



Opioid and Non-Opioid Treatment Options



Mark Pew, Senior Vice President, PRIUM

- 35+ years in P&C, 20+ years in Work Comp
- Created PRIUM's *award-winning* Chronic Pain Intervention Program in 2003, Intervention Triage in 2010, Texas Closed Formulary turnkey in 2011, Centers with Standards in 2012, TaperRx in 2014
- From March 2012 thru August 2017 ...
 - **445** presentations, **34,700** people, **41** states + DC
 - **19** national webinars
- Published and quoted in CLM Magazine, Risk & Insurance, Business Insurance, WorkCompCentral, WorkCompWire, WorkersCompensation.com, Insurance Thought Leadership, etc.
- IAIABC Medical Issues Committee, SIIA Work Comp Committee, CompSense Pharmacy group in CA (chairman) & NY
- 2016 Magna Comp Laude recipient
- 2016 & 2017 Best Blog recipient

THE
RxProfessor



This Blog Has Been Selected As A
WorkersCompensation.com*

2017 Best Blog



The Prescription Drug Issue

The Drug Problem

- 1999-2014 – Drug overdoses nearly tripled
- 2014 – 47,055 drug overdose deaths
 - 61% (28,647) involved opioids
- 2015 – 52,404 drug overdose deaths
 - 63% (33,091) involved opioids
- 2016 – 59,779 drug overdose deaths
 - NY Times estimate

READ: <https://www.cdc.gov/mmwr/volumes/65/wr/mm655051e1.htm>
https://www.nytimes.com/interactive/2017/06/05/upshot/opioid-epidemic-drug-overdose-deaths-are-rising-faster-than-ever.html?_r=1

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.





“Family”



Prince



Tiger

The Drug Problem

Prescribers

A perfect storm in the mid 1990's ...

- Under treating pain / opioid phobia
- Launch of OxyContin, “normalization” of opioids
- Pain added as the Fifth Vital Sign
- Press Ganey patient satisfaction surveys
 - More recently ... healthgrades.com, vitals.com, etc.

The Drug Problem Patients

1. Psychological makeup

- Catastrophic thinking, perceived injustice, personal or family substance abuse history

2. Social environment

- Ethnic or cultural differences, socio-economic circumstances

3. Co-morbidities

- Diabetes, hypertension, obesity, smoking, osteoarthritis
- All of this increases as the patient ages

Details Matter

Visit Reason

- PERSISTENT COUGH
- EMS-POST OP LEFT SHOULDER
- UNABLE TO EAT DIARRHEA
- FORGETFULNESS HEADACHE
- CHEST PRESSURE
- FEVER
- FEVER 102, WHEEZING, IRRITABLE
- FALL BT ARM INJURY

COMMAS. USE THEM.

Grammarly

www.ifyoulaughifyoulose.com


f t g+ in

Trends

Societal Trends

- #TurnTheTide
- The daily news
- State mandated day supply / MED caps
- Expanded access to Naloxone
- Lawsuits against Big Pharma

Societal Trends

- PDMP connectivity / mandates
 - Minnesota's PMP
 - RxSentry® by Appriss Health
- Board of Pharmacy ✓
- Interstate data sharing ✓
- "Shall register" ✓
- **No "shall" use** 

Work Comp Trends

- BioPsychoSocialSpiritual model
- Battling physician dispensing
- Treatment guidelines
- Drug formularies
- Weaning Hearing process
- Cannabis > Opioids (?)

Doing it Better

Prescribing

Appropriate, Not Zero, Opioids

<http://bit.ly/2vA7bqu>

Tapering

To MAT or to not MAT ...

That is the question!

After Pain “Killers”?

- **Rx**

- NSAID, TCA/SNRI, anti-convulsant, topical

- **Non-Rx**

- Ice and heat
- Active exercise, deep breathing
- Healthy diet and nutrition
- REM sleep
- Physical & psycho therapy, chiropractic
- CBT / ACT / MI, mindfulness, Yoga, Tai Chi, biofeedback

 **10k**

- **Attitudinal**

- Individual responsibility
- Better lifestyle choices
- Mentors / accountability
- Engagement rather than passivity

mind

matter

Doing it Better The Patient

- **Life changes**
 - Sleep, nutrition, activity
- **Attitudes**
 - #NotDisabled
- **Locus of Control**
 - Resiliency

Doing it Better The Physician

- **Education**
 - Themselves & patients
- **Due Diligence**
 - Checklists and databases
- **Trial and error**
 - Alternative or the “new” Mainstream

Doing it Better The Payer

- **Pay me now ... Pay me later**
 - Big picture viewpoint
- **Resource allocation**
 - Identify when/how to invest
- **IWAPT**
 - Change the cynicism

#CleanUpTheMess

PRIUM 



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Who is Mark Pew? <http://bit.ly/2kqnBc0>

PRIUM's *Evidence Based* blog

www.priumevidencebased.com