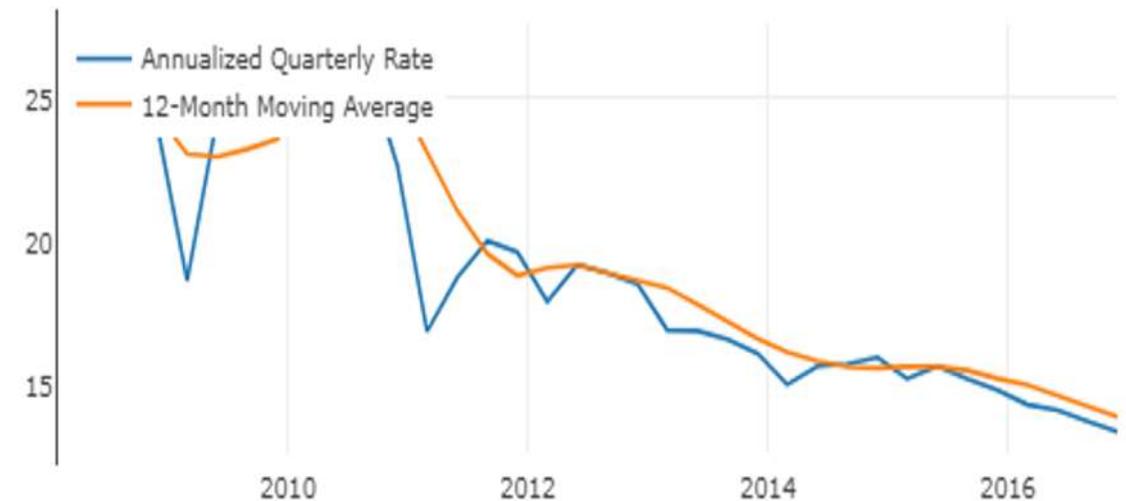
Total Population : **All Opioid Overdose Deaths** : Age-Adjusted Rate per 100k Residents

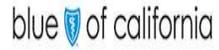
Los Angeles County



Total Population : **Residents on > 90 MMEs of Opioids** : Age-Adjusted Rate per 1k Residents

Los Angeles County





Much More To Do Together