Emerging measures in the Hospital setting for safe opioid Management in the Hospital

September 12, 2019 11:00am -12:00pm Pacific Time

Cal Hospital Compare

Opioid Care Honor Roll 2019 Webinar Series - 5 of 5

Continuing Education Credits



American Board of Quality Assurance and Utilization Review Physicians Promoting Health Care Quality and Patient Safety Through Certification and Education



Cal Hospital Compare Designating Opioid Safe Hospitals Emerging Measures in the Hospital Setting for Safe Opioid Management Online Live Webinar September 12, 2019

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Using Zoom



All lines MUTED upon entry, UNMUTE yourself as needed

Recommend calling in via phone

Click "chat" to open the chat box

Select To: "all panelist and attendees" Meeting is being recorded

Recording available on calhospitalcompare.org

Record



Want to download the slides? CHC website >About > Opioid Care Honor Roll



- Identified the steps your hospital will take to apply for the Opioid Safe Care Honor Roll by Sept. 18
- Analyzed your hospital's current approach to measuring the impact of opioid safe practices on patient outcomes
- Examined emerging measures at the state & national level
- Explored novel ways measure impact of safe opioid practices on reducing opioid use disorder deaths
- Heard from peer hospitals the steps they have taken to measure opioid safe practices

Opioid Care Honor Roll 2019 Webinar Series Roadmap

Emerging Measures

5

The Nuts and Bolts of

Dispensing Naloxone

2 Beyond Adopting Prescribing Guidelines

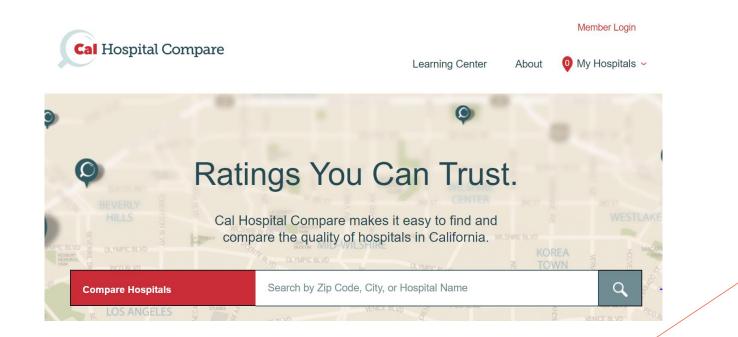
Introducing the Opioid Care Honor Roll Initiating MAT in the hospital

3

MAT in the

Cal Hospital Compare

About: For more than a decade, Cal Hospital Compare (CHC) has been providing Californians with objective hospital performance ratings. CHC is a non-profit organization that is governed by a multi-stakeholder board, with representatives from hospitals, purchasers, consumer groups, and health plans. In effort to accelerate improvement and recognize high performance by California hospitals, CHC publishes an annual Patient Safety Honor Roll and Low-Risk C-section Honor Roll.





Facilitators



Alex Stack Director, Programs & Strategic Initiatives, CHC



Aimee Moulin Co-Director ED Bridge



Steve Tremain

Physician Improvement Advisor Cynosure Health



Guest Speakers



Reb Close, MD Community Hospital Monterey Peninsula



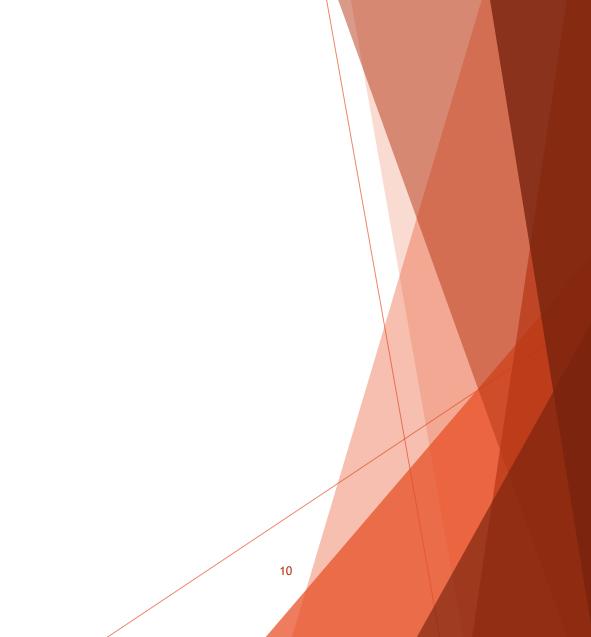
Arianna Sampson, ED APP Marshall Medical Center Co-Director CA BRIDGE



POLL:

What are you currently working on to improve opioid safety in your hospital?

Opioid Care Honor Roll



Frequently Asked Questions

What is the threshold?

- Relevant threshold
- Score at least one point in each domain

What is the value of attaining the Opioid Care Honor Roll

- Accelerate your hospital's progress
- Announcement in Oct. 2019 by Dr. Mark Ghaly, Secretary of CA HHS
- Special recognition on Cal Hospital Compare website

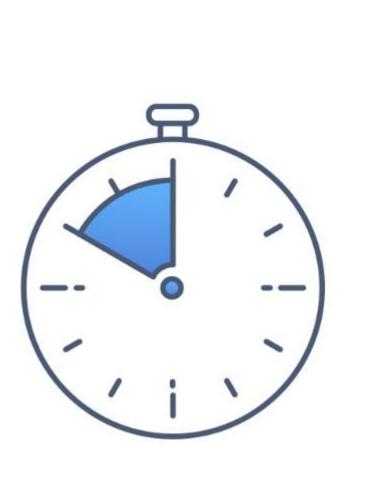
When is the assessment window?

- Ends Sept. 18, 2019
- Each hospital must submit responses & any supporting documents via e-survey here

Source: Opioid Safe Hospital Designation Frequently Asked Questions

Countdown!







POLL: When will your hospital apply for the Opioid Care Honor Roll?

Bringing it all together



Mapping it back to the Self-Assessment

Measure	Intent	Level 3 (1 pt)	Level 2 (2 pts)		Level 1 Opioid Safe (3 pts)	Example (comparative tool & resource)
Prevent new opioid startsPrescribing guidelinesAlternatives to opioids for pain management				 Overdose Prevention Naloxone education & distribution program 		
Identification & Treatment • MAT • BUP Waiver			 Cross-cutting Opioid Safe Hospital Best Practices Organizational infrastructure Provider/staff education Patient education Formulary management Handoff to the community 			

Source: Opioid Safe Hospital Self-Assessment

Scanning the Landscape

CMS

- Substance Use Disorder Prevention that Promotes Opioid Recovery and Treatment for Patients and Communities (SUPPORT) Act signed by President Trump (Oct.2018)
- Roadmap for fighting the opioid crisis

National Quality Forum

- <u>Opioid and Opioid Use Disorder: An Environmental Scan</u> (Jul 2019)
- Use this to craft specific measurement recommendations to HHS for the purposes of improving management, prevention, diagnosis, and treatment of persons using or misusing opioids.

Publicly Available Data

CA Opioid Overdose Surveillance Dashboard

- By zip code &/or county:
 - Deaths
 - ED Visits
 - Hospitalizations
 - Prescriptions

Death Data

• Request from county coroner's office

Outcome Measure

Outcome

• Deaths related to any opioid overdose

Pro Tip: select 1 outcome, 2-3 process, and 1 balancing measures

Process Measures Pick List

Discharge prescribing

- Appropriate Prescribing for First Fill of Opioids
- Avoidance of LA or ER Opiate Prescriptions
- Avoidance of Opiate Prescriptions > 3 Days Duration for Acute Pain
- Initial opioid prescription compliant with CDC recommendations
- All-cause re-admission
- Avoidance of Opiates for Low Back Pain or Migraines
- Communication about Treating Pain
 Post-Discharge
- Concurrent Use of Opioids and Benzodiazepines (COB)
- Consideration of Non-Pharmacologic Interventions
- Evaluation of High-Risk Pain Medications for MME

Identification & treatment

- Identified w/ OUD
- Alcohol & Other Drug Use Disorder Treatment at Discharge (MAT)
- Accepting referral to treatment
- BUP Prescriptions
- X-waivered providers or X-waiver coverage
- Continuity of care after inpatient or residential treatment for substance use disorder (SUD)
- Counseling Regarding Pharmacological Treatment for Opioid Dependence

Overdose prevention

- Discharge Prescription of naloxone after Opioid Poisoning or Overdose
- Discharge Prescription of naloxone for all patients receiving an Opioid Prescription
- Naloxone kit distribution to patients
 and their families
- Patient education on naloxone use and follow up

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Pro Tip: select 1 outcome, 2-3 process, and 1 balancing measures

Balancing Measures Pick List

Balancing

- Pain control
- Patient satisfaction
- Provider satisfaction
- Opportunity cost (time & energy)
- Demand versus capacity (visits)
- Supply chain management

Pro Tip: select 1 outcome, 2-3 process, and 1 balancing measures



CHAT:

What measure most resonates with you?



Guest Speakers



Reb Close, MD Community Hospital Monterey Peninsula



Arianna Sampson, ED APP Marshall Medical Center Co-Director CA BRIDGE

PRESCRIBE SAFE MONTEREY COUNTY

Reb JH Close, MD Emergency Department Community Hospital of the Monterey Peninsula Lead Clinical Physician Monterey County Prescribe Safe Initiative Volunteer Physician Liaison Monterey County Sheriff's Office – Coroner Division

Monterey County Prescribe Safe Initiative 2019



Overdose cases

Fatal – Monterey County Coroner's Cases

 Review and record information regarding substance(s) found and blood concentrations on tox reports

Non-fatal – Community Hospital ICD10 coding information

• Review presentations and circumstances

Information collected

Ethnicity
Age/Gender
Zip code of OD
Zip code of home address listed
Circumstance/intent – if known
Presence or absence of marijuana – if known, given recent changes in California law
Physicians caring for the patient – medication bottles found on scene, CURES, medical records

How is the information used

Trends – we were seeing fentanyl deaths before we knew to look for it

High risk medication regimens

Provider notifications

- Non-accusatory information sharing
- Reminder to use CURES
- Information shared on how to decrease future risk
 - Naloxone co-prescribing
 - Safer prescribing methods
 - The Holy Trinity

Overdose notifications to providers



1414 Natividad Road Salinas, CA 93906 (831) 755-3795

Date

Dear _____ (name prescriber),

This is a courtesy communication to inform you that your patient (Name, Date of Birth) died on (date). Prescription drug overdose was either the primary cause of death or contributed to the death.

The Monterey County Coroner's office sees quite a number of prescription medication-related deaths each year. A significant proportion of deaths are due to the combination of multiple prescription medications. Patients may obtain legitimate prescriptions for opioids, benzodiazepines, muscle relaxants, and sleep aids from more than one prescriber. When taken in any combination, these medications put patients at greater risk of death. We also see many deaths that are a result of long-term therapeutic prescribing.

Controlled Substance Utilization Review and Evaluation System (CURES) helps prescribers who are dedicated to avoiding prescribing controlled substances when they are likely to do more harm than good. CURES contains information about whether other clinicians had prescribed controlled substances to your patient. This type of information can help prescribers make informed decisions and avoid duplicate or additive types of medications from being provided to patients. We ask that you commit to prescribe safely by registering for and regularly logging in to CURES before prescribing controlled substances. On the CURES website you may run a report on any patient you are considering prescribing controlled substances to in order to find their detailed prescription history. CURES data is available for only the last 12 months for patients.

You can register for CURES at

https:://cures.doj.ca.gov/registration/confirmEmailPnDRegistration.xhtml.

You can access CURES at https://cures.doj.ca.gov

The following evidence-based interventions also lower overdose death rates:

- Avoid co-prescribing an opioid and a benzodiazepine. This combination is found in over 50% of CURES reports and in over 20% of toxicology results of patients who died of an overdose.
- 2 Minimize opioid prescribing for acute pain. According to the Centers for Disease Control and Prevention (CDC), clinicians should avoid opioids, and when necessary, start with the lowest effective dose of immediate-release opioids. Three days or less will often be sufficient. Opioids should not be considered first-line or routine therapy for chronic pain.¹





- 3. Taper opioids to safer doses. The CDC recommends that for patients already on long-term opioid high dose opioid therapy, taper to a dose that is lower than 50 milligrams of morphine equivalent and that slow opioid tapers as well as pauses in the taper may be needed for long-term users.²
- 4. Avoid "the 90-day cliff." We found that nearly 70% of patients who died were prescribed the same medication for 3 consecutive months. The CDC recommends opioids s should be discontinued if benefits do not outweigh risks (if realistic goals for pain and function have not been met).³
- The CDC recommends prescribing naloxone to patients on higher than 50 milligrams of morphine equivalents daily.⁴

We are aware of the challenges in balancing the potential harm and benefit of controlled medication prescribing for your patients. Therefore, please visit:

http://www.montagehealth.org/prescribe-safe/

and click the link named "Did you get a letter from the Coroner's Office?" Here you will find links to the CDC guidelines, local addiction referral resources, including medication-assisted treatment, a clinical advice hotline, regimens for successful tapering and other information.

Learning of your patient's death can be difficult. We hope that you will take this as an opportunity to join us in preventing future deaths from drug overdose.

Dr. Reb Close

Sincerely,

Sgt. Dan Karamitis

Coroner's Office

Community Hospital of the Monterey Peninsula

¹Recommendations #1, 6, CDC Guideline for Prescribing Opioids for Chronic Pain, 2016 ² Recommendation #5, 7 CDC Guideline for Prescribing Opioids for Chronic Pain, 2016 ³Recommendation #2, 7, CDC Guideline for Prescribing Opioids for Chronic Pain, 2016 ⁴Recommendation #8, CDC Guideline for Prescribing Opioids for Chronic Pain, 2016

Future work

We have raw data for our county

We are working to find a method of analysis that allows trending as we are frequently asked for data

- Quarterly updates
- Annual overdose information types and subtypes of substances
- Location of overdoses
- Can assess outreach efforts from both fatal and non-fatal notifications to see if certain areas or patient populations need additional outreach



CHAT: What questions do you have?

One hospital's approach to measuring opioid safe care

LEARNINGS FROM MARSHAL MEDICAL CENTER



About

- Placerville, CA population of 10,936
- Gold Rush "Hangtown"
- El Dorado County population 188,722
- Hospital size 125 Beds
- Emergency Department size 24 beds
- ED volume ~ 33,000/year
- Opioid overdoses decreased in 2017 by 49%
- Overdose deaths were similar in 2018
- Regional isolation issues in County



How did we get started?



Initial tactics

SAFE PAIN MEDICINE PRESCRIBING

We care about you. Our goal is to treat your medical conditions, including pain, effectively, safely and in the right way.

Pain relief treatment can be complicated. Mistakes or abuse of pain predicine can cause serious health problems and death.

Our emergency department will only provide pain relief options that are safe and correct.

For your SAFETY, we routinely follow these rules when helping you with your pain.

- We look for and treat emergencies. We use our best judgment when treating pain. These recommendations follow legal and ethical advice.
- You should have only ONE provider and ONE pharmacy helping you with pain. We do not usually prescribe pain medication if you already receive pain medicine from another health care provider.
- If pain prescriptions are needed for pain, we will only give you a limited amount.
- We do not refill stolen prescriptions. We do not refill lost prescriptions. If your prescription is stolen, please contact the police.
- We do not prescribe long acting pain medicines such as: OxyContin, MSContin, Fentanyl (Duragesic), Methadone, Opana ER, Exalgo, and others.
- We do not provide missed doses of Subutex, Suboxone, or Methadone.
- We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
- Health care laws, including HIPAA, allow us to ask for all of your medical records. These laws allow us to share information with other health providers who are treating you.
- We may ask you to show a photo ID when you receive a prescription for pain medicines.
- We use the California Prescription Drug Monitoring Program called CURES. This statewide computer system tracks opioid pain medications and other controlled substance prescriptions.





If you need help with substance

abuse or addiction, please call

۳.

CALIFORNIA ACEP



Ventura County Public Health

Request for Data...

≡ The New York Times

THE TREATMENT GAP

This E.R. Treats Opioid Addiction on Demand. That's Very Rare.

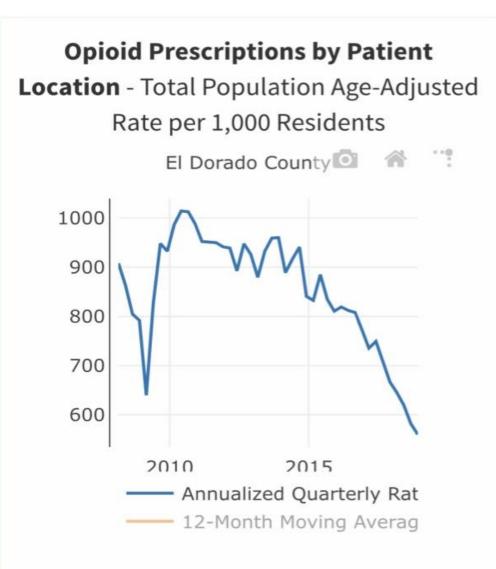
Some hospital emergency departments are giving people medicine for withdrawal, plugging a hole in a system that too often fails to provide immediate treatment.

Initial findings

Opioid Rx rates were decreasing

We took a look at data from 1st almost 1 year of program:

- We treated <1 patient per week.
- Follow-up rate was 92% after ED start.
- 74% of patients were still in treatment at 1 year.



Data Driven Decision Making

Strengths

- Simplicity of treating first in ED with next day follow-up
- Decreasing stigma
- Using objective info to identify patients
- Identifying small projects to pilot
- Choosing to study Rx rates for opioid naive patients as target

Opportunities

- Safe tapering
- Standardize treatment
- Real time provider feedback to providers
- Community partnerships

Safe Tapering

What to Measure?

- •MME with safe taper only
- •Combo Opioid and Benzo
- •Opioid naïve patient prescription vs standard of care by specialty/surgery type and type of surgery

•Clinic Referrals and Follow-up

Researchers find alarming risk for people coming off chronic opioid prescriptions

Patients on chronic opioid prescriptions were 3x more likely to die of an overdose in the years that followed coming off opioids

Date:	September 6, 2019
Source:	University of Washington Health Sciences/UW Medicine
Summary:	A recent study found an alarming outcome: Patients coming off opioids for pain were three times more likely to die of an overdose in the years that followed.

Standardize treatment

November 2018

Association of Lowering Default Pill Counts in Electronic Medical Record Systems With Postoperative Opioid Prescribing

Alexander S. Chiu, MD¹; Raymond A. Jean, MD^{1,2}; Jessica R. Hoag, PhD³; <u>et al</u>

 \gg Author Affiliations

JAMA Surg. 2018;153(11):1012-1019. doi:10.1001/jamasurg.2018.2083

Product: Sig Method:	OXYCODONE-ACETAMINOPHEN 5-325 MG PO TABS
sig weenoo:	Specify Dose, Route, Frequency Use Free Text
Dose	2 tablet 1 tablet 2 tablet
	Prescribed Dose: 2 tablet
	Prescribed Amount: 2 tablet
	Maximum MEDD: 60 mg morphine equivalent daily dose
Route:	Onal ,P Onal
Frequency:	EVERY 6 HOURS PRN
	PRN reasons: 😨 Pain
	PRN comment:
Duration	7 📋 🔿 Dases 🖲 Days
	Starting: 2/8/2018 🔅 Ending: 2/15/2018 🔅 First Fill:
Mark long-tern	TE OXYCODONE-ACETAMINOPHEN
Patient Sig:	Take 2 tablets by mouth every 6 hours as needed for Pain for up to 7 days.
	+ Add additional information to the patient sig

Real time feedback to providers

- Standardize opioid updates at Monthly Provider Meetings, similar to Stroke/Sepsis updates with clear goals (ie. X-waiver push)
- Interdisciplinary education push across hospital system
- CURES report column in chart with objective indications
- Celebrate successes, share the stories
- Identify gaps in treatment and Act/Educate
- Monitor community level data

Community Partnerships

California Bridge Champions: Hospitalist, ED, OB, Peds, Clinic, SUN, VP Population Health, Director Inpatient Care: outreach to each department

Opioid VSST Committee

Opioid Education

County Opioid Coalition

Syringe Services Program Development

SUN outreach

HOT Team

Engage at all hospital committee meetings to standardize and normalize treatment as recurring agenda item.

Internal Measures

What we are tracking:

of patients in Inpatient setting identified w/ OUD

identified in ED w/ OUD

identified by SUN w/ OUD

seen by SUN

offered MAT

accepting referral to treatment

BUP Rx

with SUN follow-up

who follow-up with clinic

EMR Report with BUP start

Future tracking ides:

Community Impact measures:

- Crime
- HIV/Hep C
- Homelessness

Readmission w/ OUD

of OUD patients we miss

Comparative length of stay with co-occurring Psych

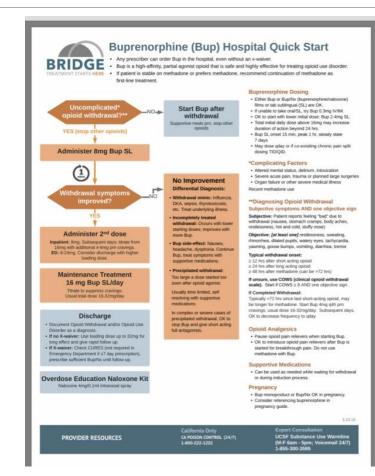
Comparative readmission with co-occurring Psych

Effect of SUN on access to care

Residential treatment successes w/ BUP start & referral

NAS treatment & effect on community

Evidence Based Medicine





The Results

- Prescribing Practices for post op opioid naive patients are quite variable and not always guideline based. There is room for education and accountability.
- BUP Treatment was 1 patient per week in 2017 to approximately 4 per week now. Are we overwhelmed? <1% of patients. Follow-up rate is high, 100% some months with treatment.
- County overdose death rate initially fell 49%, now stable according to Coroner.
- Gaps in the system are revealed when doing the work, now is the time to address gaps as resources are available.
- Running parallel programs is effective.
- •Treating OUD as a goal directed program in the hospital helps create a wave of change. People do not realize impacts of programs until results are monitored and shared. This should be done in real time as program progresses.

What did we learn?

- Empower EHR for reports, Pharmacy is great resource
- Paper system with EHR does not work well
- Make it easy
- •Lead with evidence and education
- Stigma can run deep
- Not all high-risk patients have a CURES report that is concerning
- Change in treatment creates a wave of change in prescribing and stigma
- Running parallel programs is effective and patient centered.
- Early interdisciplinary education is ESSENTIAL

What can others learn from us?

- Supports continuous QI
- Leadership buy in is ESSENTIAL
- Tracking data supports small test of change, particularly to making clinical workflow changes in response to changes in evidence-based medicine
- Important to integrate this work into larger substance use conversation. We are building infrastructure to address all addiction.
- Surprises at follow-up rate, adherence to program. TREAT FIRST!!!
- Patient Centered approach that REMOVES BARRIERS is GOAL.

"Where the governments see statistics, I see the faces of my friends."

Yvette, Raphael, HIV+ since 2000

Questions?



Arianna Sampson, PA-C, APP Lead

Marshall Medical Center, Placerville, CA Director, CA Rural Bridge Program Co-Director, CA Substance Use Navigator (SUN) Program Northern CA Director, CA Bridge Program <u>Arianna@bridgetotreatment.org</u> (530)409-3048

Office hours every Tuesday 8:30AM







CHAT: What questions do you have?

Key Points



Wrap up

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Webinar Schedule All calls start at 11:00am PT



 Submit Opioid Safe Hospital Self-Assessment! Spring/Summer 2020

• Kickoff year 2

Register at calhospitalcompare.org

Resources & Follow Up Materials



Resources:

About the Opioid Safe Hospital Designation

Frequently Asked Questions

Opioid Safe Hospital Self Assessment

To further accelerate hospital progress, CHC will offer a no cost, 5-part webinar series, with peer-to-peer support, starting May 2019 with the kick-off webinar. The webinar series is designed for Chief Medical Officers, Chief Nursing Officers, Chief Quality Officers, Quality and Emergency Department leadership, and other individuals involved in improving opioid safety. CHC will actively work with Opioid Safe Hospital Program participants to select relevant topics for the webinar series. Registration links below (please note all webinars are scheduled for 11am PST):

Webinar #1 (May 9): Addressing California's Opioid Epidemic - Introducing the Opioid Safe Hospital Program

Webinar #1 Recording

Webinar #1 Slide Presentation

Source: Cal Hospital Compare Website - About - Opioid Care Honor Roll



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Thank you!

Please give us the gift of feedback and complete the event evaluation



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