

Opioid Prescribing and Drug Overdose Death in Rural NM

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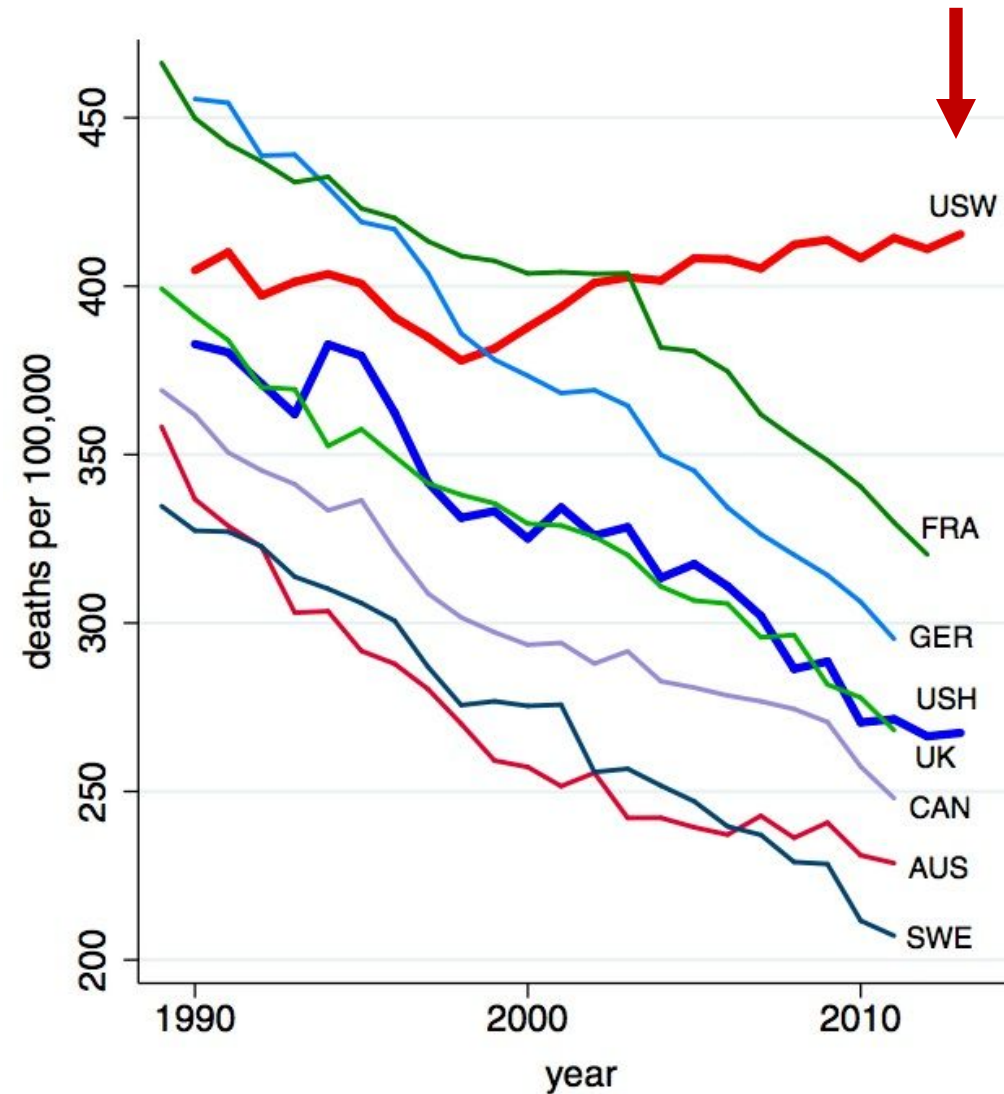
ERDC November 9, 2016

Mortality is rising among Middle-Aged White Americans

*Rx Drugs & Heroin
Suicide
Alcohol Poisoning
Driving Increase*

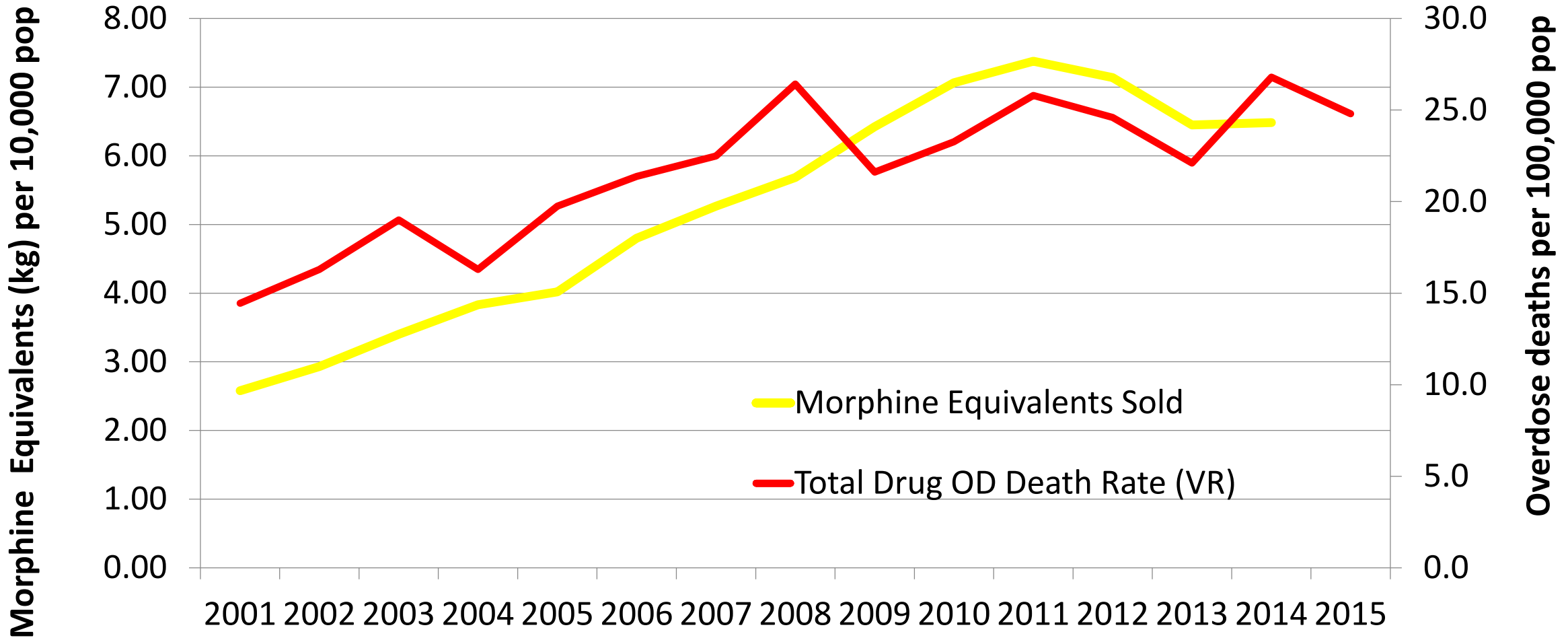
USW – US Whites
FRA – France
GER – Germany
USH – US Hispanics

UK – United Kingdom
CAN – Canada
AUS – Australia
SWE - Sweden



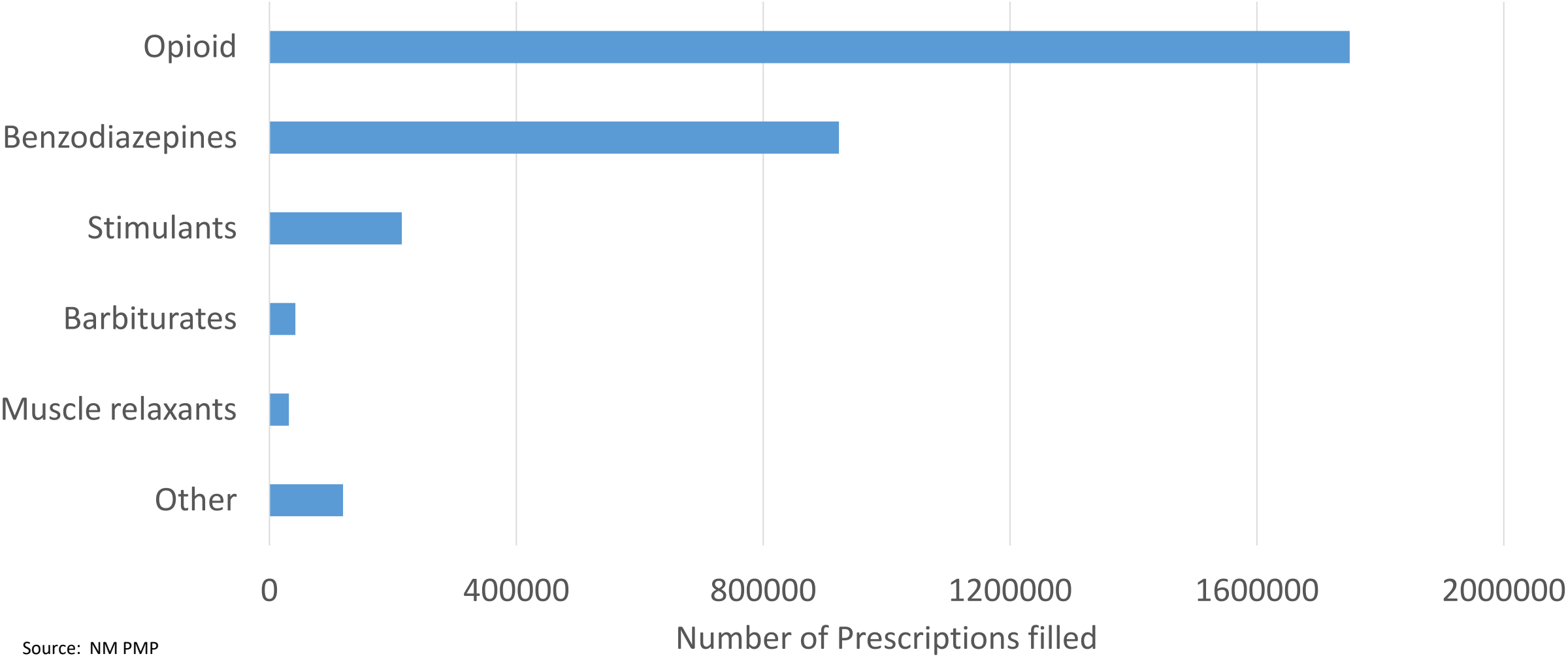


Total Morphine Equivalents of Opioids Sold and Total Overdose Death Rates, NM, 2001-2015



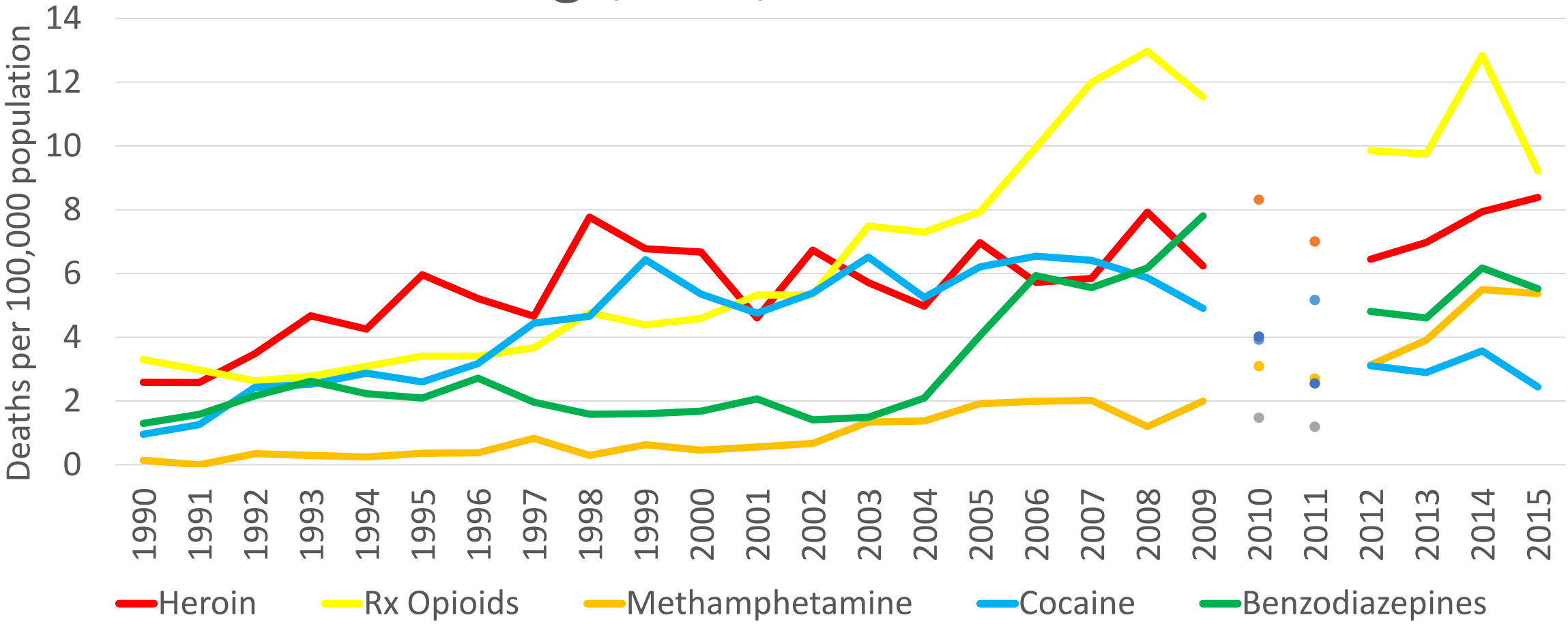
Buprenorphine and Methadone excluded from total morphine equivalents
Overdose death rate adjusted for non-specificity, 2010-2012

Number of Controlled Substance Prescriptions Filled by Drug Type, NM, 2015





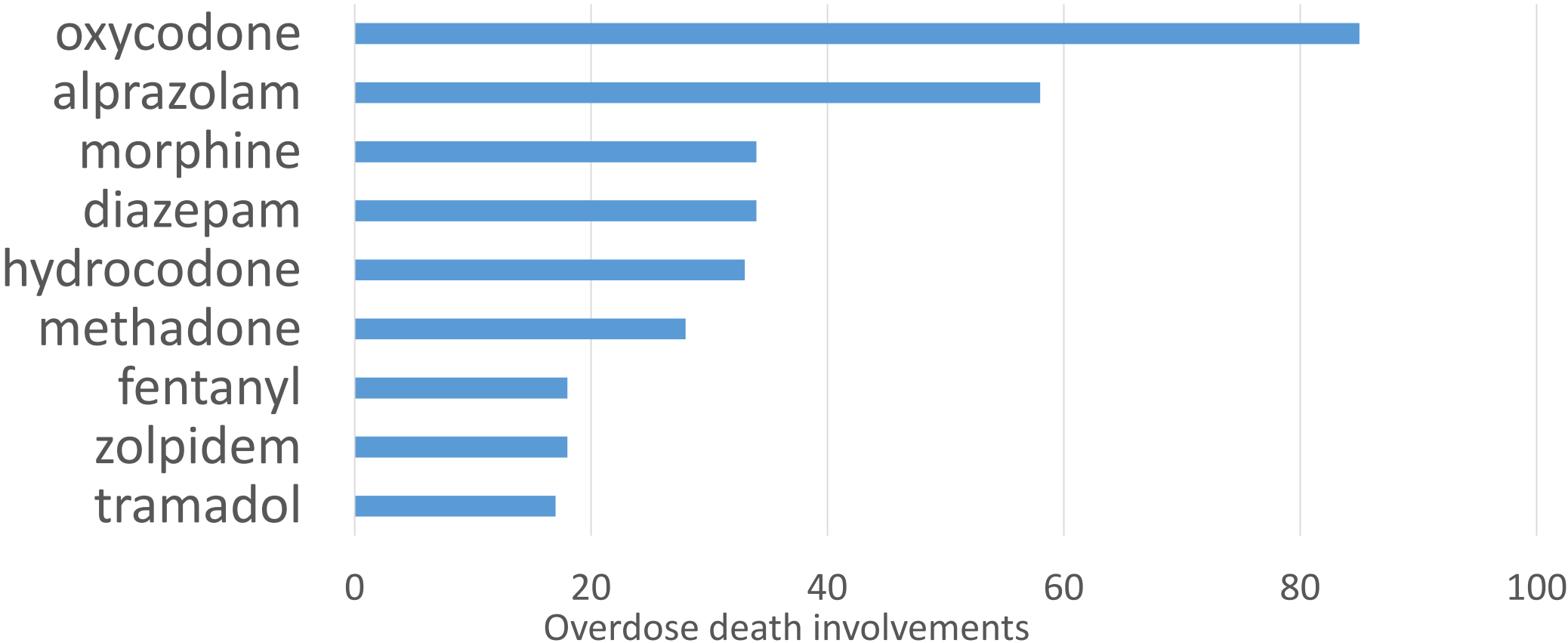
Drug Overdose Death Rates for Selected Drugs, NM, 1990-2015



Drug categories are not mutually exclusive
Rates are age adjusted to the US 2000 standard population
Source: Office of the Medical Investigator, UNM/GPS population estimates

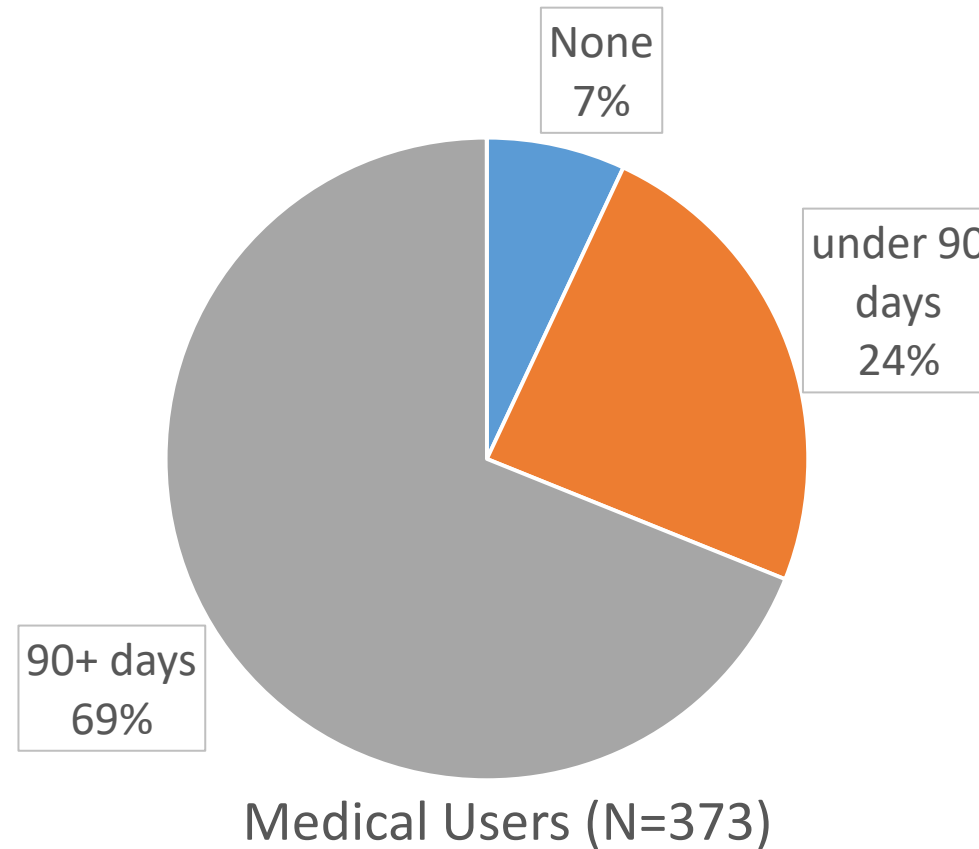


Top Rx Drugs in Overdose Death, NM, 2015



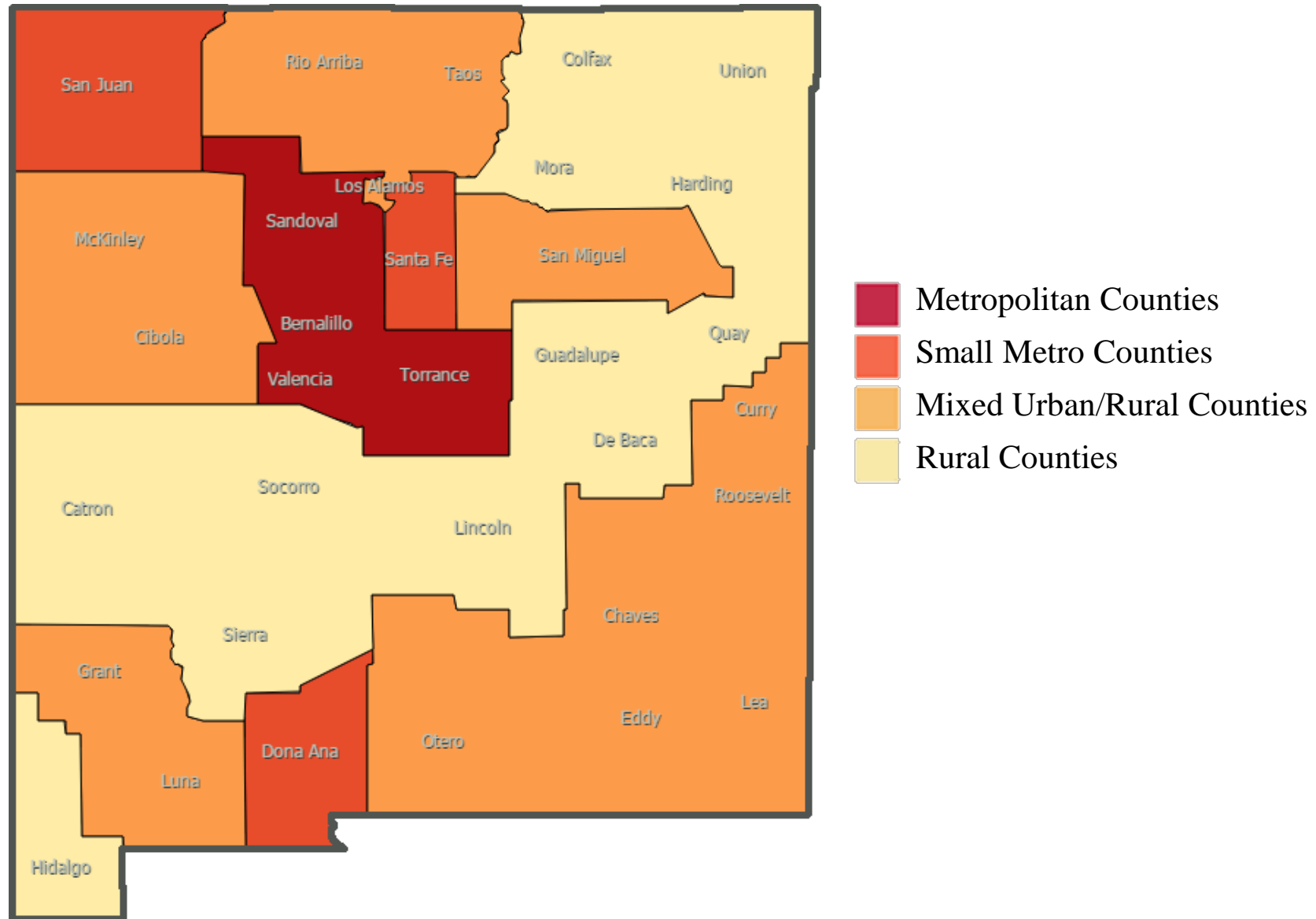
Deaths may involve more than one drug
Source: NM Office of the Medical Investigator

Prescription Opioid Coverage in the Past 6 Months for Overdose Deaths Involving Controlled Substances, NM, 2012-2014

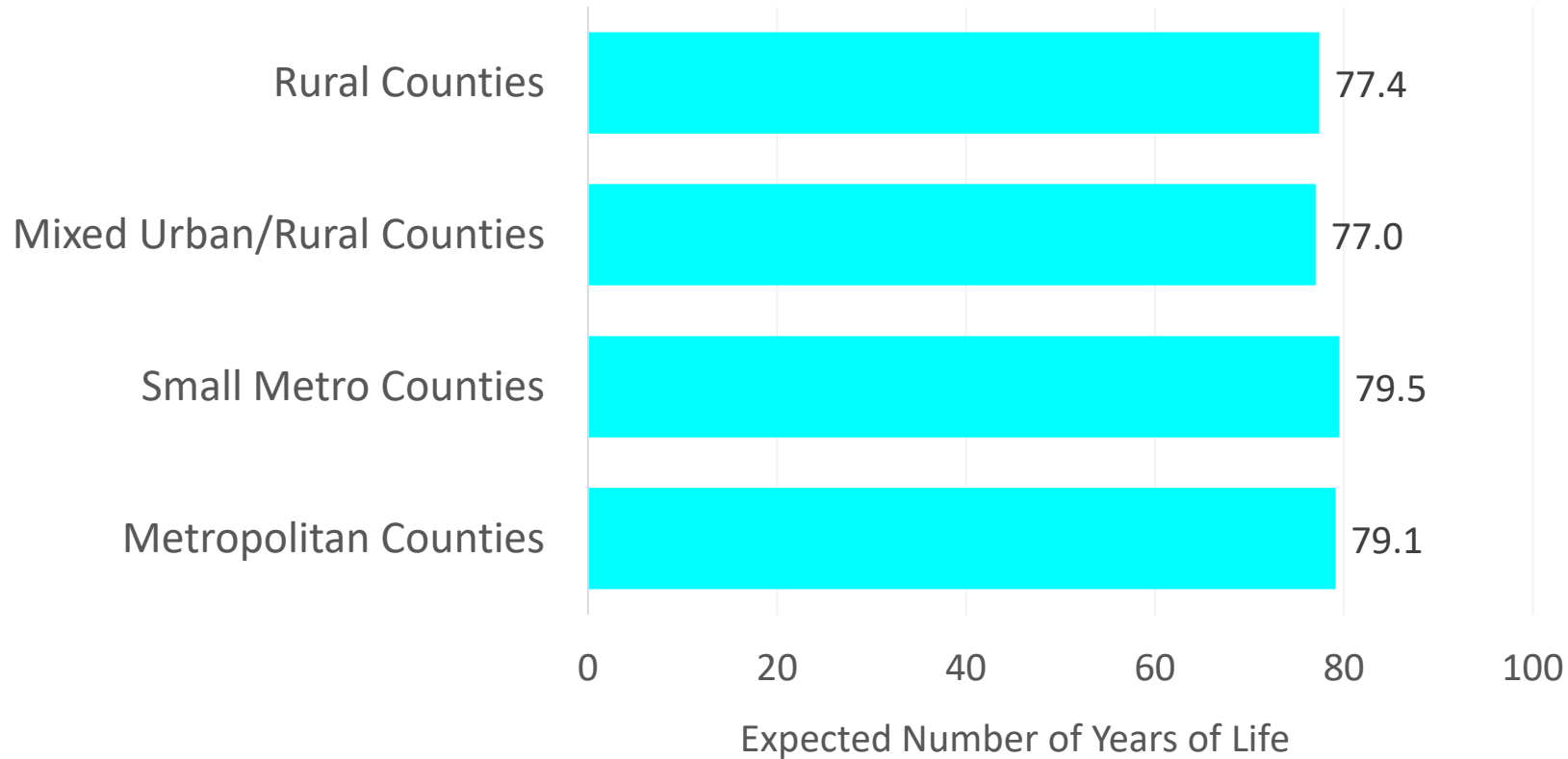


Medical users were those who had recent prescriptions for at least some of the controlled substances involved in their death.
Source: Linked OMI and PMP data

NM Urban-Rural County Classification

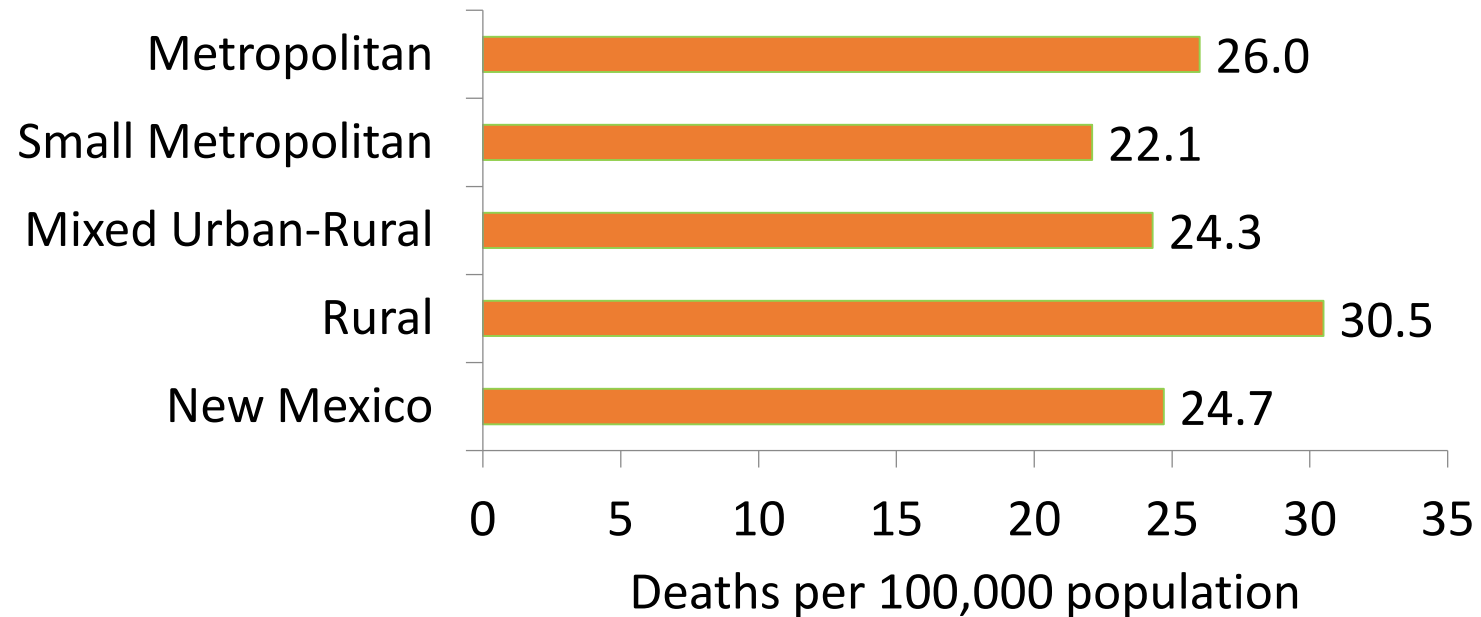


Life Expectancy from Birth by Urban and Rural Counties, New Mexico, 2015

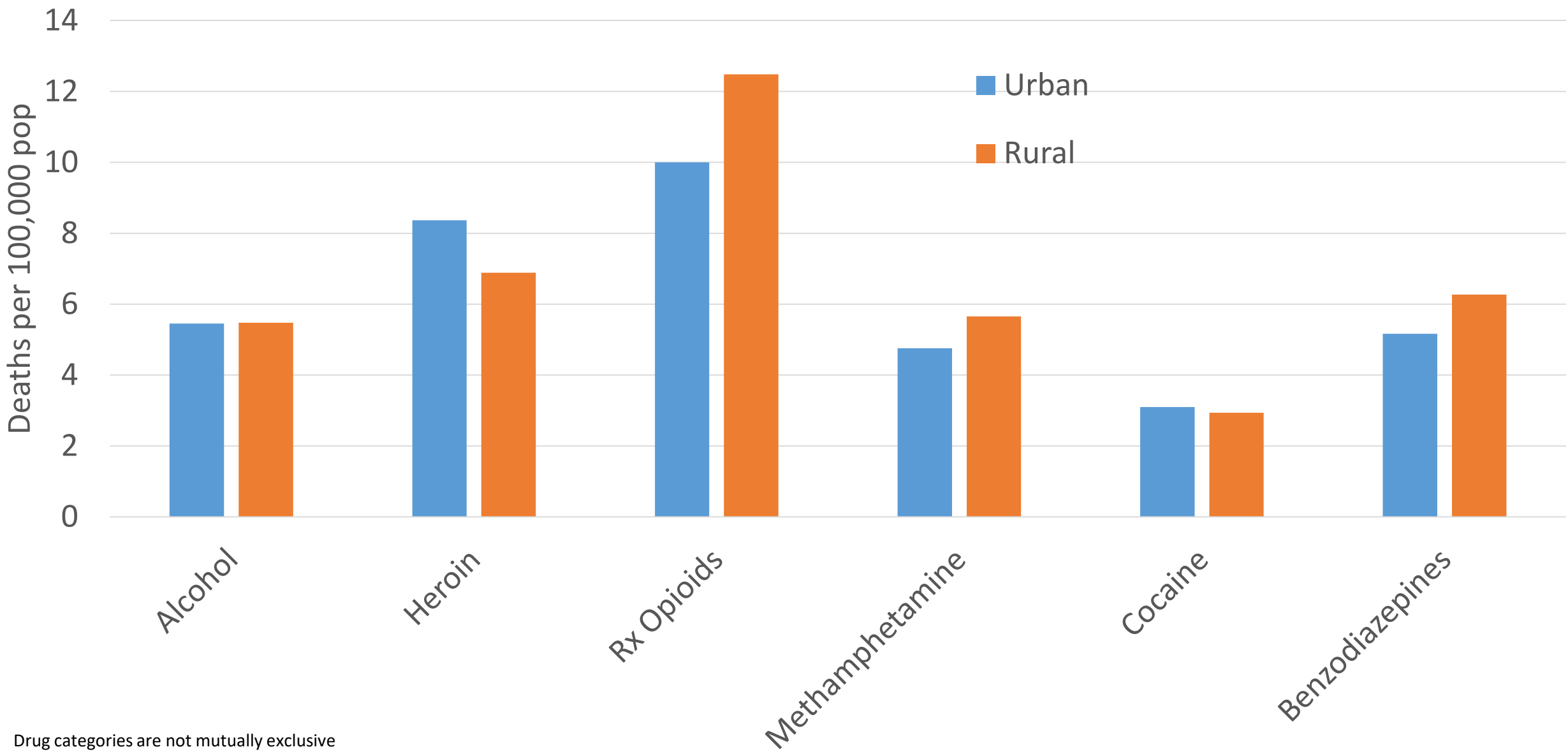


Source: New Mexico Indicator-Based Information System (NM IBIS)

Drug Overdose Death Rates by Rural/Urban Designation, New Mexico, 2011-2015

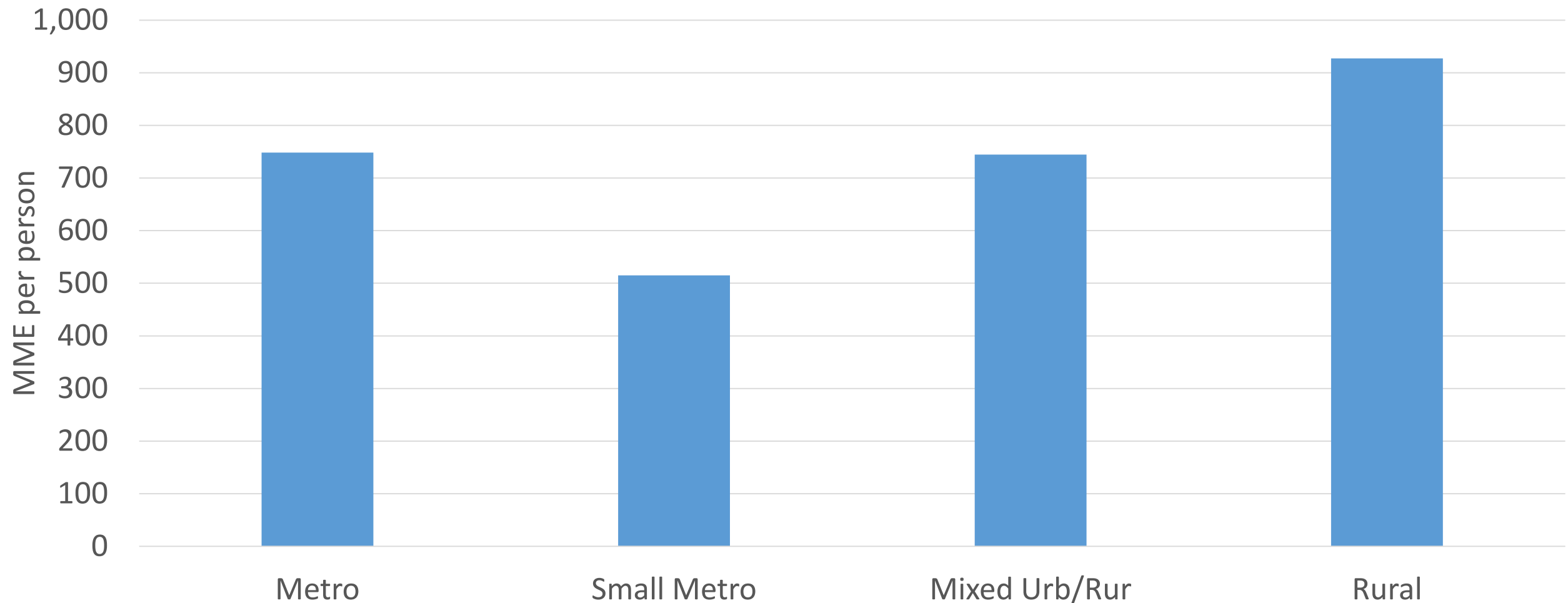


Drug Overdose Death Rates for Selected Drugs by Rurality, NM, 2013-2015



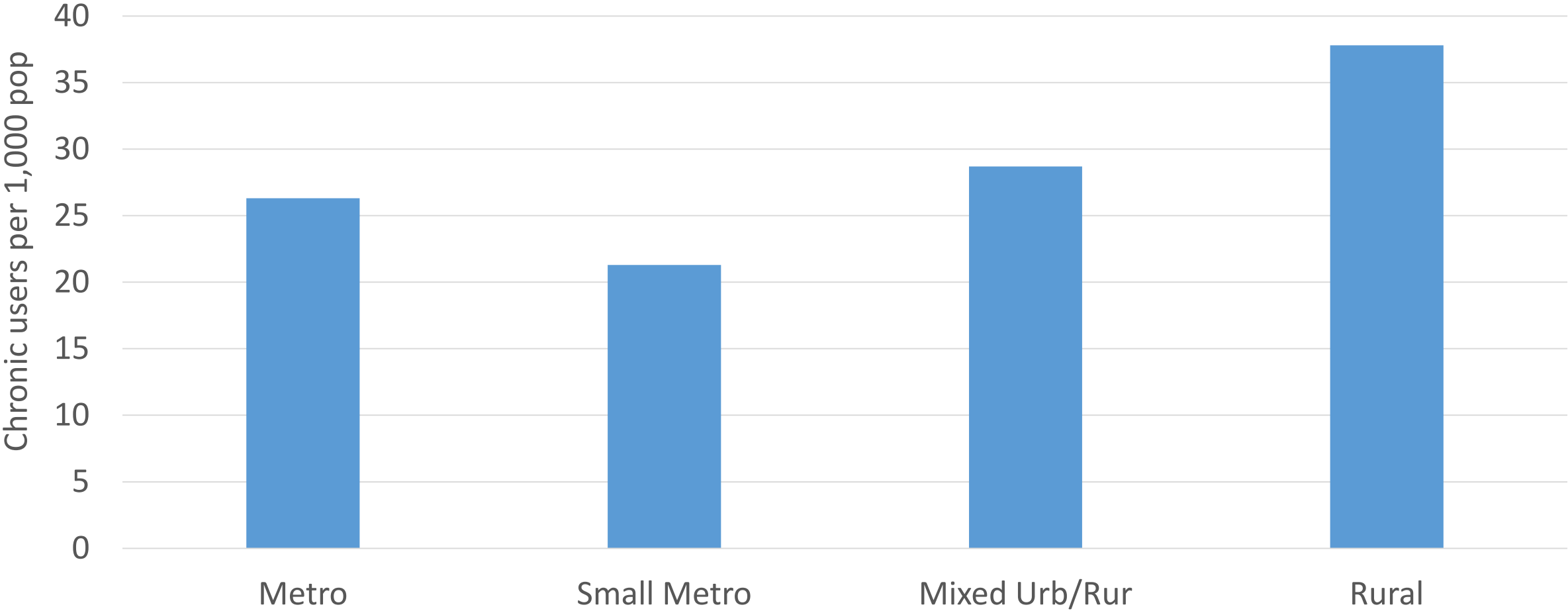
Drug categories are not mutually exclusive
Rates are age-adjusted to the US 2000 standard population
Source: Office of the Medical Investigator; UNM/GPS population estimates

Total Opioid MME per Population by Rural/Urban Designation, NM, 2015



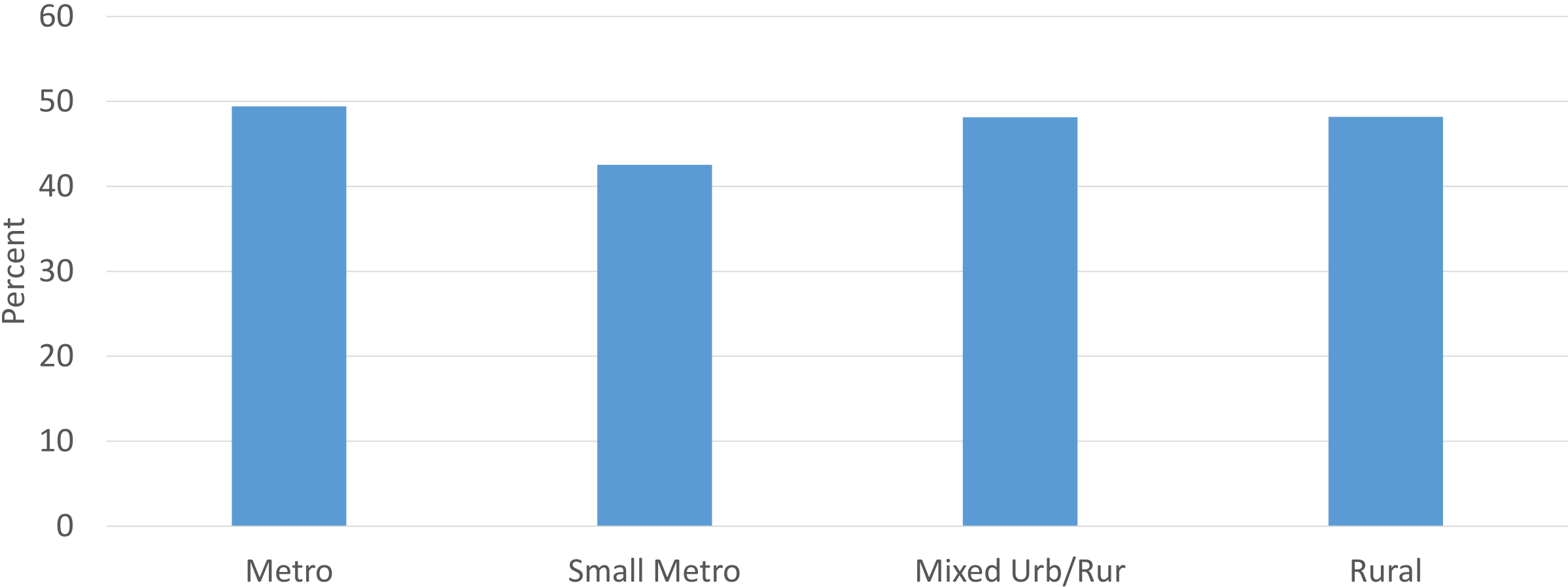
MME: Morphine Milligram Equivalents accounts for differing strengths of opioids
Prescriptions for Buprenorphine/Naloxone excluded
Source: NM Prescription Monitoring Program; UNM/GPS population estimates

Chronic Opioid Patients per 1,000 Population by Rural/Urban Designation, NM, Q3 2016



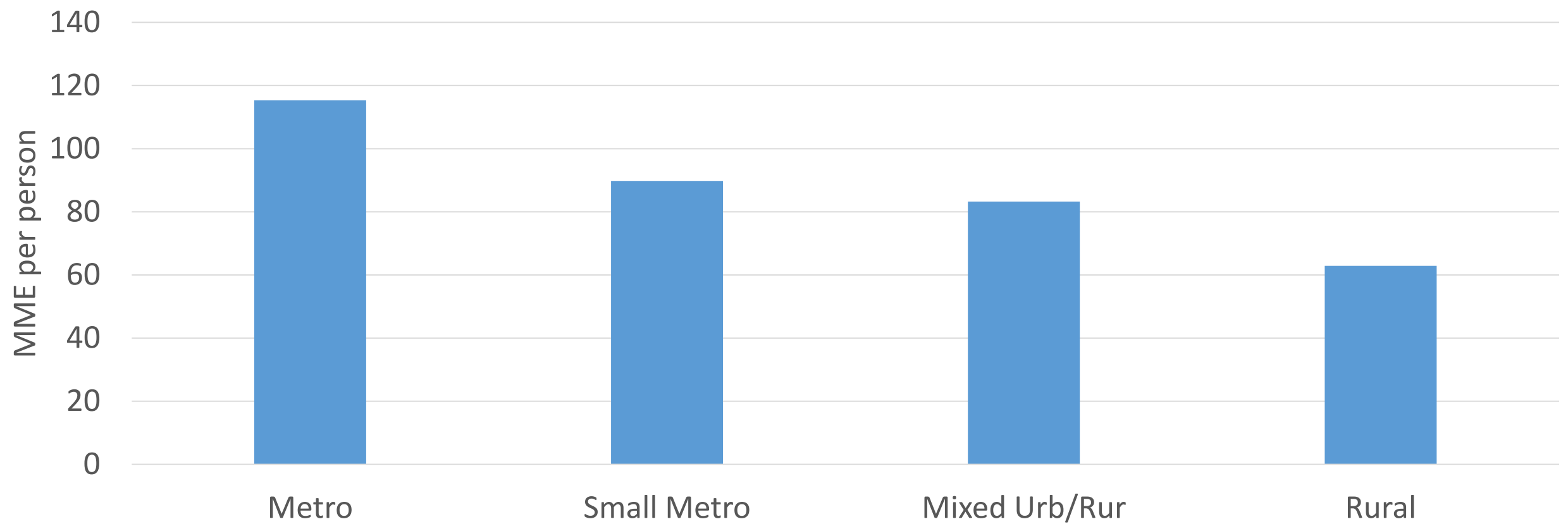
Chronic patients are those with 90 or more days of supply in 6 months
Source: NM Prescription Monitoring Program

Percent of Chronic Opioid Patients with a PMP Request in the Past 3 Months
by Rural/Urban Designation, NM, Q3 2016



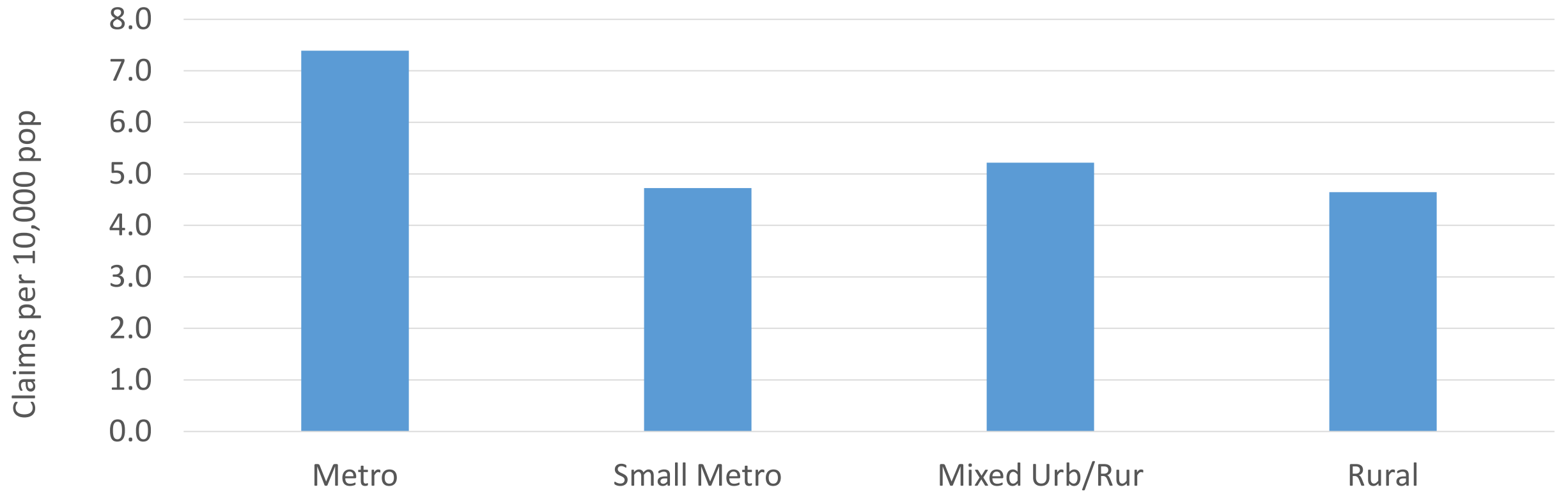
Chronic patients are those with 90 or more days of supply in 6 months
Source: NM Prescription Monitoring Program

Treatment Opioid MME per Population by Rural/Urban Designation, NM, 2015



MME: Morphine Milligram Equivalents accounts for differing strengths of opioids
Prescriptions for Buprenorphine/Naloxone
Source: NM Prescription Monitoring Program; UNM/GPS population estimates

Medicaid Naloxone Claims per 10,000 Population, NM, 2016 (through October 27)



Medicaid pharmacy claims for naloxone 1/1 - 9/20 2016
Source: NM Medicaid

Major Interventions

- Reduce high risk prescribing of opioids and benzodiazepines
- Increase access to medication assisted treatment for opioid addiction
- Increase access to naloxone

The Council

- Full Name: Prescription Misuse and Overdose Prevention and Pain Management Advisory Council
- Governor appointed, DOH administered
- Key recommendations on:
 - Within one day data reporting to Prescription Monitoring Program
 - Chronic pain survey
 - Naloxone standing order (HB277, SB262)
 - PMP use frequency (SB263)
 - Managed care naloxone, MAT, opioid and benzodiazepine use/access
 - Quarterly prescribing measures
 - CDC Guideline on Prescribing Opioids for Chronic Pain

Conclusions

- Rural areas in NM generally have worse health outcomes and access to health care
- Overdose death rates are higher in rural NM and the disparity is driven by prescription opioid, benzodiazepine and methamphetamine overdose deaths
- Persons in rural NM have more opioids prescribed and are more likely to be receiving chronic opioids
- Persons in rural NM are less likely to receive medication assisted treatment or naloxone
- Rural areas = Bigger problem = Less intervention

Recommendations

- Continue tracking the rural/urban disparity in the overdose death rate, opioid prescribing and access to interventions
 - Survey chronic pain in rural and urban areas in NM
- Work with communities in rural NM to reduce high risk prescribing and increase access to interventions
 - Academic detailing – prescriber education
 - Increase Prescription Monitoring Program use
 - Utilize new federal legislation to assure that NPs and PAs are certified to prescribe medication assisted treatment
 - Assure rural pharmacies stock and dispense naloxone under the statewide standing order