



2017 & 2019 OPIOID PRESCRIBER SURVEY: PRELIMINARY RESULTS

Presented at the NM OSAP Recipient Meeting
February 18, 2020

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BACKGROUND

- The NM SPF Rx grant, funded by CSAP
- Goal: Reduce unintentional overdose death due to prescription painkillers by:
 - raising awareness about the dangers of sharing medications and work with pharmaceutical and **medical communities** on the risks of overprescribing to young adults.
 - raising community awareness and bringing prescription drug abuse prevention activities and education to schools, communities, parents, prescribers, and their patients.

OBJECTIVES

- **Objective 1.1:** Reduce self-reported misuse of prescription opioid drugs among youth and young adults 12 to 40 by 10% in Bernalillo County by September 2021.
- **Objective 1.2:** Increase timely and effective use of the PMP by providers and pharmacists by increasing the percentage of PMP checks every 3 months by providers prescribing opioids to chronic opioid users and increase the percentage of PMP checks for new opioid patients.
- **Objective 1.3:** Decrease the incidence of risky prescribing practices by demonstrating a decrease in number of new chronic opioid prescription patients -- defined as reduction (within aggregate PMP data) in number of patients with opioid prescriptions covering 90 to 163 days (“episodic”) and more than 164 days (“full time”) by 25% by September 2021.

OBJECTIVES

- **Objective 1.4:** Increase awareness by 10% within the pharmaceutical and medical communities in Bernalillo County of the risks of overprescribing, as measured by prescriber self-reporting by September 2021.
- **Objective 1.5:** Increase use of PMP data in state health and behavioral health planning processes, in at least two additional arenas, as observed and reported during the period of project through September 2021.
- **Objective 1.6:** Decrease self-reported sharing of prescription opioids in Bernalillo County by 5% by September 2021.
- **Objective 1.7:** Increase proper and safe storage of prescription opioids in the home in Bernalillo County by 5% by September 2021.
- **Objective 1.8:** Increase perceived risk of harm of prescription opioid misuse and abuse among youth, parents, and young adults in Bernalillo County by 5% by September 2021.

NM OPIOID PRESCRIBER SURVEY

- On-line survey of NM medical providers registered in the NM PMP
- Worked with the NM Board of Pharmacy who manages/controls the PMP system it reach prescribers
- Wanted to see what prescribers know & don't know, what they're doing, how they're making decisions, what they need/want with respect to training.

METHODS- YEAR 1 (2017)

- 9,485 email invitations went out to registered PMP users
- Follow-up/reminder emails were sent
- 1,672 completed survey on-line
- 1,380 prescribe opioids and/or benzos in their practice
- 18% response rate

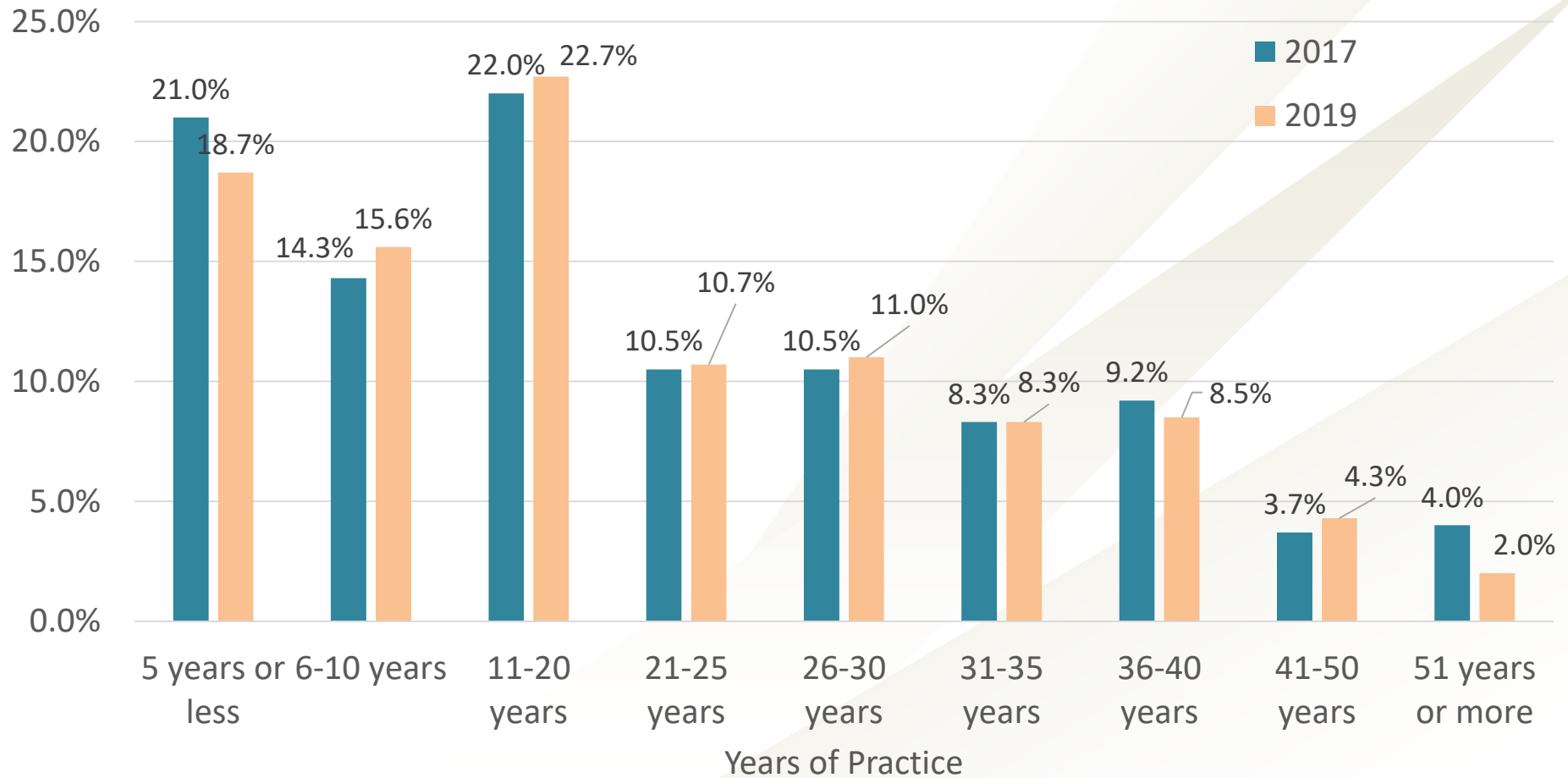
METHODS- YEAR 2 (2019)

- 7066 email invitations went out PMP registered users who **prescribed opioids in the past 12 months** (224 were not good addresses or indicated that survey was not applicable to them)
- Follow-up/reminder emails were sent
- 1,396 Completed survey on-line
- 1,128 prescribe opioids and/or benzos in their practice
- 20% response rate

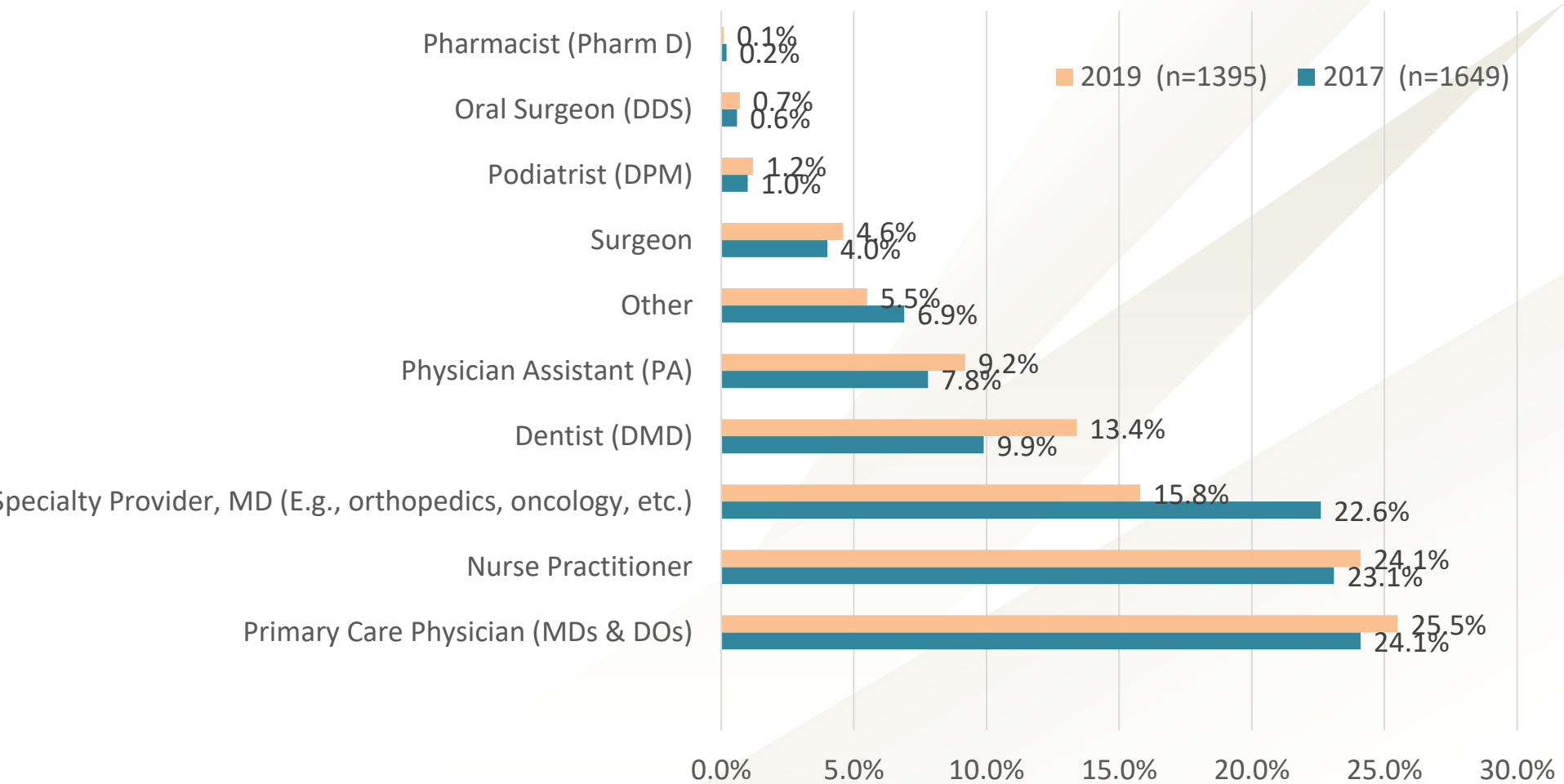
SAMPLE CHARACTERISTICS

- 33 counties were represented in 2017
- 32 counties represented in 2019
- 46.3% in 2017 & 41.4% in 2019 practiced in Bernalillo County followed by Doña Ana and Santa Fe Counties
- Average number of years in practice for 2017 sample was 18.9 years and in 2019 it was 19.0 years

YEARS OF PRACTICE



MEDICAL PRACTICE OF RESPONDERS



GENDER

	2017 (n=1646)	2019 (n=1362)
Male	46.4%	46.4%
Female	51.2%	50.5%
I choose not to identify/Other	2.4%	3.1%

IN YOUR ROLE AS A HEALTH CARE PROVIDER, ARE YOU REQUIRED TO USE THE PMP TO CHECK CONTROLLED SUBSTANCE PRESCRIPTIONS?

	2017 (n=1377)	2019 (n=1280)
Yes	84%	91.3%

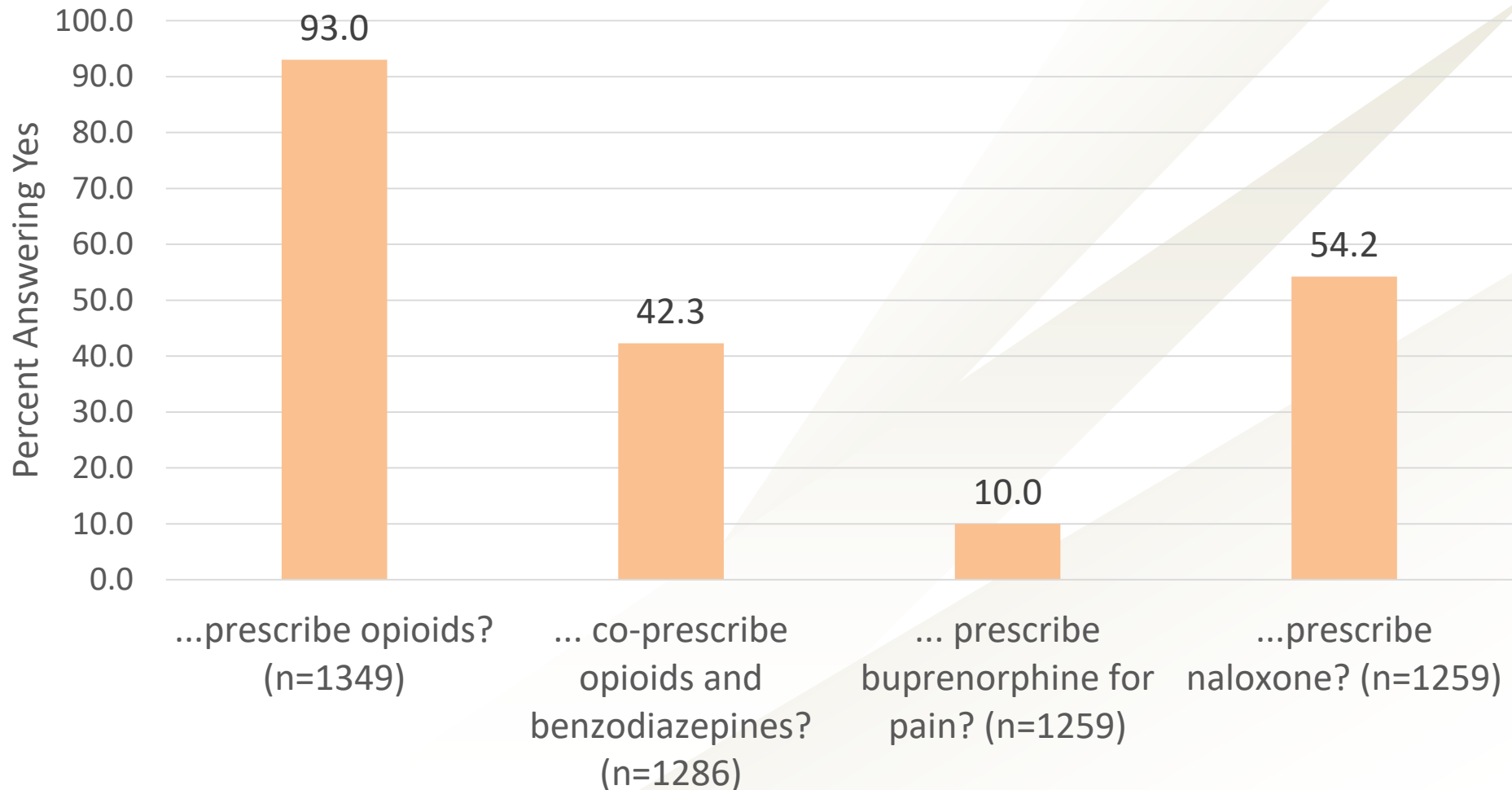
IN YOUR ROLE AS A HEALTH CARE PROVIDER, DO YOU EVER PRESCRIBE OPIOIDS AND/OR BENZODIAZEPINES?

	2017 (n=1608)	2019 (n=1347)
Yes	85.8%	83.7%

DO YOU EVER PRESCRIBE METHADONE FOR PAIN?

	2017 (n=1142)	2019 (n=1260)
Yes	12.2%	12.1%

IN YOUR ROLE AS A HEALTH CARE PROVIDER, DO YOU EVER...(2019)



IN YOUR ROLE AS A HEALTH CARE PROVIDER, DO YOU EVER... (2019 QUESTION)

Do you have a DATA Waiver Registration to prescribe buprenorphine products to treat opioid use disorder? (n=1177)

14.7

Do you prescribe buprenorphine products? (n=173)

75.7

0

20

40

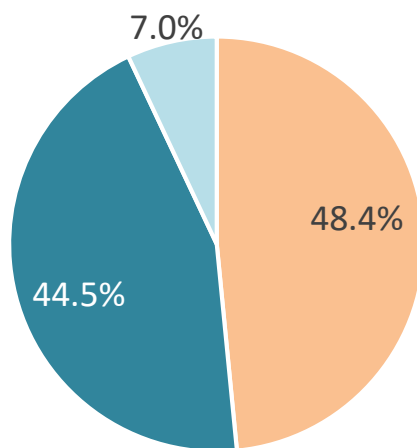
60

80

Percent answering Yes

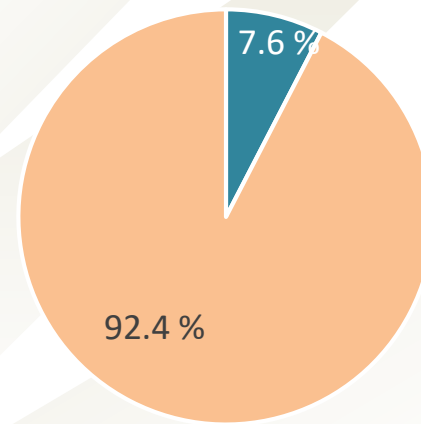
DATA WAIVER REGISTRATION (2019 QUESTION)

How many patients are allowed under your waiver? (N=128)



30 100 275

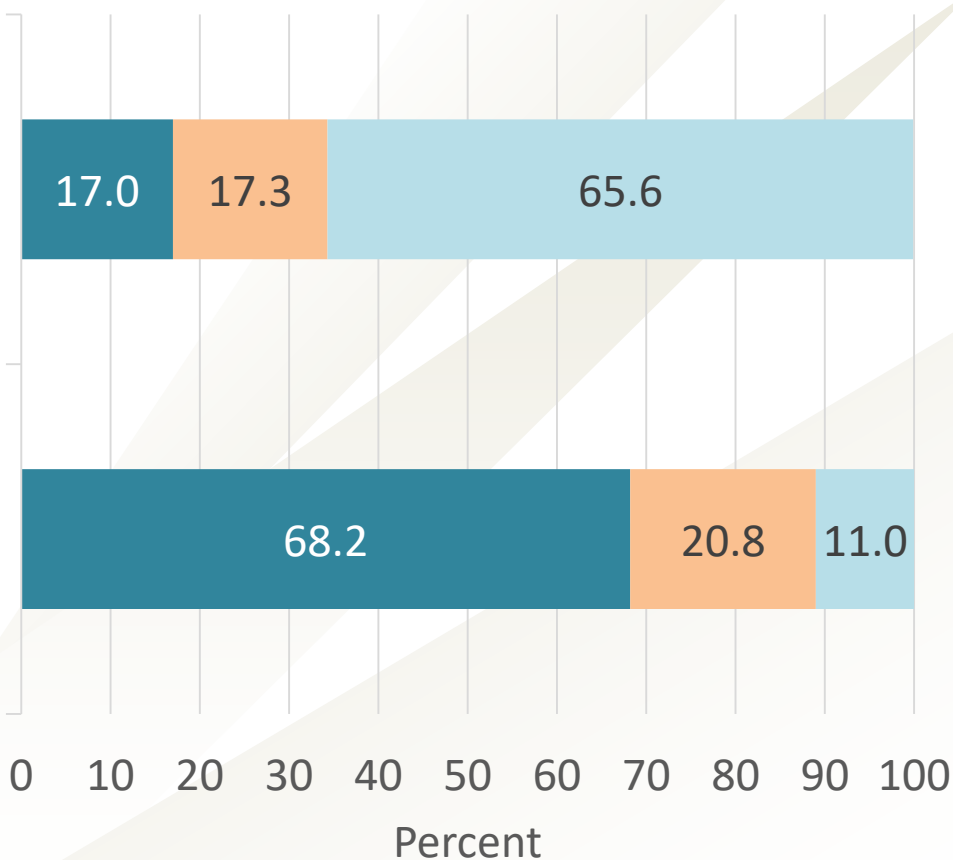
How many patients are you currently treating under your waiver? (N=170)



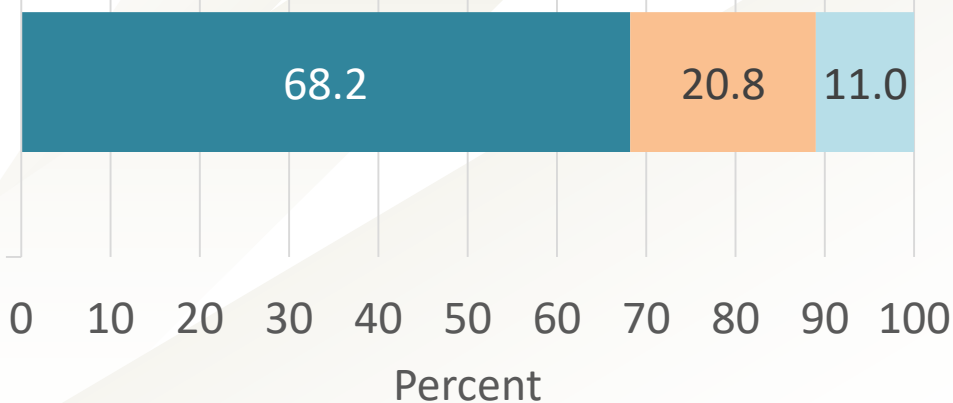
Waiver maximum Less than waiver maximum

OPIOID PRESCRIBING TRAINING RECEIVED (2019 QUESTION, N=1275)

Have you received training or free continuing education (e.g. CE, CME) through HERO TRaILs?



Have you ever received academic detailing for safe prescribing of opioids?



■ Within last year ■ > a year ■ No

TO WHAT EXTENT ARE YOU WORRIED ABOUT THE OVER PRESCRIBING OF OPIOIDS TO PATIENTS IN GENERAL? (OBJ. 1.4)

	2017 (n=1155)	2019 (n=1268)
Not worried at all. This is just an over reaction.	1.2%	2.1%
Somewhat worried, but it's not as bad as the news makes it out to be.	8.8%	9.8%
Worried. Prescribers need to be careful when prescribing opioids to patients.	54.4%	57.2%
Very worried. Too many people are being prescribed opioid painkillers who don't need them for pain.	35.6%	31.0%

TO WHAT EXTENT ARE YOU WORRIED ABOUT... (2019 QUESTION)

	Not worried at all	Somewhat worried	Worried	Very worried
... Co-prescribing opioids and benzodiazepines? (n=1256)	7.6%	17.7%	27.8%	47.0%
... Co-prescribing an opioid, benzodiazepine and carisoprodol (regardless if you or someone else prescribed any one of the three controlled substances)? (n=1244)	5.6%	11.1%	22.9%	60.4%

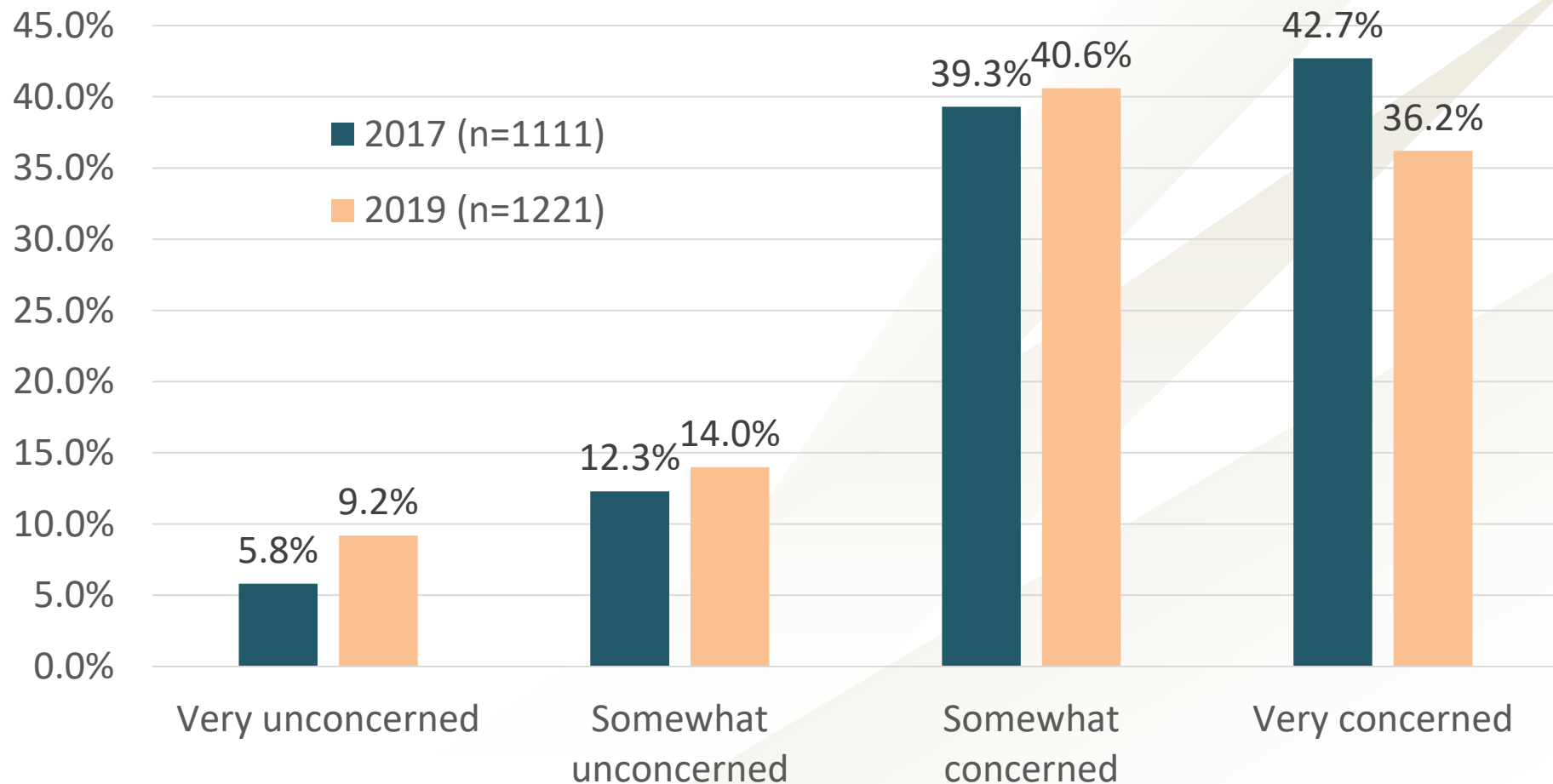
DURING AN AVERAGE WORK WEEK, ABOUT HOW OFTEN ARE YOU ASKED TO ADDRESS A PATIENT'S PAIN MANAGEMENT CONCERNS?

	2017 (n= 1151)	2019 (n=1272)
Infrequently, less than once a week	0.0%	21.9%
One to two times a week	30.4%	16.9%
Several times a week	27.7%	27.0%
Every day	41.9%	34.1%

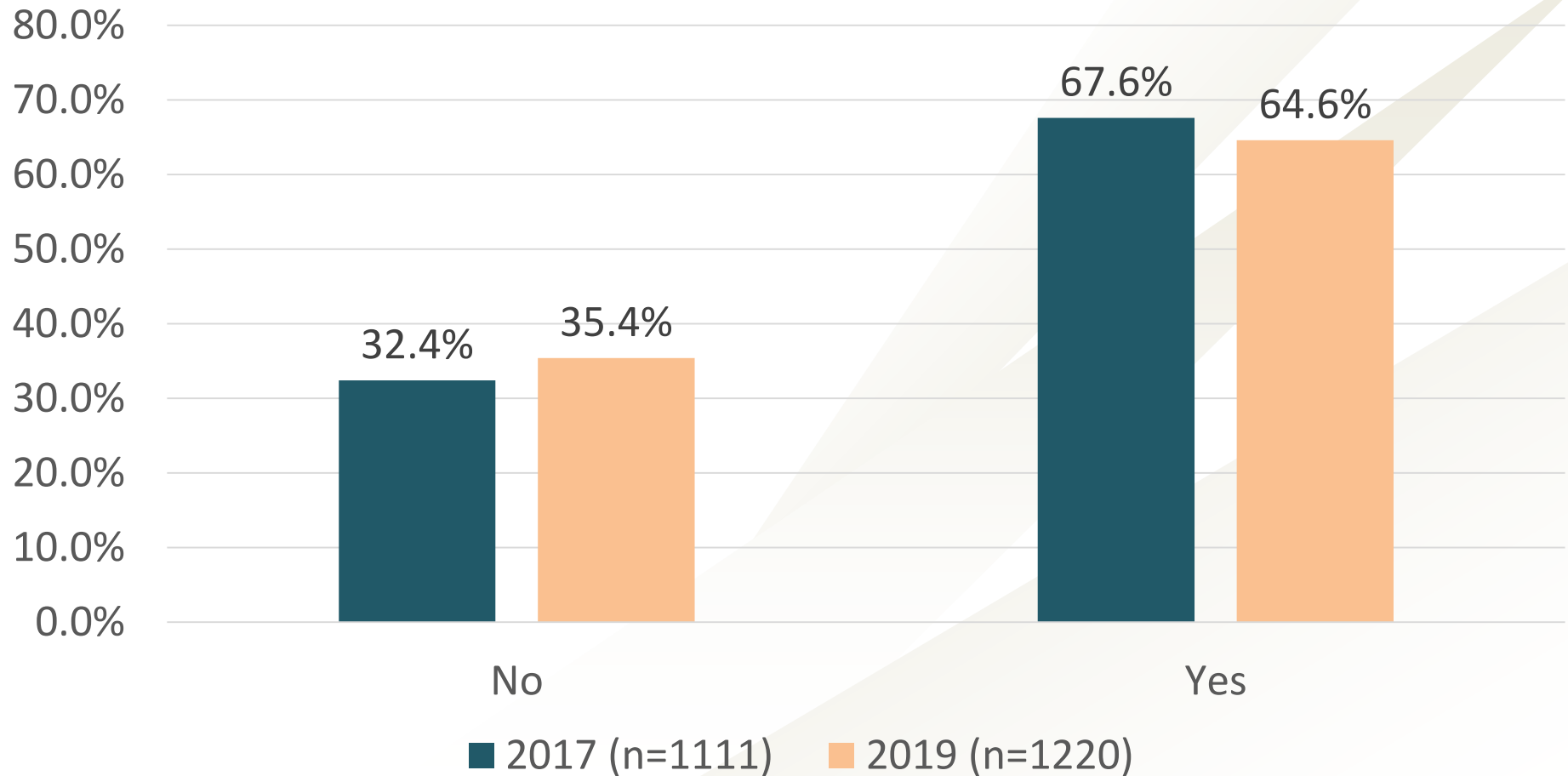
IF A PATIENT PRESENTS WITH PAIN CONCERNS, HOW LIKELY ARE YOU ...

Prescriber Approaches to Treating Pain	2017	2019
	% Somewhat likely or very likely	
...to suggest an over-the-counter pain medication such as ibuprofen or acetaminophen as the first option?	92.6 (n=1149)	85.7 (n=1271)
...to prescribe an opioid painkiller as the first option?	8.4 (n=1144)	8.3 (n=1266)
...to suggest alternative pain management (i.e., physical therapy) before prescribing opioids?	85.1 (n=1143)	85.4 (n=1258)

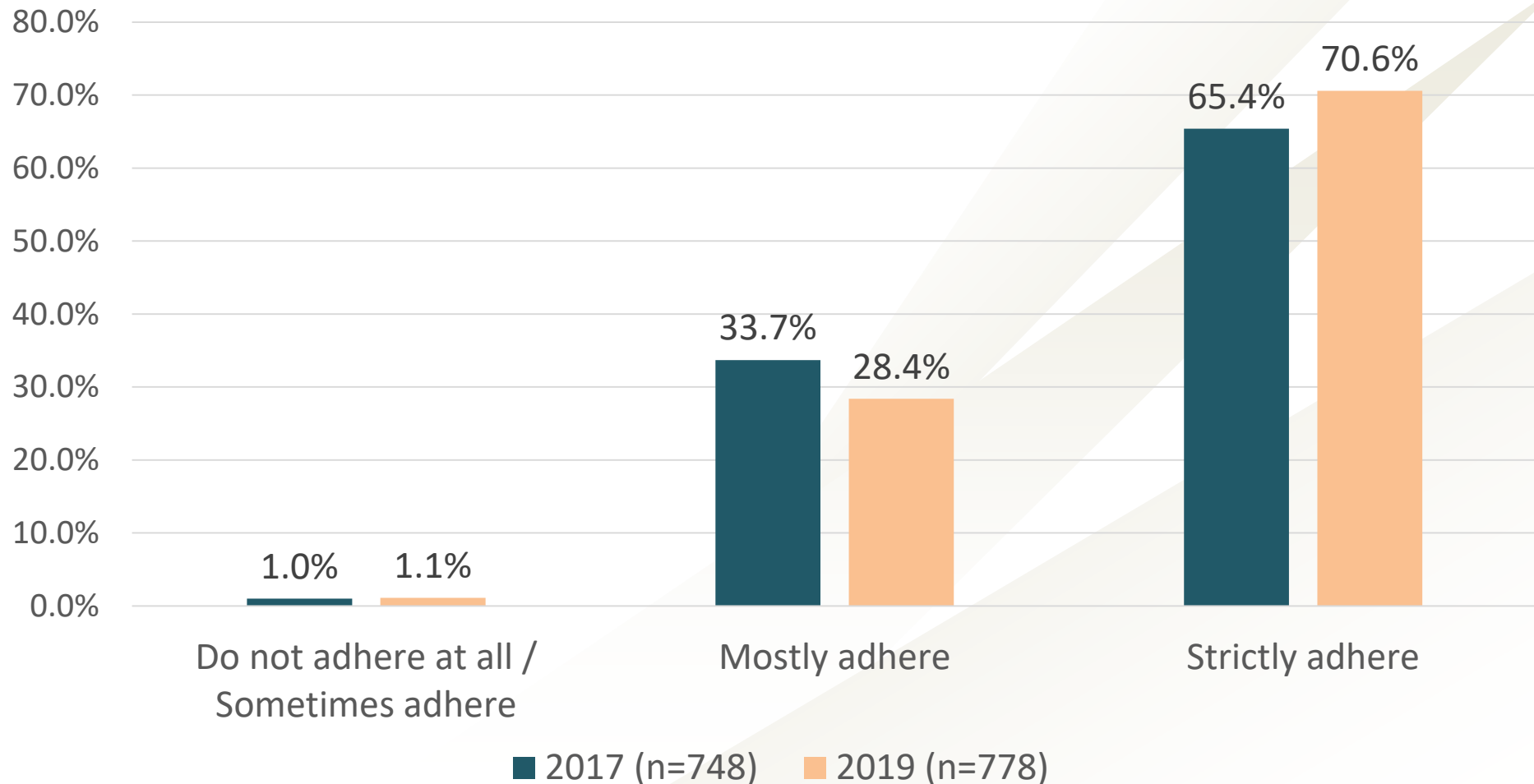
IN GENERAL, TO WHAT EXTENT ARE YOU CONCERNED ABOUT THE ABUSE OF OPIOIDS IN YOUR PATIENTS?



DOES YOUR PRACTICE HAVE A CURRENT POLICY OR PROTOCOL FOR PRESCRIBING PRESCRIPTION PAINKILLERS TO PATIENTS?



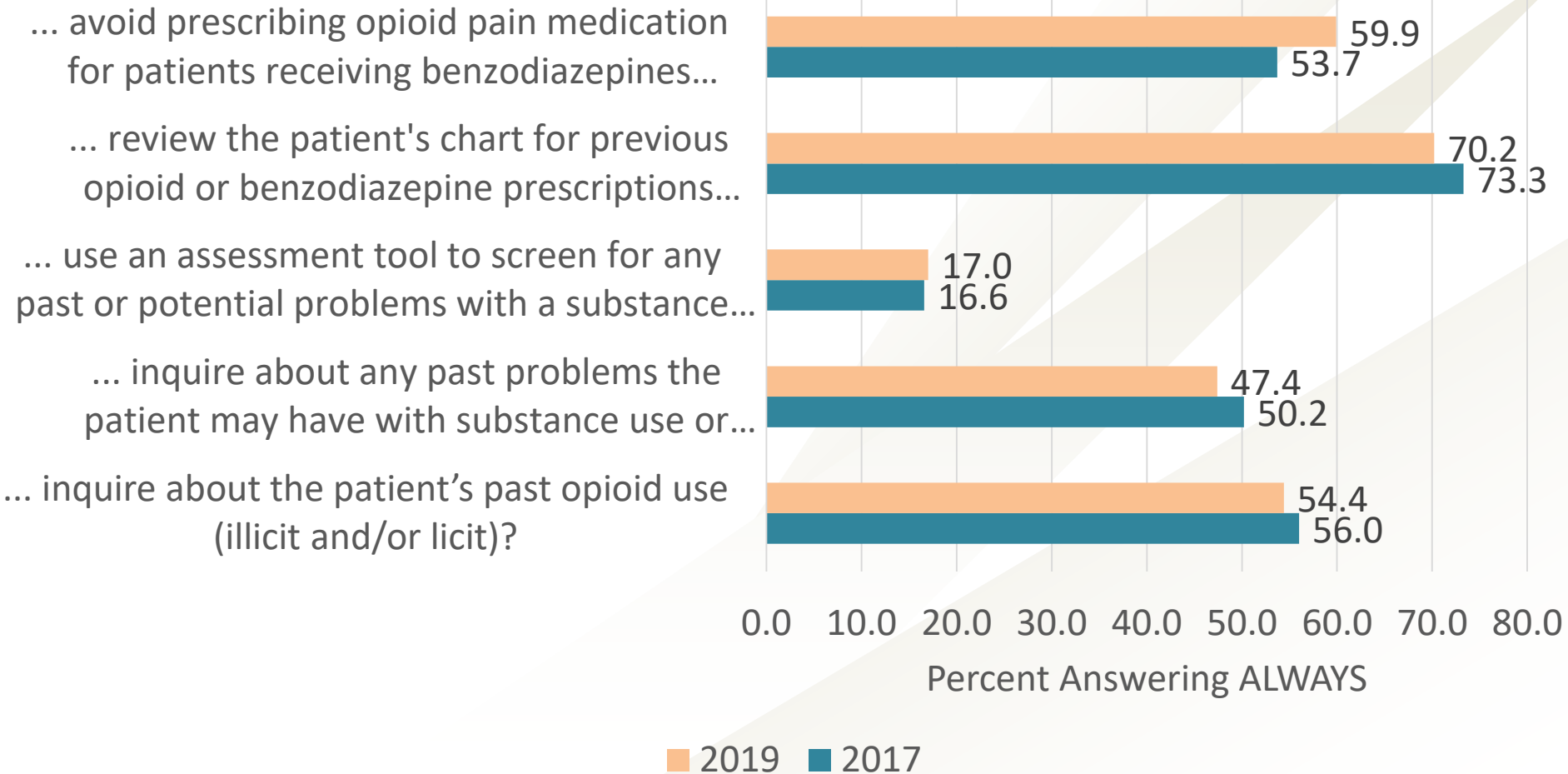
IN YOUR OPINION, HOW WELL DO YOU ADHERE TO THE POLICY OR PROTOCOL?



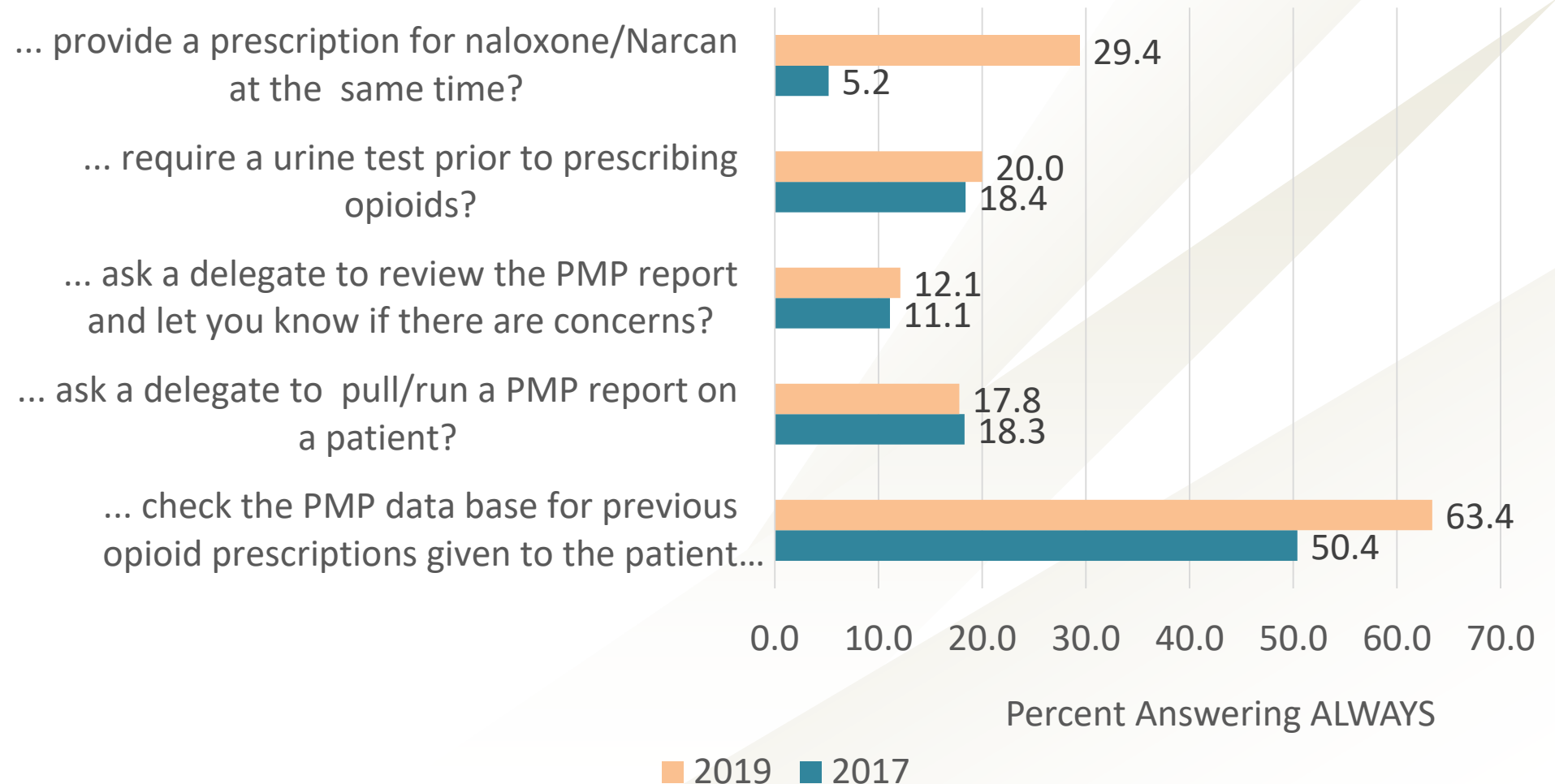
HOW EFFECTIVE IS THE POLICY?

	Mostly effective or very effective	
	2017	2019
How effective is the current policy or protocol at your practice in protecting doctors from over prescribing Rx pain killers	90.2% (n=747)	91.3% (n=777)
How effective is the current policy or protocol at your practice in preventing patients from abusing Rx pain killers (2017 only)	81.3% (n=746)	NA
In your opinion, how effective is the current policy or protocol at your practice in preventing patients from abusing, misusing, and diverting prescription opioids? (2019 only)	NA	85.5% (n=774)

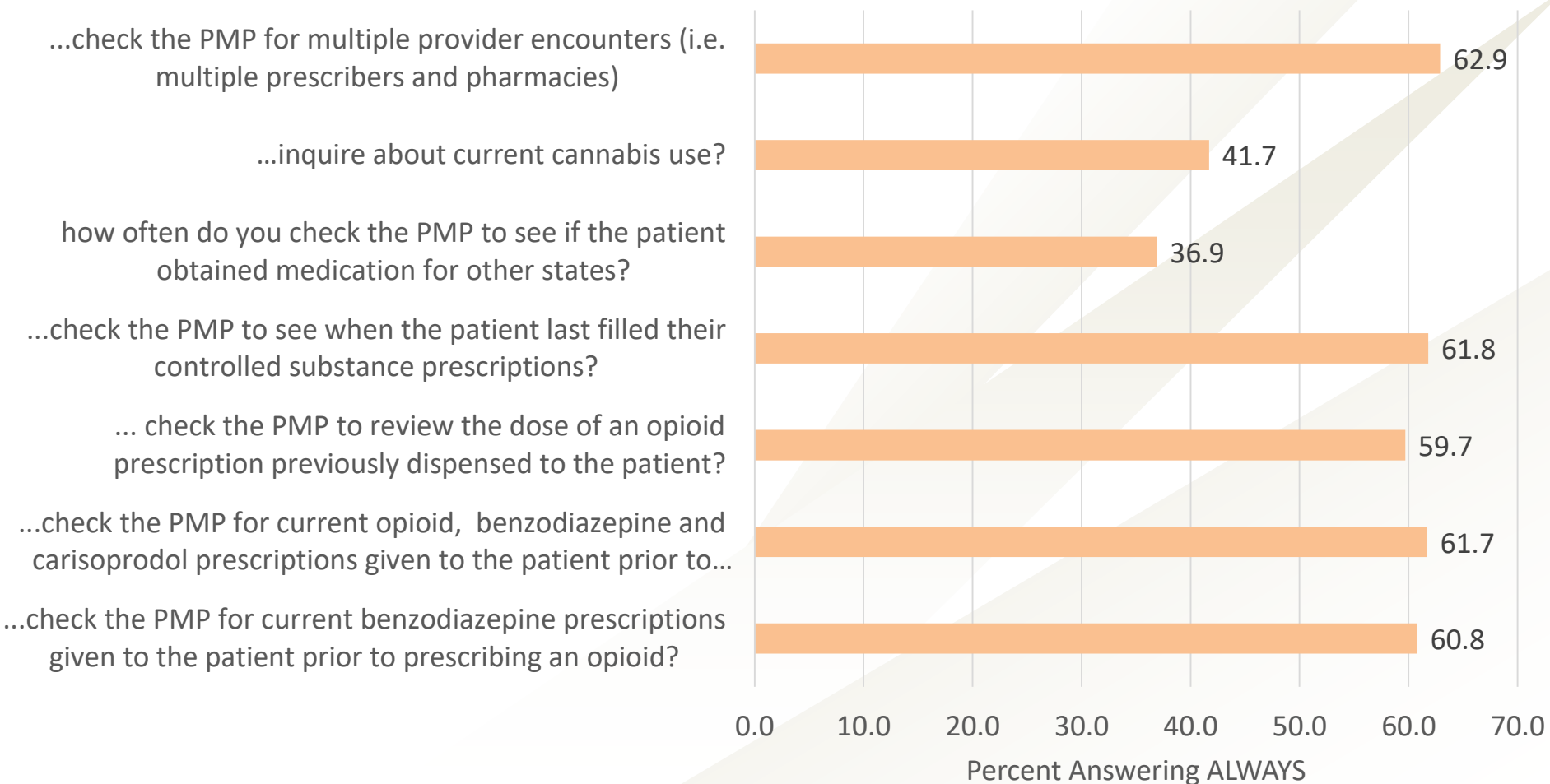
IN THE CONTEXT OF YOUR PRACTICE, WHEN FIRST PRESCRIBING OPIOIDS TO A PATIENT, HOW OFTEN DO YOU...



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IN THE CONTEXT OF YOUR PRACTICE, WHEN FIRST PRESCRIBING OPIOIDS TO A PATIENT, HOW OFTEN DO YOU... (2019 QUESTIONS ONLY)



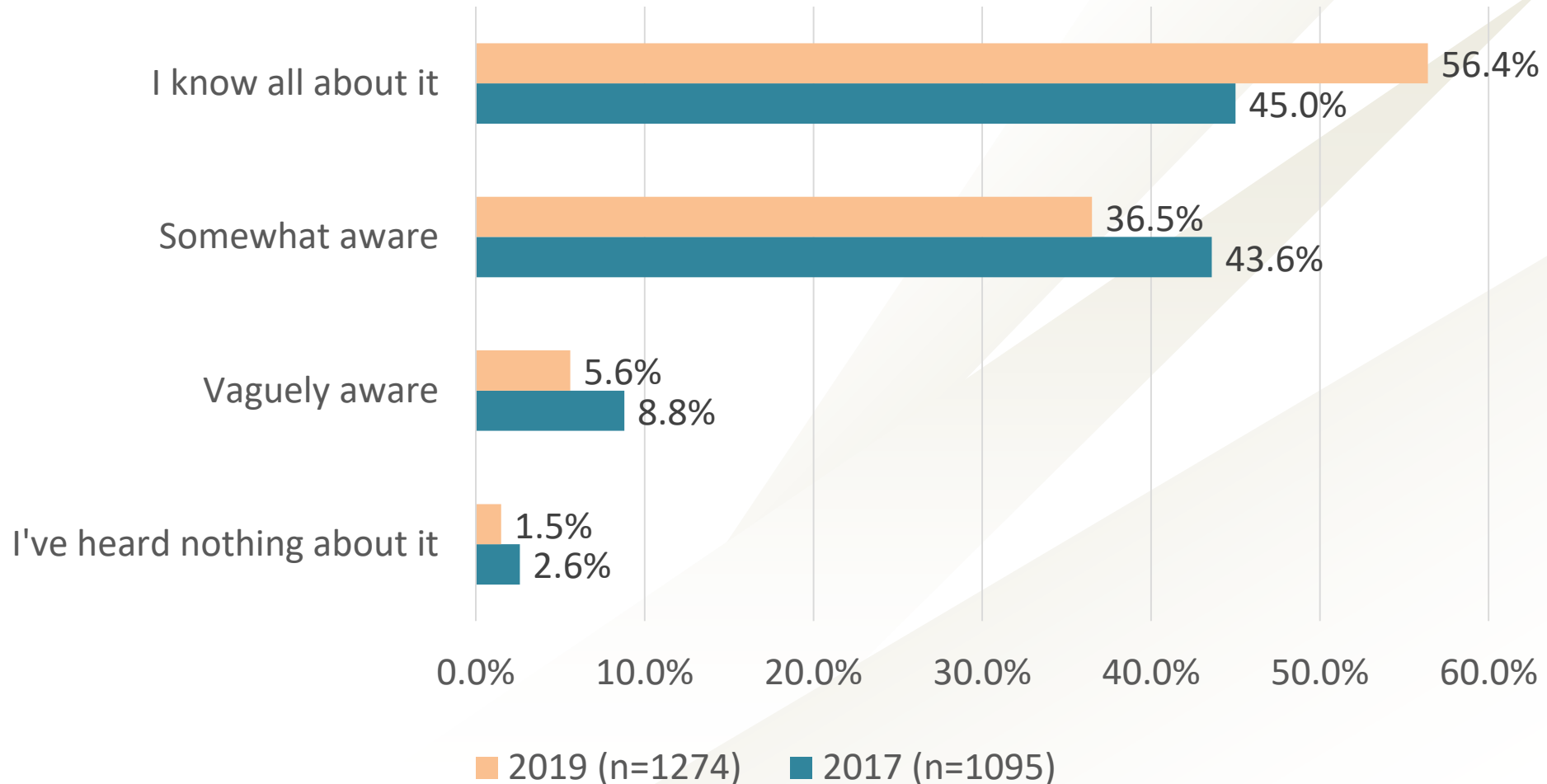
WHEN PRESCRIBING OPIOIDS, HOW LIKELY ARE YOU PERSONALLY TO TALK TO YOUR PATIENTS ABOUT THE FOLLOWING

	% Somewhat likely or very likely	
	2017	2019
Proper disposal of unused/expired medication (especially opioids) (2017 n=1096; 2019 n=1179)	58.2	62.1
Safe storage of prescription drugs (especially opioids) at home (2017 n=1096; 2019 n=1174)	72.4	73.7
The dangers of mixing prescription drugs (especially opioids) with alcohol and other drugs (e.g., benzodiazepines) (2017 n=1096; 2019 n=1176)	91.7	91.9
The dangers of sharing prescriptions with other people to whom they are not prescribed (especially opioids) (2017 n=1096; 2019 n=1179)	79.2	79.1
How to recognize the signs of addiction (especially with opioids) (2017 n=1096; 2019 n=1170)	61.7	64.9
How to use naloxone/Narcan to prevent accidental overdose (2017 n=1096; 2019 n=1177)	32.1	64.9

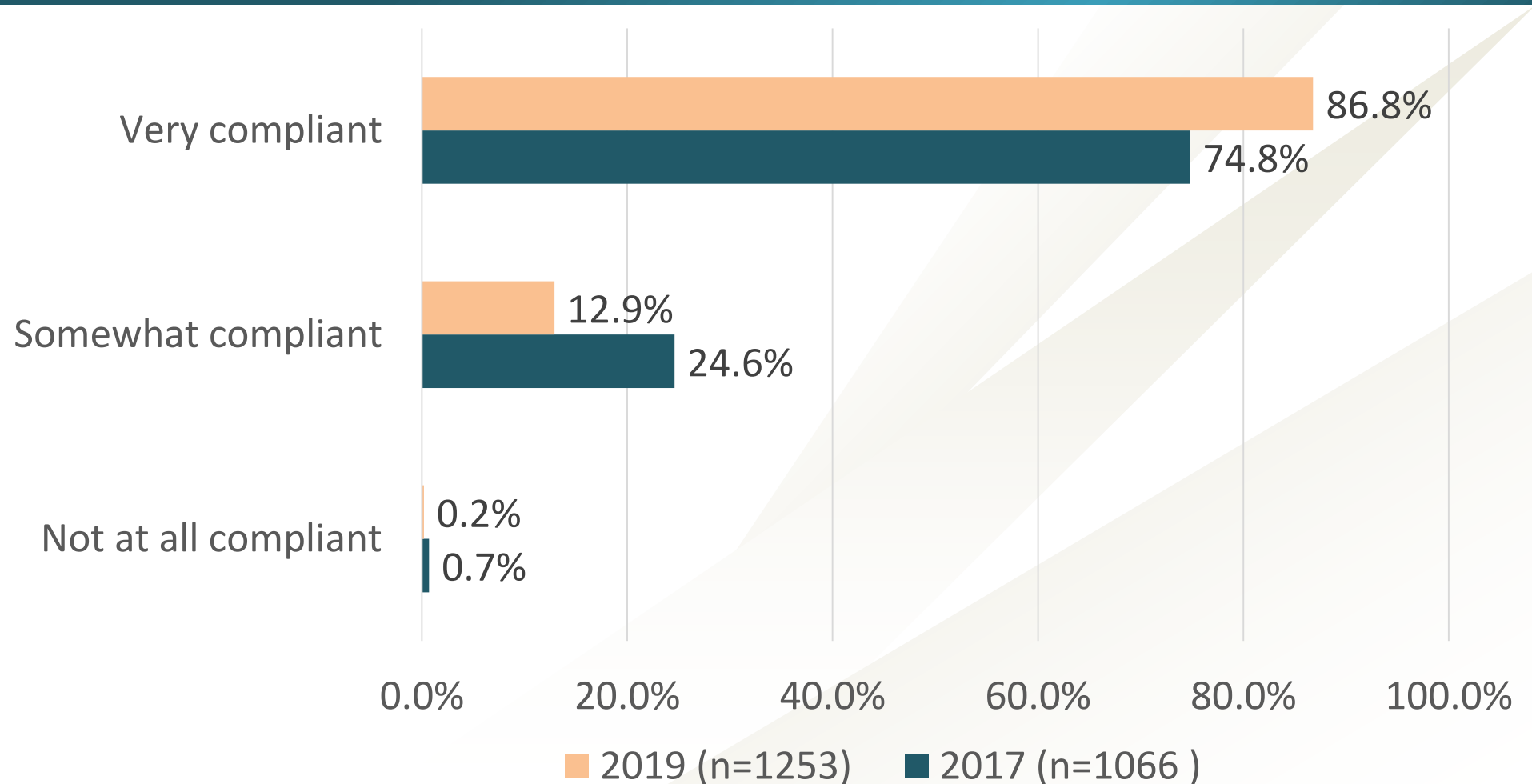
WHEN PRESCRIBING OPIOIDS, HOW LIKELY ARE YOU TO ASK *OTHERS* TO EDUCATE THE PATIENT ON

	% Somewhat likely or very likely	
	2017	2019
Proper disposal of unused/expired medication (especially opioids) (2017 n=458; 2019 n=440)	18.6	23.2
Safe storage of prescription drugs (especially opioids) at home (2017 n=303; 2019 n=303)	20.5	22.4
The dangers of mixing prescription drugs (especially opioids) with alcohol and other drugs (e.g., benzodiazepines) (2017 n=91; 2019 n=93)	27.5	25.8
The dangers of sharing prescriptions with other people to whom they are not prescribed (especially opioids) (2017 n=228; 2019 n=240)	18.9	18.8
How to recognize the signs of addiction (especially with opioids) (2017 n=420; 2019 n=404)	15.5	13.1
How to use naloxone/Narcan to prevent accidental overdose (2017 n=744; 2019 n=408)	14.0	17.9

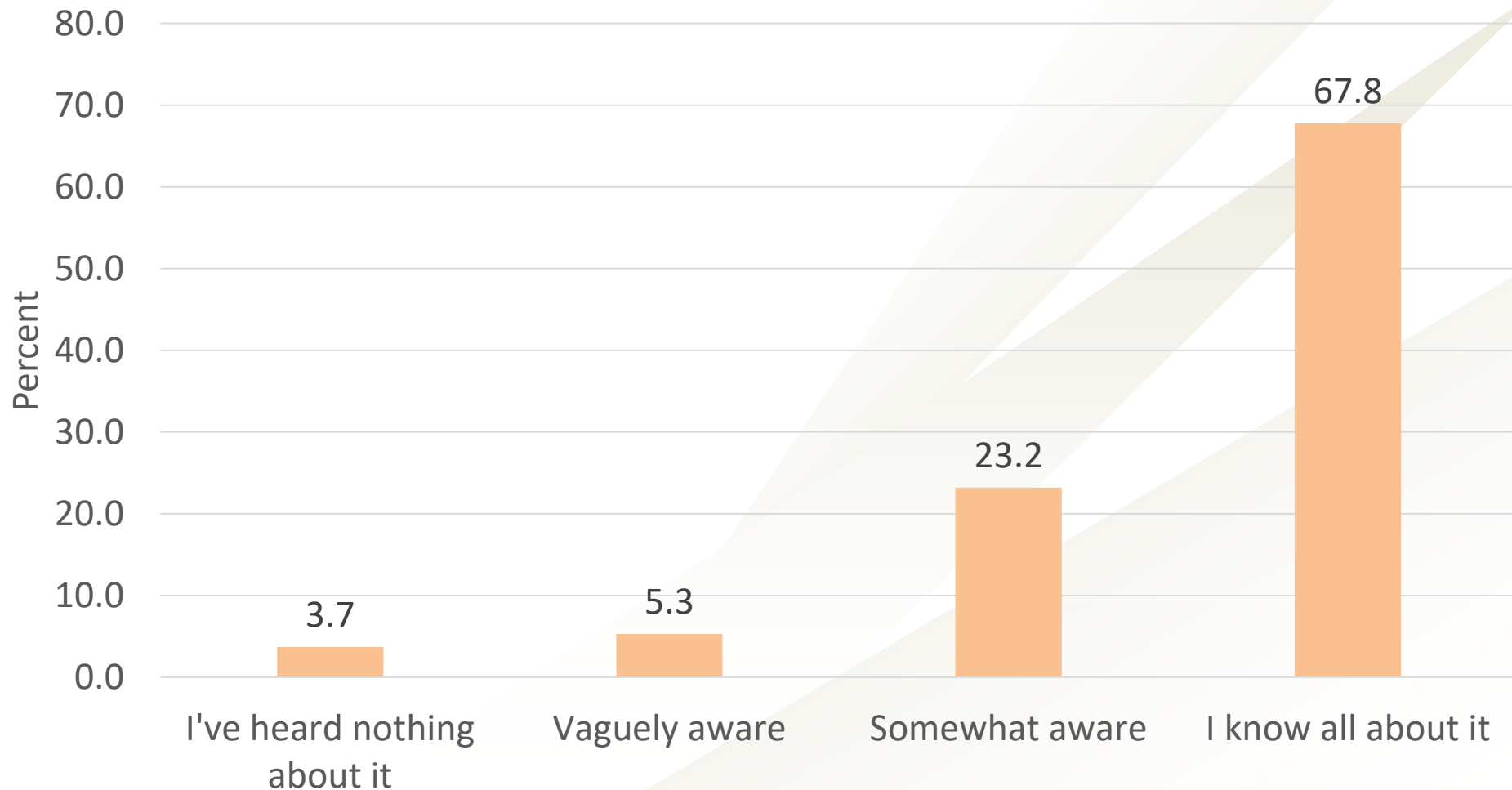
TO WHAT EXTENT ARE YOU AWARE OF THE NEW REGULATIONS REGARDING USE OF THE PMP IN NEW MEXICO THAT WENT INTO EFFECT IN JANUARY 2017 (SB 263)?



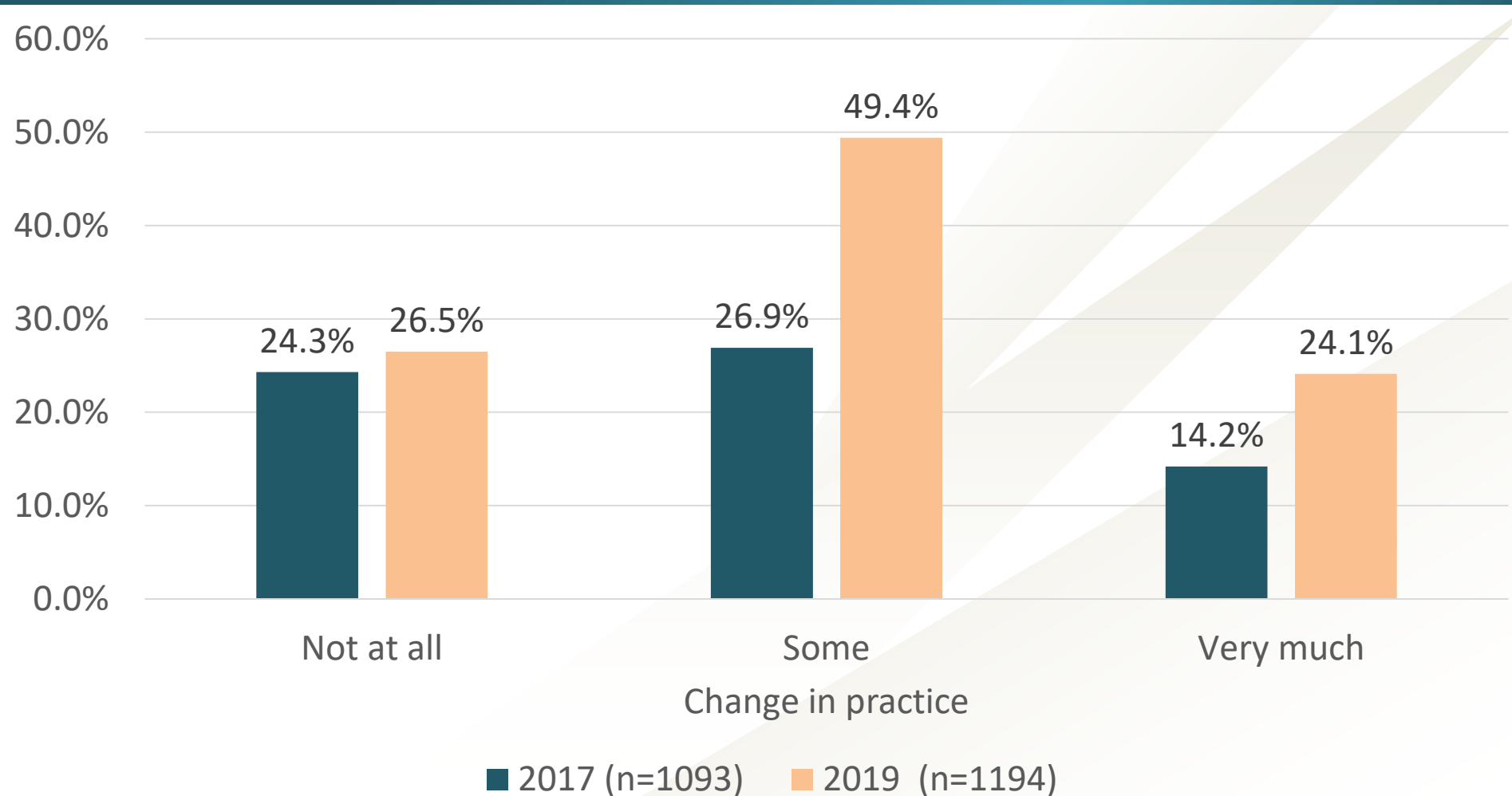
TO WHAT EXTENT ARE YOU COMPLIANT WITH PMP UTILIZATION REGULATIONS?*



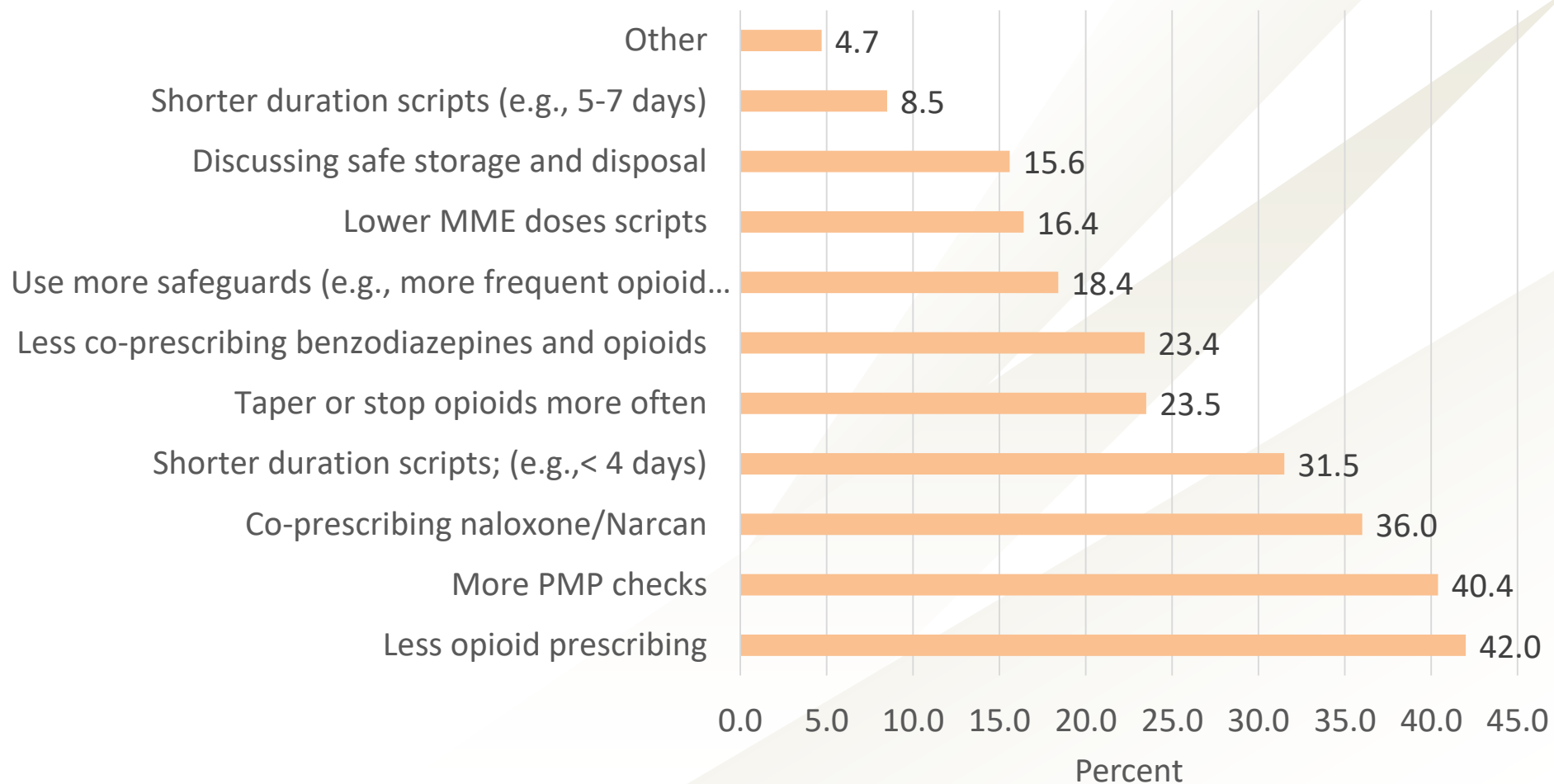
TO WHAT EXTENT ARE YOU AWARE OF THE NEW STATUTE (SB221) REGARDING
CO-PRESCRIBING NALOXONE WHEN AN OPIOID ANALGESIC IS PRESCRIBED?
(2019 QUESTION ONLY, N=1272) (2019)



HAVE YOUR PRESCRIBING PRACTICES CHANGED OVER THE LAST 12 MONTHS?

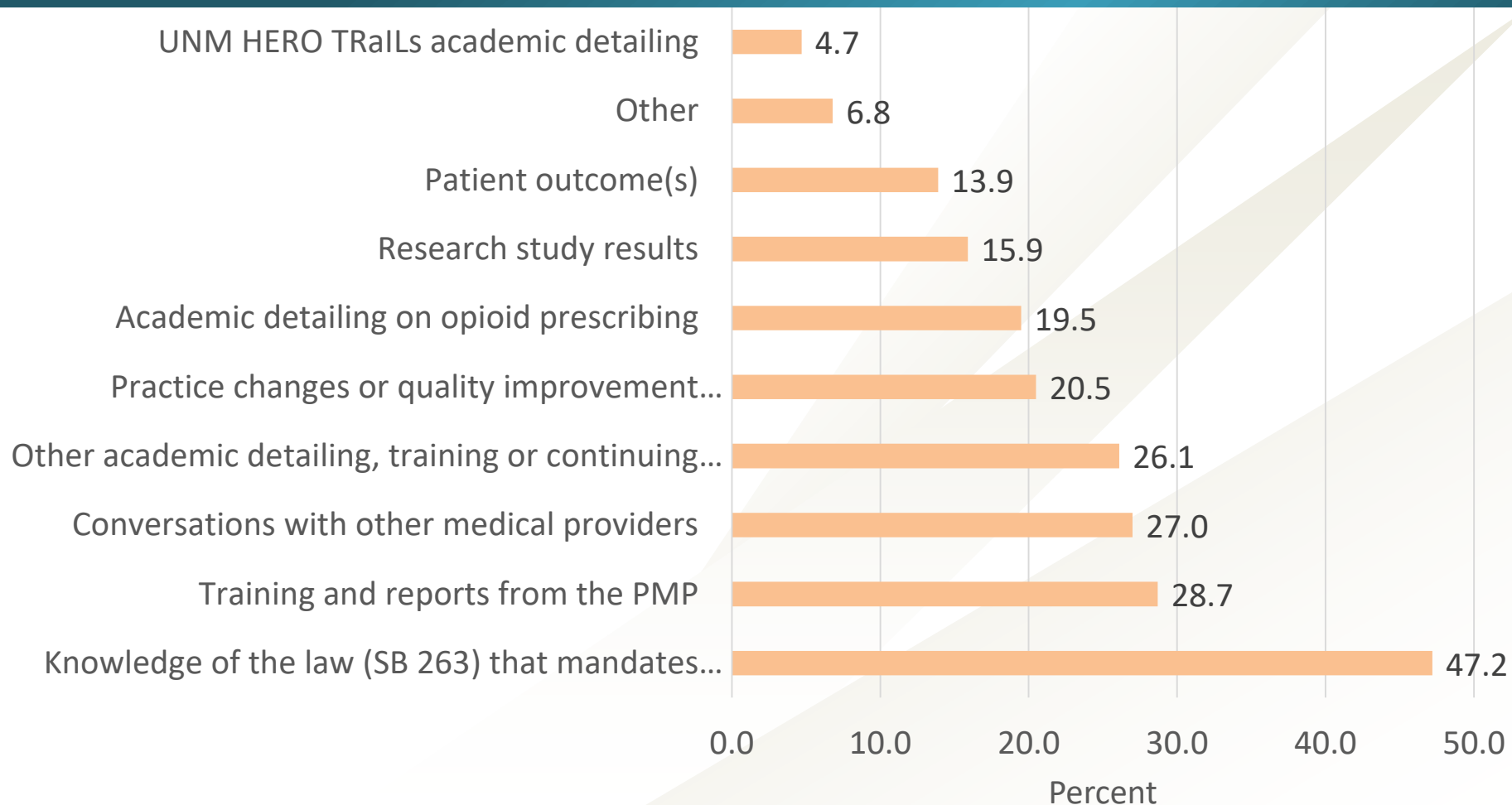


HOW HAVE YOUR PRESCRIBING PRACTICES CHANGED OVER THE PAST 12 MONTHS? (2019 QUESTION, N= 1395)

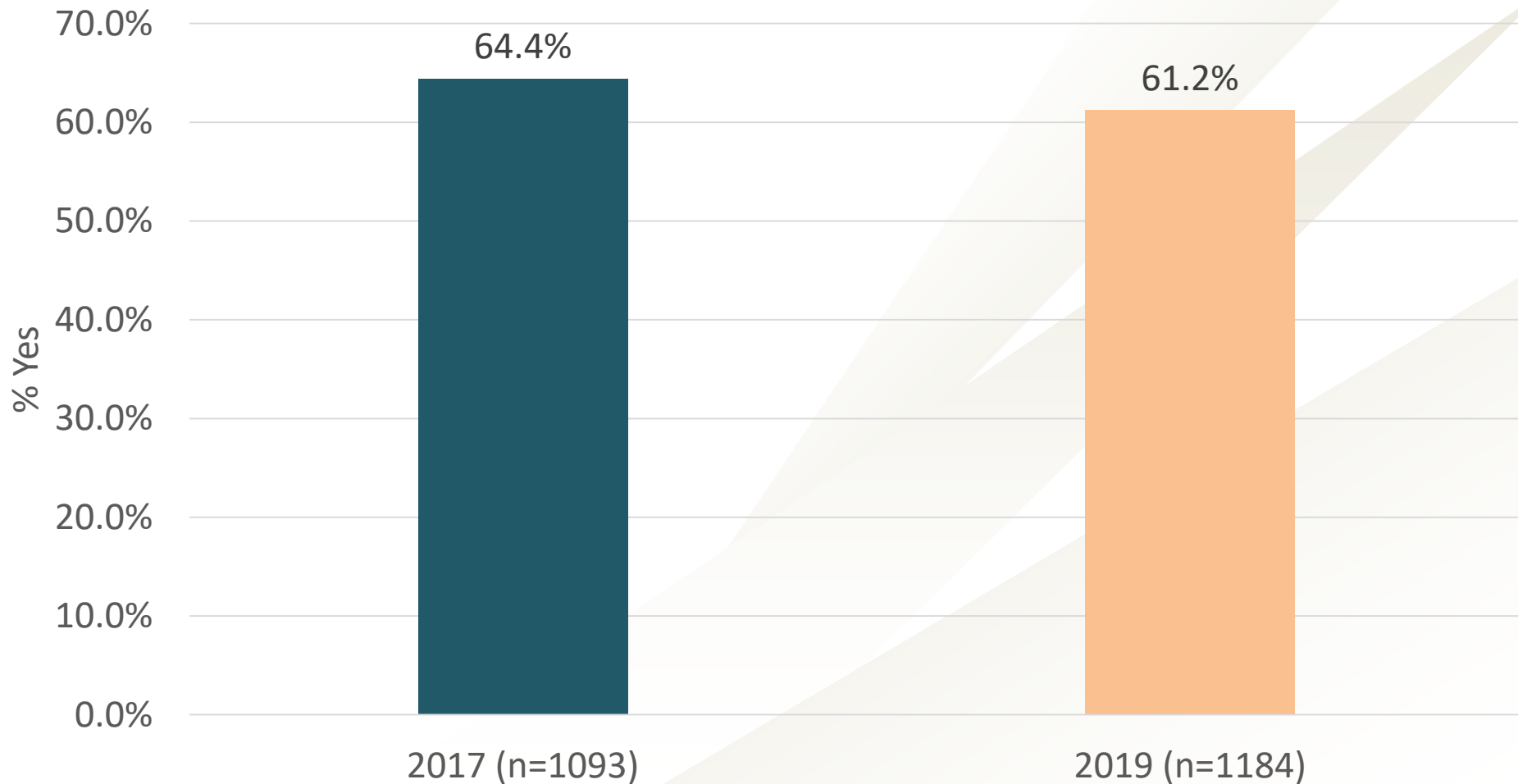


WHY HAVE YOUR PRESCRIBING PRACTICES CHANGED?

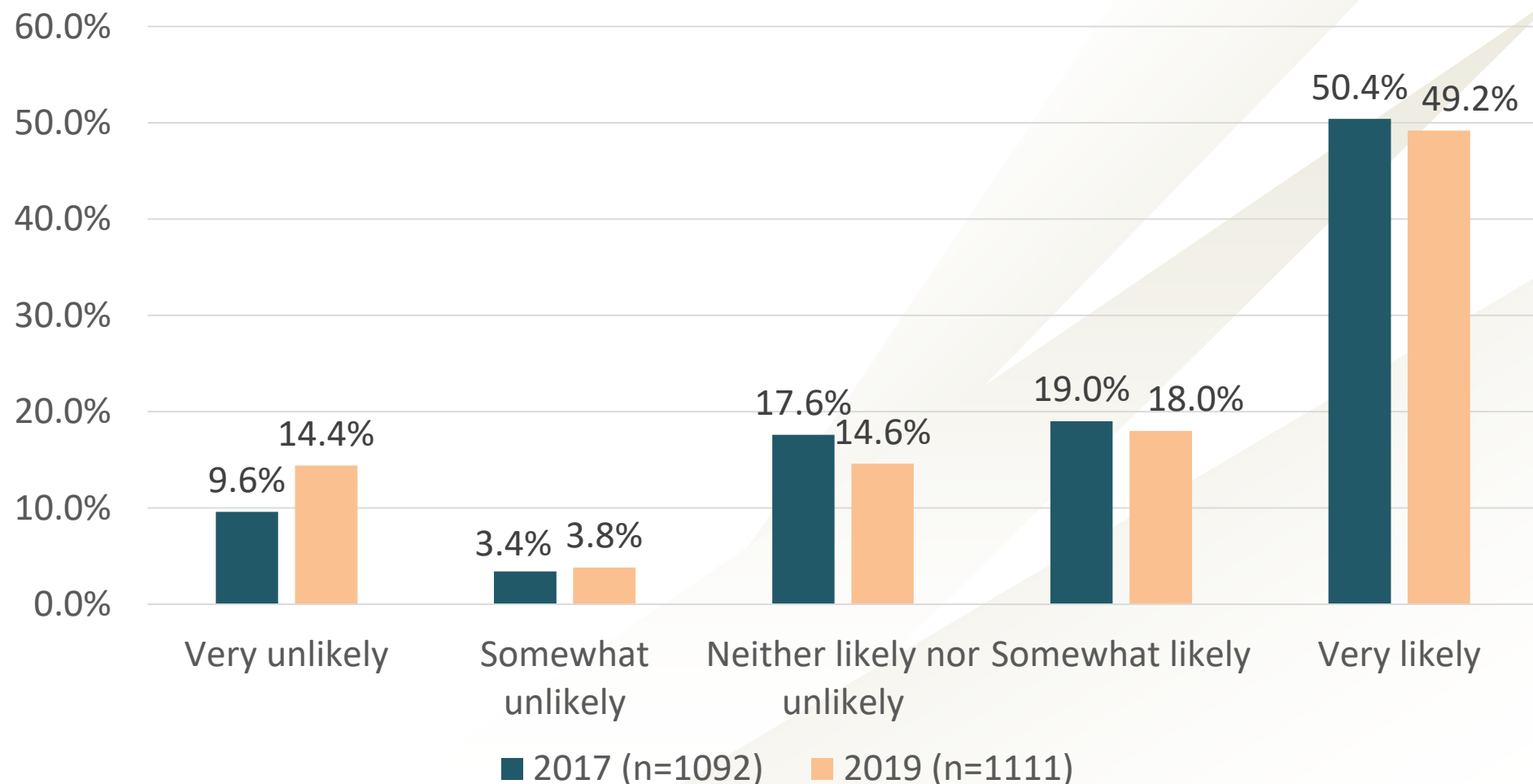
(2019 QUESTION, N=1395)



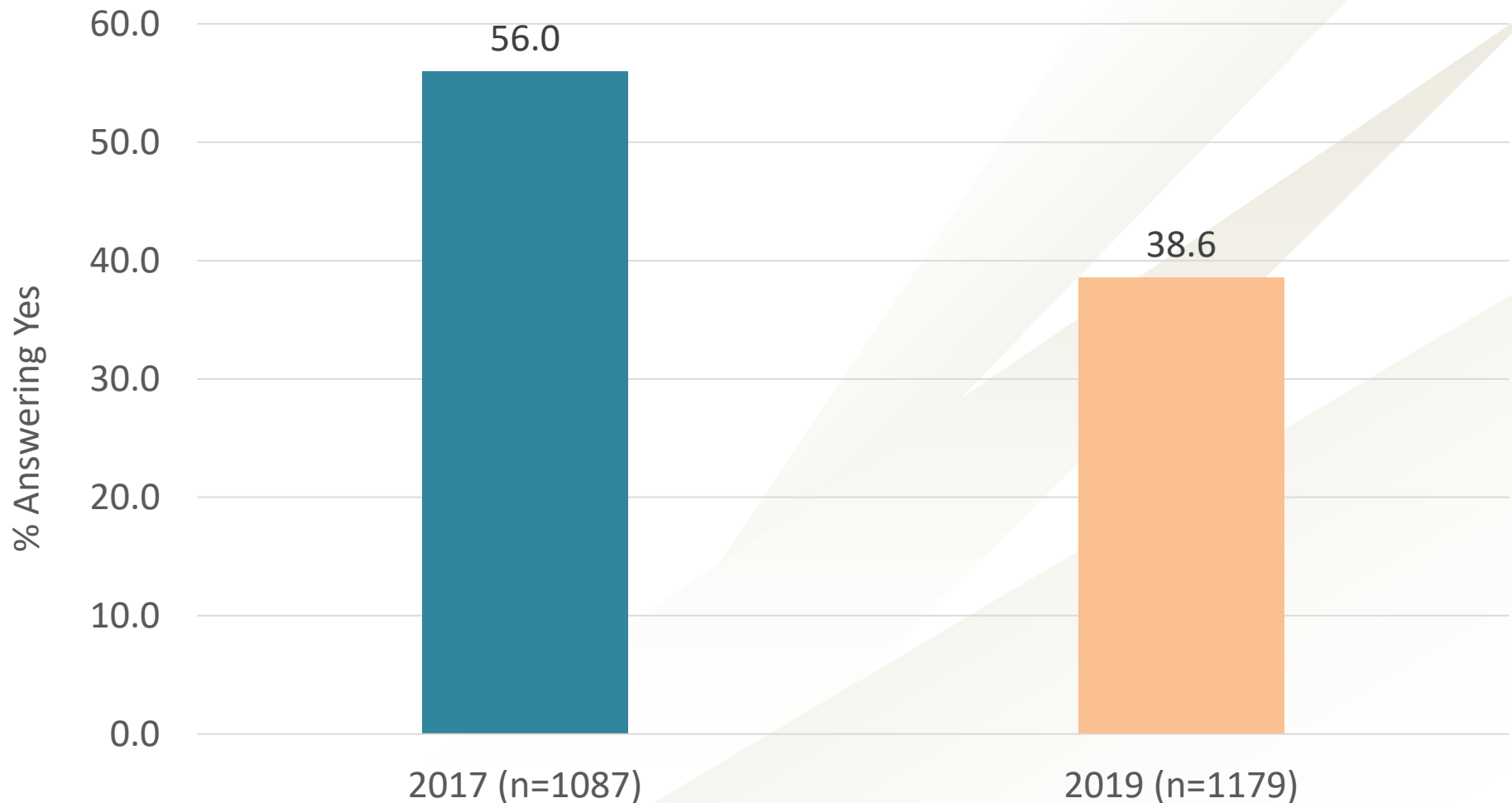
DO YOU THINK ABOUT/DISCUSS AN EXIT STRATEGY WHEN STARTING A PATIENT ON AN OPIOID?



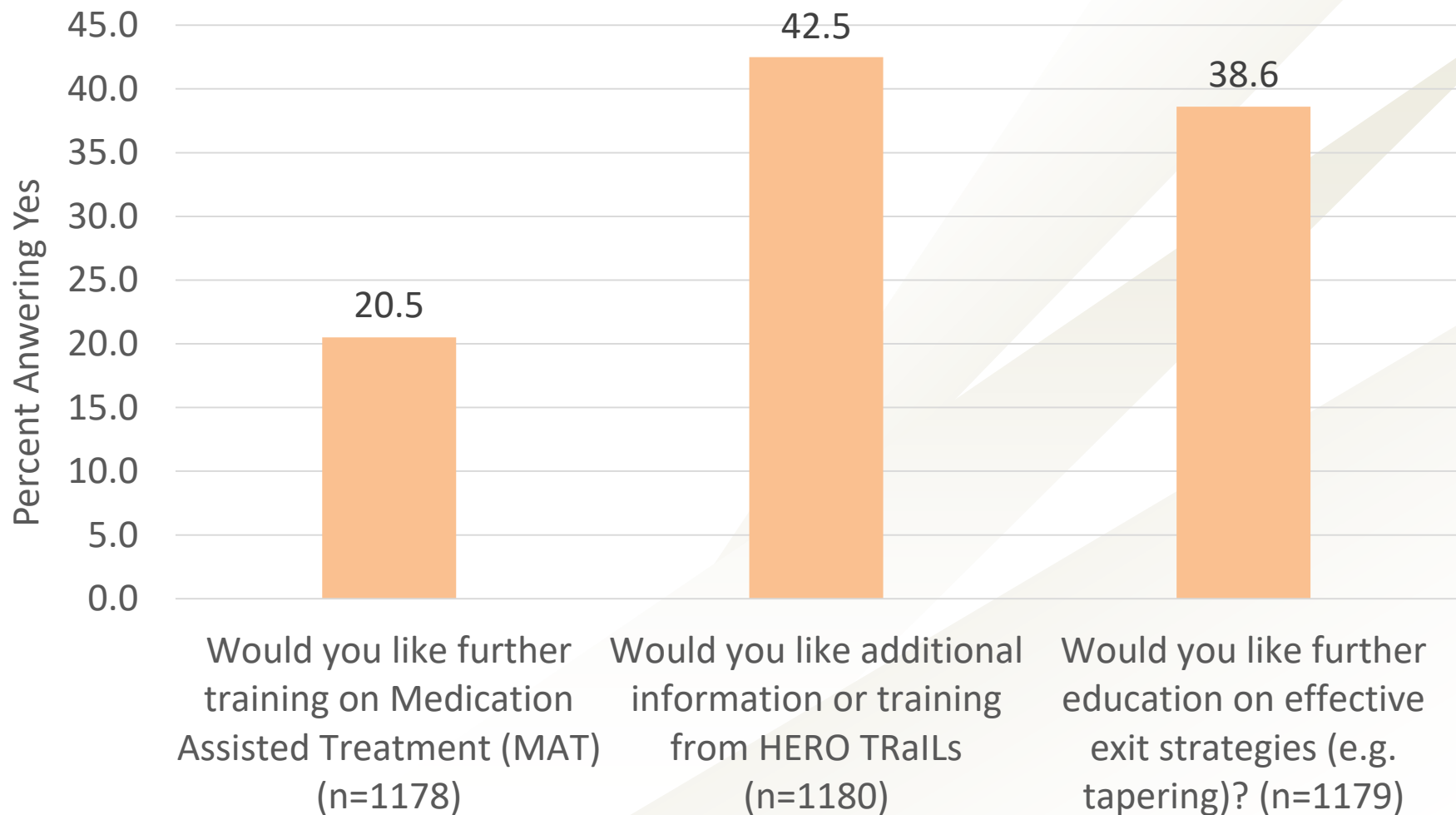
WHEN DISCONTINUING A PATIENT'S LONG-TERM OPIOID PRESCRIPTION (I.E., OVER 30 DAYS), HOW LIKELY ARE YOU TO DISCUSS AN EXIT STRATEGY WITH THE PATIENT?



WOULD YOU LIKE FURTHER EDUCATION ON EFFECTIVE EXIT STRATEGIES?



OTHER FURTHER EDUCATION INTERESTS (2019 ONLY)



SUMMARY

- Pre & Post intervention data from opioid prescriber
- Providers say they are most often doing the educating on potential risks associated with opioid use
- Some progress is still needed in pre-screening of patients on potential risk factors
- Some differences over time in respect to practices
 - Particularly Narcan prescribing because of new law
- Opportunities remain to provide additional training to prescribers and perhaps to those who could take on some of the education burden