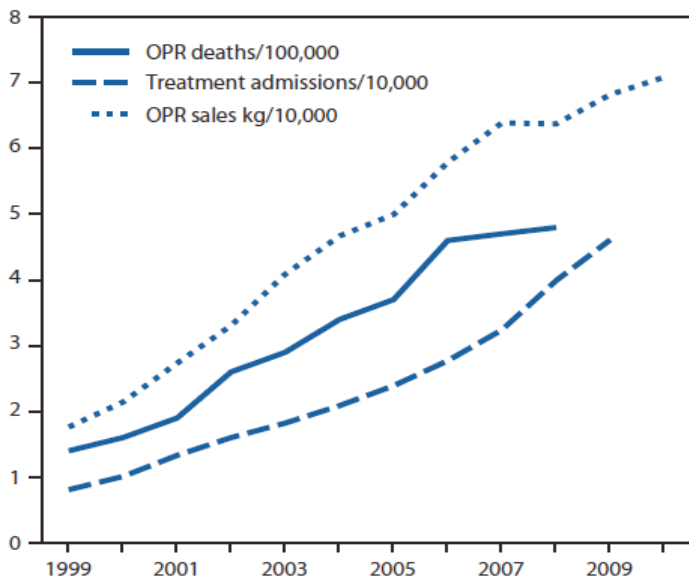


How Did We Get Here?

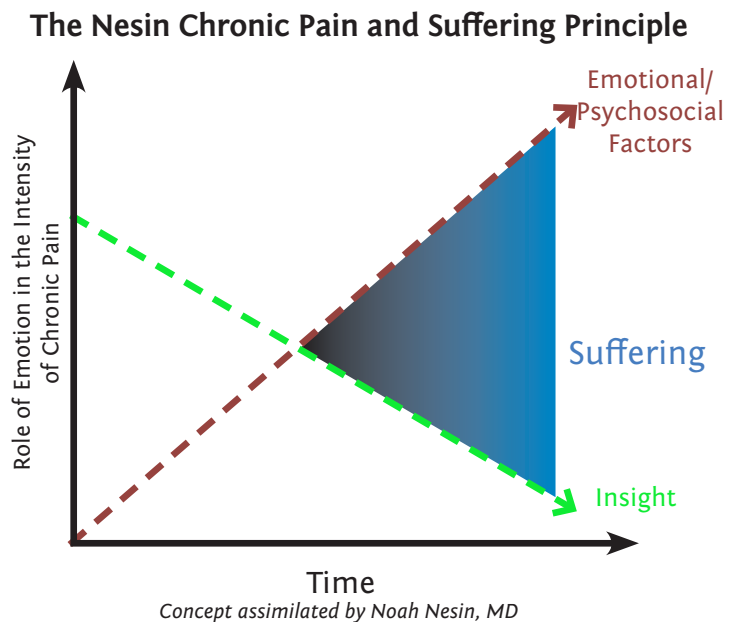
The Genesis of Overprescribing of Opioids & Subsequent CDC Guidelines

Overprescribing Contributes to the Opioid Epidemic

Since 1999, opioid prescribing has quadrupled with no change in the amount of pain that Americans report. *Source: CDC*



*Age-adjusted rates per 100,000 population for OPR deaths, crude rates per 10,000 population for OPR abuse treatment admissions, and crude rates per 10,000 population for kilograms of OPR sold. *Source: CDC*



- ▶ Opioid analgesics were the most commonly prescribed class of medicine in the US in 2014. *CDC data.*
- ▶ Approximately 20% of patients presenting to medical offices with noncancer pain (acute and chronic) receive opioid prescriptions. *Daubresse, Med Care 2013;51:870-8.*
- ▶ Most placebo-controlled, randomized trials of opioids lasted 6 weeks or less. No study compared opioids versus other treatments for outcomes at greater than 1 year to include: pain, function or quality of life. *CDC Guidelines, 2016.*
- ▶ Several studies show that use of opioids for chronic pain may actually worsen pain and function. *Braden, J Pain 2012;13:64-72.*

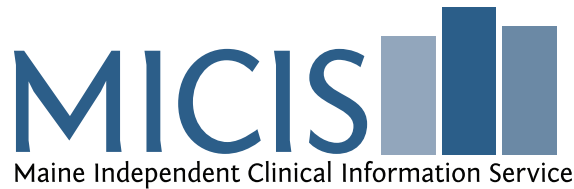
“The science of opioids for chronic pain is clear: for the vast majority of patients, the known, serious, and too-often-fatal risks far outweigh the unproven and transient benefits.” *Freiden, NEJM 2016: 374;16:1503.*

2016 CDC Recommendations

Opioids are not first-line therapy

Use immediate-release opioids when starting

Improving Opioid Prescribing and Patient Safety: Educational Outreach



Disclaimer

These are general recommendations only; specific clinical decisions should be made by the treating healthcare provider based on an individual patient's clinical condition. This document presents only general information regarding prescribing laws in the state of Maine. Prescribers in Maine are instructed to independently study Chapter 488 and comply with current state law and rules.

Learning Objectives

- ▶ Trace the origin of the opioid crisis in America
- ▶ Review CDC opioid prescribing guidelines

Additional Resources

- ▶ 2016 CDC Opioid Prescribing Guidelines: www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm
- ▶ Agency Medical Directors' Group, Washington State, 2015 Opioid Prescribing Guideline summary and MME calculator: www.agencymeddirectors.wa.gov
- ▶ Caring for ME: a joint project of Maine Quality Counts and the Maine Medical Association: qclearninglab.org/welcome-caring-for-me/
- ▶ Quality Counts Controlled Medication Playbook: mainequalitycounts.org/what-we-do/population-health/chronic-pain-and-controlled-medication-playbook/
- ▶ Opioid and Chronic Pain Toolkit available at MICISMaine.org

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Education Statement

This monograph was created in support of accompanying live educational activities. This monograph is not approved for medical education credit.

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