



EXCELLENCE IN EMERGENCY MEDICINE

# Decreasing Narcotic Prescribing One Urban ED's Experience

MNACEP Leadership Conference  
January 28, 2019

Chris Palmer, MD, FACEP  
North Memorial ED Medical Director  
EPPA Physician

Through the pursuit of excellence, EPPA will be the premier provider of acute care medicine in the markets we serve.



EXCELLENCE IN EMERGENCY MEDICINE

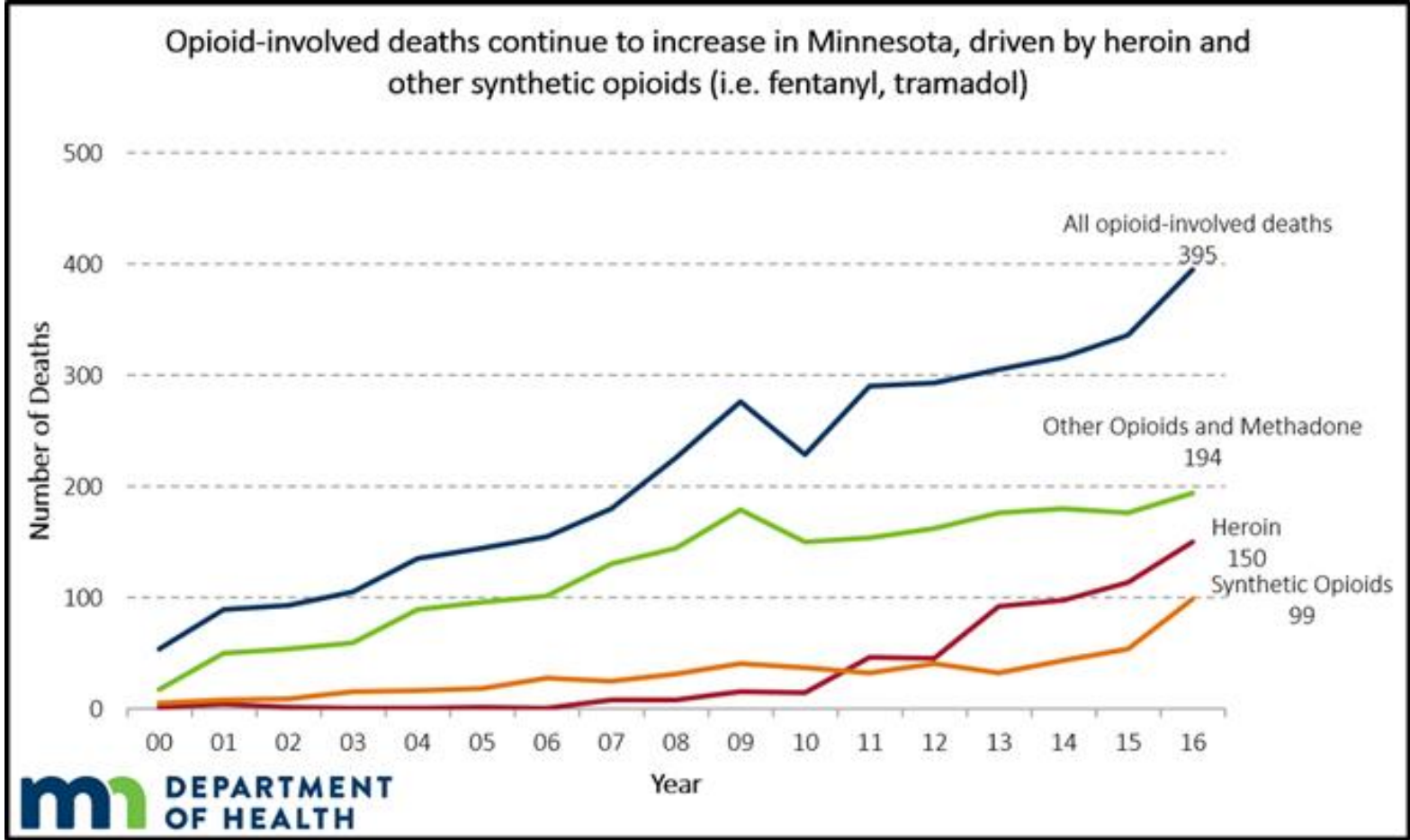
## **Disclosures: None**

### **Special Thanks:**

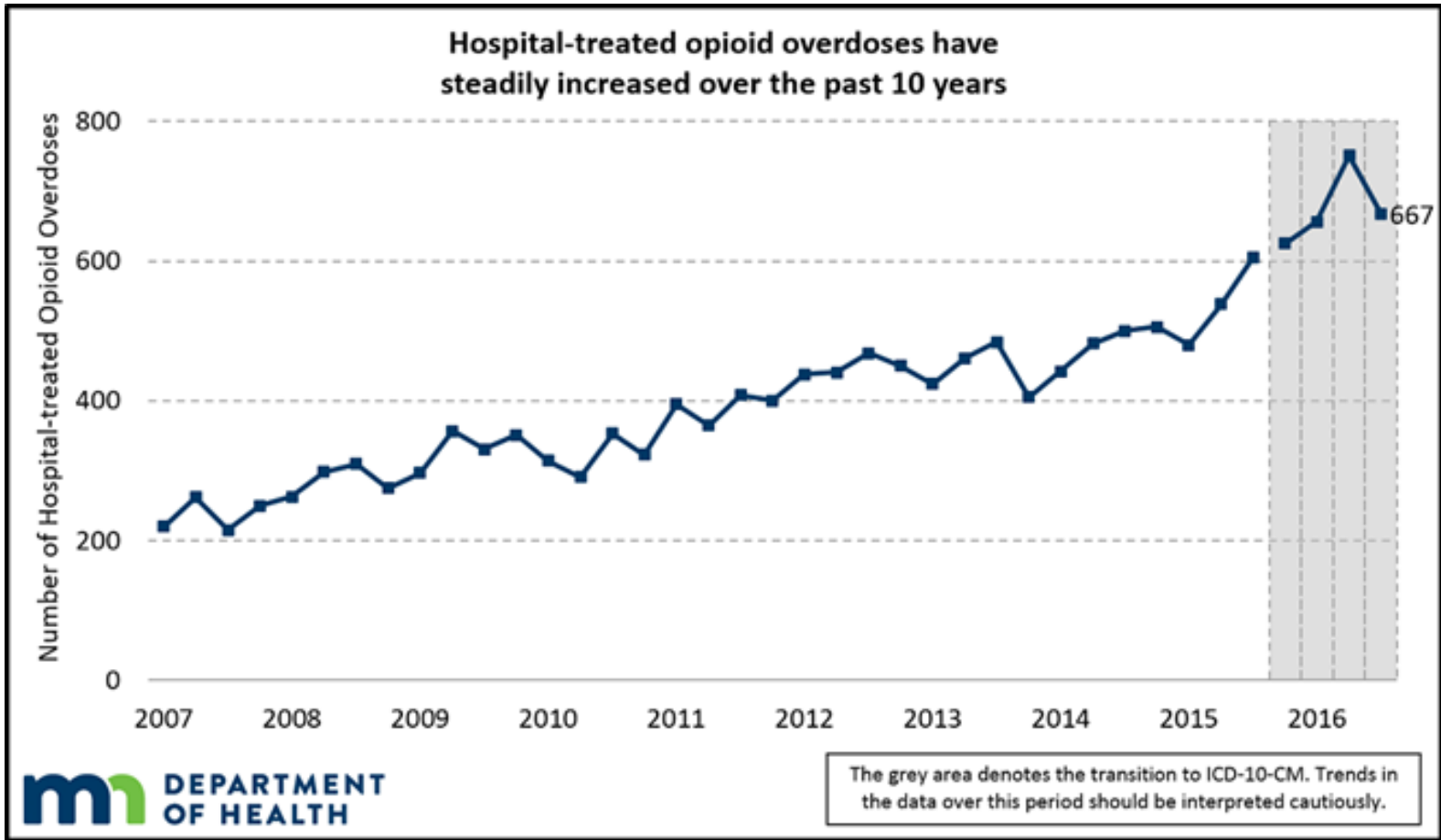
**Megan Blazevic  
Cameron Berg MD  
NM/MG ED Providers**

Through the pursuit of excellence, EPPA will be the premier provider of acute care medicine in the markets we serve.

# Opioid Epidemic



# Opioid Overdoses



# Opioid Impact

In 2016, there were 395 opioid overdose deaths.  
For every 1 death there were...

Death   1

Hospital admissions    2

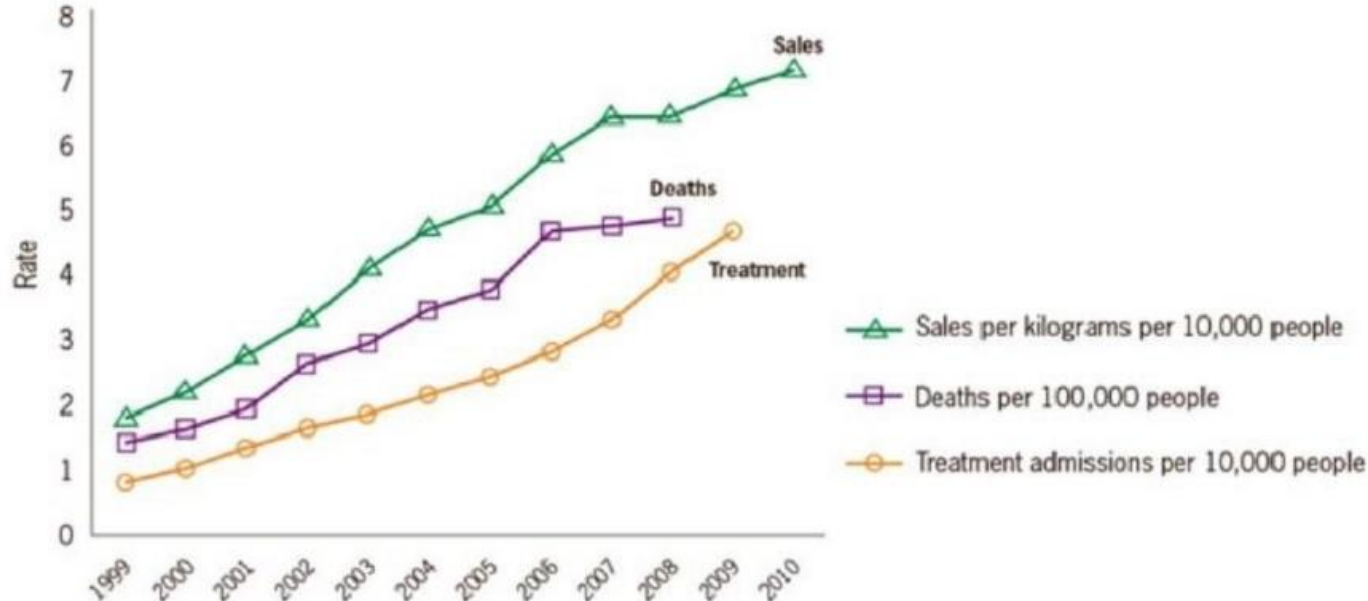
Emergency department visits      4

EMS responses        7

 DEPARTMENT OF HEALTH

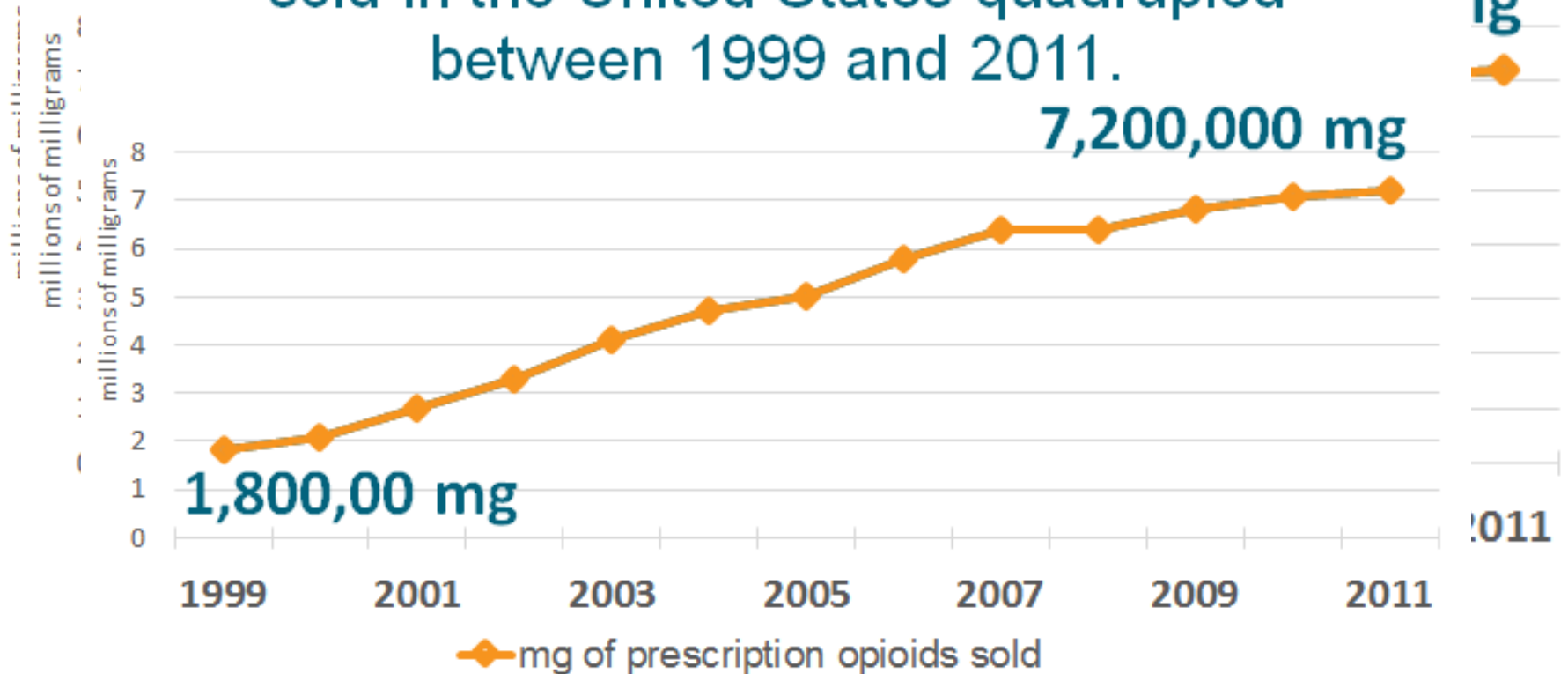
# It's Illegal Drugs Right?? - WRONG

## Rates of Prescription Painkiller Sales, Deaths, and Substance Abuse Treatment Admissions (1999-2010)



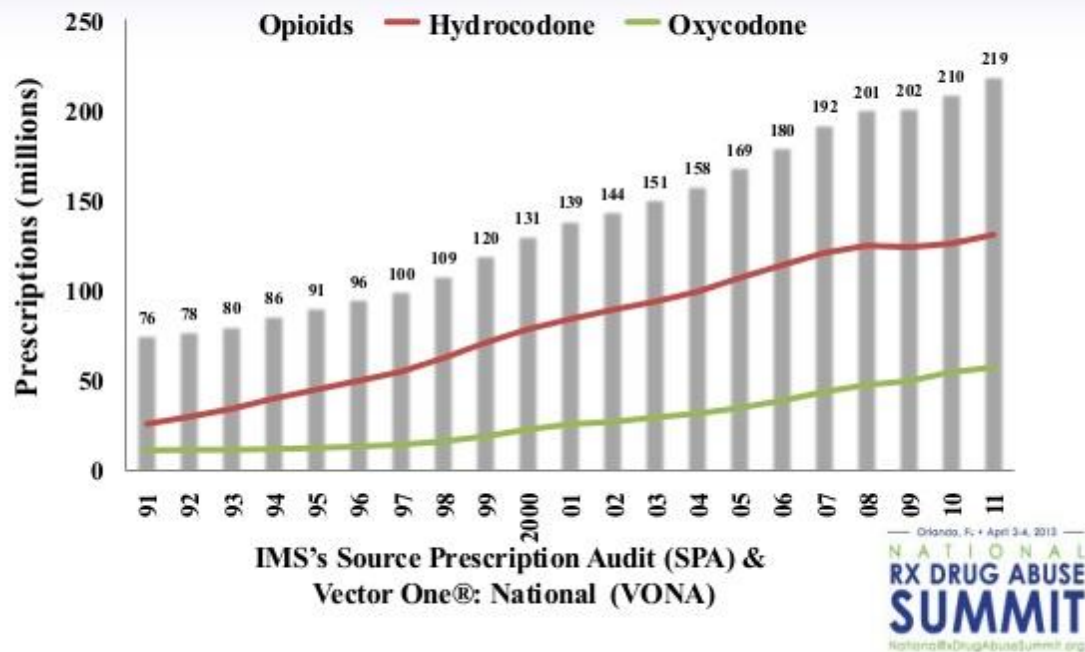
Reproduced from:  
Prescription Painkiller Overdoses in the US; CDC Vital Signs November 2011

The amount of prescription opioids sold in the United States quadrupled  
 The amount of prescription opioids sold in the United States quadrupled  
 between 1999 and 2011.



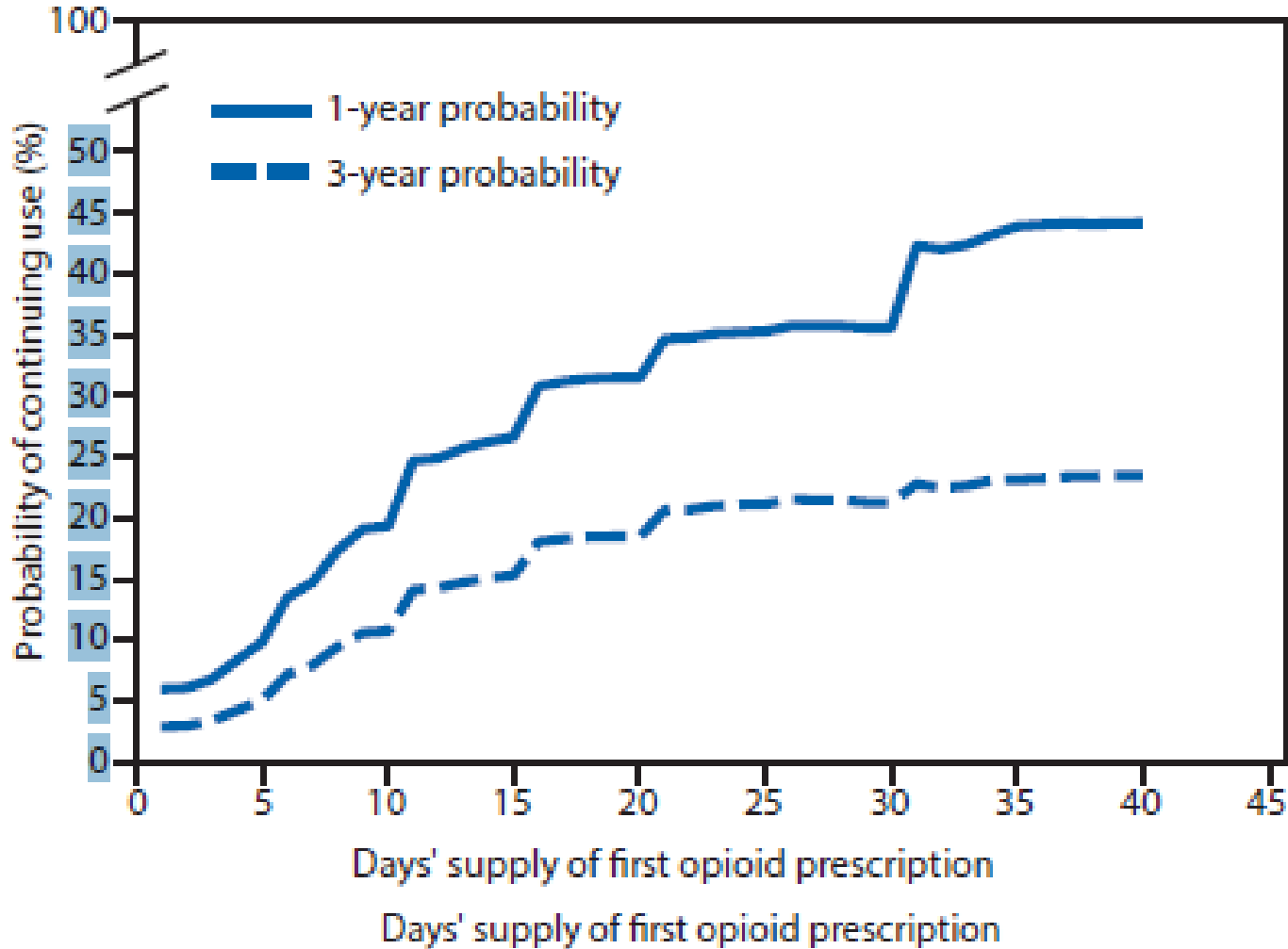
# A Prescribing Problem

## Number of Opioid Prescriptions Dispensed by U.S. Retail Pharmacies, Years 1991-2011

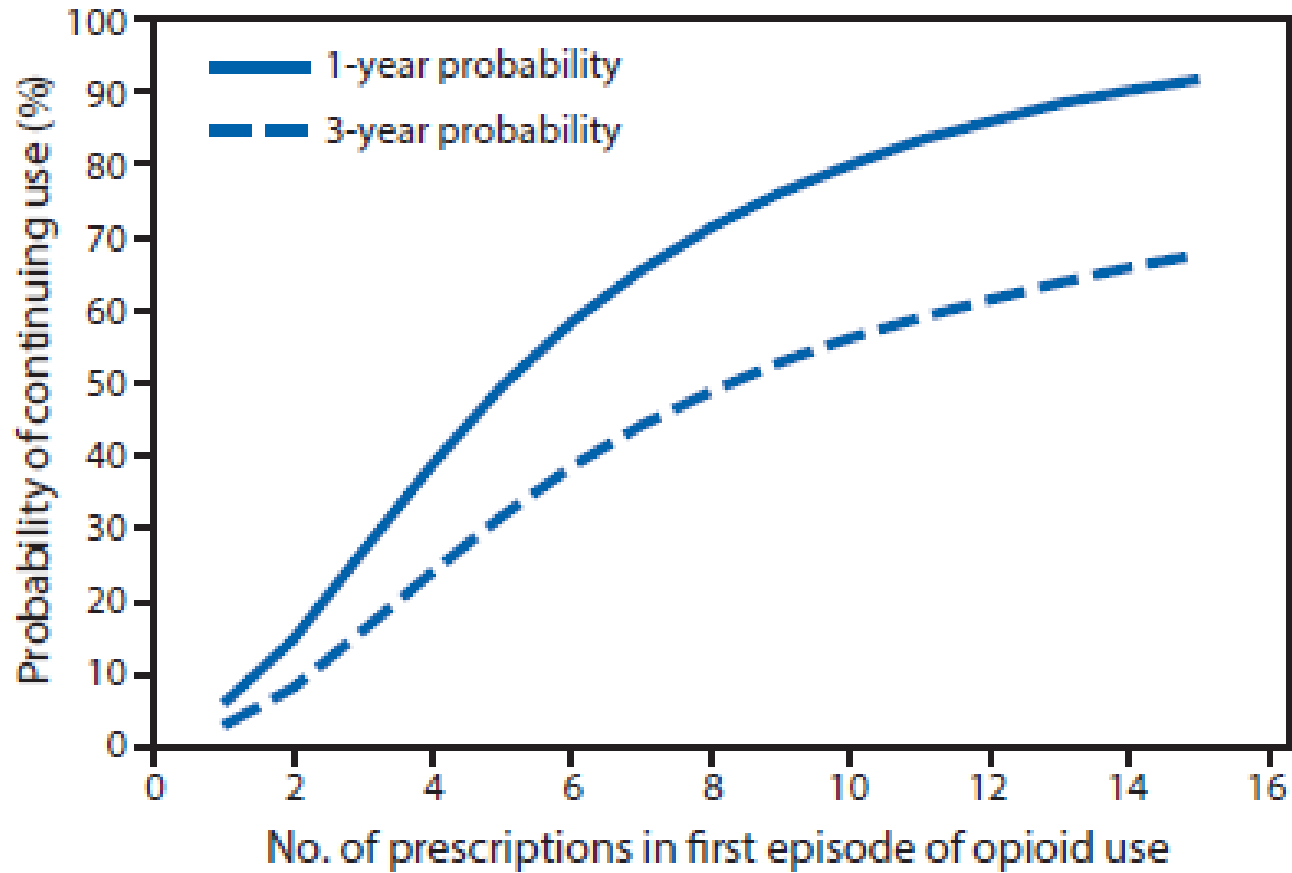




# When Does the Risk Start?



# When Does the Risk Start?



# Which Specialty

Top 10 specialties by opioid prescription volume (2016)

Rank	Total 2016 opioid prescriptions	Percent of national total
1	Family Medicine 2,255,070	22.4%
2	Internal Medicine 1,533,143	15.3%
3	Nurse Practitioner 827,263	8.2%
4	Physician Assistant 732,955	7.3%
5	Anesthesiology 621,943	6.2%
6	Dentist 577,675	5.7%
7	Orthopaedic Surgery 398,739	4.0%
8	Emergency Medicine 392,020	3.9%
9	Pain Medicine 341,993	3.4%
10	Physical Medicine & Rehabilitation 257,212	2.6%

# New England Journal of Medicine Study



- **Opioid Prescribing Patterns of Emergency Physicians and Risk of Long-Term Use**
  - Michael L. Barnett, M.D., Andrew R. Olenski, B.S., and Anupam B. Jena, M.D., Ph.D.
- **NEJM: Feb 2017**
- **Basic conclusion: Introduction to opioids matters**

# Public Education



- **Public health dedication (National and Local Media Attention)**
- **Mass media focus**
- **Population more aware**
- **Narcan kits**
- **Legislative funding**

# Institute for Clinical Systems Improvement (ICSI)



## State collaboration to tackle this issue

- Agreement that 100MEQ is a threshold that increases risk of long term addiction
- NM/MG ED providers were previously focused on this work
- NM/MG ED providers added this to Quality Improvement work in 2018

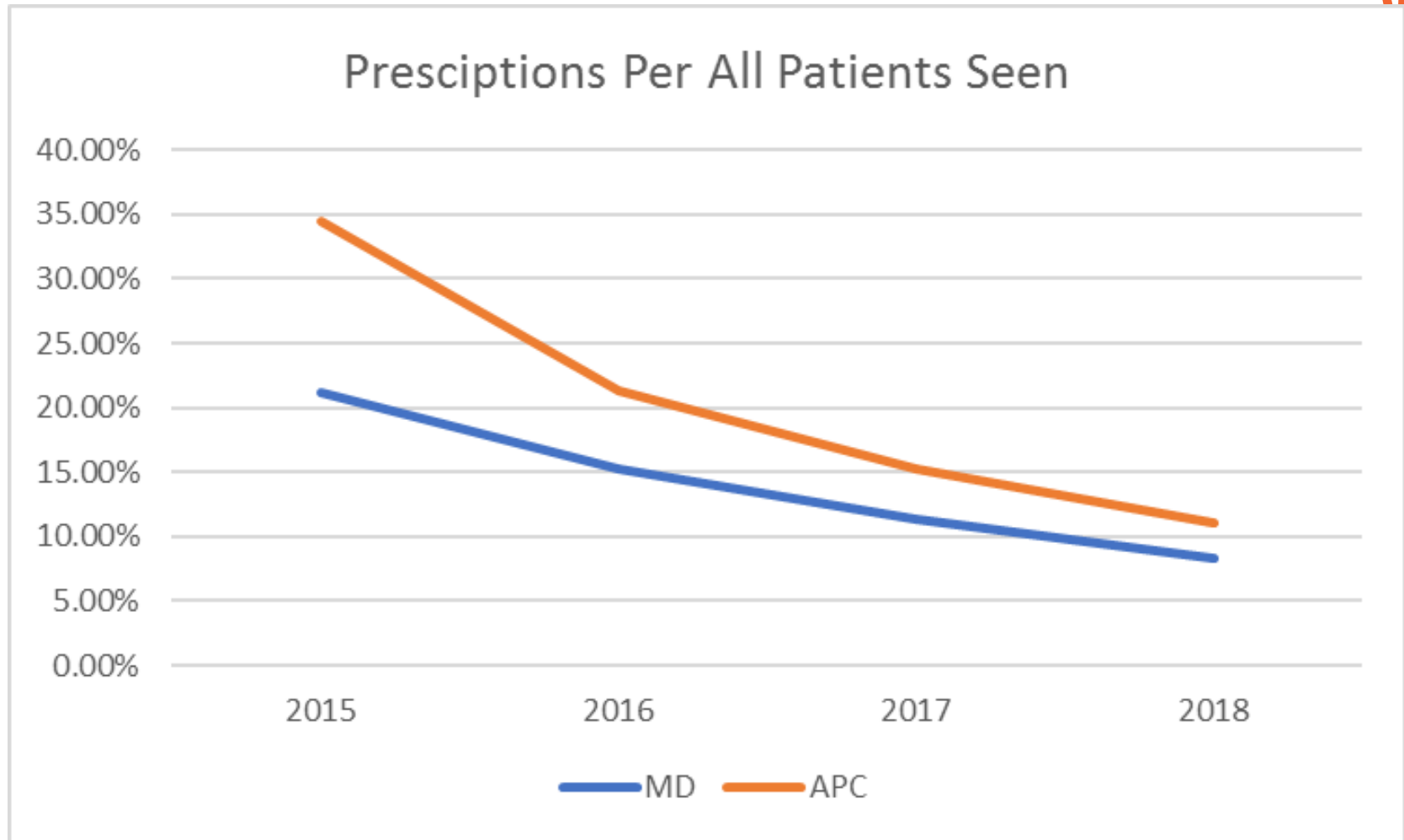
# NM/MG EM Provider Efforts and Outcomes



## Process

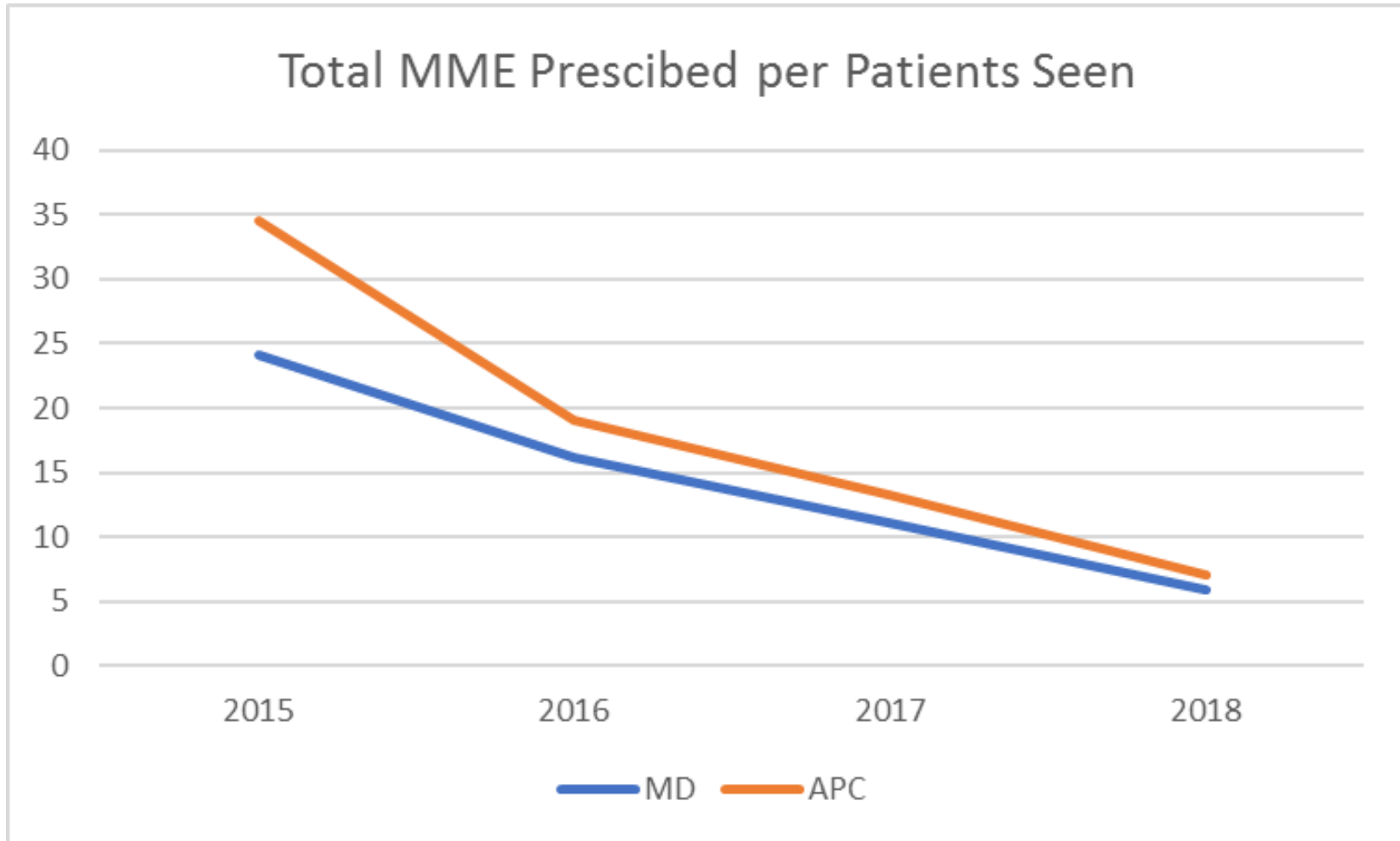
- Developed measurement tools for individuals
- Published blinded information quarterly
- Discussed at team meetings and in performance evaluations
- Reviewed relevant best practice and published evidence
- Reviewed progress annually

# NM/MG EM Provider Efforts and Outcomes





# NM/MG EM Provider Efforts and Outcomes

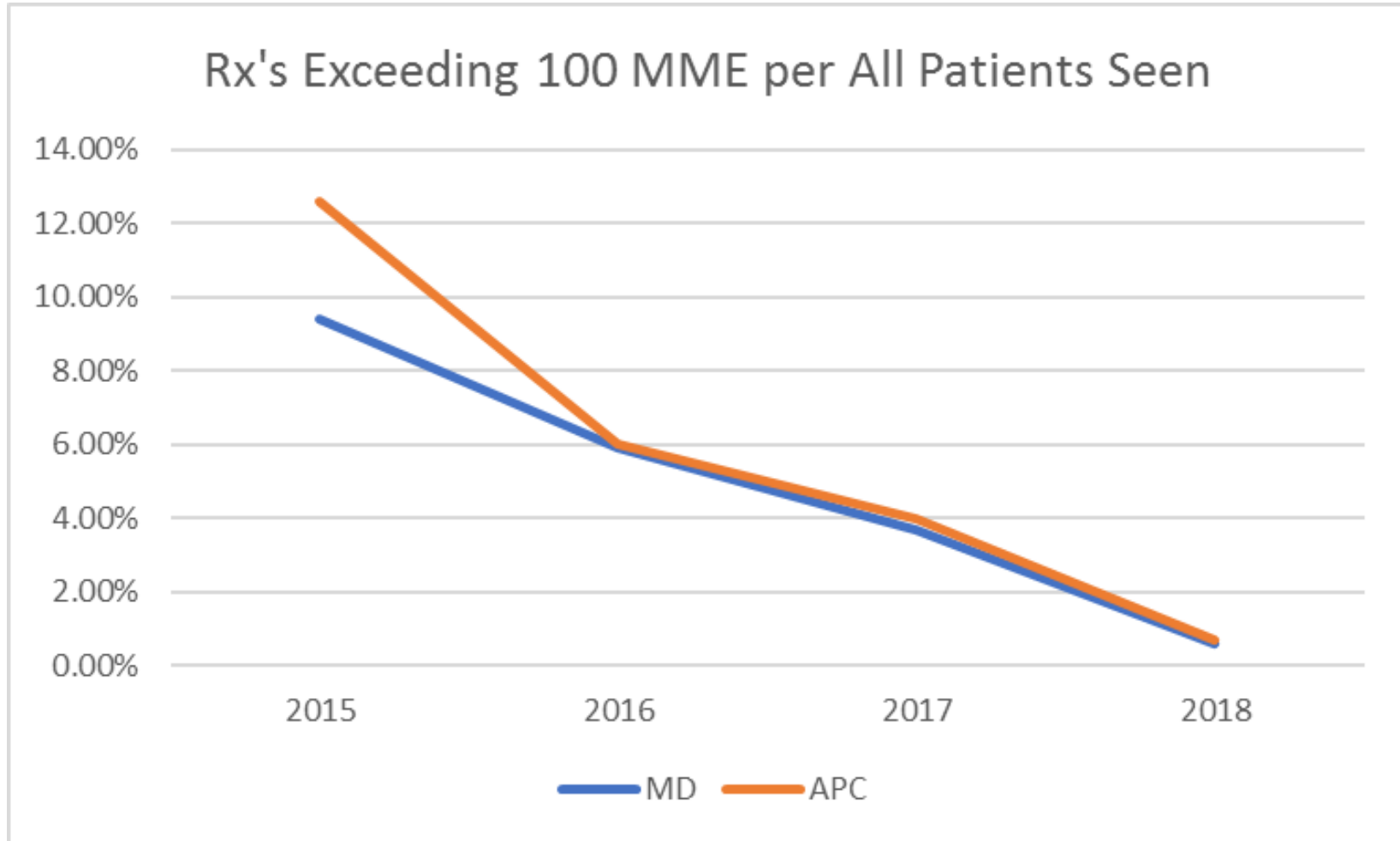


# ICSI (Recommendations late 2017)



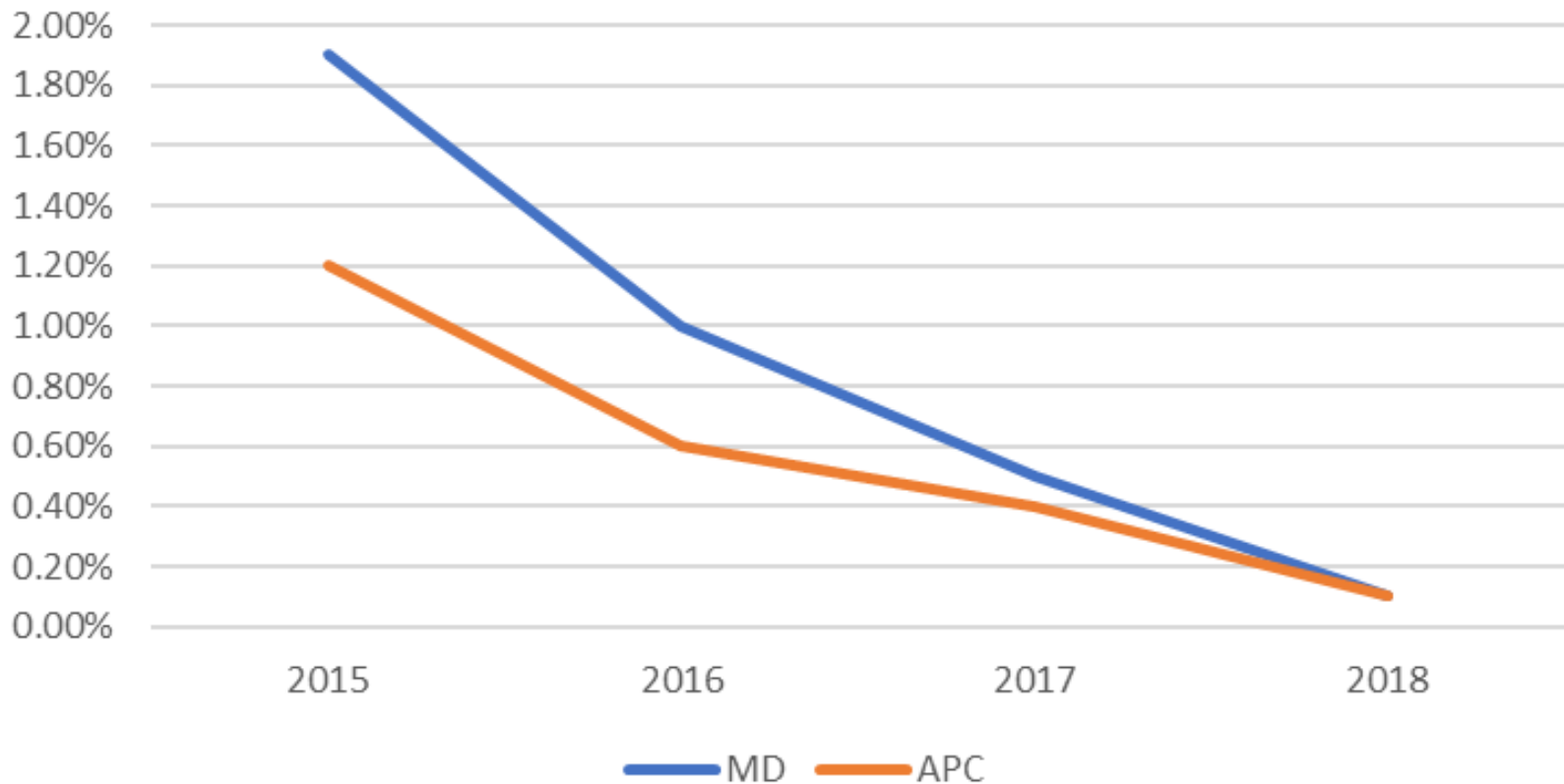
- ICSI identified 100MME as concerning threshold
- Baseline at NM/MG: 1/1/2016 through 12/4/2017  
3.8% of ED discharges had opioid prescription exceeding 100 MME
- Impact: Reducing unnecessary or inappropriate prescriptions exceeding 100 MME will confer improved safety to our customers.
- Target:  $\leq 3.0\%$  (21% relative reduction)
- **Result: NM/MG providers reduced prescriptions >100 MME to 0.3%**

# NM/MG EM Provider Efforts and Outcomes



# NM/MG EM Provider Efforts and Outcomes

Rx's Exceeding 200 MME per All Patients Seen



# NM/MG EM Provider Efforts and Outcomes



## Results: 2018 changes compared to 2015 baseline

- 2.146 million fewer MME dispensed
  - 429,210 less hydrocodone (5mg) or 286,140 less oxycodone (5 mg)
- Reduction from 26.1 MME/pt seen to 6.33 MME/pt seen
- Average prescription from 142.87 to 92.06 MME
- 17,080 fewer opiate prescriptions
- 10,920 fewer opiate scripts exceeding 100 MME

# NM/MG EM Provider Efforts and Outcomes



## Results: 2018 changes compared to 2015 baseline

- 15,384 fewer opiate prescriptions
- 10,450 fewer opiate scripts exceeding 100 MME
- 1,981 fewer opiate scripts exceeding 200 MME

## It comes down to individuals

- Unique impact
- Decision to change