

UNM Pain Center: Addressing New Mexico's Public Health Crises of Pain, Addiction, and Unintentional Opioid Overdose Deaths

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The UNM Pain Center Mission

The UNM Pain Consultation and Treatment Center aims to:

- Provide **clinical pain outreach** to all four corners of the state
- **Provide continued state- mandated CME pain and addiction training**, which is now required for all New Mexico clinicians with an active DEA license; (SB 215 2012)
- **Increase access to care** for patients suffering from pain and addiction by reducing the first available wait time at the UNM Pain Center to less than three weeks;
- Continue collaboration with the New Mexico Department of Health to monitor health outcomes and **decrease the unintentional opioid overdose death rate in New Mexico**

Pain is a Major Public Health Issue

- Chronic pain affects an estimated 100 million American adults
- Chronic pain costs up to \$635 billion per year in medical treatment and lost productivity
- Compared to people without chronic pain:
 - People with chronic pain have roughly 3 times the rates of depression and anxiety disorders
 - People with chronic pain have at least two times the risk of completing suicide

How Big is This Issue

Problem	Number Affected	Annual Cost
Chronic Pain	100 million	\$635 billion
Cancer	11.7 million	
Diabetes	17.5 million	\$174 billion
Heart disease, stroke, congestive heart failure	27.1 million	\$197 billion

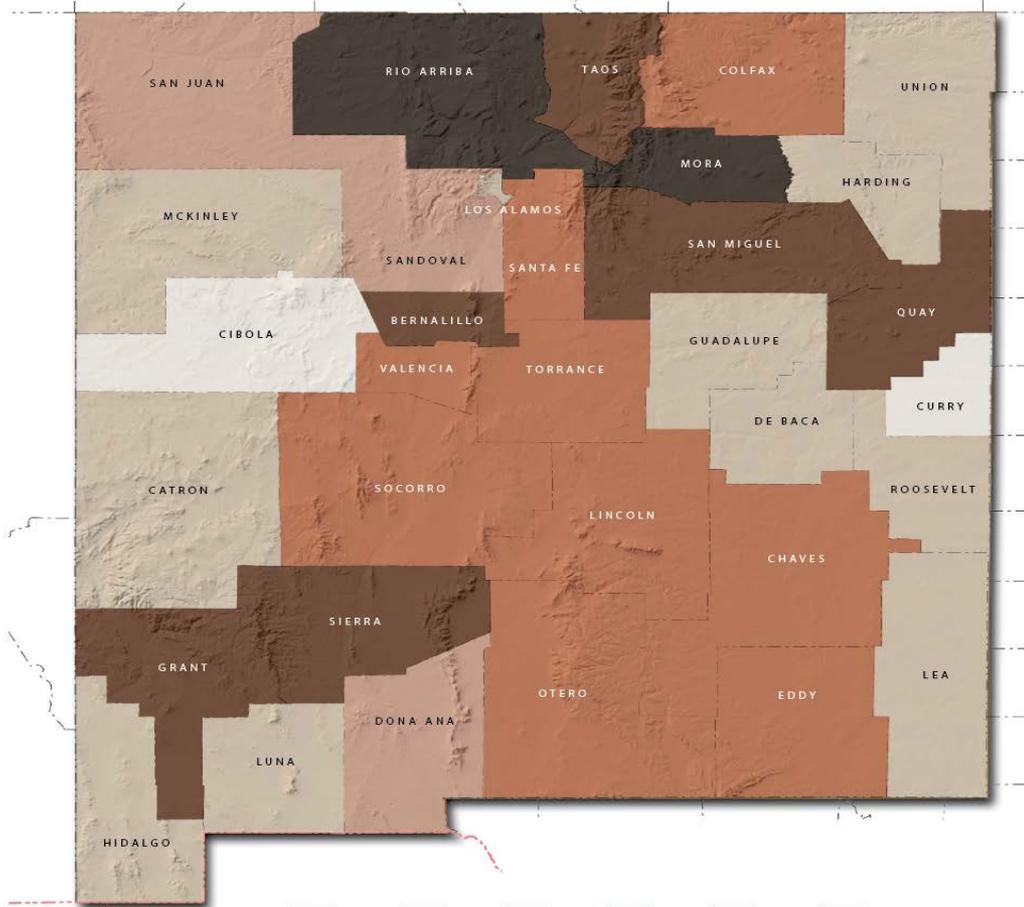
Prescription Opioid Abuse is a Major Public Health Issue

- 2010 National Survey on Drug Use and Health (NSDUH):
 - 35 million Americans (13.7%) \geq 12 years old had used a pain reliever non-medically at least once in their lifetimes (18% increase from 2002)
 - 12.2 million Americans (4.8%) \geq 12 years old had used a pain reliever non-medically at least once in the past year

Prescription Opioid Abuse is a Major Public Health Issue

- Among those initiating substance use in the past year, pain relievers ranked 4th as the drug of choice (behind alcohol, tobacco, and marijuana)
- 1.9 million (0.6% of US population) had Diagnostic and Statistical Manual (DSM) - diagnosable dependence or abuse of pain relievers in the past year
- Prescription drug abuse costs the United States up to \$70 billion per year

Drug Overdose Death Rates in New Mexico, 2008-2012



5 NM counties 4-6x the national average (40-67 per 100,000)

18 NM counties 2x the national average

National Average for Unintentional Lethal Overdose (12.1 per 100,000)

3 NM counties BELOW national average

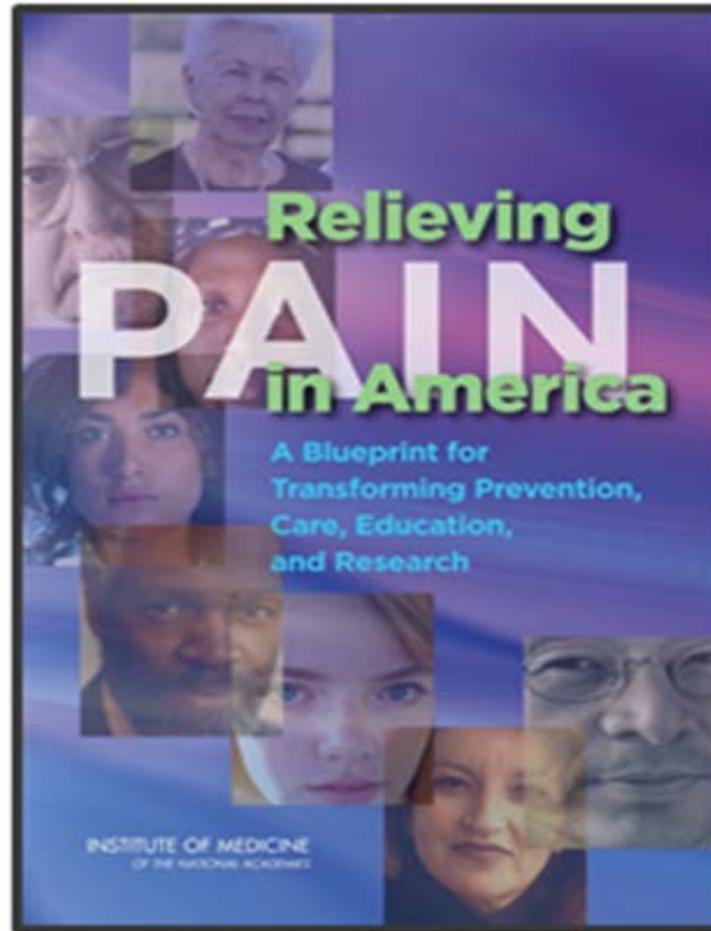


UNM Pain Center

- New Mexico's only **Adult and Pediatric Interdisciplinary** Pain Program
- No other pain clinic in New Mexico has **integrated pain services for pain, addiction, and mental health**



Institute of Medicine: Relieving Pain in America 2011



HEALTH SCIENCES CENTER

Centers of
Excellence
AMERICAN PAIN SOCIETY

Best Practices Pain Management

- Neurology
- Interventional Pain
- Psychiatry
- Addictions
- Counseling
- Physical Therapy
- Complementary
Alternative Medicine
- Pharmacy
- Interdisciplinary
- Interprofessional

What is Chronic Pain?

- Migraines/Other Headaches
- Back Pain
- Muscle Pain
- Joint Pain
- Trauma
- Fibromyalgia
- Nerve Injury
- Spasticity
- Traumatic Brain Injury
- Abdominal Pain
- Pelvic Pain
- Sciatica
- Herniated Disc
- Complex Regional Pain Syndrome
- Dystonia
- Post-Stroke Pain

UNM Pain Center

- Accepts patients from throughout the state regardless of ability to pay

And...

- Fellowship Program in Pain Management brings more Pain Doctors to New Mexico

But...

- Wait times for first available appointment- 4 to 6 months

UNM Pain Center Mental Health Team

- 1 part-time Addiction Psychiatrist
 - 1 part-time Psychiatrist
 - 2 Psychologists, 1 Counselor
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Addiction/Mental Health Services Include:

Individual Counseling, Medication

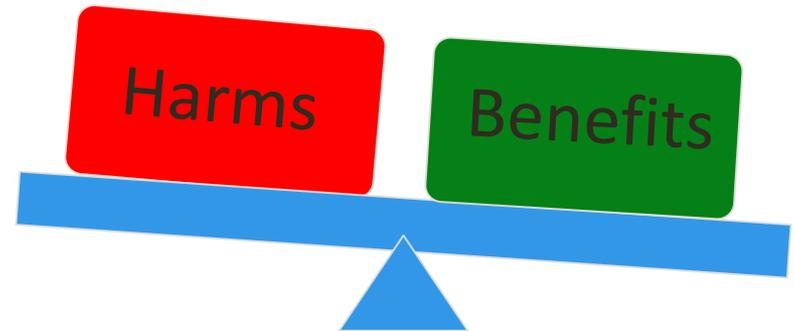
Management (including Buprenorphine)

Support Groups (Fibromyalgia, Mindfulness, Art Therapy)

The Role of Opioids in Pain Management

- Chronic Pain:
 - Opioids: sometimes useful, sometimes harmful
 - Some people need high doses opioids for long periods of time; others need no opioids at all
 - Many other medications (anti-depressants, various neuropathic agents, topical and transdermal) often used and can be very helpful
 - Even opioid antagonists being used successfully to treat many causes of neuropathic pain (ie. low-dose naltrexone)

Management of Risk



- **UNIVERSAL PRECAUTIONS: *every patient is potentially at risk***
 - Opioid agreements
 - Risk screening and ongoing assessment
 - Monitoring of urine toxicology
 - Prescription monitoring programs
 - Pill counts for those at high risk
 - Frequent visits with limited number of pills dispensed for those at high risk

Balancing Benefits/Risks

- Clinical interview and judgment are still the gold standard of risk assessment/management.
- Patients with addiction less likely to use illicit drugs if painful conditions controlled.
- Less risk of developing other addiction-related diseases (HIV, Hep C, syphilis) due to IV drug use.

Recent Survey

- Teen-agers now say it is easier to get prescription drugs than it is to get beer

Prescription Drug Misuse is Dangerous

- Morbidity and Mortality Weekly Report, November 2011, reporting numbers from 2008:
 - 36,450 deaths due to drug overdose
 - 27,153 had specific drug named
 - 20,044 involved ≥ 1 prescription drug
 - 14,800 included an opioid analgesic

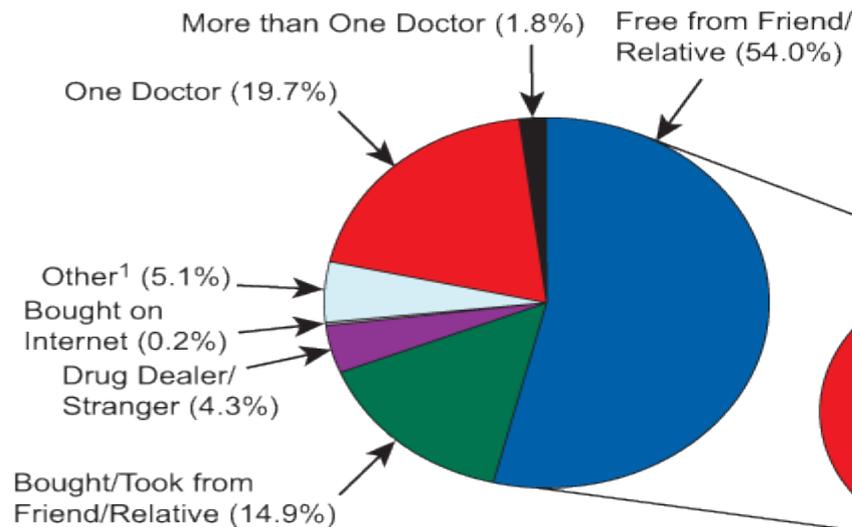
UNM Pain Center Trial: Naloxone

- July 2014- UNM Pain Center began to offer every patient the co-prescription of Naloxone with **every opioid prescription for chronic pain- First Trial in the Country**
- Patients are being enrolled in a large prospective trial to study benefits of Naloxone as a risk reduction measure for opioid deaths
- Collaboration with NM Department of Health

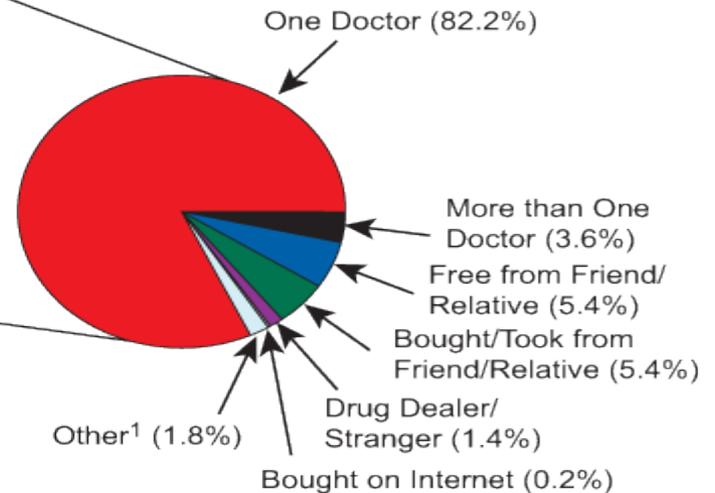
Sources of Misused Drugs, US Survey on Drug Use and Health, 2011-2012



Source Where User Obtained



Source Where Friend/Relative Obtained



Addressed in Senate Bill 2015 (2012)

PROVIDER EDUCATION NEEDED TO PREVENT MISUSE OF PAIN RELIEVERS

UNM Pain Center

- Interdisciplinary Care for over 6,000 patient visits per year for patients with chronic pain
- Addiction and Mental Health Services available on-site
- Patients referred by their Primary Care Provider from throughout New Mexico
- **Wait time for first available appt: 4-6 Months**
- **7 physicians- Total of 1.3 FTE** (Primary Care, Neurology, Psychiatry/Addiction, Interventional Pain) All Part Time

UNM Pain Center: Collaboration with Key Stakeholders

- Governors Council for Medication Misuse and Abuse, and Pain Management
- New Mexico Medical Board Opioid Subcommittee
- Indian Health Service
- New Mexico Boards of Nursing, Pharmacy
- New Mexico Department of Health
- Veteran's Affairs

STATE MANDATED CME PAIN AND ADDICTION COURSES



UNM

HEALTH SCIENCES CENTER



Topics Covered:

- 1) The epidemic of unintentional opioid overdose deaths in New Mexico
- 2) Safe prescribing opioid analgesic medications
- 3) Non-opioid analgesic medications for pain treatment
- 4) Identification of the patient at risk for addiction, current addiction issues, and diversion
- 5) Federal and State regulations regarding pain management
- 6) Special aspects of dental pain

Treating Chronic Pain in New Mexico: Addressing Best Practices, Addiction, and Current Regulations

This course is approved by the
NM Medical Board to fulfill the
5 hour requirement related to
Management of Chronic Pain
with Controlled Substances.

Presented by:



SCHOOL of MEDICINE

UNM Pain Consultation & Treatment Center
Department of Neurosurgery



Albuquerque • Santa Fe • Las Cruces
New Mexico
Saturdays, 8:00 am - 1:30 pm

November 3, 2012 Domenici Auditorium, UNM North Campus, Albuquerque
December 8, 2012 Domenici Auditorium, UNM North Campus, Albuquerque
January 26, 2013 La Fonda Hotel, Santa Fe, New Mexico
February 23, 2013 VA Health Care System, Albuquerque
April 6, 2013 Hotel Encanto, Las Cruces, New Mexico
May 18, 2013 Domenici Auditorium, UNM North Campus, Albuquerque

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