

MHA OPIOID STEWARDSHIP

Overview

Prescription drug and opioid misuse is a growing national health emergency that impacts every community in Michigan. **More than 7.5 million patients received over 103.2 million prescriptions over the last five years.** Of those patients, 5,261 overdose deaths occurred, according to the [Michigan statewide opioid assessment](#). This assessment combines three years of well-documented cases of unintentional overdose deaths with five years of prescription records available in the Michigan Automated Prescription System.

The MHA Keystone Center has a long history dedicated to decreasing opioid misuse, working with member hospitals to educate patients, improving patient outcomes and reducing healthcare costs associated with opioid use. During this work, the MHA Keystone Center received national recognition for its pain management collaborative in 2016. Efforts include education on alternative pain management modalities, opioid awareness training, patient education resources, academic detailing training, safe medication disposal, sharing new opioid legislation and increasing patient safety. Members may contact keystone@mha.org with questions.

Midwest Alternative to Opioids Program

The MHA Keystone Center launched a multistate initiative to reduce the administration of opioid medications by emergency department (ED) clinicians while increasing the use of alternatives to opioids (ALTOs). The [Midwest ALTO Program](#) expanded on the success of the [Colorado Opioid Safety pilot](#), and demonstrated a 11.32% reduction in the amount of opioids prescribed and an increase of 13.38% in ALTOs administered in the first cohort. These results represent the feasibility and effectiveness of using an ALTO approach as a first-line treatment for acute pain in the ED before turning to opioids.

Academic Detailing

The Michigan Center for Rural Health (MCRH) and the MHA Keystone Center have partnered to offer academic detailing training, a peer-to-peer educational outreach for providers within their facilities and communities to improve opioid prescribing practices. Academic detailing offers an interactive education to prescribers to provide unbiased, practice-informed and evidence-based information about medications and other therapeutic decisions to improve patient care. The training includes guidance on the implementation of the Centers for Disease Control and Prevention (CDC) [Guideline for Prescribing Opioids for Chronic Pain](#) and is funded by the [CDC](#).

Superior Health Quality Alliance

The Superior Health Quality Alliance ([Superior Health](#)) has been awarded a contract as part of the Centers for Medicare & Medicaid Services (CMS) Network of Quality Improvement and Innovation Contractors (NQIIC) program. Within this contract, one of the five bold aims set forth by the CMS is to "Improve Behavioral Health Outcomes and Decrease Opioid Misuse." As a member of Superior Health, the MHA Keystone Center will continue to focus on decreasing opioid-related overdose events, increasing opioid safety and spreading opioid prescribing best practices through ongoing CMS contract work. Superior Health is comprised of eight organizations across the care continuum that are motivated to continue changing healthcare outcomes for beneficiaries and individuals considered high-risk and part of the vulnerable population. Superior Health offers access to data-driven, customized support; access to subject matter experts; opportunities to participate in high-quality educational sessions; networking opportunities and more.

Resources

- [Michigan Center for Clinical Systems Improvement \(Mi-CCSI\)](#), in partnership with the Michigan Opioid Collaborative (MOC) and the American Society of Addiction Medicine (ASAM), provides medication assisted treatment (MAT) training opportunities.
- [Michigan Department of Environment, Great Lakes, and Energy](#) provides interactive maps for proper disposal of unwanted medications from households and healthcare facilities.
- [Michigan Opioid Addiction Resources](#) offers important information on different treatment options, how to find treatment, and how to request naloxone, a medication that can reverse opioid overdoses.
- [Michigan Opioid Prescribing Engagement Network \(M-OPEN\)](#) is developing evidence-based pain management recommendations for providers, educates patients about the safe use and disposal of opioids, and is working to reduce the surplus of opioid pills within communities that can lead to misuse and addiction.
- [Michigan Safer Opioid Prescribing Toolkit](#) is a real-time resource created for practicing clinical providers and their patients with the most up-to-date resources, guidelines and strategies for managing acute and chronic pain, provided by the University of Michigan Injury Prevention Center and the Michigan Department of Health and Human Services.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) offers medication-assisted treatment (MAT) webinars, workshops, publications and research, as well as buprenorphine and opioid prescribing courses for physicians.
- The [MHA website](#) shares latest updates on opioid legislation and resources for hospitals, physicians and patients.

MHA Tools for Patients

10 Things Every Patient in Pain Should Know

- 1. BE PART OF YOUR CARE**
It is hard to know what another person's pain feels like. You need to speak up and be able to describe your pain. You can bring family or friends to advocate for you.
- 2. TELL YOUR DOCTOR IF**
You have any risk factors such as, using opioids (like morphine or codeine) daily or regularly, if you have a history of snoring or sleep apnea, pre-existing medical conditions, smoking or use of sedating drugs like Valium or Seroquel. Ask if you have any additional risk factors.
- 3. ASK YOUR DOCTOR**
Why you are experiencing pain, how long you should expect the pain to last, how your pain will be treated, if there are alternative treatments or if you should change your dose to match your pain level.
- 4. MAKE A PAIN MANAGEMENT PLAN**
It is important that you work with your physician to make a personal pain management and treatment plan. Your care team will work with you to balance pain control with as few side effects as possible. It is important to know that you may receive non-opioid medication to treat pain and your breathing may also be monitored.
- 5. LET YOUR DOCTOR KNOW OF ANY SIDE EFFECTS**
It is likely your doctor will prescribe a combination of medicines to control your pain. Unfortunately, opioids have unpleasant side effects including nausea, vomiting, itching, dizziness, loss of balance, falls, severe constipation, confusion or difficulty waking up and staying awake. Overdoses can occur from requesting pain medication when you are too sleepy or applying a pain patch after forgetting that one has already been applied.

Medication Disposal Guide

**SAVE A LIFE
DISPOSE DRUGS SAFELY**

Disposing of expired, unused or unwanted drugs the right way can protect people and the environment. Here is why drug disposal is important:

- Drug overdose is the leading cause of accidental death in the U.S. More people die from drug overdoses than car accidents.¹
- 70,000 children go to the hospital each year for medication errors.² Unused drugs contribute to this.³
- 69% of people who missed pain medication got them from a friend or relative.⁴
- 80% of new heroin users began by missing pain drugs ordered by their doctor.⁵

SAFELY STORE DRUGS BEFORE DISPOSAL⁶

- STEP 1**
Keep drugs in the container you received them in.
- STEP 2**
Lock the container in a cool, dry place out of reach of children and pets.

Pain Management Guide

YOUR GUIDE TO CONTROLLING & MANAGING PAIN AFTER SURGERY