Disclosures

Kim Swanson, Ph.D. is a full time salaried employee as the Director of Behavioral Health at Mosaic Medical. Dr. Kimberly Swanson has disclosed that within the past 12 months, she has not had financial interest with any manufacturers of medical commercial products pertaining to the presented topics.
How to Contact Me

Kim Swanson, Ph.D.

www.copainguide.org under “contact us”
Learning Objectives

1) Identify Health System strategies to reduce opioid prescribing and implement harm reduction strategies for persistent or non-cancer pain

2) Develop understanding of importance of systemized chronic pain treatment

3) Identify educational strategies for safe prescribing practices and evidenced based holistic care for persistent or non-cancer pain for providers and patients
Acknowledgements

Central Oregon Health Council

Pacific Source Community Solutions
Vision
Working collaboratively to improve the health and well being of chronic or persistent non-cancer pain patients in Central Oregon.

Mission
Create a health care system that embodies compassionate, patient-centered, holistic, and evidence-based chronic or persistent non-cancer pain care.
PSTF 2017 Aims

Provider acceptance of Community Wide Safer Prescribing Standards.: Endorsement Letter

Tri-County Total Count of Providers

- 144 DO
- 61 MD
- 153 PA
- 69 DPM
- 31 ARNP
- 69 NP
- 14 Prescribers
- 33 Non-prescribers
- 198 Read But Not Signed
PSTF 2017 Aims

2) Provider consistency in safer prescribing practices as measured by Oregon Prescription Drug Monitoring Program data.


- 2015 compared to 2016 there were 25,069 less opioid prescription fills = 12% decrease

- Morphine Equivalent dosing >120 mg from any fill has demonstrated a steady decline and decreased by 80% from 2014 Q1 - 2016 Q4.

- Morphine equivalent dosing >120 mg from a single fill demonstrated a steady decline and decreased by 64% from 2014 Q1 - 2016 Q4.
PSTF 2017 Aims

Provider acceptance of Community Wide Safer Prescribing Standards.

- Opioid PIP Updates: Q4 2017

Number of Members Receiving Chronic Opiates by MED in 12 mos preceding date listed - Central Oregon CCO data source - PacificSource claims

<table>
<thead>
<tr>
<th></th>
<th>Apr-16</th>
<th>Sep-16</th>
<th>Dec-16</th>
<th>Mar-17</th>
<th>Jun-17</th>
<th>Sep-17</th>
<th>12/1/2017</th>
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<tbody>
<tr>
<td>120+</td>
<td>115</td>
<td>95</td>
<td>84</td>
<td>69</td>
<td>65</td>
<td>49</td>
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<td>90-119</td>
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<td>50-89</td>
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<td>157</td>
<td>162</td>
<td>156</td>
<td>145</td>
<td>131</td>
<td>121</td>
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</table>

Central Oregon CCO data source - PacificSource claims
### PSTF 2017 Aims: Provider acceptance of Community Wide Safer Prescribing Standards

#### Benzodiazepines and Opioids

**DEN**: Medicaid members age 12+ that are above 120mg MED for 30+ days

**NUM**: Members also on 120mg+ MED and on benzos at any time during the measurement period

<table>
<thead>
<tr>
<th>CCO</th>
<th>NUMER</th>
<th>DENOM</th>
<th>RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Oregon</td>
<td>31</td>
<td>72</td>
<td>43.1%</td>
</tr>
<tr>
<td>Gorge</td>
<td>4</td>
<td>27</td>
<td>14.8%</td>
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</tbody>
</table>

**DEN**: Medicaid members age 12+ that are above 90-119mg MED for 30+ days

**NUM**: Members also on 90-119mg MED and on benzos at any time during the measurement period

<table>
<thead>
<tr>
<th>CCO</th>
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<th>DENOM</th>
<th>RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Oregon</td>
<td>19</td>
<td>58</td>
<td>32.8%</td>
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<tr>
<td>Gorge</td>
<td>5</td>
<td>17</td>
<td>29.4%</td>
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</table>

**DEN**: Medicaid members age 12+ that are above 50-89mg MED for 30+ days

**NUM**: Members also on 50-89mg MED and on benzos at any time during the measurement period

<table>
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<tr>
<th>CCO</th>
<th>NUMER</th>
<th>DENOM</th>
<th>RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Oregon</td>
<td>49</td>
<td>128</td>
<td>38.3%</td>
</tr>
<tr>
<td>Gorge</td>
<td>8</td>
<td>28</td>
<td>28.6%</td>
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</table>
PSTF 2017 Aims

1) Provider acceptance of Community Wide Safer Prescribing Standards.

- Dispose of Unused Medications
  - Bring unused medications to secure medication drop-off boxes
  - Please go to The PSTF’s Central Oregon Prescription Drug Disposal Units and Locations our website and can be found here: [http://www.copainguide.org/patients-families](http://www.copainguide.org/patients-families)
PSTF 2017 Aims

2) Provider consistency in safer prescribing practices as measured by Oregon Prescription Drug Monitoring Program data.

- 64% of Central Oregon Providers with a DEA number are registered to use the PDMP
- HB 4143 has language that mandates all providers register with PDMP by July 1, 2018
PSTF 2017 Aims

3) Provide 3 Provider Educational Events in 2017

- Central Oregon Mid-level Providers: MAT in Opiate Use Disorder—January 22, 2017
- Behavioral Health Chronic Pain Learning Collaborative
  - Chronic Pain as a Psychological Variable in DSM-5 – April 7, 2017
  - Chronic Pain & Psychological Co-Morbidities That Impact Prognosis and Course of Medical Treatment – June 23, 2017
  - Risk Mitigation in Chronic Pain Management and the BHC’s Role – September 22, 2017
  - Role of Family in Chronic Pain Management – December 15, 2017
- Second Annual Chronic Non-Cancer Pain 101 Workshop—October 20, 2017

(All video and slide content can be found at http://www.copainguide.org/provider-resources/)
PSTF 2017 Aims

4) Increase number of chronic pain treatment programs
   ◦ Living well with Chronic Pain
     ◦ 2017
       ◦ 56 participants have completed Living Well with Chronic Pain
         ◦ Jefferson County
         ◦ Deschutes County
         ◦ Crook County cancelled due to low enrollment
PSTF 2017 Aims

- 4) Increase number of chronic pain treatment programs
  - Implementation of OHP HERC Low Back Pain Guidelines
    - There has been an increase in requests for non-invasive therapies

<table>
<thead>
<tr>
<th></th>
<th>PT/OT count</th>
<th>Average PT/OT per month</th>
<th>Acupuncture count</th>
<th>Average acupuncture per month</th>
<th>Chiro count</th>
<th>Average chiro per month</th>
<th>Massage count</th>
<th>Average massage per month</th>
<th>Combined services</th>
<th>Average for combined services</th>
<th>Percent increase in combined serv from Q1-2016</th>
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<td>Q4 2017</td>
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<td>81</td>
<td>27</td>
<td>2328</td>
<td>776</td>
<td>97</td>
</tr>
</tbody>
</table>
PSTF 2017 Aims

   ◦ Take Meds Seriously

TakeMedsSeriouslyOregon.org
PSTF 2017 Aims

6) Decrease Number of Opioid-Related Overdose Deaths
   ◦ Deschutes County reversed 17 overdoses last year because they carry Naloxone
   ◦ 2017 RFP to all regional Law Enforcement Agencies
     ◦ Bend Police Department $1,421.25
Questions & Answers