Opioids: Separating the Facts from the Fear

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I have no conflict of interests
Drug Overdose Deaths

The number who die each year from...

- Drug overdoses: 64,026
- Car accidents: 40,200
- Guns: 38,440
- H.I.V.: 6,138

Source: New York Times, The Upshot; Josh Katz; April 14, 2017. Data from: Centers for Disease Control and Prevention, National Center for Health Statistics
California Opioid Overdose Deaths

Number of overdose deaths involving opioids in the California, by opioid category

Source: CDC WONDER
California Opioid Pain Reliever Prescriptions

California rate of overdose deaths involving prescriptions opioids and the opioid prescribing rate

Source: CDC WONDER
California Opioid Rx Statistics

From 2013-2017, California:

- 24% decrease in opioid prescriptions
- 14% increase in buprenorphine prescriptions
- Consecutive years of decreases in prescription-related opioid deaths

California tied for the lowest per capita opioid prescription rate in country
California Approach

- Safe Prescribing
- Naloxone Distribution
- Public Education Campaign
- Local Opioid Safety Coalition
- Access to Treatment, including MAT
Opioid Related Legislation

Over 20 bills in the California Legislature related to opioids in 2018

Over 100 federal proposals related to opioids in 2018 before U.S. Congress
<table>
<thead>
<tr>
<th>Opioid Legislation 2017-2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Opioid prescription limits</td>
</tr>
<tr>
<td>• Co-prescribing opioid antagonist</td>
</tr>
<tr>
<td>• Safe disposal programs</td>
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<tr>
<td>• Opioid recovery centers</td>
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<tr>
<td>• Mandatory e-prescribing</td>
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<tr>
<td>• Mandatory CME</td>
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<tr>
<td>• Safe injection facilities</td>
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<tr>
<td>• PDMP related bills</td>
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<tr>
<td>• First responder training</td>
</tr>
<tr>
<td>• Naloxone access / standing order</td>
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<tr>
<td>• Medication Assisted Treatment</td>
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<tr>
<td>• Opioid prescribing policies</td>
</tr>
<tr>
<td>• Access to treatment via telehealth</td>
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<tr>
<td>• Non-opioid alternatives</td>
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<td>• Fentanyl trafficking</td>
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Opioid Prescription Limits

Laws Setting Limits on Certain Opioid Prescriptions

- **Statutory limit: 14 days**
- **Statutory limit: 7 days**
- **Statutory limit: 5 days**
- **Statutory limit: 3-4 days**
- **Statutory limit: Morphine Milligram Equivalents (MME)**
- **Direction or authorization to other entity to set limits or guidelines**
- **No limits**

Pharmacy and Payor Limits

- Walmart - no more than seven days and 50 morphine milligram equivalents (MME) for initial opioid prescriptions for acute pain

- CVS Caremark – no more than seven-day and 90 morphine milligram equivalents (MME), although prior auth for over 90 MME is available

- CMS Medicare Part D: 7 day supply limit for opioid naïve patients and 90 MME pharmacist alert
Active enforcement using death certificate data to identify opioid pharmaceutical-related deaths.

- Death certificate data from 2012-2013
- 2,692 deaths met criteria
- Used CURES to identify 522 cases for investigation for inappropriate prescribing of opioids
- Plans to obtain data from 2015, 2016 and 2017

Program Summary

<table>
<thead>
<tr>
<th></th>
<th>FY 16-17</th>
<th>FY 17-18</th>
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</thead>
<tbody>
<tr>
<td>Complaints Received</td>
<td>9,619</td>
<td>10,888</td>
</tr>
<tr>
<td>Complaints Closed by Complaint Unit</td>
<td>10,202²</td>
<td>9,421³</td>
</tr>
<tr>
<td>Investigations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cases Opened</td>
<td>1,465¹</td>
<td>1,627⁵</td>
</tr>
<tr>
<td>Cases Closed</td>
<td>1,284</td>
<td>1,414</td>
</tr>
<tr>
<td>Cases Referred to the Attorney General (AG)</td>
<td>425</td>
<td>504</td>
</tr>
<tr>
<td>Cases Referred for Criminal Action</td>
<td>43</td>
<td>36</td>
</tr>
<tr>
<td>Probation Violation Reports Referred to the AG</td>
<td>58</td>
<td>40</td>
</tr>
<tr>
<td>Consumer Inquiries</td>
<td></td>
<td></td>
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<tr>
<td>Consumer Telephone Inquiries</td>
<td>14,955</td>
<td>12,393</td>
</tr>
<tr>
<td>Consumer Jurisdictional Inquiries</td>
<td>8,225</td>
<td>6,816</td>
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</tbody>
</table>

¹ Some cases closed were opened in a prior fiscal year.
² Includes 8,558 complaints closed, 89 referred to Cite and Fine Program, and 1,555 referred to investigations.
³ Includes 7,539 complaints closed, 146 referred to Cite and Fine Program, and 1,736 referred to investigations.
⁴ Includes 331 complaints opened by CIO, and 1,134 opened by HQIU.
⁵ Includes 270 complaints opened by CIO, and 1,357 opened by HQIU.

Source: 2017-2018 Medical Board of California Annual Report.
What about addressing pain?

“The ongoing opioid crisis lies at the intersection of two substantial public health challenges — reducing the burden of suffering from pain and containing the rising toll of the harms that can result from the use of opioid medications.”

Getting to a balance…

“Some stakeholders have interpreted the guideline as intended to broadly reduce the amount of opioids prescribed for treating pain; some experts have noted that the guideline emphasizes the risk of opioids while minimizing the benefit of this medication class when properly managed. The CDC guideline was not intended to be model legislation for state legislators to enact [emphasis added].”

- HHS Pain Management Best Practices Task Force
Future Efforts

- Medical Board of California Guidelines for Prescribing- 2019 Controlled Substances for Pain
- CDPH State Opioid Workgroup - Ongoing
- DHCS Medication Assisted Treatment Expansion Project and Drug Medi-Cal ODS - Ongoing
- CURES Regulations - July 1, 2020
Resources

- CMA Safe Prescribing [https://www.cmadocs.org/safe-prescribing](https://www.cmadocs.org/safe-prescribing)


- Medical Board of California [http://www.mbc.ca.gov/Licensees/Prescribing/](http://www.mbc.ca.gov/Licensees/Prescribing/)

- Controlled Substance Utilization Review and Evaluation System (CURES) [https://oag.ca.gov/cures](https://oag.ca.gov/cures)

- CDC Opioid Overdose [https://www.cdc.gov/drugoverdose/index.html](https://www.cdc.gov/drugoverdose/index.html)
Opioid Prescribing Guidelines

MBC Guidelines for Prescribing Controlled Substances for Pain

CDC Guidelines for Prescribing Opioids for Chronic Pain
https://www.cdc.gov/drugoverdose/prescribing/guideline.html
Thank You

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