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Opioids: Separating the Facts from the Fear

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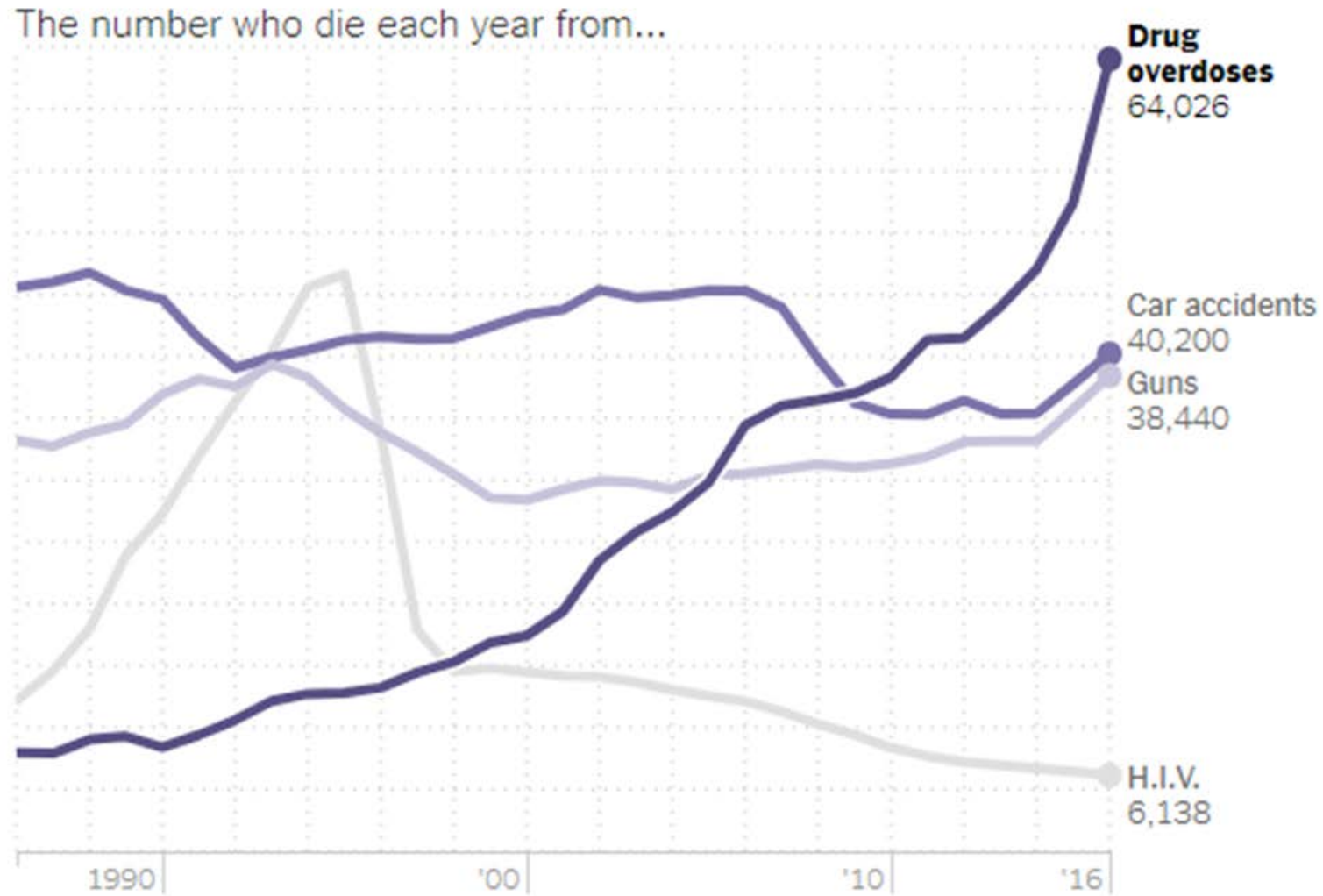


Financial Disclaimer



I have no conflict of interests

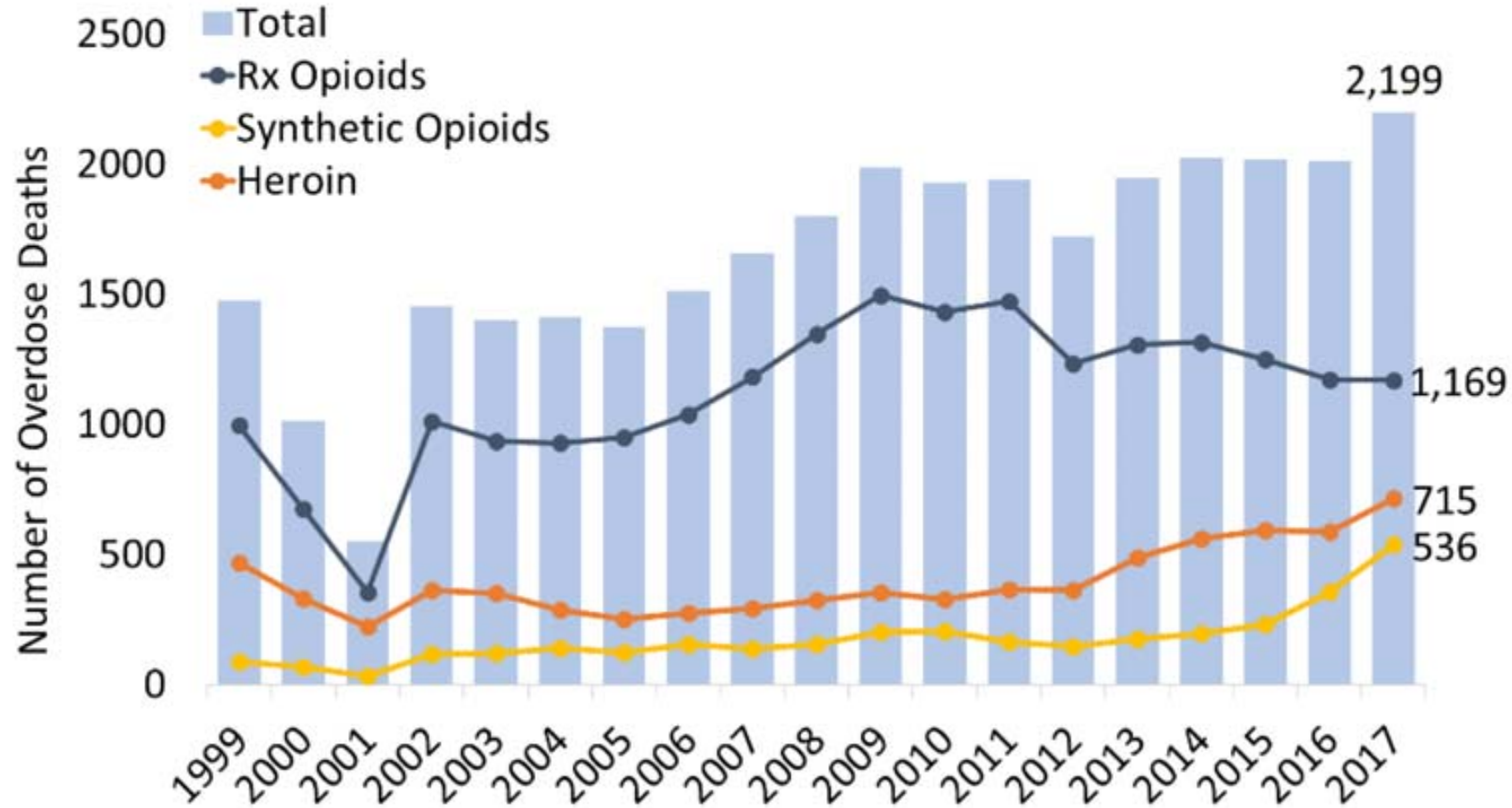
Drug Overdose Deaths



California Opioid Overdose Deaths



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

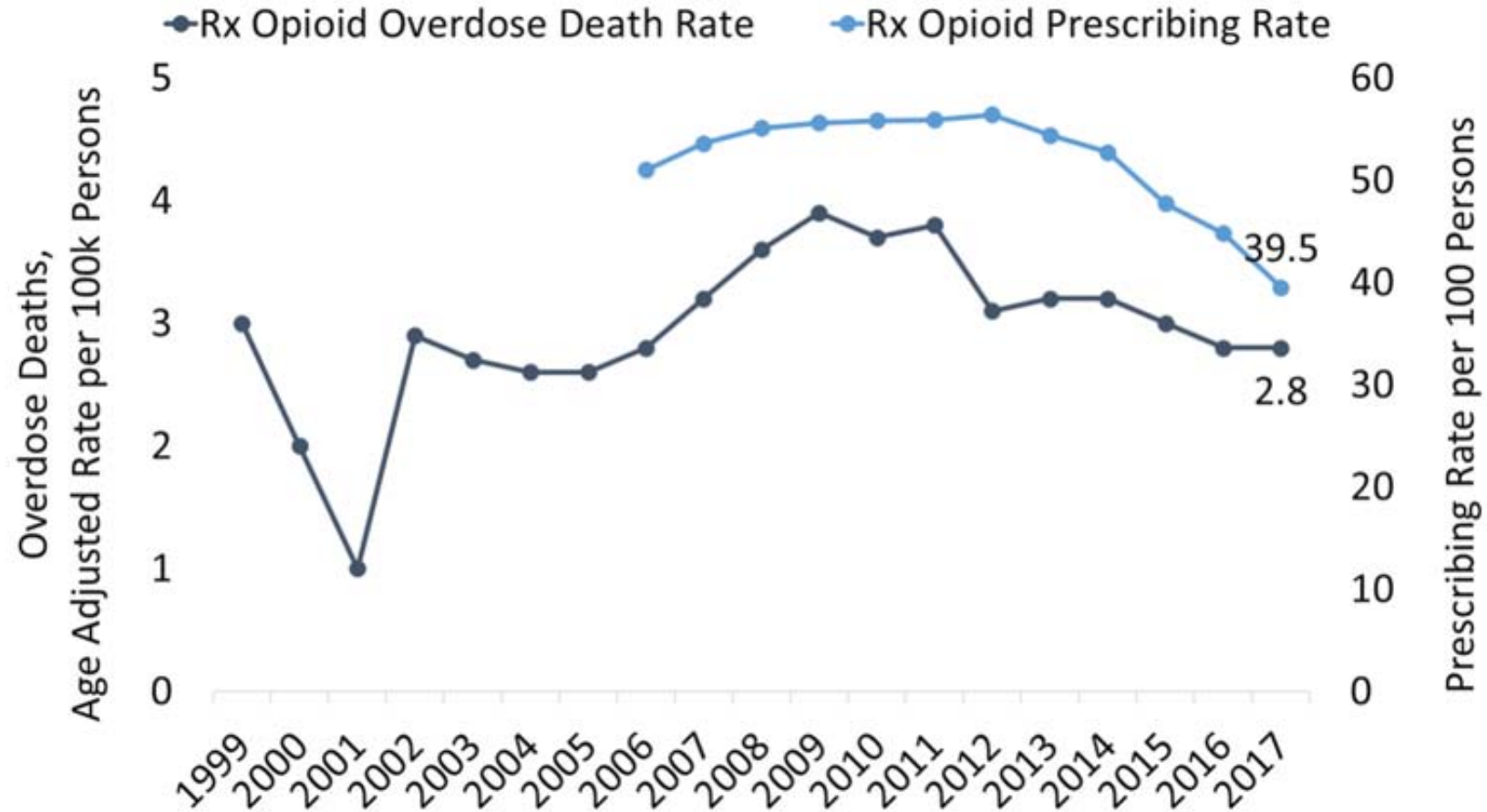


Source: CDC WONDER

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



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

Opioid Related Legislation



Limit painkiller prescriptions to three days, California lawmaker says

BY ALEXEI KOSEFF
akoseff@sacbee.com
February 05, 2018 08:00 AM
Updated February 06, 2018
With California
believes the
Assembly

Over 100 federal proposals related to opioids in 2018 before U.S. Congress

As
Pr

NEWS PROVIDED BY
California State Assemblymember, Autumn Burke →
Feb 21, 2018, 16:47 ET

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SACRAMENTO, Calif., Feb. 21, 2018 /PRNewswire/ -- Asm. Autumn Burke (D-Inglewood) introduced legislation today, AB 2761 that aims to stop the abuse of prescription opioids in minors. This legislation addresses the opioid epidemic by

Opioid Legislation 2017-2018



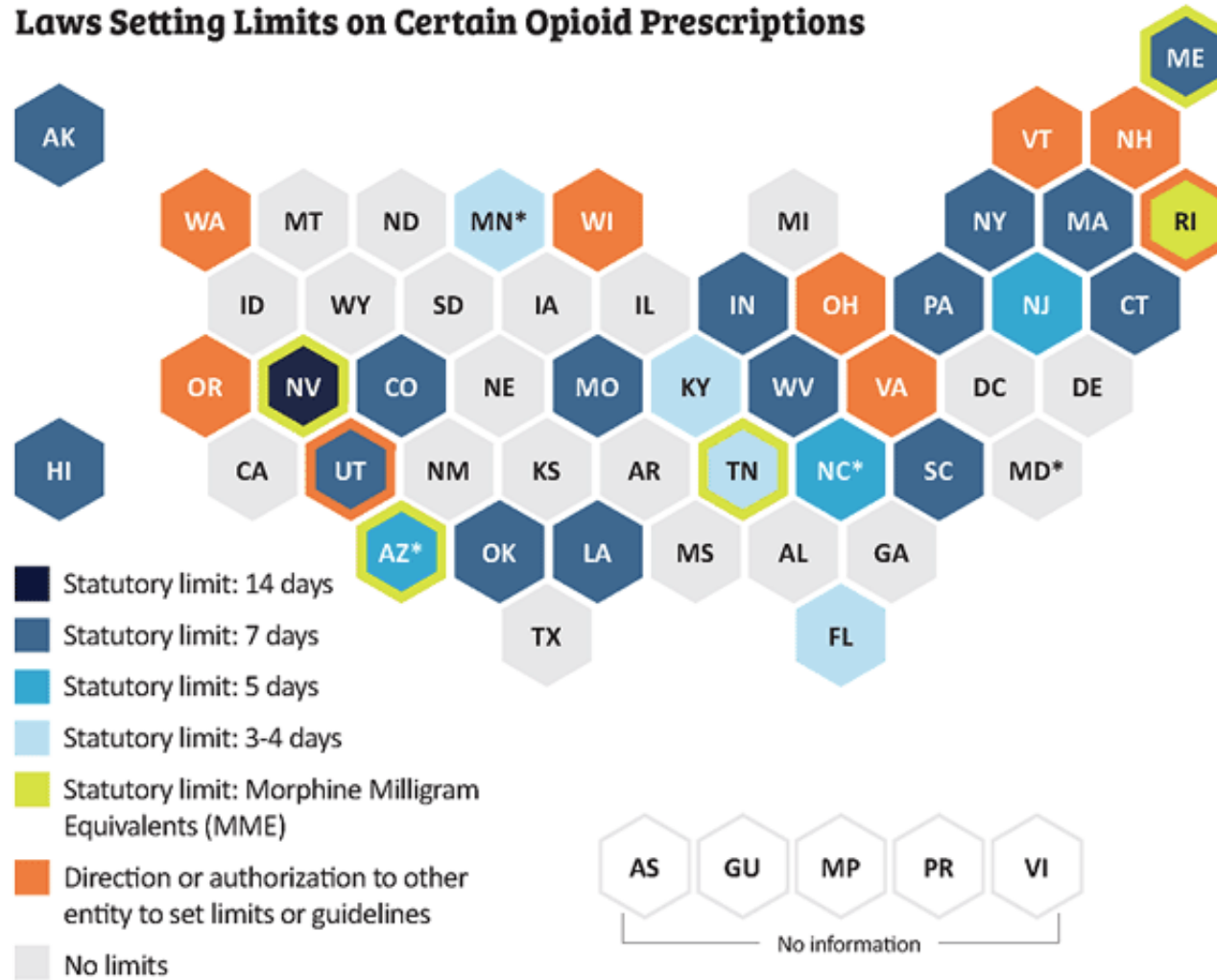
- Opioid prescription limits
- Co-prescribing opioid antagonist
- Safe disposal programs
- Opioid recovery centers
- Mandatory e-prescribing
- Mandatory CME
- Safe injection facilities
- PDMP related bills
- First responder training
- Naloxone access / standing order
- Medication Assisted Treatment
- Opioid prescribing policies
- Access to treatment via telehealth
- Non-opioid alternatives
- Fentanyl trafficking



Opioid Prescription Limits



Laws Setting Limits on Certain Opioid Prescriptions



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

Medical Board Enforcement

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

	FY 16-17	FY 17-18
Complaints¹		
Complaints Received	9,619	10,888
Complaints Closed by Complaint Unit	10,202 ²	9,421 ³
Investigations		
Cases Opened	1,465 ⁴	1,627 ⁵
Cases Closed	1,284	1,414
Cases Referred to the Attorney General (AG)	425	504
Cases Referred for Criminal Action	43	36
Probation Violation Reports Referred to the AG	58	40
Consumer Inquiries		
Consumer Telephone Inquiries	14,955	12,393
Consumer Jurisdictional Inquiries	8,225	6,816

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 HQUI.

⁵ Includes 270 complaints opened by CIO, and 1,357 opened by HQUI.

Source: 2017-2018 Medical Board of California Annual Report.

http://www.mbc.ca.gov/Publications/Annual_Reports/annual_report_2017-2018.pdf.

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.”

-- Pain Management and the Opioid Epidemic: Balancing Societal and Individual Benefits and Risks of Prescription Opioid Use; National Academies of Sciences, Engineering, and Medicine, 2017.

The New York Times

Good News: Opioid Prescribing Fell. The Bad? Pain Patients Suffer, Doctors Say.

Doctors and insurers are using federal guidelines as cover to turn away patients, experts tell the C.D.C. and Congress.

HP3 Health Professionals
for Patients in Pain

Professionals Call on the CDC to Address Misapplication of its Guideline on Opioids for Chronic Pain through Public Clarification and Impact Evaluation

Authors: Health Professionals for Patients in Pain (HP3)
Date: March 6, 2019

Getting to a balance...



HHS.gov



U.S. Department of Health & Human Services

Office of the Assistant Secretary for Health

Draft Report on Pain Management Best Practices: Updates, Gaps, Inconsistencies, and Recommendations

Draft Report Overview

The Comprehensive Addiction and Recovery Act (CARA) of 2016 led to the creation of the Pain Management Best Practices Inter-Agency Task Force (Task Force), whose mission is to determine whether gaps in or inconsistencies between best practices for acute and chronic pain management exist and to propose updates and recommendations to those best practices. The Task Force consists

“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



- HHS Final Report on Pain Best Practices to Congress – 2019
- 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.cmadoocs.org/safe-prescribing>
- **California Physician Legal Handbook & CMA ON-CALL:** CMA's health law library (free for members, \$2 per page for non-members) at <http://www.cmanet.org> or <http://www.cplh.org>
- **AMA Opioid Task Force** <https://www.ama-assn.org/delivering-care/reversing-opioid-epidemic>
- **Medical Board of California** <http://www.mbc.ca.gov/Licensees/Prescribing/>
- **Controlled Substance Utilization Review and Evaluation System (CURES)** <https://oag.ca.gov/cures>
- **CDC Opioid Overdose** <https://www.cdc.gov/drugoverdose/index.html>



MBC Guidelines for Prescribing Controlled Substances for Pain

http://www.mbc.ca.gov/licensees/prescribing/pain_guidelines.pdf

CDC Guidelines for Prescribing Opioids for Chronic Pain

<https://www.cdc.gov/drugoverdose/prescribing/guideline.html>



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Thank You

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