Prescription Drug Deaths:
Diagnosing the problem, prescribing solutions

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• Drug deaths have increased dramatically
• Utah rate higher than U.S.
• Opioids account for large percentage of deaths
Causes – Opioids

• **Prescribers**
  - Increasing prescriptions, amount per prescription, days supply, cumulative dose, and morphine equivalent
  - Prescribing more than needed
  - Lack of education/awareness
  - Pill mills

• **Patients**
  - Drug seeking
  - Sharing
Response Options
(not comprehensive)

• Prescribers
  • Education
  • Use of controlled substance database
  • E-prescribing
  • Prescribing guidelines

• Patients
  • Education – use, disposal
  • Treatment

• Insurers
  • Utilization review
  • Incentives
  • Lock-in
Response Options
(not comprehensive)

• Controlled substance database
  • Accessibility
  • Integration
  • Real-time
  • Interstate
  • Analytics
  • Alerts – automatic and customized
  • Serialized prescription forms
A. Opiate overdose response

1. Standing orders for naloxone (HB 240, Eliason)
2. DOH grants for naloxone or training (HB 192, McKell)
3. Furnish naloxone & train by outreach (HB 238, Moss)
4. Education for disease testing & substance use treatment; needle exchange (HB 308, Eliason)
5. Urge DOH, DHS, & DPS to direct appropriate resources to reduce overdose deaths (HCR 4, Moss)
2016 Legislation

B. Controlled substance database (CSD)

6. Opioid data from CSD to prescriber and dispenser EHR systems (HB 239, McKell)

7. Urge CMS to allow reporting of methadone Rx info for opioid treatment to CSD (HCR 9, Redd)

8. Probation and parole officer access to CSD without warrant (SB 54, Weiler)

9. Add ED overdose and convictions for CS DUI, possession, use, etc. to CS (HB 114, Ward)
10. DOPL notify 3rd party of CS dispensing at patient’s consent request (HB 150, Daw)

11. Medical Examiner notify DOPL of prescribed CS deaths (HB 149, Daw)
12. Insurers may audit substance use treatment providers for fraud; illegal to pay premium of another for personal benefit (HB 259, Hutchings)

13. Urge rescheduling of marijuana from Schedule I to Schedule II (SCR 11, Shiozawa)
D. Requests (not numbered)

- Rescue Medication in Schools (Urquhart)
- Methadone Treatment Amendments (Redd)
- Prescription Take-back Amendments (Shiozawa)
- Joint Resolution on Outdated Prescription Repository (Snow)
- Prescription Drug Abuse Amendments (L. Christensen)
- Drug Screening Amendments (Spendlove)
Supplementary information from the Department of Health
RATES OF OPIOID OVERDOSE DEATHS, SALES AND TREATMENT ADMISSIONS, US 1999 - 2010

Source: Utah Department of Health
1 in 25 adults receive treatment of chronic pain with opioid pain relievers.

Figure 1: States with highest rates of drug overdose fatalities also reported higher sales of opioid pain relievers.

Source: Utah Department of Health
HOW DIFFERENT MISUSERS OF PAIN RELIEVERS GET THEIR DRUGS

Methods and sources for obtaining pain relievers

Recent Initiators
- 9% Bought from friend/relative, dealer, or internet
- 17% Prescribed from 1 or more doctors
- 68% Obtained from friend/relative for free or w/o asking

Occasional Users
- 13% Bought from friend/relative, dealer, or internet
- 17% Prescribed from 1 or more doctors
- 64% Obtained from friend/relative for free or w/o asking

Frequent/Chronic Users
- 28% Bought from friend/relative, dealer, or internet
- 26% Prescribed from 1 or more doctors
- 41% Obtained from friend/relative for free or w/o asking

Types of past-year users

Figure 3: Most people who misuse prescription medicines get them from a friend or family member.

Source: Utah Department of Health
Drug poisoning is the **leading cause** of injury deaths in Utah.
Number of occurrent prescription opioid deaths by year, Utah, 2000-2014

Legislative Appropriations
- FY08-FY10: Two-year Funding to UDOH for Prescription Drug Prevention
- FY16: One-time Funding to UDOH for Prescription Drug Prevention
- FY17: UDOH Building Block in Governor’s Budget

27.6% DECREASE of prescription opioid deaths from 2007 to 2010

26.7% INCREASE of prescription opioid deaths from 2010 to 2014

Key Rx Drug Legislation

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H.B. 137 - Provided two years of funding for UDOH to address Rx opioid deaths.
H.B. 28 - Required controlled substance prescribers to register to use the controlled substance database.
S.B. 61 - Required prescribers renewing or applying for a controlled substance license to take controlled substance prescribing classes.
H.B. 11 - Enabled bystanders to report an overdose without fear of criminal prosecution for illegal possession of a controlled substance or illicit drug.
H.B. 119 - Permitted physicians to prescribe naloxone to third parties. Permitted individuals to administer naloxone without legal liability.

*2014 data is preliminary.
Data Source: Utah Violent Death Reporting System

Source: Utah Department of Health
Questions or Comments?

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