Casey Grover, MD
Director of the Emergency Department at Community Hospital of the Monterey Peninsula, and chair of the Pain Management Workgroup

Reb Close, MD
Emergency Medicine at Community Hospital of the Monterey Peninsula, Founding member of the Prescribe Safe initiative

Kevin Causey
Vice president/chief development officer of Montage Health
2018 Presentations and Meetings

- The White House
- US Dept of Health and Human Services
- The Vatican (and the Pope)
- Planetree International Conference – Keynote speakers
- American Hospital Association
- Monterey County Board of Supervisors
- San Benito County
- The Joint Commission
- US Congressman Jimmy Panetta
- Carmel High School
- Stevenson School
- Monterey Peninsula College Library
- Pacific Grove Library
- Monterey County Women in Law Enforcement
- CAL/ACEP – CA State Legislators
White House Visit 2018
2018 Cal/ACEP Service Award
Representative Jimmy Panetta visits with Prescribe Safe in 2018
In 2013

- 2.3% of Americans were actively mis-using their prescription drugs
- 16.1% of Americans were predicted to mis-use their prescription drugs at least once in their lifetime
- At the next Green Bay Packers home game

- Lambeau field seats 80,735
  - There will be 1,700 people at the game currently mis-using their prescription medications
  - There will be 11,700 people at the game that will mis-use their prescription drugs at least once in their lifetime
Teens Raid Medicine Cabinets

U.S. teenagers are increasingly trying prescription painkilling drugs such as Vicodin and OxyContin to get high, often raiding their parents' medicine cabinets, according to a study by a nonprofit anti-drug use group.

The 17th annual study on teen drug abuse, released Thursday morning, found that
Open House? Keep an eye on those prescription drugs

BOSTON -- Realtors in some Boston suburbs say they’re on the front lines in the fight against prescription drug theft, CBS Boston reports.

In at least one county, sellers’ open houses are attracting drug addicts, some of whom try to steal the sellers’ prescription pills.
The opioid epidemic is so bad that librarians are learning how to treat overdoses
VIDEO: Toddler tries to wake mom from apparent overdose

Police release disturbing photos of heroin suspects passed out in car with child

Graphic images released by the East Liverpool Police Department in Ohio show two suspected heroin users passed out in a car with a child. / EAST LIVERPOOL POLICE DEPARTMENT
Marina parents arrested after toddler dies

by KSBW US
What is Prescribe Safe

Starting in 2014, the Monterey County Prescribe Safe Initiative was created to:

- **Improve safety** of prescription drugs
- **Reduce inappropriate prescribing** of prescription pain meds and sedatives
- **Increase access to treatment** for addiction
- **Improve education** of the public and the medical community on the dangers of prescription drugs
CHOMP unveils database that helps in battle against prescription drug abuse

Dr. Tuan Phan, right, a hospitalist, and Dr. Ismael Mendez, an internal medicine physician, register for the California Prescription Drug Monitoring Program Wednesday at Community Hospital of the Monterey Peninsula. (Tom Leyde - Herald Correspondent)
Community Hospital of the Monterey Peninsula®
Emergency Department

HAZARDS OF OPIATES

As a part of your evaluation and treatment in the Emergency Department, you have been prescribed opiate pain medication.

Opiate pain medications such as hydrocodone (in Norco), or oxycodone (in Percocet and Oxycontin), are powerful pain relieving medications that can be valuable for patients suffering from an acute painful process like a broken bone or a kidney stone.

While these medications are important in the treatment of short-term pain, there are a number of important side effects that you need to know about.
WE CARE ABOUT YOU. Our goal is to treat your medical conditions, including pain, effectively and safely. Pain relief treatment can be complicated. Mistakes or misuse of pain medicine can cause serious health problems to include addiction and death.

FOR YOUR SAFETY we routinely follow these rules when helping you with your pain:

I We look for and treat the underlying disease causing the symptom of pain. Sometimes that is a self-limiting injury, a terminal illness, permanent disability or a psychological disorder.

I We treat first or concurrently with non-medication modalities whenever possible to minimize your exposure to narcotic medications. These modalities may include physical treatments (physical therapy, massage, TENS unit, heat or cold therapy, exercise, etc.); behavioral approaches; or procedural therapies (injections by a pain specialist, surgery, etc.).

I If a pain prescription is necessary, we will start with anti-inflammatory medications or other non-narcotics first. Alternatively, localized pain patches or roll-on medications may be tried instead of medications by mouth.

I If narcotic pain prescriptions are needed for pain, we will ONLY give you a limited amount at the lowest dose possible to achieve reasonable pain control. Absolute pain control at all times is not an appropriate or achievable target.

I In the rare circumstance where long-term use of narcotic medication is necessary you will be asked to engage in a monitoring contract to ensure safe use of your medication. This contract will require your active adherence to guidelines to limit the possibility of addictive behavior or misuse of your medications.

I If you demonstrate characteristics of addiction, we will work with you to seek help in stopping the narcotics.

I We follow similar guidelines for other medications that are high risk for addiction. These medications include sleeping pills, anti-anxiety medications or mood stabilizing medications, muscle relaxants, etc.

I Concomitant use of sleeping pills, anti-anxiety or certain classes of mood stabilizing medications and narcotics can lead to a high risk of overdose. For your safety, your physician may refuse to start or continue these medications in combination.
Information for patients on addiction, chronic pain, mobile/web-based addiction treatment options

Information for parents and families on addiction and pain
Pain Management Physicians
Monterey Bay/Salinas Areas

Please call the office to confirm whether the doctor is taking new patients and what insurance is accepted. For assistance getting a doctor, help with Medicare or Medi-Cal applications, or questions about financial issues, call the patient advocate at Community Hospital of the Monterey Peninsula, (831) 658-3900.

Gary Chang, MD
Patrick Wong, MD
Kalle Varav, MD
Monterey Spine and Joint
12 Upper Ragsdale Drive
Monterey, CA 93940
(831) 648-7200

Salar Deldar, MD
Pacific Rehabilitation and Pain
1010 Cass Street, Suite D3
Monterey, CA 93940
(831) 275-4050

William Heller, DO
Victor Li, MD
Prime Pain Institute
4140 Jade Street
Capitola, CA 95010
(831) 464-7246

951 Blanco Circle, Suite D
Salinas, CA 93901
(831) 287-2843

Lisa Kroopf, MD
Salinas Valley Medical Clinic
Orthopedic, Podiatry and Sports Medicine
611 Abbott Street, Suite 101
Salinas, CA 93901
(831) 757-3041

The Prescribe Safe initiative was created by Monterey County law enforcement, administration of the four Monterey County hospitals, and local physicians in response to concerns about prescription medication misuse in our county. Prescribe Safe is meant to guide, educate, and provide resources for our local physicians and patients in the safe use of prescription medications and promote safe and effective pain management in Monterey County. For questions regarding the Prescribe Safe initiative, please contact the team of practitioners at prescribesafe@chomp.org.

Updated: 11/21/2017
Referrals to complementary therapies

- Chiropractics
- Acupuncture
- Physical therapy
- Neuro-EEG feedback
- Reiki
- Pelvic floor therapy
- Energy Medicine
- Homeopathy
- Osteopathic medicine
- Psychotherapy
National Take-Back Initiative

April 29, 2017 – 10AM to 2PM

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse and medications.

Please check back on April 1, 2017 to locate collection sites near you.

Law Enforcement Agencies Only:

For law enforcement agencies that wish to host a collection site, please call the POC in your area.
Safe Medication Disposal Sites: Monterey County

Unsecured storage of medication in homes has contributed to the national epidemic of prescription drug abuse and misuse. To combat this, community members can now dispose of unwanted controlled and non-controlled prescription drugs in two new bins at Community Hospital of the Monterey Peninsula.

**NEW Safe Medication Disposal Sites at Community Hospital**

**Community Hospital Pharmacy**
No sharps, controlled substances OK  
(Controlled substances, 9 a.m.–6 p.m.)  
23625 Holman Highway, Monterey, CA 93940  
(831) 624-5311

**Community Hospital Front Lobby**  
Sharps OK (red bin), no controlled substances (white bin)  
23625 Holman Highway, Monterey, CA 93940  
(831) 624-5311
Medicine Take-Back & Collection Locations Map
Healthcare fraud unit combats crime

Chelsey Adami 10:29 a.m. PDT July 1, 2015

Though healthcare fraud does not share the dramatic face of violent crime, it can be dangerous and costly to the community.

Several years ago, Monterey County Managing Deputy District Attorney Ed Hazel led efforts for the DA’s office to create a Disability and Healthcare Fraud Unit to address a specialized criminal issue.

The unit pursues cases involving billing fraud, false disability claims, identity theft to secure healthcare benefits, prescription fraud, initiation of pharmacy billing, outpatient surgery center fraud, and more.
NARCAN® (naloxone HCl) NASAL SPRAY 4 mg

DO NOT TEST DEVICES OR OPEN BOX BEFORE USE.

Use for known or suspected opioid overdose in adults and children.

This box contains two (2) 4-mg doses of naloxone HCl in 0.1 mL of nasal spray.

Two Pack

CHECK PRODUCT EXPIRATION DATE BEFORE USE.
Seaside police officers save life with Narcan

It was the first time the Seaside PD has used Narcan since they first started carrying the opioid antidote in September

Christopher Salas
Anchor/Reporter
Improving pain management/reducing opioid exposure

Make the right choice the easy choice

<table>
<thead>
<tr>
<th>Pain/Nausea</th>
<th>Dosage</th>
<th>Days</th>
<th>Contraindications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motrin</td>
<td>600 mg PO q6h with food prn pain</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Naprosyn</td>
<td>500 mg PO BID with food prn pain</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Mobic</td>
<td>7.5 mg PO qday with food prn pain</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Flexeril</td>
<td>10 mg PO up to TID prn muscle spasm</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Lidoderm 5% patches</td>
<td>1 patch topically daily prn pain; remove after 12 hours</td>
<td>10</td>
<td>pain</td>
</tr>
<tr>
<td>Pyridium</td>
<td>200 mg PO TID prn urinary pain</td>
<td>9</td>
<td>dysuria</td>
</tr>
<tr>
<td>Voltaren 1% gel, 100 gm tube</td>
<td>Apply 2-4 grams topically QID prn pain</td>
<td>1</td>
<td>pain</td>
</tr>
<tr>
<td>Zofran ODT</td>
<td>4 mg SL q8h prn nausea/vomiting</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
Improving pain management/reducing opioid exposure

- “Surgical prescribing”
- Did anyone think to talk to the dentists??
It’s easy to eat well when there’s a good menu!

- More options for pain relief
  - IV lidocaine, IV ketamine
  - Topical non-opioid medications
  - Nerve blocks
  - Physical therapy manipulation in the ER
  - TENS units

- Understanding pain = not all pain is the same, tailor treatment to pain type
Original Research

Transcutaneous Electrical Nerve Stimulation (TENS) in the Emergency Department for Pain Relief: A Preliminary Study of Feasibility and Efficacy

Casey A. Grover, MD*
Mia Potter McKernan, BS†
Reb J.H. Close, MD*

*Community Hospital of the Monterey Peninsula, Department of Emergency Medicine, Monterey, California
†Community Hospital of the Monterey Peninsula, Community Health Innovations, Monterey, California

TENS Units in ED: Hope for the Opioid Epidemic?

TENS units are effective for acute and chronic pain, and work through the gate control theory. All of the inputs to the various receptors in the body—pain, temperature, vibration, etc.—convert into signals through the ascending fibers of the spinal cord to the brain. The ascending pathways of the spinal cord cannot effectively transmit more.
February 13, 2017
January 23, 2019
Dear Colleague:

This letter is to inform you that you have prescribed a controlled substance within the last 12 months to a patient who recently presented to the Emergency Department with an overdose on a scheduled prescription medication (see attached documentation). All CURES system-identified prescribers are receiving this notification. This letter is meant to be informative only and there is no expectation of reply. Our aim is to alert providers to how common overdose from misuse of these medications is. In a recent Annals of Internal Medicine study, 17% of patients who were continued on opioids after an initial non-fatal overdose had a repeat overdose within two years.

Please do not consider this information about your patient a reason to fire them. If a patient has had an overdose due to a high-risk regimen, they need your help in tapering to a lower regimen. Cutting a patient off abruptly may result in withdrawal or encourage seeking medication in the street market. Furthermore, should your patient have a problem with addiction, this can be a time to partner with them to help them find treatment.

The Monterey County Prescribe Safe Initiative (MCPISI) would like to remind you that California has a prescription drug monitoring program (CURES). This database and access to information are available at [https://cures.doi.ca.gov/](https://cures.doi.ca.gov/). Review of this database before prescribing a scheduled medication to a patient could alert you to problematic medication usage, potential addiction or diversion, and to help inform safe medication prescribing and monitoring.

Further, MCPISI has been working to improve the safety of controlled medication prescribing in our emergency departments, physician offices, and urgent cares. To achieve that goal, we have developed resources that you can use in your own practice. These resources include up-to-date guides to chronic pain and addiction resources, clinical guidelines, medication management agreements and much more. These resources may be accessed at [http://www.ailomp.org/for-healthcare-professionals/prescribe-safe](http://www.ailomp.org/for-healthcare-professionals/prescribe-safe).

Lastly, MCPISI is working to curb controlled medication diversion, prescription forgery, and other acts that contribute to the unlawful distribution and abuse of these dangerous and potentially fatal medications. As members of the MCPISI, the Monterey County Sheriff and District Attorney offices are at the ready to address potential concerns you may have in this regard. They may be reached at (831) 759-6671 or (831) 755-5070.

We are aware of the challenges in balancing the potential harm and benefit of controlled medication prescribing for your patients and we hope this information will help. We believe that non-fatal overdose is an opportunity to identify and treat a serious substance use disorder or an unsafe pain medication regimen. Thank you for your time and for your help in making healthcare in Monterey County safer.

Regards,

MONTEREY COUNTY PRESCRIBE SAFE INITIATIVE

Reb Close, MD
Lead Physician, [reb.close@chmp.org](mailto:reb.close@chmp.org)

Casey Grover, MD
Physician Champion, [casey.grover@chmp.org](mailto:casey.grover@chmp.org)

### REPORT

Opioid prescribing decreases after learning of a patient’s fatal overdose

Jason N. Doctor¹,², Andy Nguyen¹, Roneet Lev², Jonathan Lucas³, Tara Knight¹, Henu Zhao¹, Michael Menchí... [See all authors and affiliations]

*Science* 10 Aug 2018; Vol. 361, Issue 6402, pp. 598-599
DOI: [10.1126/science.aae4555](https://doi.org/10.1126/science.aae4555)
Suboxone®
(buprenorphine and naloxone) sublingual film
8 mg/2 mg

Rx only
Children who accidentally take SUBOXONE will need emergency medical care. Keep SUBOXONE out of the reach of children.
And....
Central California Alliance for Health
Opioid Prescriptions Filled
Per 1,000 members, Per Year

50% Decrease

Quarterly Opiate Fills PKPY
Increase in usage of non-opioid Analgesics in the CHOMP Emergency Department

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>ED Doses 2012-2014</th>
<th>ED Doses 2014-2016</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lidoderm</td>
<td>180</td>
<td>578</td>
<td>+321%</td>
</tr>
<tr>
<td>Gabapentin</td>
<td>137</td>
<td>453</td>
<td>+330%</td>
</tr>
<tr>
<td>Toradol</td>
<td>4028</td>
<td>6237</td>
<td>+154%</td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>2910</td>
<td>4047</td>
<td>+139%</td>
</tr>
</tbody>
</table>
Total Population: All Opioid Overdose Deaths: Age-Adjusted Rate per 100k Residents

Monterey vs. California
Total Population: **All Opioid Overdose** Deaths: Age-Adjusted Rate per 100k Residents

Monterey vs. California

![Monterey vs. California Graph](image)

Total Population: **All Opioid Overdose** Deaths: Age-Adjusted Rate per 100k Residents

Santa Cruz vs. California

![Santa Cruz vs. California Graph](image)

Total Population: **All Opioid Overdose** Deaths: Age-Adjusted Rate per 100k Residents

Santa Barbara vs. California

![Santa Barbara vs. California Graph](image)
Questions/Comments
Discussion