



UDOH Prescription Pain Medication Program

Patient and Community Education Work Group

Minutes

February 11, 2009

Human Services Building Rm 212

120 N 200 W

Present:

Ben Reeves

Tina Duncan

Jason Carlton

Nancy Cheeney

Leigh Ann Turner

Andy Murphy

Charlotte Vincent

Kathy Hoenig

Jonathan Anderson

Erin Johnson

Marty Malheiro

Kay Denton

Update – Tina Duncan: SL Co. Substance Abuse solicited volunteers on Craig's List to participate in focus group discussions regarding misuse/abuse of prescription drugs.

Those who responded were then given more detailed information, and invited to participate. The FG discussions are being divided into three groups by age (18-32, 32-55, 55+). Survey questionnaires have also been developed to assess clinicians (pharmacists, physicians, PAs, etc.) perceptions/attitudes.

Some preliminary FG findings:

- Everyone says they wouldn't use drop-boxes because they see prescriptions as a commodity. They've paid good money for them, "why throw them away?" "Just in case something happens I hang on to them."
- A lot of people are never without the meds (in purse, car, and backpacks.) They don't go without them. They might need it while they are out and about.
- Sharing is common. No one admitted selling, but knew the street value/worth. Exchanges take place among friends and families.
- In 2 of 3 focus groups, there was someone who described a "patriarch" that controls everyone's medications in the family.

- It costs additional money to go back to the Dr. to get another prescription, so instead of disposing they just save the meds for next time they get sick. Its not economical, a waste of money, to throw away a med you may need in the future.
- The majority of participants didn't know it's illegal to share medications.
- Key informant interviews confirm FG findings that most people are programmed to believe that pain is not good, you should not put up with any pain. Physicians are here to relieve all pain.

They are still collecting data, so a full report won't be available until around May, 2009.

4:10-4:30 Utah Poison Control Center: Opioid-Related Calls—Marty Malheiro:

- UPCC is a voluntary call center; calls are not generalizable for the entire state. Mix of general population and health care professionals call (people are taking multiple meds, so that's why an ED Dr. calls poison control.)
- Huge need for ED referrals from UPCC.
- Increased consultations with ME office.
- Often calls are due to therapeutic error (wrong med, double dose), Intentional abuse/misuse, concerns about withdrawal.
- For 2008, 6% of opioid calls resulted in a major or fatal outcome; however, 11.7% of opioid calls are potentially toxic but not followed because of incomplete/erroneous contact info given by callers.
- About 50% of intentional overdose calls were intended for self-harm.
- Working with Smith's to do a disposal event in April.
- UPCC is free & confidential! – This is a message that needs to get out into the public.

Recent opioid-related news stories –

NSDUH Report (2/5/09), accessible through SAMHSA, "Trends in Nonmedical Use of Rx Pain Relievers 2002-2007."
 FDA Seeking better regulation of painkillers.

- Group would be interested to learn more about the # of calls from each age group. To contact Marty, send an email to: Marty.Malheiro@hsc.utah.edu
- Erin will post Marty's ppt on our website.

4:30-4:45 Vanguard 2009 plans – Jason Carlton

- TV spot "Long Nap" currently running on 3 local TV stations.
- Movie Theater ads at The District currently running as added value. Paid spots begin running May 4-17.
- Updated website: radio spot now runs when you go to the home page.
- Let Jason, Erin or Jonathan know about any possible news story angles we can pursue.
- Media campaign evaluation will begin end of May.
- Working to post the TV spot on YouTube.

4:45-5:00 Updates from the group

Leigh Ann Turner – Orthopedic surgeons are realizing that opioids are not as effective for back surgery as once thought. (see “The Back Letter” Vol. 24, #1, Jan 2009).

Erin – Guidelines are two weeks away from publishing (Feb. 28)! It’s taken longer than expected, but a lot of sides have finally come together to support the guidelines.

Kay Denton – The Leonardo has received funding to continue the Utah Science Center work! She is looking into an NIH grant on health literacy among seniors – any leads/information regarding that would be helpful as she works on the grant.

Next Meeting: Wednesday, March 11 @ 4 pm, RM 212, Human Services Bldg, SLC.

Possible agenda items for future meetings:

Marty’s disposal project with Smith’s.

Pharmaceutical disposal (LeeAnn Lamb).

Email Erin (erjohnso@utah.gov) or Jonathan (jwanders@utah.gov) if you have ideas for future Workgroup discussion topics.