

Training: New Mexico Pharmacist Prescriptive Authority for Naloxone Protocol

New Mexico Pharmacists Association &
Project ECHO
2014

This training fulfills the educational requirement for pharmacists in New Mexico to prescribe Naloxone Hydrochloride under the **Pharmacist Prescriptive Authority for Naloxone Protocol**.

-Approved by the NM Board of Pharmacy, Board of Medical Examiners, and Board of Nursing

Trainers:

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Associate Professor, UNM College of Pharmacy

“The misuse and abuse of prescription medications have taken a devastating toll on the public health and safety of our Nation.... the Centers for Disease Control and Prevention has characterized prescription drug overdose as an epidemic, a label that underscores the need for urgent policy, program, and community-led responses.”

-- R. Gil Kerlikowske
Director of the Office of National Drug Control Policy
Prescription Drug Abuse: Strategies to Stop the Epidemic 2013

Expanding access to naloxone has been supported by:

U.S. Conference of Mayors (2008 Resolution) – sponsored by Santa Fe Mayor David Coss
American Society of Addiction Medicine (Policy Statement 2010)
American Medical Association (2012 Resolution)
American Public Health Association (2012 Resolution)
National Alliance of State and Territorial AIDS Directors (Testimony to FDA, April 2012)

Actions of the 2014 APhA House of Delegates Annual Meeting, March 28-31, 2014

- APhA supports education for pharmacists and student pharmacists to address...appropriate use of opioid reversal agents in overdose...
- APhA supports the development and implementation of state and federal laws and regulations that permit pharmacists to furnish opioid reversal agents to prevent opioid-related deaths due to overdose.
- APhA supports the pharmacist’s role in selecting appropriate therapy and dosing and initiating and providing education about the proper use of opioid reversal agents to prevent opioid-related deaths due to overdose.

Exploring Naloxone Uptake and Use; Public Meeting; Request for Comments (APhA)

- **Cost:** For many patients, cost can be a significant barrier in accessing health care resources. In order to encourage patients and caregivers to obtain naloxone products, it is essential that payer policies allow for coverage of this potentially lifesaving product. Insurance coverage of naloxone varies, but some plans have implemented prior authorization requirements, limiting immediate access even with a prescription

Exploring Naloxone Uptake and Use; Public Meeting; Request for Comments (APhA)

- Education: State pharmacy associations and other pharmacy stakeholders have already begun to develop naloxone educational programs for pharmacists. We encourage the development, dissemination, and incentivization of naloxone-related education to patients and caregivers as well as to all members of the health care team.

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Exploring Naloxone Uptake and Use; Public Meeting; Request for Comments (APhA)

- Pharmacist Scope of Practice: Several states have turned to pharmacists to increase patient access through pharmacist prescribing of naloxone. Some states have taken the approach of instituting a statewide protocol while others have implemented programs that use existing pharmacist collaborative practice authority. Still others have authorized pharmacists to dispense naloxone without a prescription. It is important to note that changes in scope may not automatically mean patients will have coverage by government and private payers.

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Part 1: Opioids and Overdose in the U.S. and New Mexico

Learning Objectives

- To review national and state data on prescription opioid misuse/abuse
- To review data on opioid overdose in New Mexico
- To learn about the history of Naloxone use in treating overdose in New Mexico

PRESCRIPTION OPIOID ABUSE: NATIONAL DATA

In the United States:

- On average, 50 people die from prescription pain medication overdoses every day.
- Prescription pain medication is responsible for more than 475,000 visits to emergency rooms every year.
- Drug poisoning deaths — the majority of which are related to prescription drugs — surpassed traffic-related crashes as the leading cause of injury death in 2009.

Prescription Drug Abuse: Strategies to Stop the Epidemic 2013
Trust for America's Health, October 2013

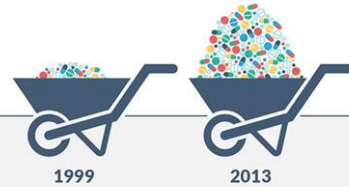
In 2010

1 in 20 people in the US (age 12 or older) reported using prescription painkillers for nonmedical reasons in the past year.

Enough prescription painkillers were prescribed in 2010 to medicate every American adult around-the-clock for a month.

Prescription Painkiller Overdoses in the US
Vital Signs, CDC, November 2011

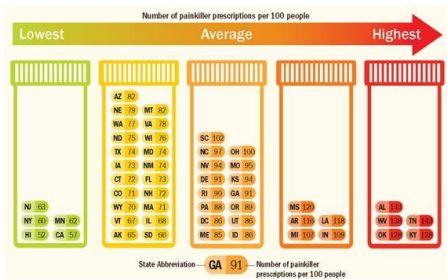
From 1999 to 2013,
the amount of prescription painkillers prescribed & sold in the U.S. nearly **QUADRUPLED**.



1999 2013

Yet there has not been an overall change in the amount of pain that Americans report.

Health care providers in different states prescribe at different levels



Making a Difference: State Success



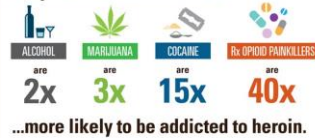
Heroin use is part of a larger substance abuse problem.

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...

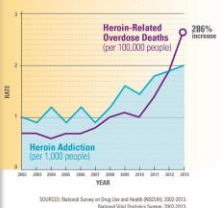


SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013

Heroin Use Has INCREASED Among Most Demographic Groups

	2002-2004*	2011-2013*	% CHANGE
SEX			
Male	2.4	3.6	50%
Female	0.8	1.6	100%
AGE YEARS			
12-17	1.8	1.6	-
18-25	3.5	7.3	109%
26 or older	1.2	1.9	58%
RACE/ETHNICITY			
Non-Hispanic white	1.4	3	114%
Other	2	1.7	-
ANNUAL HOUSEHOLD INCOME			
Less than \$20,000	3.4	5.5	62%
\$20,000-\$49,999	1.3	2.3	77%
\$50,000 or more	1	1.6	60%
HEALTH INSURANCE COVERAGE			
None	4.2	6.7	60%
Medicaid	4.3	4.7	-
Private or other	0.8	1.3	63%

Heroin Addiction and Overdose Deaths are Climbing



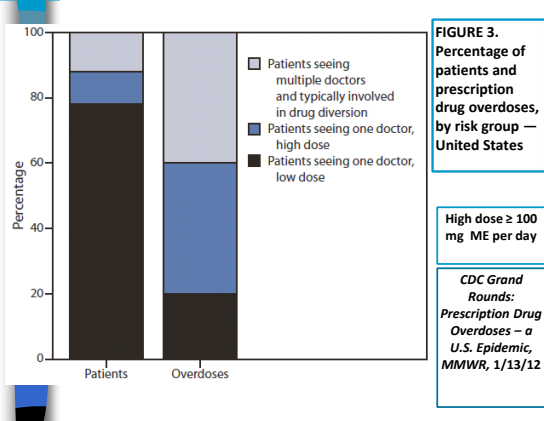
SOURCE: National Survey on Drug Use and Health (NSDUH), 2002-2013; National Vital Statistics System, 2002-2013

EVERY DAY
44 PEOPLE In the U.S.
DIE FROM OVERDOSE
of prescription painkillers
...and many more become addicted

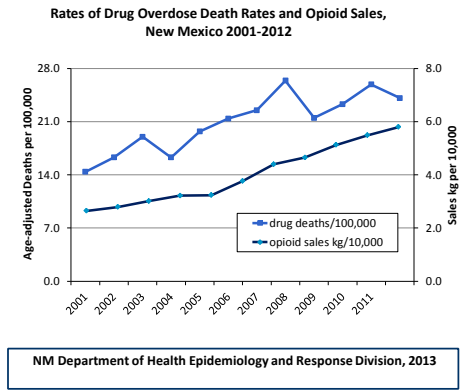
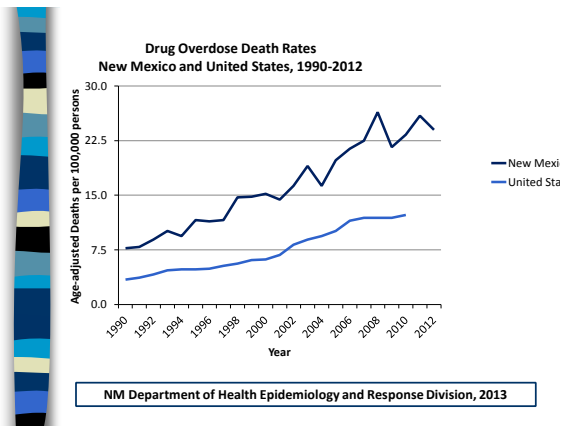
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Americans use 80% of the global supply of opioids and 99% of hydrocodone, but make up only 4.6% of the world's population.

Institute of Addiction Medicine, Inc.



Opioid Overdose in New Mexico: a long history



NM drug-induced death rate 2007: The Turning Point

- In 2007, the number of deaths from **prescription drugs** in NM exceeded the number of deaths from illicit drugs.
- In 2007, poisoning surpassed motor vehicle accidents as the #1 cause of unintentional injury death in NM.



Photo: US Marine Corps. Wikimedia Commons

The State of Health in New Mexico 2013, NM Department of Health

Drug-Induced Death Rate: NM Ranks #2

- In 2010, **NM** ranked **2nd** in the nation for age-adjusted death rate from drug-induced causes with **24.3 deaths per 100,000**, exceeded only by West Virginia (29.3).
- The **national** drug-induced death rate was **12.9 per 100,000**.

Murphy, SL, Xu, J, and Kochanek, KD. Deaths: Final Data for 2010, National Vital Statistics Report, Volume 61, Number 4, CDC, 5/8/13

In 2010, the most common drug types causing overdose death in NM were **prescription opioids, heroin, cocaine, benzodiazepines, muscle relaxants, and antidepressants.**

The State of Health in New Mexico 2013, NM Department of Health

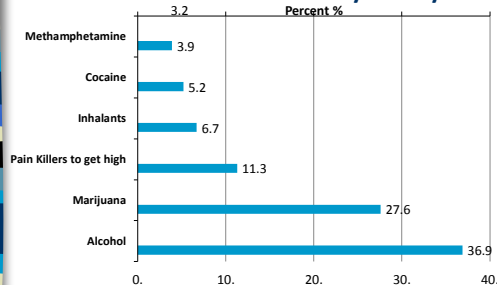
NOTE: Although alcohol is not included in the list above, it is a contributing factor in many OD deaths.

TEENS AND DRUG USE



Author: Amorescott. Wikimedia Commons

**Past 30 Day Drug Use Grades 9 – 12
2011 NM Youth Risk & Resiliency Survey**



Compared with high school students across the country, New Mexico teens rank:

- ✦ **2nd** (tied with Georgia) for highest rates of “ever used heroin” (4.7%)
- ✦ **6th** for “lifetime use of a prescription drug without a doctor’s prescription” (20.2%).

Youth Risk Behavior Surveillance – United States, 2011, MMWR, June 8, 2012, Surveillance Summaries, Vol. 61, No. 4.

A Brief History of Naloxone in NM...



Photo: Joanne Black



What is Naloxone?

Naloxone (brand name **Narcan**) is a prescription drug that reverses the effects of an opioid overdose by blocking the opioid's action on the brain and restoring breathing.

Naloxone's only purpose is to **reverse overdose**; it is not a "recreational" drug and does not cause a "high." The use of naloxone, in combination with rescue breathing, can save a life.



Los Angeles Times February 2000 "Beautiful Land, Ugly Addictions"

✦ Comparison of heroin overdose death rates per 100,000 people per year from 1996-1998:

- ✦ US national rate: 2.2
- ✦ New Mexico state rate: 9.4
- ✦ Rio Arriba County rate: 35.5

Chimayo is the "heroin capital" of Rio Arriba County, a rural region of 34,000 people with one of the highest rates of drug overdoses in the United States.

New Mexico Overdose Law (2001)

To respond to the highest per capita heroin-related death rate in the nation, NM passed the 1st law which funded statewide OD prevention and Naloxone distribution (administered by the NM Dept. of Health).

The law directs the NM Dept. of Health to:

Develop a program to train lay persons to administer Naloxone to another person in case of opiate overdose.

Approximately 3,000 opioid overdose reversals were reported to the New Mexico Department of Health Harm Reduction Program through 2013.

In the United States – from 1996 through July 2010 – opioid overdose prevention programs in 15 states (including NM) and the District of Columbia reported training and providing naloxone to 53,032 persons, resulting in **10,171 drug overdose reversals using naloxone.**

Community-Based Opioid Overdose Prevention Programs Providing Naloxone — United States, 2010
CDC Morbidity and Mortality Weekly Report, Feb. 17, 2012

"...serious consideration should be given to prescribing naloxone to patients who are at high risk of an inadvertent opioid overdose....A tremendous opportunity exists for pharmacists in helping to reduce opioid-related morbidity and mortality...."

Opioid Harm Reduction Strategies: Focus on Expanded Access to Intranasal Naloxone
 Daniel P. Wermeling, Pharm.D., FCCP, FASHP
 Professor, College of Pharmacy, University of Kentucky
 Pharmacotherapy, Volume 30, Number 7, 2010

when the
PRESCRIPTION
 becomes the
PROBLEM

#RxProblem
 CDC.gov/drugoverdose

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When the Prescription Becomes the Problem

- When the Prescription Becomes the Problem
- Help us tell the stories of the many people whose lives have been affected by prescription painkiller addiction or the death of a loved one. Encourage those in need to seek treatment for addiction. Celebrate others who are already working to change lives, and inspire our communities to improve patient safety and the way we treat pain.
- Write your six-word story or message
- Create an original picture or a video tagged #RxProblem
- Post on Facebook, Instagram and Twitter
- Ask your friends and followers to help raise awareness with you by sharing their six-word story and picture/video

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Resources

- *Prescription Painkiller Overdoses in the US*, Vital Signs, CDC, November 2011
<http://www.cdc.gov/vitalsigns/PainkillerOverdoses/index.html>
- *Policy Impact: Prescription Painkiller Overdoses*, Centers for Disease Control and Prevention, December 2011
- *New Mexico Substance Abuse Epidemiology Profile*, NM Dept. of Health, June 2013
<http://nmhealth.org/ERD/SubstanceAbuse/NMDOH-ERD-SubstanceAbuse-SEOW-2013-EN.pdf>
- *State of Health in New Mexico 2013*, NM Dept. of Health
<http://www.health.state.nm.us/ERD/HealthData/documents/NMDOH-Report-SOHN-2013.pdf>
- *Community-Based Opioid Overdose Prevention Programs Providing Naloxone – United States, 2010*, CDC Morbidity and Mortality Weekly Report, Feb. 17, 2012
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6106a1.htm>
- *Alcohol Abuse Makes Prescription Drug Abuse More Likely*, NIDA Notes, Vol. 21, No. 5, March 2008.



Resources

- CDC Grand Rounds: Prescription Drug Overdoses – a U.S. Epidemic, MMWR, January 13, 2012.
- Murphy, SL, Xu, J, and Kochanek, KD. *Deaths: Final Data for 2010*, National Vital Statistics Report, Volume 61, Number 4, Centers for Disease Control and Prevention, May 8, 2013.
- Prescription Drug Abuse: Strategies to Stop the Epidemic 2013, Trust for America's Health, October 2013.
<http://healthyamericans.org/assets/files/TFAH2013RxDrugAbuseRptFINAL.pdf>
- DrugFacts: Prescription and Over-the-Counter Medications, NIDA, May 2013 <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>
- Wermeling, DP. *Opioid Harm Reduction Strategies: Focus on Expanded Access to Intranasal Naloxone*, Pharmacotherapy, Vol. 30, No. 7, 2010