

Opioid Crisis in Snohomish County

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Objectives

- Examine the causes of the opioid crisis
- Review the epidemiology of opioid overdose patients in Snohomish Co
- Understand the magnitude of the opioid crisis

Which illicit drug is associated the majority of overdose deaths?

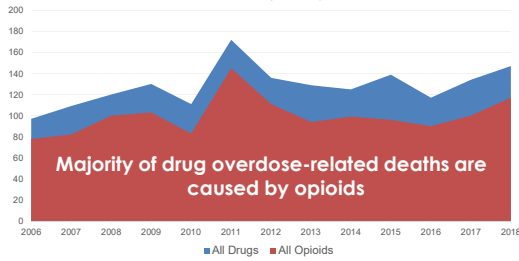
- A. Alcohol
- B. Heroin
- C. Crack Cocaine
- D. Methamphetamines

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Opioids vs. Other Drugs

Opioid-Related Deaths Compared to All Drug Overdose Deaths
Snohomish County, 2006-2018*
(*2018 data is preliminary)

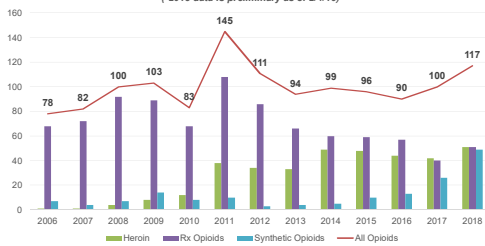


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Opioid-related Overdose Deaths

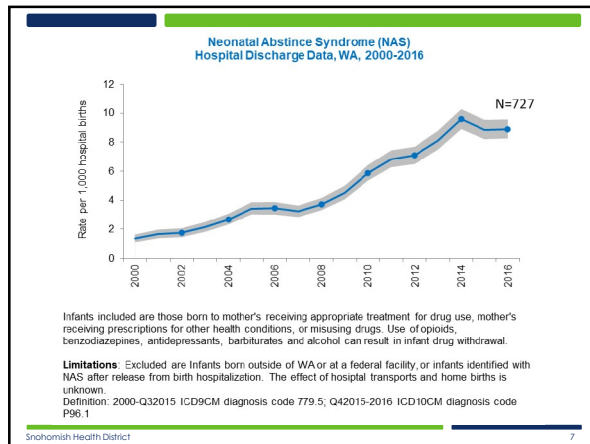
Snohomish County, 2006-2018*
(*2018 data is preliminary as of 2/4/19)

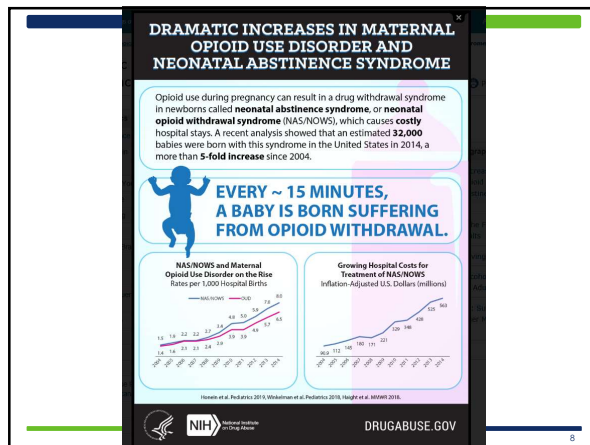


Source: Washington State Department of Health

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Substance Use During Pregnancy

- Associated with other risks
 - HIV, Hepatitis C
- Places infant at risk
 - Birth defects
 - Poor intrauterine growth
 - Premature birth
 - Seizures

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Neonatal Abstinence Syndrome

- Neonatal Abstinence Syndrome (NAS)
 - Neonatal Opioid Withdrawal Syndrome (NOWS)
 - Majority of NAS are NOWS
 - Onset 24 to 48 hours after birth to 10 days

Tremors (trembling)	Irritability (excessive crying)
Sleep problems	High-pitched crying
Tight muscle tone	Hyperactive reflexes
Seizures	Yawning
Stuffy nose, & sneezing	Poor feeding
Vomiting	Poor suck
Diarrhea	Dehydration
Sweating	Fever /unstable temperature

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Infants in Opioid Withdrawal

- Irritable and often have a difficult time being comforted
 - Snuggly wrapping the baby in a blanket, may help
- May need extra calories due to increased activity
- Intravenous fluids if dehydrated or vomiting/diarrhea

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History of Opioid Prescribing

- Late 1990s, rising concern that PCPs had exaggerated concerns re: addiction & opioid side effects¹
- 1999, an MD disciplined for not prescribing enough pain medication¹
- 2000, VHA launched a National Pain Management Strategy: "Pain as the fifth vital sign"¹
- 2001, a jury found an MD committed elder abuse by failing to adequately treat pain¹
- 2001, Joint Commission required organizations to recognize patients' right to appropriate pain assessment & management¹
- 2004, Federation of State Medical Boards: "Under-treatment of pain just as serious of a violation of the standard of care as over-treatment"¹
- 2013, enough prescriptions for opioids were written to provide every American a bottle²

¹ Garcia AM. State Laws Regulating Prescribing of Controlled Substances: Balancing the Public Health Problems of Chronic Pain and Prescription Painkiller Abuse and Overdose. J Law, Med & Ethics. 2012
² https://www.cdc.gov/drugoverdose/pdf/guidelines_at-a-glance-a.pdf

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How many of new heroin users started out misusing their prescription painkillers?

- 1 in 5
- 2 in 5
- 3 in 5
- 4 in 5
- 5 in 5

Source: Jones CM. Heroin use and heroin use risk behaviors among nonmedical users of prescription opioid pain relievers - United States, 2002-2004 and 2008-2010. Drug Alcohol Depend. 2013 Sep 1;132(1-2):95-100. doi: 10.1016/j.drugalcdep.2013.01.007. Epub 2013 Feb 12.

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Journal of Pain & Palliative Care Pharmacotherapy

Research Article

Quality of Postoperative Pain Management in American Versus European Institutions

C. Richard Chapman, Duncan A. Stevens & Arthur G. Lipman

Pages 350-358 | Received 25 Jul 2013, Accepted 30 Aug 2013, Published online 21 Oct 2013

Download citation | <https://doi.org/10.3109/15360288.2013.846955>

- 98% of American patients opioids postoperative day one compared to 70.2% of Europeans
- 41% received regional analgesia compared 16% of Europeans
- *European patients report better pain-control despite lower use of opioids and regional anesthetic*

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What is the probability in one year that a patient on a 5-day course of opioids for pain control will continue to seek opioids?

- A. 1%
- B. 3%
- C. 5%
- D. 10%

Source: CDC. Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015. MMWR 2017;66(10):245–249

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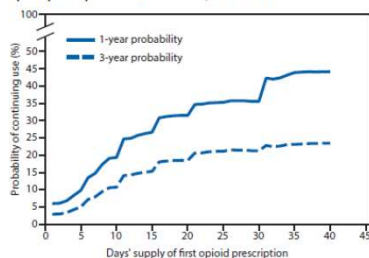
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FIGURE 1. One- and 3-year probabilities of continued opioid use among opioid-naïve patients, by number of days' supply* of the first opioid prescription — United States, 2006–2015

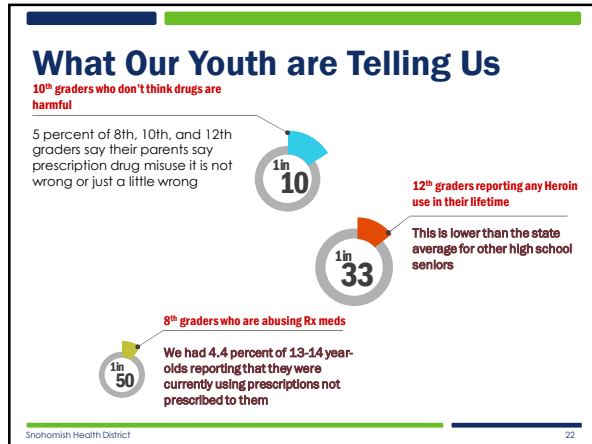


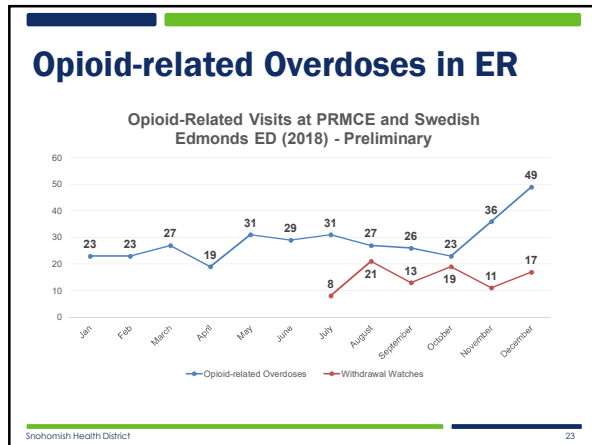
* Days' supply of the first prescription is expressed in days (1–40) in 1-day increments. If a patient had multiple prescriptions on the first day, the prescription with the longest days' supply was considered the first prescription.

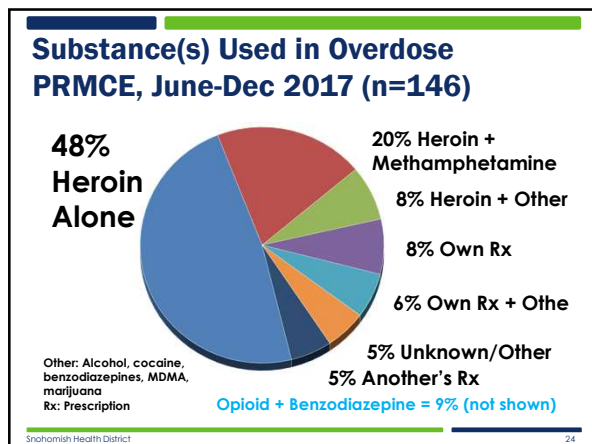
Source: CDC. Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015. MMWR 2017;66(10):245–249

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Opioid-related Overdoses by Age

PRCME and Swedish Edmonds ED
Jan. 1, 2018 - Dec. 30, 2018 (Preliminary)

Age Range	Total Reported Overdoses
<11 yrs old	<5
11-20	20
21-30	158
31-40	107
41-50	59
51-60	54
61-70	29
>70 yrs old	<5
Grand Total	434

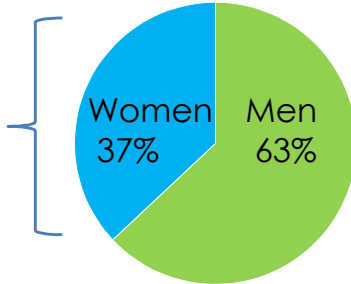
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Opioid-related Overdoses by Gender

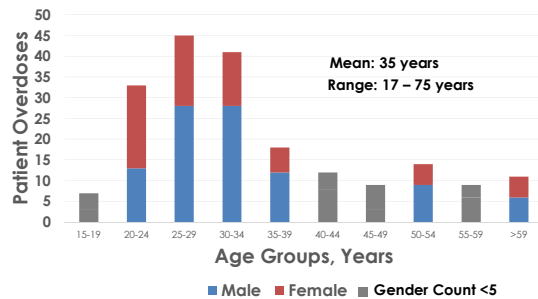
PRCME and Swedish Edmonds ED
Jan. 1, 2018 - Dec. 30, 2018 (Preliminary)

Of these women,
81% were
15-45 years
of age



Source: <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>

Opioid-Overdose Visits PRMCE Age & Gender, (n=200)



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Characteristics of Women Seen in ED

PRCME and Swedish Edmonds ED
Jan. 1, 2018 - Dec. 30, 2018 (Preliminary)

- 87% unemployed
- 19% homeless
- 6% uninsured
- 30% injecting drugs
- 16% suicide attempts
- 6% overdosed during arrest

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For chronic pain management opioids are first line therapy

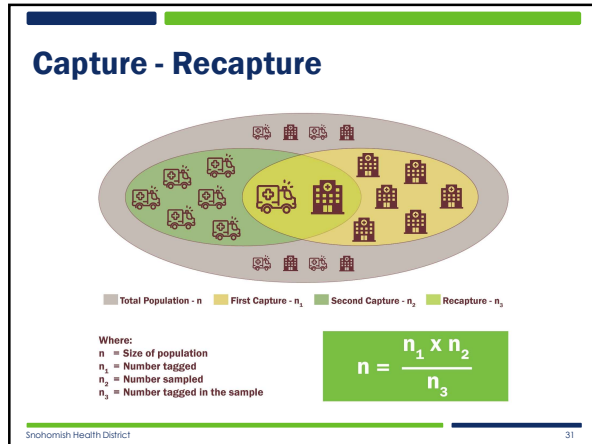
- A. True
- B. False

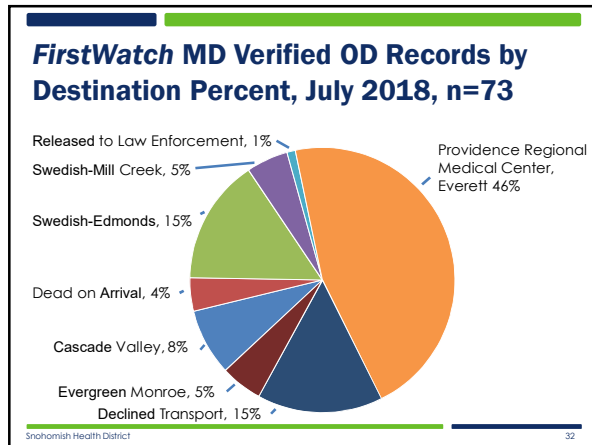
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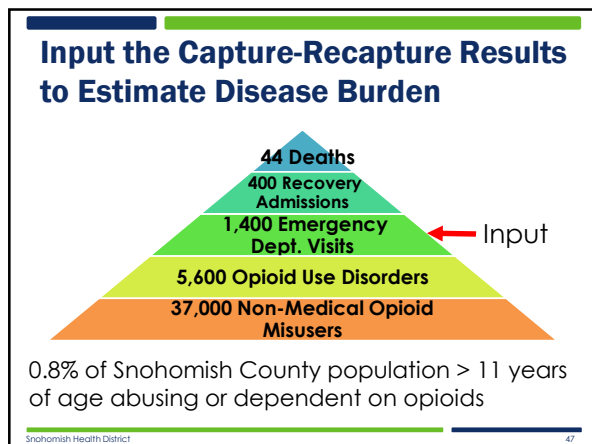
For chronic pain management opioids are first line therapy

- A. True
- B. False

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Comparability of Results

Dataset	Deaths	Recovery Admissions	Emergency Dept. Visits	Opioid Use Disorder	Opioid Misusers
Burden of Disease with Capture-Recapture Method	44	400	1,400	5,600	37,000
2016 National Survey on Drug Use and Health	41	400	1,300	5,400	34,000
2017 Washington Syringe Exchange Health Survey	70	700	2,300	9,400	59,000
2017 Snohomish County Opioid-related Death Data	100	1,000	3,000	13,000	83,000
2018 Point-in-Time Study	90	900	3,000	12,000	80,000

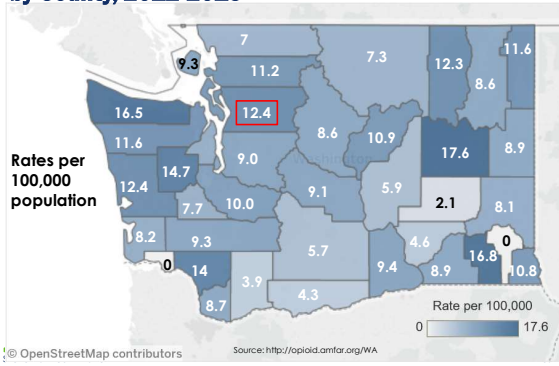
Burden of Disease

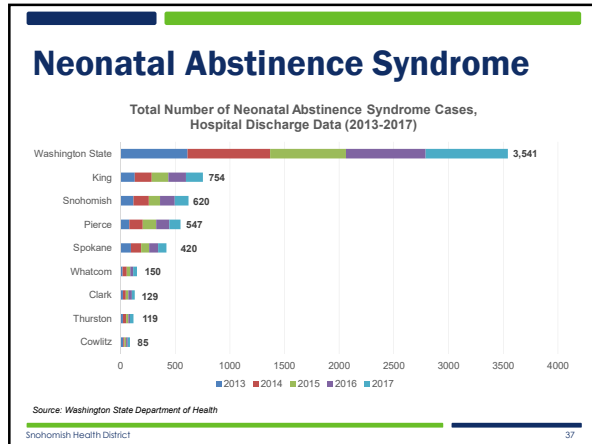
- Capture-recapture method estimates 1,400 ED visits for opioid overdose
- Range of residents with OUD is Snohomish County is likely between 5,000-10,000
- Results consistent with the National Survey on Drug Use and Health (NSDUH) population based survey (5,400)

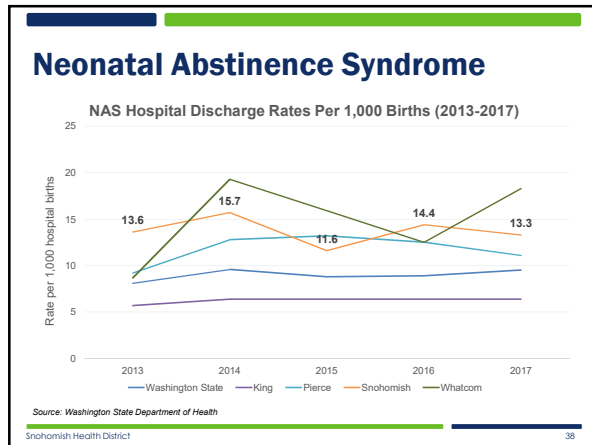
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Age-Adjusted Opioid-Related Overdose Death Rates by County, 2012-2016







thank you

contact information

For more info, please contact:

Mark Beatty
mbeatty@snohd.org

Interest in Treatment

Setting (n)	Interested	Not Interested	Refused to Answer	No Response Provided
Overdose patient transported to hospital (437)	23%	58%	13%	6%
Withdrawal watch in hospital emergency department (42)	55%	33%	7%	5%
Syringe exchange client (552)	78%	14%	-	8%
