

## Background:

Drug overdoses have dramatically increased over the last two decades with more than 500,000 people dying from drug overdoses. Making it a leading cause of injury-related death in the United States. Prescription opioid involved death rates increased by 7% from 2018 to 2019 and 1 out of 4 patients receiving long term opioid therapy are struggling with opioid addiction (CDC, 2021). To address the opioid epidemic, the CDC has developed a set of 16 clinical QI measures for improving opioid prescribing for healthcare (CDC, 2021).

## Learning Objective:

- Assist in developing an organizational wide Opioid Stewardship Program.
- Recognizing education opportunities around opioid use.
- How to develop a Naloxone Distribution Program for your organization.

## Purpose:

Hoag Orthopedic Institute created an Opioid Stewardship Committee to identify existing process gaps and developing a culture of safe opioid prescribing through implementing processes that meet guidelines while monitoring for, detecting, and appropriately responding to opioid misuse utilizing a self-assessment tool from Cal Hospital Compare (2021).

The Committee is also responsible to oversee patient and caregiver information on opioid use after surgery, the use of opioid antagonists in the event of an opioid overdose and engaging emergency medical services when an overdose should occur. One of the initiatives of the committee was to participate in a statewide Narcan distribution program to combat opioid misuse.

## Method for Developing Opioid Stewardship:

- Identify stakeholders in the organization and create a multidisciplinary team to oversee opioid prescribing and pain management practices.
- Identify champions of the work being done.
- Create a charter to identify purpose and goals.
- Complete the Cal Hospital Compare Opioid Management Hospital Self Assessment to identify gaps in practice and procedures.
- Physician Champion for Narcan Standing Order with the state.
- Complete Narcan Distribution requirements for staff training, Narcan storage, and patient tracking.

## Narcan Distribution Program:

### Gap Identified:

During our self-assessment, we found an opportunity to provide education on Narcan and it's potential to save lives. HOI had minimal patient education on Naloxone use, risk of overdose. We also identified cost of Naloxone as being prohibitive to filling scripts. The price of Narcan can vary from \$130 - \$35 depending on insurance. Many patients were not filling this life-saving medication. HOI saw a need to provide Narcan to these patients who could not fill their prescriptions or at high risk for opioid overdose.

### Solution:

We researched ways to provide Narcan and identified a statewide program called Naloxone Distribution Project funded by Substance Abuse and Mental Health Services Administration (SAMHSA). We created a robust education using audio and visual mediums. We also developed staff training and competencies for Naloxone distribution.

## References:

Cal Hospital Compare. (May 2021). 2021 Opioid management hospital self-assessment. Retrieved from [https://calhospitalcompare.org/wp-content/uploads/2021/05/Opioid-Mgmt-Hospital-Self-Assessment\\_2021\\_FINAL.pdf](https://calhospitalcompare.org/wp-content/uploads/2021/05/Opioid-Mgmt-Hospital-Self-Assessment_2021_FINAL.pdf)

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Centers for Disease Control and Prevention. (February 16, 2021). Understanding the epidemic. Retrieved from <https://www.cdc.gov/opioids/basics/epidemic.html>

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Department of Health Care Services. (2021). Naloxone Distribution Project. Retrieved from [https://www.cdhs.ca.gov/individuals/Pages/Naloxone\\_Distribution\\_Project.aspx](https://www.cdhs.ca.gov/individuals/Pages/Naloxone_Distribution_Project.aspx)

## Develop Tools :

**NARCAN UTILIZATION (NP, Rx)**

YTD NARCAN DISTRIBUTED: 28

Follow Up Usage

Month	Narcan Distributed	Inhouse Narcan Use
Jul	4	0
Aug	3	0
Sep	6	0
Oct	3	0
Nov	1	0
Dec	7	0
Jan	3	0
Feb	0	0
Mar	0	0
Apr	0	0
May	0	0
Jun	0	0

**Signs of an Opioid Overdose:**

- Slow Breathing
- Slurred or Not Responding
- Weakness
- Loss of Consciousness
- Unusually Drowsy
- Unusually Hot or Cold
- Pinpoint Pupils

**Overdose is a medical emergency - CALL 9-1-1**  
Toll operator: Person is not responsive and not breathing

**How to Use Narcan Bureo:**

- Remove Bureo from packaging. Do not test the person. There is only one dose per device.
- Use the person's nostrils and carefully insert one end into each nostril.
- Press the plunger down firmly and hold for 10 seconds. Pull your knee and release nostril.
- Repeat steps 1-3 if needed. If you do not see any response, you may need to repeat or squeeze the plunger down more firmly.
- Repeat steps 1-3 until you see a response.
- Call 9-1-1 for help.

**How to properly dispose of unused opioids safely:**

They keep your family and community safe, starting in your home—get rid of any unused or expired prescription opioids that may be in cabinets, drawers, or anywhere else you store medicine. Remove these medicines as soon as possible to reduce the chance of accidental or intentional opioid misuse.

**WHAT IS AN OPIOID?**  
Prescription opioids are powerful pain-relieving medicines that include oxycodone, hydrocodone, tramadol, and others. Doctors prescribe opioids after surgery and for injuries. However, these medicines can have serious risks if they are misused by accident or on purpose.

**WHY IS OPIOID DISPOSAL IMPORTANT FOR ME AND MY FAMILY?**  
Prescription opioid misuse is one of the most common types of illegal drug use in the United States. Many people who misused prescription pain-relieving medicine said that they got it from a friend or relative.

**NOW YOU SAFELY DISPOSE OF OPIOIDS?**  
All these questions to determine how to dispose of opioids:

- Is a medicine take-back option readily available? If so, this is the preferred option. Check DEA website, as well as your local pharmacy and police station for possible options.
- If not, is the medicine on the FDA "flush list"? If it is, flush it down the toilet. <https://www.fda.gov/oc/opioid-disposal>
- Otherwise, throw it away in the household trash. Prior to disposing in trash you should not crush with your coffee grinder or any other tool in a plastic bag.
- Safe medication disposal pouches can be purchased at local pharmacies or online. They contain activated charcoal and are a safe and easy way to dispose of unused opioids.

## Conclusion:

Using the Cal Hospital Self Assessment Tool is a way for organizations to identify areas for improvement and provides a guideline on what programs and process organizations need to work on to develop an organizational infrastructure in aiding the fight of opioid addiction.