

The Opioid Crisis

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Jarrett Brown, MD

Crystal Kucuk, DO



Disclosure

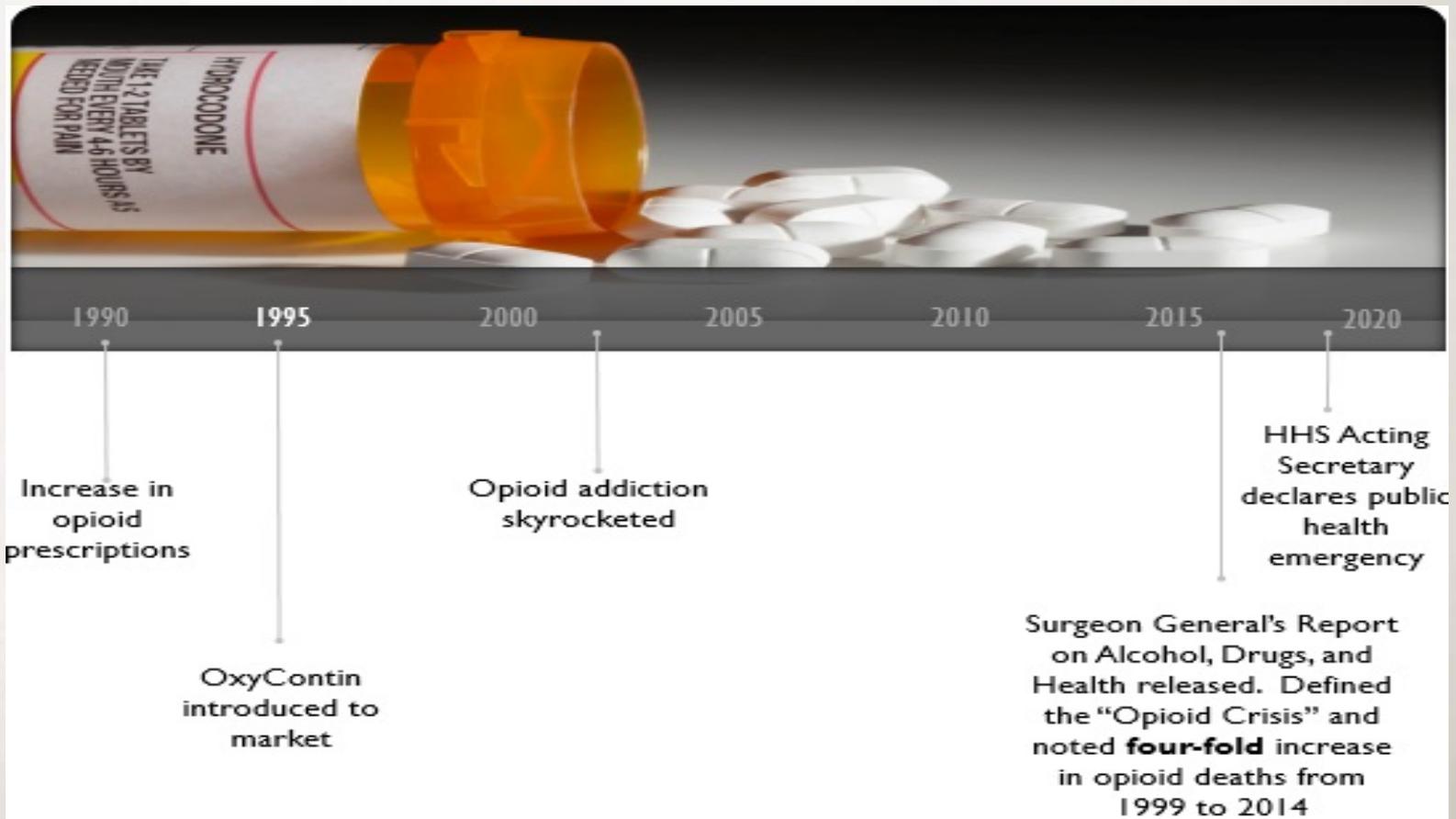
Dr. Jarrett Brown, Dr. Crystal Kucuk and advisor, Dr. Erin Kavanaugh have indicated that they have no financial conflicts of interest relevant to this presentation.



Objectives

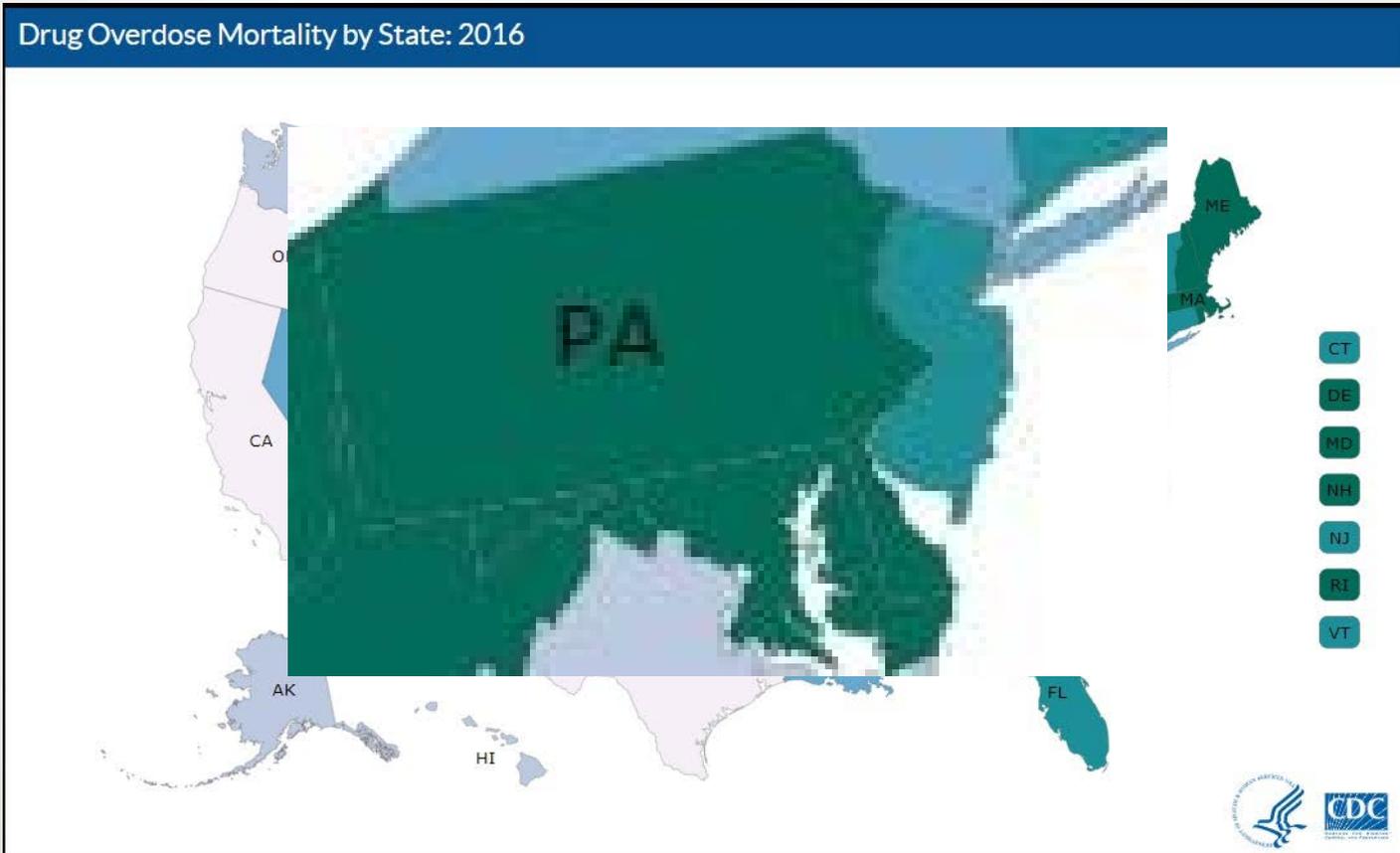
- **Define the opioid crisis**
- **Review current data**
- **Review the legal history of combating drugs**
 - How did we get here
- **Discuss the role of the physician**
- **Discuss current and future management options for individuals with opioid addiction**

What is “The Opioid Crisis”?



Where is it?

Drug Overdose Mortality by State: 2016





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 heroin¹



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



CHRISTIANA CARE
HEALTH SYSTEM

Statistics in Delaware

Delaware Police: Heroin Cause Of 3 Deaths In 2-Hour Span

December 13, 2017 at 2:53 pm

Reports: Two Overdose Victims Saved By DSP Troopers On Kirkwood Highway

BY STAFF WRITER • PUBLISHED JULY 31, 2017 • UPDATED JULY 31, 2017

Overdose spike kills 11 in Delaware over Thanksgiving weekend

Brittany Horn, The News Journal

Published 3:19 p.m. ET Nov. 27, 2017 | Updated 5:53 p.m. ET Nov. 27, 2017

100

Delaware sees 105 percent increase in overdose-related visits to emergency rooms

Brittany Horn, The News Journal

Published 4:59 p.m. ET March 6, 2018 | Updated 5:59 p.m. ET March 6, 2018

WHY?

PAIN ASSESSMENT TOOL



No Pain

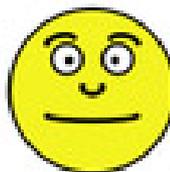
Mild

Moderate

Severe

Very Severe

Worst Pain Possible



0

1-3

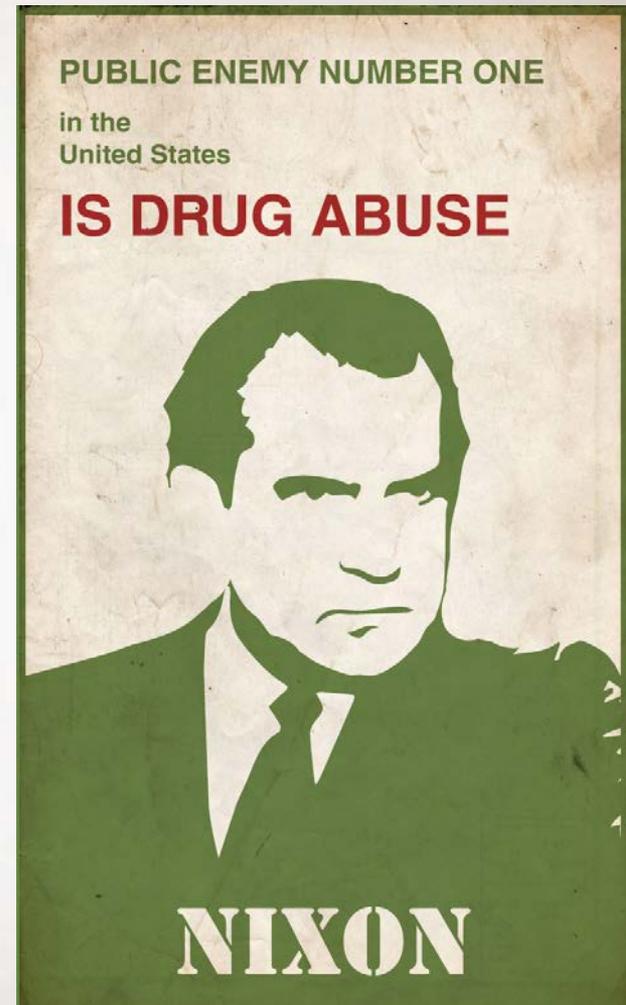
4-6

7-9

10

A Legal History

- **“The War on Drugs”**
 - June 1971
 - Mandatory sentencing
 - Populist opinion changing
 - \$51B annually
- **D.A.R.E**
 - Founded 1983
 - Education, prevention
 - 2002 - Project ALERT
- **Early 2000s**
 - Effort increases
 - Results don't change
 - State reform



Mandatory Minimums

- **Mandatory prison sentences**
 - What happens after incarceration
 - ...or reintroduction to society?
 - Who is really being targeted?

Triggering Thresholds for Common Controlled Substances		
21 U.S.C. § 841	5-year Mandatory Minimum	10-year Mandatory Minimum
Heroin	100 G	1 KG
Powder Cocaine	500 G	5 KG
Cocaine Base (crack)	28 G	280 G
Marijuana	100 KG	1,000 KG

Mandatory Minimums

- **The Power Shift**
 - Judges with less control
 - Prosecutor negotiating
 - Higher level criminals with more leverage
 - 95% of federal drug defendants plead guilty
- **2011 U.S. Sentencing Commission Report**
 - 23.0% - Couriers
 - 21.2% - Wholesalers of any amount
 - 17.2% - Street-level
 - 10.9% - “High-level” suppliers, importers
 - 2.2% - Managers or supervisors

Follow The Money

- **Federal Prison Budget**
 - \$3.7B in 2000
 - \$5B in 2006
 - \$7B in 2017
- **Homelessness**
 - 2016 budget of \$5.5B
 - More than half a million homeless in U.S.
- **Mental Health**
 - 43M American adults with disorder that impedes ADLs
 - 10M with “serious mental illness”
 - SAMHSA
 - Mission: “Reduce the impact of substance abuse and mental illness on American's communities”
 - 2018 budget - \$0.9B



Platzspitz aka “Needle Park”

- **1990 - 3,000 addicts per day**
 - A new city council is elected
 - Reform:
 - More beds at withdrawal centers, shelters
 - Creating mobile needle exchanges
 - New treatment centers
 - Housing for recovering addicts
- **1992 - Methadone**
 - Heroin distribution under medical supervision
 - Heroin price drops from 400 francs/gram to 100
 - Ranges 50-100 by 1993
- **1995 - Final “drug camp” closes**
- **Today - 70% of heroin addicts in substitution programs**







El Campamento

- “One of the largest open-air drug markets on the East Coast”
- Patrick J. Trainor, DEA
- 2016 - 907 overdose deaths in Philadelphia
 - 80% from opioids
- June 2017 - city officials sign cleanup agreement
 - Police: additional 30 bicycle officers to patrol area, more officers assigned to the narcotics strike force
 - Clean up: dispose of needles, clear vegetation, remove trash
 - Construction: install structures to discourage future encampments
 - Social: \$250,000 for FY2018 for supportive **housing** resources
- **How do we battle this epidemic?**

PUBLIC HEALTH PRACTICE PARADIGMS

ACUTE HEALTH EVENT CONTROL AND PREVENTION

3

Prevent
life-threatening
adverse
outcomes

SNEPs
Naloxone
Ignition Interlock

CHRONIC DISEASE SCREENING AND MANAGEMENT

2

Diagnose and
treat addictions
and substance
use disorders

Screening and Treatment
Remove Stigma
Understanding of
Addiction as a Chronic
Condition of the Brain

ENVIRONMENTAL CONTROLS AND SOCIAL DETERMINANTS

1

Reduce the need
to self-medicate,
control access
to addictive
substances,
and promote
protective
factors

Taxation Age Restrictions
Limited Advertising Prevention of ACEs
Personal and Community Resiliency
Adolescent Risk Reduction Promote Mental Wellness
Effective PDMPs and Use of Data
Rational Pain Management Judicious Prescribing

Treatments for chronic pain

- **Non-pharmacologic**
 - physical therapy
 - CBT and relaxation techniques
 - exercise and strength training
 - acupuncture
 - hypnosis
 - OMT
- **Pharmacologic treatments**
 - NSAIDs
 - acetaminophen
 - SNRIs, TCAs
 - gabapentin, pregabalin
 - suboxone, methadone
- **Multidisciplinary therapy**

Resources for healthcare providers

- **HELP is here**
 - helpisherede.com
- **CDC's guidelines for prescribing opioids in chronic pain**
 - <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>
- **SAMHSA**
 - <https://www.samhsa.gov/>



Current Treatment Options

- **Methadone**
 - Legal since 1947
 - Treatment as we think of it in place since **1971**
 - 2001 - The number of deaths from methadone overdose equals the number from all of the 1990s
 - 245,000 in treatment programs in 2010 (SAMHSA)
- **Suboxone (Buprenorphine)**
 - Approved for medical use in **2012**
 - Less respiratory depression risk than methadone
 - Modest evidence for fewer pharmacologic interactions
 - No change in progress to detoxification phase
 - Retention rate without significant difference

Safe Injection Sites

- A dedicated space to inject heroin
 - Medically-trained staff
 - Sterile supplies and disposal
 - Naloxone in-house
 - Social services available
- EMCDDA Study (European Monitoring Centre for Drugs and Drug Addiction)
- 2017
 - Reductions in shared needles
 - Decrease in drug-related deaths
 - Less emergency service calls related to overdoses
 - Increase enrollment in drug addiction treatment



Safe Injection Sites

- Over 100 facilities in 66 cities around the world
 - Includes Canada, Switzerland and Germany
- **Between the years 2003 to 2006, 46% of drug users at Vancouver's Insite entered rehab**
- Safe-injection sites have been shown to reduce overdose deaths by as much as one-third in the immediate vicinity
- Concern over increased crime by attracting addicts to a focal area - data has not supported this
- Philadelphia estimates it could save \$1.8M on hospitalizations for skin and soft tissue infections

Philadelphia

- January 23rd, 2018
 - City officials approved measures to move forward on the first safe injection site

The Inquirer
DAILY NEWS philly.com

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Health — The opioid crisis

Safe injection site advice for Philadelphia from Seattle: Don't wait to open

Updated: **FEBRUARY 5, 2018** — 7:56 AM EST

The screenshot shows a news article header from 'The Inquirer' with a navigation menu. Below the menu is a black bar with a subscription link and a partially visible 'Never M' link. The article is categorized under 'Health' and 'The opioid crisis'. The main headline is 'Safe injection site advice for Philadelphia from Seattle: Don't wait to open'. The update date is 'FEBRUARY 5, 2018' at '7:56 AM EST'. On the left side of the article header, there are social media sharing icons for Facebook (with a '260' count), Twitter, Tumblr, Email, and Print.



Heroin: Delaware's deadly crisis



Could safe injection sites come to Delaware?

[Read Story](#) | [Brittany Horn](#) | [The News Journal](#)

Is Delaware ready for safe drug injection sites?

[Brittany Horn](#), The News Journal | Published 2:47 p.m. ET March 22, 2018 | Updated 12:04 a.m. ET March 23, 2018

A New Tool Emerging

- A multifaceted approach
- Acknowledging the complicated nature of addiction
- Providing a social, medical network
- Allocating resources



The Old Mentality Still Exists

- **HB2241 - Passed the House 02/2018**
 - Increase mandatory minimum sentences
 - 5 years for 1st time offender, 10 years for repeat
 - Who:
 - Possess a narcotic drug for sale
 - Possess equipment or chemicals, or both, for the purpose of manufacturing a narcotic drug
 - Manufacture a narcotic drug
 - Transport for sale, import into this state, offer to transport for sale or import into this state, sell, transfer or offer to sell or transfer a narcotic drug
 - Who isn't included:
 - Possess or use a narcotic drug
 - **Administer a narcotic drug to another person**
 - Obtain or procure the administration of a narcotic drug by fraud, deceit, misrepresentation or subterfuge

STILL WORK TO DO!

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Figure 1: Drug Prices Reported in Delaware, 2015

Drug	Price	Quantity
Cocaine	\$50 to \$125	gram
	\$1,000 to \$1,400	ounce
	\$30,000 to \$42,000	kilogram
Crack Cocaine	\$100 to \$150	gram
	\$900 to \$1,200	ounce
Heroin	\$5 to \$20	bag (~.015 grams)
	\$30 to \$80	bundle (~13 bags)
	\$75 to \$150	gram
	\$300 to \$600	“log” (~ 10 bundles)
	\$2,500 to \$5,000	ounce
Marijuana		
Domestic	\$120-\$150	ounce
	\$800-\$1,000	pound
BC Bud (Canadian)	\$600	ounce
	\$3,000-\$4,500	pound
Methamphetamine	\$400-\$500	8-ball
	\$1,200 to \$2,700	ounce
Diverted Pharmaceuticals		
Oxycodone 30mg	\$14 to \$30	pill
OxyContin® 80mg	\$22 to \$40	pill
Percocet® 7.5mg	\$8 to \$10	pill
Alprazolam	\$5 to \$7	pill

Source: DEA Philadelphia Field Division

THE CHRISTIANA CARE WAY

We serve our neighbors as respectful, expert, caring partners in their health. We do this by creating innovative, effective, affordable systems of care that our neighbors value.



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