

OPIOIDS & #COVID: THE EPIDEMIC IN A PANDEMIC...

Ryan A. Stanton MD,
FACEP

Board of Directors- American
College of Emergency
Physicians

Central Emergency Physicians

Medical Director- Lexington
Fire/EMS

Medical Director-
AMR/NASCAR Safety Team

CONFLICTS...





IS THE OPIOID EPIDEMIC OVER?

IS THE OPIOID EPIDEMIC OVER...NO!!!

- But there is...was progress...
- Where were we before COVID...
 - From 1999 to 2018, >750,000 people died from a drug overdose.
 - Around 68% of the more than 70,200 drug overdose deaths in 2017 involved an opioid.(>47k)
 - In 2017, the number of overdose deaths involving opioids was 6 times higher than in 1999.
 - On average, 130 Americans die every day from an opioid overdose

IS THE OPIOID EPIDEMIC OVER...

- Opioid deaths in many states were starting to stabilize and even drop slightly.
 - Predictions that nationwide, numbers would stabilize and start to fall by 2022



BY THE NUMBERS...

THE OPIOID EPIDEMIC BY THE NUMBERS



130+

People died every day from
opioid-related drug overdoses³
(estimated)



10.3m

People misused
prescription opioids in 2018¹



47,600

People died from
overdosing on opioids²



2.0 million

People had an opioid use
disorder in 2018¹



808,000

People used heroin
in 2018¹



81,000

People used heroin
for the first time¹



2 million

People misused
prescription opioids
for the first time¹



15,349

Deaths attributed to
overdosing on heroin
(in 12-month period
ending February 2019)²



32,656

Deaths attributed to overdosing
on synthetic opioids other than
methadone (in 12-month period
ending February 2019)²

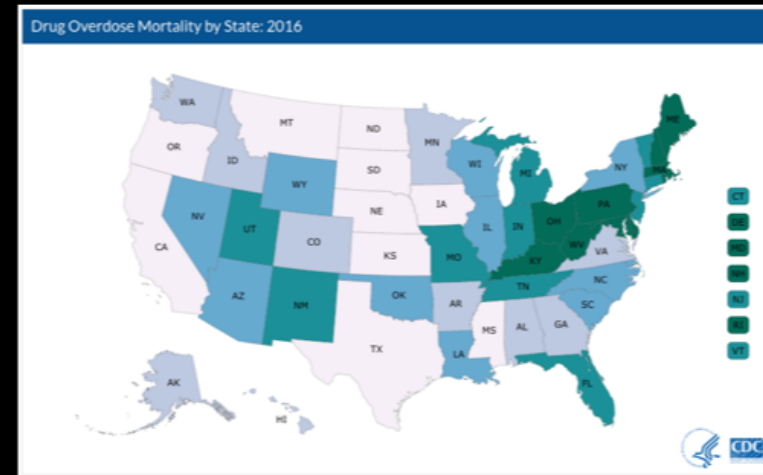
SOURCES

1. 2019 National Survey on Drug Use and Health. Mortality in the United States, 2018
2. NCHS Data Brief No. 329, November 2018
3. NCHS, National Vital Statistics System. Estimates for 2018 and 2019 are based on provisional data.

WV- 52

DON'T FORGET...

KY-
32.5

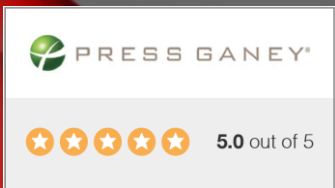
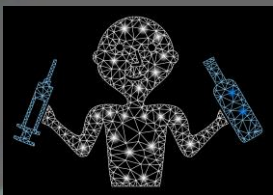




Stereotypes Prejudice Unfair
Research Behavior Beliefs
UNCONSCIOUS
Measure BIAS Implicit
Reaction Corporations Decisions Race
People Social Subconscious
Judgement Hidden Ethnicity
Cognition Preferences Gender



HOW DID WE GET HERE?....



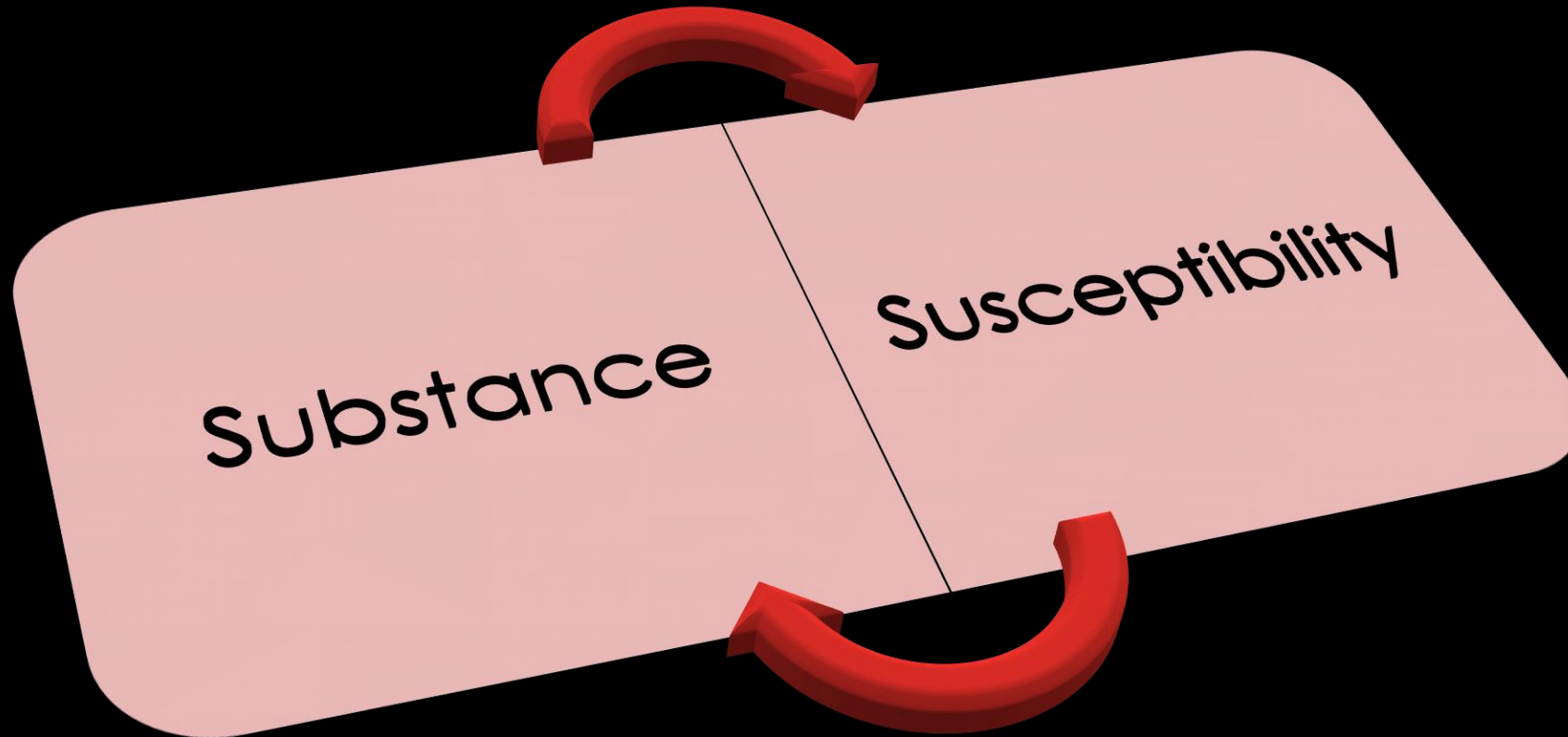
THE ROLE OF EM...

- Variation rates within hospitals of 7.3-24.1%
- Long term use risk- 1.15 vs. 1.51
- NNH 48
- Patients treated by “higher intensity” opioid prescribing doctors were more likely to have ongoing opioid use at 12 months and more likely to return to the ER within that 12 months for a fracture or injury related to a fall.

Opioid-Prescribing Patterns of Emergency Physicians and Risk of Long-Term Use

[Dr. Michael L. Barnett](#), M.D., [Andrew R. Olenski](#), B.S., and [Dr. Anupam B. Jena](#), M.D., Ph.D.

PRODUCTION OF ADDICTION



WHAT IS HAPPENING...

- Legislative...

PowerPost

Senate passes sweep package

The set of 70 bills is one of the only bipartisan legislation to be approved this year.



WHAT IS HAPPENING...

- Legislative...



AMA MENU Join Renew Enter Search Term Member Benefits Sign In

OPIOIDS

Life-saving treatment bill advanced in state hit hard by opioid epidemic

FEBRUARY 18, 2019

Andis Robeznieks
Senior News Writer
American Medical Association
@AndisRobeznieks
Full Bio

The AMA is working with the Kentucky Medical Association, the American Society of Addiction Medicine and the Kentucky Society of Addiction Medicine to pass state House Bill 121. The measure would prohibit commercial

Essential Tools & Resources

North Carolina Medical Board
FORUM
DIGITAL ISSUE | January - February 2019

IN THIS ISSUE

NCMB establishes MAT resource page
Despite efforts on many fronts across NC, a 2018 report by the U.S. Centers for Disease Control and Prevention found that opioid overdose deaths in the state have soared to the second-highest rate in the nation, with many deaths caused by fentanyl and heroin. These data underscore the importance of increasing the availability of treatment to North Carolinians struggling with addiction.

FROM THE PRESIDENT
From ineligible for

[Dec-Jan 2019 Board Actions Report](#)
[PA audit program: time to brush up on supervision requirements](#)
[New resource: Issuing a valid prescription handout](#)

WHAT IS HAPPENING...

- Community...



This Issue Views **12,349** | Citations **3** | Altmetric **22**

The JAMA Forum

September 19, 2017

Community-Based Prevention and Strategies for the Opioid Crisis

Howard K. Koh, MD, MPH¹

» [Author Affiliations](#) | [Article Information:](#)

JAMA. 2017;318(11):993-994. doi:10.1001/jama.2017.13767

WHAT IS HAPPENING...

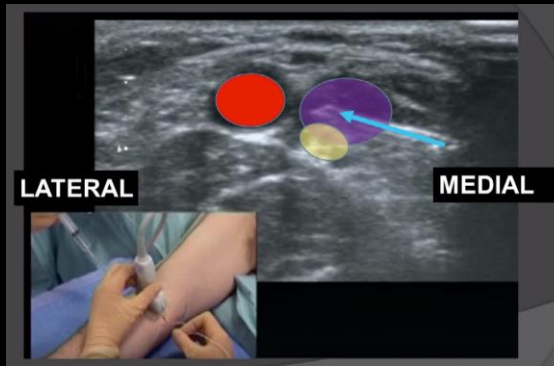
- Healthcare...

American College of
Emergency Physicians®

Home / Quality in EM / E-QUAL Network Opioid Initiative / E-QUAL Opioids Toolkits

E-QUAL Opioids Toolkits

Pain Management and Safe Opioid Use



March 6, 2018

Effect of Opioid vs Nonopioid Medications on Pain-Related Function in Patients With Chronic Back Pain or Hip or Knee Osteoarthritis Pain

The SPACE Randomized Clinical Trial

Erin E. Krebs, MD, MPH^{1,2}; Amy Gravelly, MA¹; Sean Nugent, BA¹; et al

[Author Affiliations](#) | [Article Information](#)

JAMA. 2018;319(9):872-882. doi:10.1001/jama.2018.0899

Opioids no more effective than NSAIDs for chronic pain: 4 study findings

Alia Paavola - Wednesday, March 7th, 2018 [Print](#) | [Email](#)

[SHARE](#) [Tweet](#) [Share 0](#)

Nonsteroidal anti-inflammatory drugs, such as acetaminophen and ibuprofen, proved better at easing the intensity of chronic back, knee or hip pain than opioids, according to a [study published in JAMA](#).

Femoral Nerve Block - quick reference [Inbox x](#)

Mark Spanier <markspanier1@gmail.com>
to Andrew, Barry, Cory, Dirk, Eric, Hollis, Jeremy, Leland, Mark, MICHAEL, Nash, me

See attached. I will place copies of these with the procedure needles after I return next week.

Femoral Nerve Block

Supplies:

- ChloroPrep
- Stimuplex Ultra 360 Echogenic Needle **20 Ga x 4 in.**
- 30 ML Syringe
- Blunt needle x2
- 5 ML Syringe with 25Ga Needle for Local anesthesia of skin
- Sterile US probe cover and gel
- Bandaid



WHAT IS HAPPENING...

- Recovery...



OPTIONS FOR OPIOID DEPENDANCE RECOVERY



Outpatient Services



Residential Facilities



Inpatient Hospital
Setting



PROGRESS...

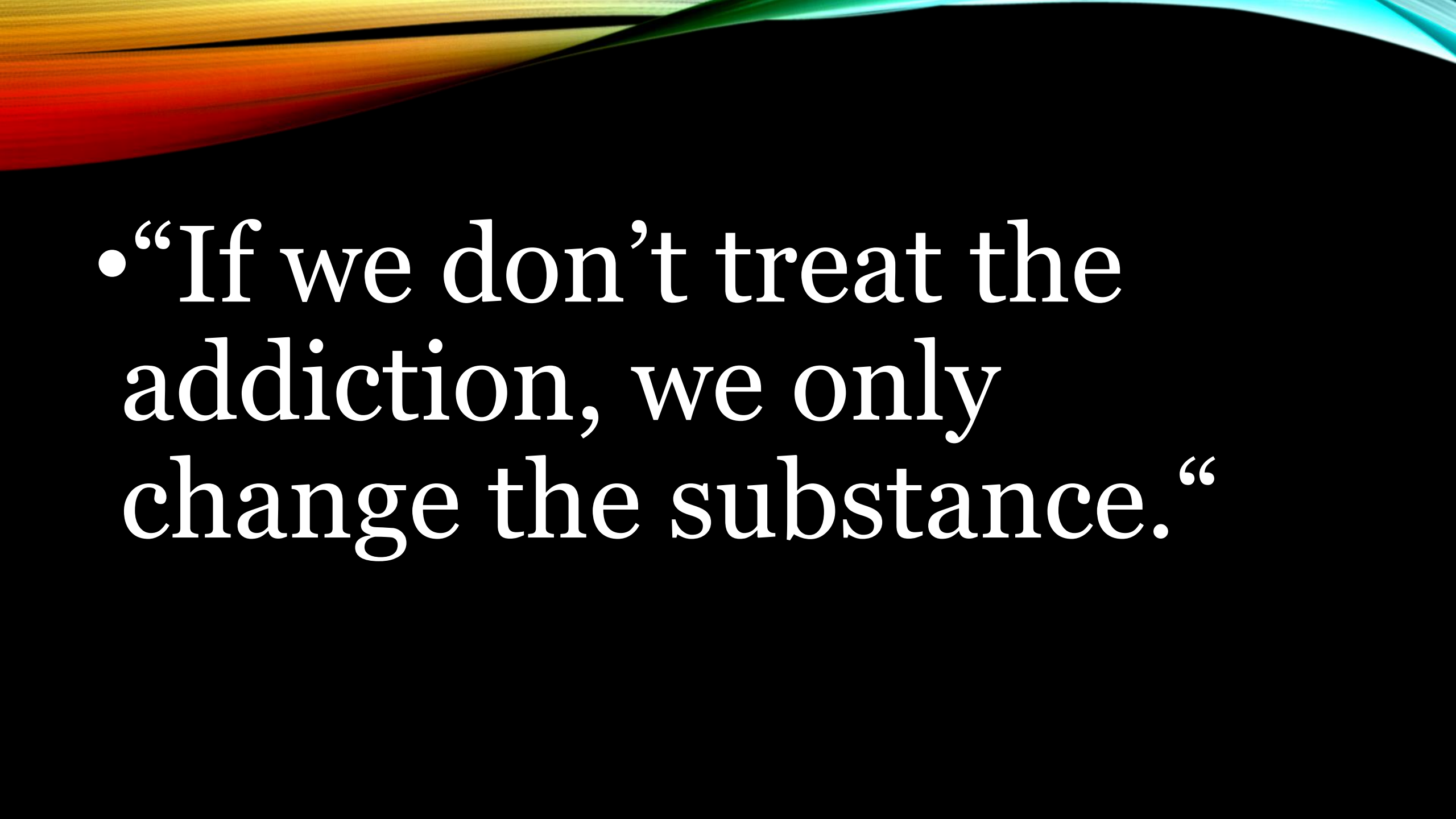
- Elimination of the 3-day rule
- X-Waiver eliminated...almost
- Telehealth
- MAT Act of 2021
- And more...



WHAT IS HAPPENING...

- My biggest fears...



- 
- “If we don’t treat the addiction, we only change the substance.”

WHAT IS HAPPENING...

- One more fear...



WCPO
CINCINNATI

Weather  40° Traffic Move Up Cincinnati I-Team Sports Don't Waste Your Money Contests

NEWS > STATE > STATE-KENTUCKY   

Methamphetamine use increases in Northern Kentucky as authorities focus on opioids

Posted: 12:58 AM, Dec 07, 2018 Updated: 12:16 AM, Dec 07, 2018

 By: Kristen Swilley

A close-up photograph of a cake with dark chocolate frosting. The cake is decorated with numerous red, yellow, and green frosting decorations. The red decorations are shaped like small flowers or coral, the yellow ones are star-shaped, and the green ones are small dots. The text "AND THEN...#COVID" is overlaid in white, sans-serif font across the center of the image.

AND THEN...#COVID

COVID UPENDED OUR ENTIRE SOCIETY

- Decreased Access
 - Resources
 - Recovery
 - Counseling
 - Appointments
- Isolation/Quarantine
- Fear
- Depression/BH Complications
 - “The 2nd Pandemic”



COVID-19 BY STATE
Track vaccinations

U.S. CAPITOL RIOTS
Database of arrests

COVID-19 RESOURCES
Your questions answered

[\[News \]](#)

[Sports](#)

[Entertainment](#)

[Life](#)

[Money](#)

[Tech](#)

[Travel](#)

[Opinion](#)



HEALTH

While ER visits were down last year, drug overdoses increased amid pandemic

Adrianna Rodriguez USA TODAY

Published 7:09 a.m. ET Feb. 15, 2021 | Updated 4:06 p.m. ET Feb. 15, 2021



February 3, 2021

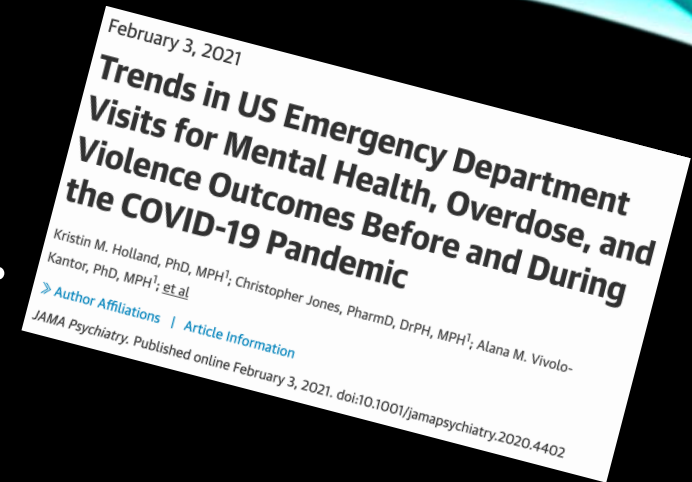
Trends in US Emergency Department Visits for Mental Health, Overdose, and Violence Outcomes Before and During the COVID-19 Pandemic

Kristin M. Holland, PhD, MPH¹; Christopher Jones, PharmD, DrPH, MPH¹; Alana M. Vivolo-Kantor, PhD, MPH¹; et al

[» Author Affiliations](#) | [Article Information](#)

JAMA Psychiatry. Published online February 3, 2021. doi:10.1001/jamapsychiatry.2020.4402

WHAT DOES THE DATA SAY...



- From December 30, 2018, to October 10, 2020.
- Total ED visit volume decreased after COVID-19 mitigation measures were implemented in the US beginning in March, 2020.
- When the median ED visit counts between March 15 and October 10, 2020, were compared with the same period in 2019, the 2020 counts were significantly higher for SAs ($n = 4940$ vs 4656 , $P = .02$), all ODs ($n = 15\,604$ vs $13\,371$, $P < .001$), and opioid ODs ($n = 5502$ vs 4168 , $P < .001$)

WHAT DOES THE DATA SAY...



- So...the ED visits were down...opioid related complications were up significantly.



WHAT SAY THE CDC...

- 81k overdose deaths from May 2019-May 2020
- 37 of the 38 U.S. jurisdictions with available synthetic opioid data reported increases in synthetic opioid-involved overdose deaths.
- 18 reported increases greater than 50 percent.
- 10 western states reported over a 98 percent increase.



WHAT HAS TO HAPPEN...

We MUST take down barriers to success...

WHAT'S NEXT...

- Education
 - Healthcare
 - Addiction Facts, Truths, Realities
 - Pain Management
 - Addiction Prevention
 - EBM
 - Public
 - Patients
 - Policy Makers



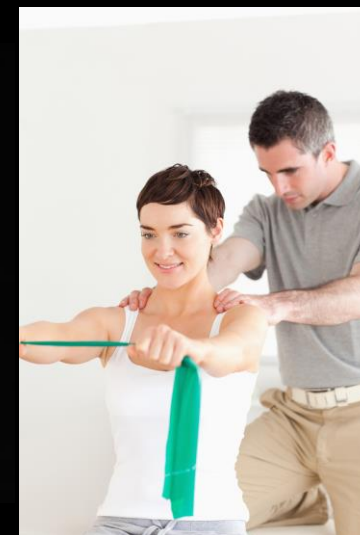
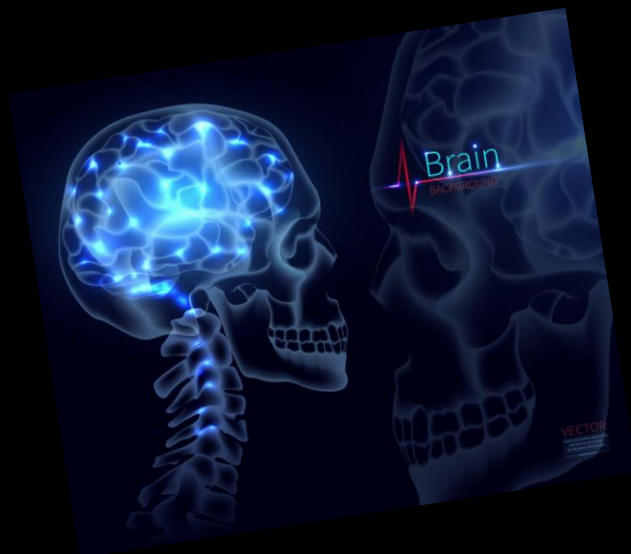
WHAT'S NEXT...

- Action
 - Evolve Practice
 - Access to Recovery
 - Build Bridges...Tear Down Silos
 - Advocate for Change
 - Healthcare...Up Your Game!!!
 - Be Hope!



- We have the tools...

WHAT'S NEXT...



COLORADO ACEP OPIOID PRESCRIBING GUIDELINES

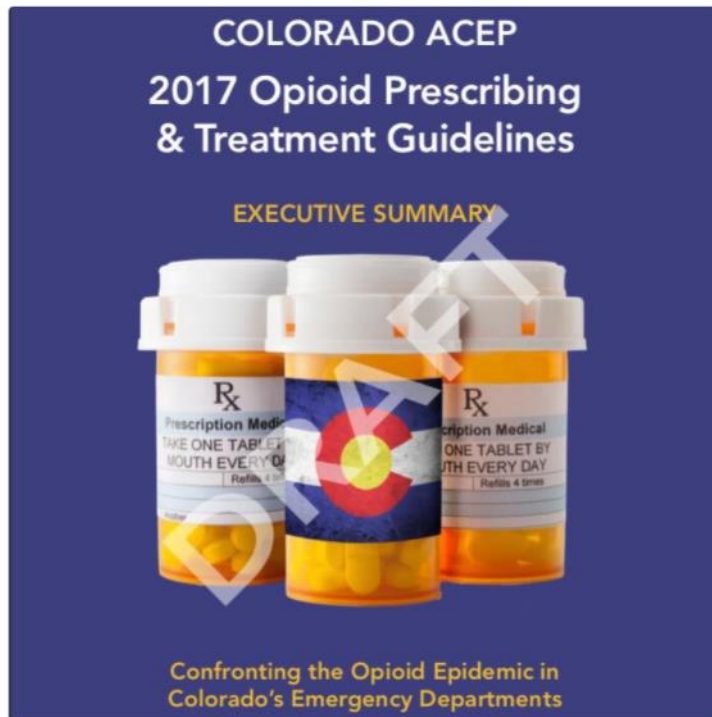


Donald Stader
@DonaldStader

Following


COACEP 17 Opioid Prescribing & Treatment Guideline are available. Here is our executive summary! Please comment.

[drive.google.com/open?id=0B9Tcf ...](https://drive.google.com/open?id=0B9Tcf...)



Emergency Medical Minute- Dr. Donald Stader

ALTO- ST. JOSEPH HEALTH SYSTEM, NEW JERSEY



Search

HOME CAREERS FOUNDATIONS CLINICAL FOCUSES EVENTS

HOME PAGE ARTICLES

Home Page

St. Joseph's is Recognized as One of the Best in New Jersey

St. Joseph's Announces Innovative ALTO Program

SJHS Announces 2016 Nursing Excellence Award Recipients

Emergency Department Recognized for Excellence


ENHANCING OUR COMMUNITY THROUGH COLLABORATION & PARTNERSHIP

Paterson's First Hospital Celebrates 150 Years

Home / Home Page Articles / St. Joseph's Announces Innovative ALTO Program

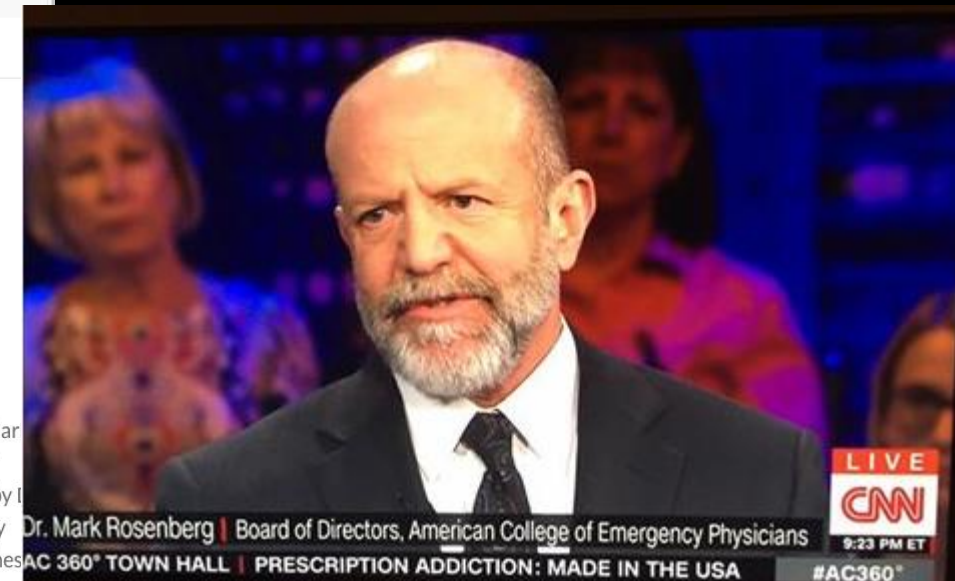
St. Joseph's Announces Innovative ALTO Program

font size - + Print Email



St. Joseph's Healthcare System has officially announced ALTOSM, Alternatives to Opiates Program, which opened the Legislative Summit hosted by St. Joseph's Regional Medical Center.

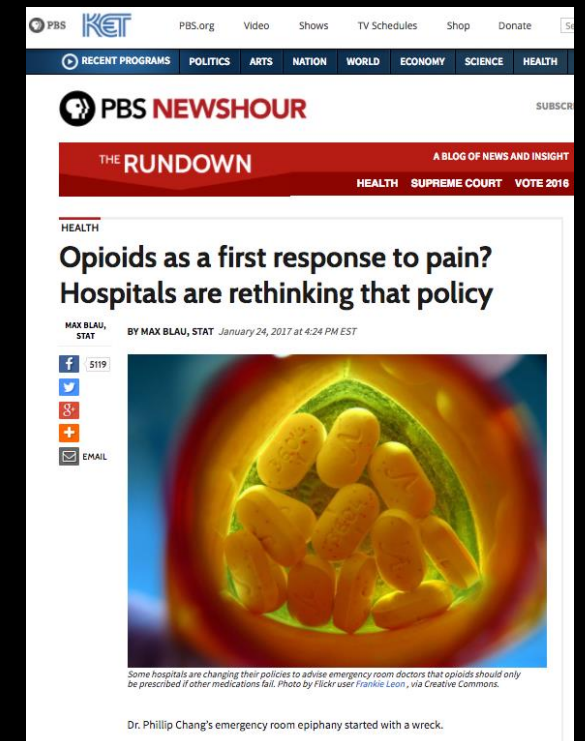
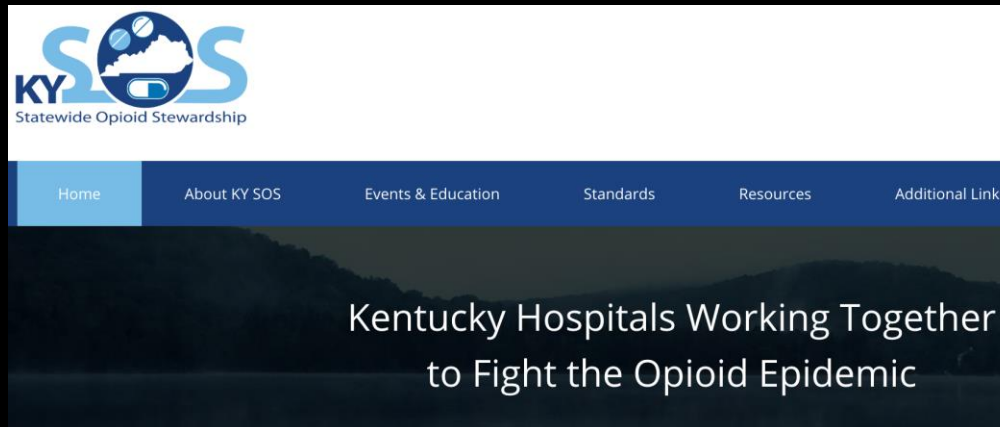
The first program of its kind in the United States, ALTOSM is led by Dr. Mark Rosenberg, Chairman of Emergency Medicine and Medical Director for Population Health at St. Joseph's Healthcare System and spearheaded by Alexis LaPietra, Medical Director of Pain Management in the Emergency Department at St. Joseph's Regional Medical Center. The ingenuity of these thought-leaders to stem the use of opiates whenever possible in our Emergency Department, led National, State and Local Legislators and leaders in Behavioral Health, Law Enforcement and the healthcare industry to St. Joseph's in praise of this program and our organization.



www.njacep.org

www.stjosephshealth.org/home-page-articles/item/1863-alto-announcement

THE COMMONWEALTH OF KENTUCKY





DATA

- GO WITH THE EVIDENCE!!!
- Don't become a victim to the "easy button"
 - Don't paint every room the same color
- Many therapies are consistently superior to opioids in many common ED presenting complaints
- Every game needs a champion...be the champion
- Educate
- ALTO- Renal Colic, MSK Pain, Back Pain, Headache/Migraine, Extremity Fxr/DI

PUTTING ALTO INTO PRACTICE



St. Joseph's Health

Alternatives to Opioids (ALTO®)

Alexis M. LaPietra, DO, FACEP

Acute Pain Protocols

https://www.acep.org/globalassets/sites/acep/media/equal-documents/protocol_alto.pdf

PUTTING ALTO INTO PRACTICE



LATEST NEWS

E-scooter Injuries Rising, Often Involve Drugs or Alcohol

Diagnostic Low-Dose Ionizing Radiation Tied to Higher Cancer Risk in Kids

Home Clinical Practice Management Public Policy Technology Career Columns

How to Implement Ultrasound-Guided Nerve Blocks in Your ED

By Arun Nagdev, MD; Graham Brant-Zawadzki, MD; and Andrew Herring, MD | on July 18, 2018 | 0 Comment

<https://www.acepnow.com/article/how-to-implement-ultrasound-guided-nerve-blocks-in-your-ed/>

PUTTING ALTO INTO PRACTICE



This bedside tool is available in our emPOC app. Available exclusively to ACEP Members.



FOREARM NERVE BLOCK



INTRA-ARTICULAR POSTERIOR
SHOULDER INJECTION



KETAMINE, ACUTE PAIN



KETAMINE, CHRONIC NON-CANCER
PAIN



NITROUS OXIDE



POSTERIOR TIBIAL NERVE BLOCK



SPHENOPALATINE GANGLION
BLOCK



TRIGGER POINT INJECTION



<https://www.acep.org/patient-care/map/>

MEDS WITH PROMISE

- NSAIDs
- Tylenol
- Lidocaine
 - 3-way
- Ketamine
- Sound Waves(U/S)
 - Nerve Blocks
- Topicals
- Gabapentin
- DDAVP
- Needles
- Steroids
- Valproate
- Antispasmodics
- Haldol



RECOMMENDATIONS

- Do your homework
 - Know the Evidence
- Be a Champion
- Target Low Hanging Fruit
- Educate
- Institute Change
- Expand/Grow
- Be a disciple- Spread the Good Word



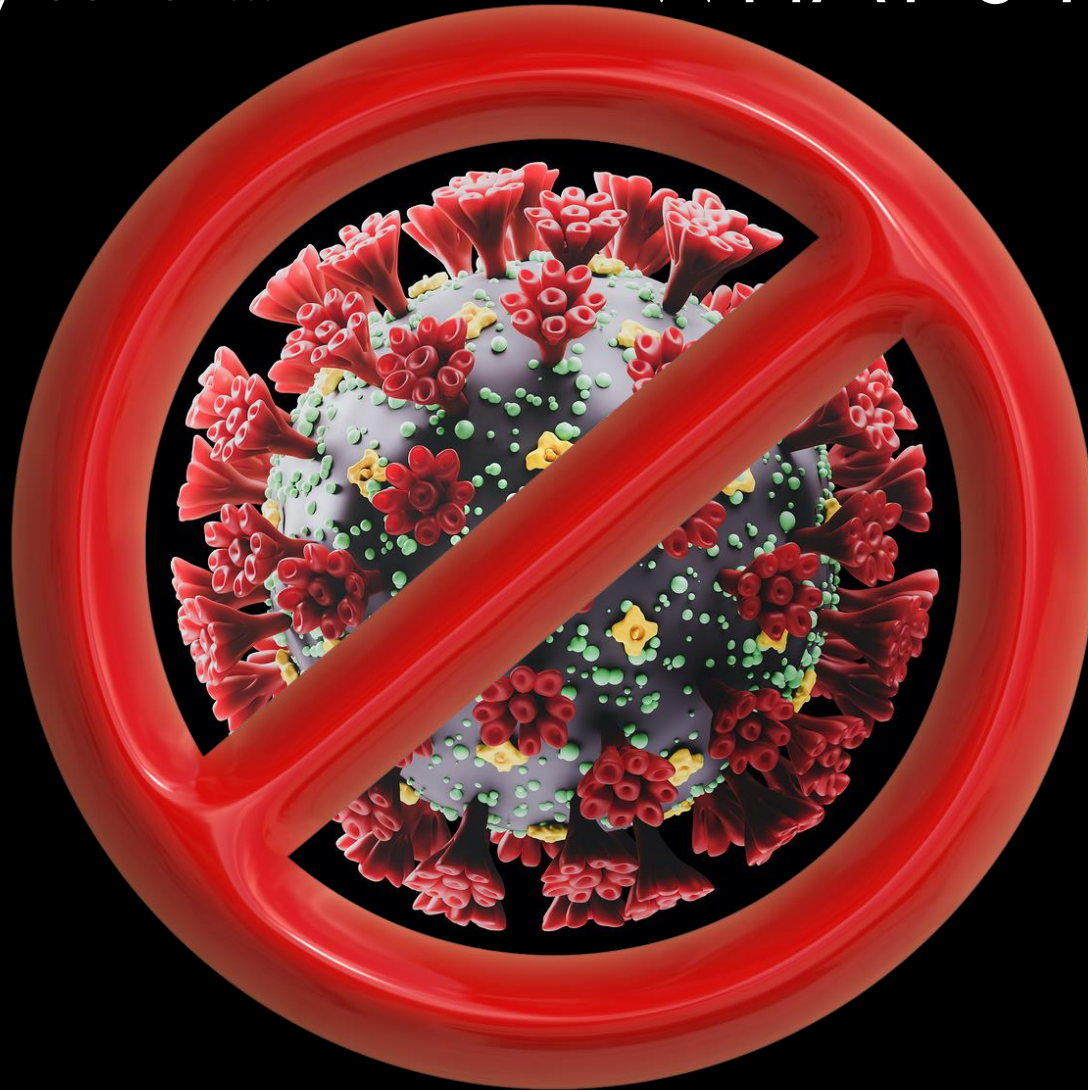
- Remember...there is NO easy button!!!

WHAT'S NEXT...

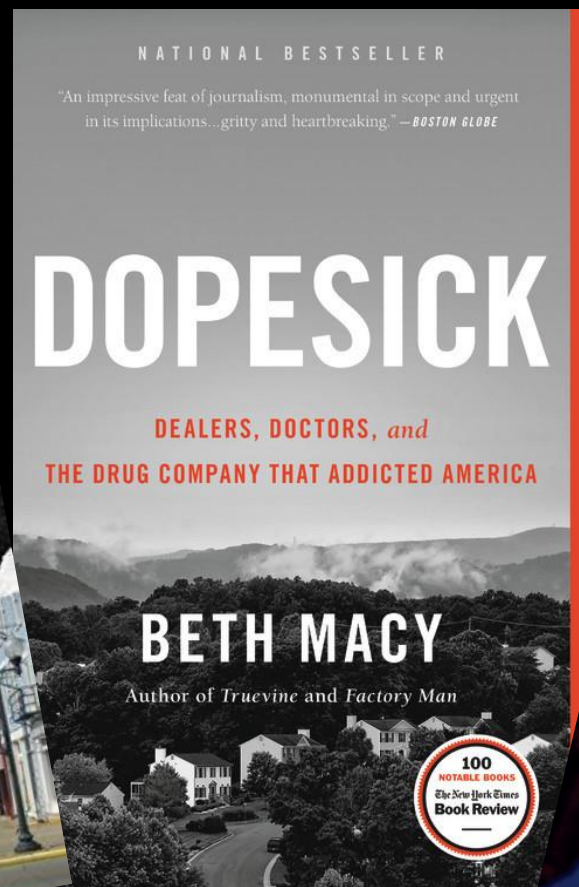
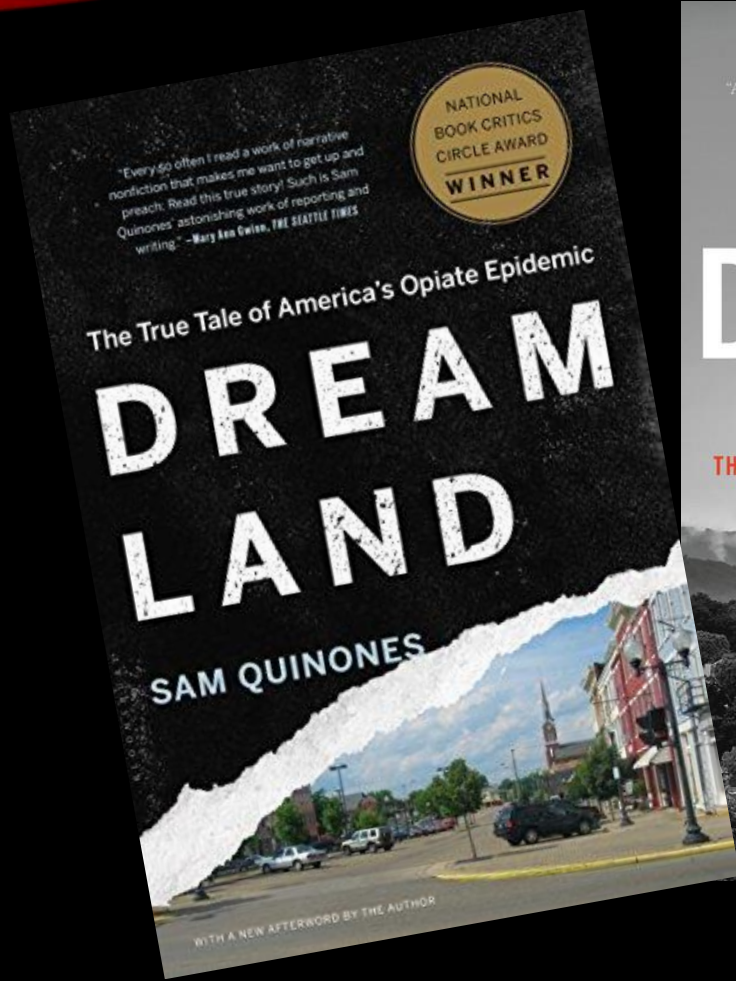


- Remember...there is NO easy button!!!

WHAT'S NEXT...







THE END!!!