Training: New Mexico Pharmacist Prescriptive Authority for Naloxone Protocol

New Mexico Pharmacists Association & Project ECHO 2014

“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)


• 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.

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

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:
• Amy Bachyrycz, Pharm.D.
  Assistant Professor, UNM College of Pharmacy
  Shared Faculty Walgreens Patient Care Center
• Jeanne Block, RN, MS
  Coordinator, Community Addictions Recovery Specialist Program
  Project ECHO, UNMHSC
  Harm Reduction Coordinator, La Familia Health Care for the Homeless, Santa Fe
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

Sales from prescription painkillers quadrupled from 1999 to 2010.

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

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.
FIGURE 3. Percentage of patients and prescription drug overdoses, by risk group — United States

High dose ≥ 100 mg ME per day

CDC Grand Rounds: Prescription Drug Overdoses — a U.S. Epidemic, MMWR, 1/13/12

Opioid Overdose in New Mexico: a long history

Drug Overdose Death Rates
New Mexico and United States, 1990-2012

Rates of Drug Overdose Death Rates and Opioid Sales,
New Mexico 2001-2012

NM Department of Health Epidemiology and Response Division, 2013

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.

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.

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

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%).


### Past 30 Day Drug Use Grades 9 – 12

**2011 NM Youth Risk & Resiliency Survey**

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Percent %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>36.9</td>
</tr>
<tr>
<td>Marijuana</td>
<td>27.6</td>
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<tr>
<td>Inhalants</td>
<td>20.2</td>
</tr>
<tr>
<td>Pain Killers to get high</td>
<td>13.1</td>
</tr>
<tr>
<td>Cocaine</td>
<td>11.3</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>9.9</td>
</tr>
<tr>
<td>Heroin</td>
<td>5.2</td>
</tr>
</tbody>
</table>

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### 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.

**A Brief History of Naloxone in NM...**

*Photo: Jeanne Block*

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**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.

**Resources**

- 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](http://nmhealth.org/ERD/SubstanceAbuse/NMDOH-ERD-SubstanceAbuse-SEOW-2013-EN.pdf)
- Community-Based Opioid Overdose Prevention Programs Providing Naloxone – United States, 2010 [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6106a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6106a1.htm)

**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

“...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....”
Resources